



HOW HEALTHY IS YOUR GUT?

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OVER 2000 YEARS AGO, HIPPOCRATES, THE FAMOUS GREEK PHYSICIAN, STATED 'ALL DISEASE BEGINS IN THE GUT'

He was certainly on the right path with his statement, though modern scientific research shows the relationship is more nuanced. What we now understand is that many chronic diseases are connected to gut dysfunction - and interestingly, many people with compromised gut environments don't even experience obvious digestive symptoms.

I think you will be surprised by just how many health conditions can be linked to an imbalanced gut environment.

Go ahead and note down your answers to the quiz on the following page, then read on to learn more about how the gut contributes to many of our modern health issues, even those found in other locations of the body that may be far away from the gut itself.

Respond to the statements below
based on your experience over the past 3 months,
or longer if indicated.

Symptom	Response
I regularly experience diarrhoea or constipation	Yes No
I experience gas and bloating	Yes No
I get heartburn and/or reflux	Yes No
I have been diagnosed with IBS, Ulcerative Colitis, Crohn's or another gastrointestinal complaint	Yes No
I still get skin breakouts even though I'm no longer a teenager	Yes No
I get red blotchy or patchy skin, or have a history of experiencing hives	Yes No
I have experienced or am currently experiencing psoriasis, rosacea, eczema or itchy rashes	Yes No
I feel depressed or anxious at times	Yes No
I get headaches or migraines regularly	Yes No
I experience concentration issues	Yes No
I have short-term or long-term memory issues	Yes No
I have a history of being diagnosed with ADHD/ADD or developmental delays	Yes No
I have been diagnosed with Hashimoto's thyroiditis	Yes No
I experience fatigue or sluggishness	Yes No
I have experienced unexplained weight gain or weight loss in the past	Yes No
I experience moodiness, sadness, fluid retention or breast tenderness pre-menstrually	Yes No N/A
I experience excessive cramping and pain during menstruation	Yes No N/A
I have a history of infertility or miscarriage	Yes No N/A
I have trouble getting to sleep, staying asleep or I wake unrefreshed	Yes No
I need coffee to keep me going during the day	Yes No
I experience pain in my joints, and/or muscles that is unrelated to exercise or injuries	Yes No
I have experienced or currently experience asthma or allergies	Yes No
I experience persistent fungal infections such as tinea, ringworm or nail fungal issues	Yes No
I have been diagnosed in the past with one or more autoimmune conditions	Yes No
I experience colds and flu's more frequently than others around me	Yes No
TOTAL YES'S	

Count up your yes's. The more you have, the more likely it is that your gut is playing a role in your current health challenges. Even if you don't experience any overt signs of gut dysfunction like constipation, diarrhoea, gas, bloating or abdominal pain, many of the symptoms outlined above indicate a degree of gut dysfunction may be present.

While zero yes's would be ideal, it's not all bad news. There are plenty of strategies that can be implemented to unwind the gut dysfunction and simultaneously leverage improvements in many of the symptoms listed above.

HOW THE GUT CONTRIBUTES TO OUR HEALTH AND WELL-BEING

WE LIVE WITH BILLIONS OF BACTERIA IN AND ON OUR BODIES. MANY OF THESE RESIDE IN THE GASTRO-INTESTINAL TRACT

When our gut environment is out of balance, it contributes to inflammation - and inflammation is one of the key underlying factors contributing to the chronic disease epidemic we are experiencing today.

An easy way to explain this: if our gut bacteria are 'sick', then we are likely experiencing health challenges too, as many of our immune system cells are located in the gut. When these immune cells are exposed to an imbalanced gut environment, the system is triggered and goes on high alert, leading to all sorts of health complications including run-away inflammation.

WHAT CAUSES GUT IMBALANCES?

Our food supply is not what it used to be. Processed, refined, sugar laden, and low fibre foods can substantially alter our gut bacteria and damage the cells that line our gastro-intestinal tract.

But it's not only food that affects gut health:

- Medications - acid blockers, pain killers and antibiotics negatively impact gut microbes
- Environmental toxins and chronic stress - both damage the gut lining
- Poor digestive function - low stomach acid and inadequate enzyme production
- Nutrient deficiencies - up to 90% of Australians are not getting enough critical nutrients

These factors compound over years, creating an environment where gut dysfunction thrives.

THE PATH TO GUT HEALTH: BALANCE, THEN SUPPORT

Here's what most people get wrong: They immediately add probiotics, supplements, or "gut-healing foods" without first addressing what's causing the damage.

My approach is different, and it works in three phases:

PHASE 1: CREATE THE RIGHT ENVIRONMENT

Remove what's causing damage.

Before we can heal the gut, we need to stop actively harming it:

- Identify and remove inflammatory triggers - foods you're sensitive to that keep your immune system on high alert
- Remove processed foods - these feed harmful bacteria and damage the gut lining
- Address lifestyle factors - chronic stress, poor sleep, and medications that compromise gut function

This creates the foundation for healing. You can't build health on top of ongoing damage.



PHASE 2: SUPPORT NATURAL HEALING

Provide the raw materials for repair

Once we've removed the obstacles, your body can begin to heal:

- Nutrient-dense whole foods - provide vitamins, minerals and essential fats your gut needs to repair
- Adequate protein - supplies the building blocks for tissue restoration
- Sulforaphane-rich foods or supplements - compounds found in cruciferous vegetables like broccoli, broccoli sprouts, cauliflower, and Brussels sprouts that work at a genetic level (nutrigenomically) to support the gut environment, reduce inflammation, and activate the body's natural detoxification pathways
- Optimise digestion - ensure you're actually breaking down and absorbing nutrients
- Strategic supplementation - targeted support for specific deficiencies (like omega-3s, vitamin D, magnesium)





PHASE 3: STRENGTHEN THE MICROBIOME

Build resilience for long-term health

Only after balance is restored do we strategically support a strong microbiome:

- Fibre and phytochemicals - the healthy food source for beneficial gut bacteria
- Prebiotic foods - feed the good bacteria you want to thrive
- Probiotic foods - introduced at the right time, when your gut is ready
- Variety - diverse plant foods create a diverse, resilient microbiome

This isn't about adding more things to an already compromised system. It's about healing in the right order.

WHY THIS APPROACH WORKS

Most gut health advice jumps straight to adding probiotics, fermented foods, or supplements. But here's the problem: if your gut environment is still inflamed and damaged, you're trying to garden in toxic soil.

My approach:

1. First, we clean up the soil (remove inflammatory triggers)
2. Then, we prepare it for planting (support natural healing at a cellular level)
3. Finally, we plant the seeds (strengthen microbiome strategically)

This creates lasting change, not just temporary symptom relief.



ABOUT ME...

Hi, my name is Carrie. I'm a Certified Practicing Nutritionist with a degree in Nutritional Medicine.

I love sharing knowledge with people about how the health of the gut is intimately connected with our general health and wellbeing - because I lived through my own gut health challenges. During my late 20's, 30's and early 40's, I had the kids, the station wagon, the dog and even the picket fence. From the outside it might have seemed idyllic, but on the inside, my life felt far from it. My health challenges were seriously affecting my life.

It was a wake-up call when I realised I was 'apparently' in the prime of my life, and that things would likely only go downhill from there. Some things needed to change.

As a result of my own health challenges, I discovered Nutritional Medicine - a healthcare approach that focuses on diet and lifestyle habits that provide our bodies with the raw materials and healthy practices they need to support a 'return to health'.

Now I help others gain these benefits by guiding them through the proper sequence:

balance the environment, support healing, then strengthen resilience.

THE GUT-IMMUNE INTERFACE IS 'GROUND ZERO' FOR OUR HEALTH

Yet it is regularly ignored by many healthcare providers - not on purpose, but because doctors aren't trained in nutrition, and there is no simple 'pill' that can fix the gastrointestinal tract.

The fix comes from:

- What we eat
- How we eat
- Our everyday lifestyle choices - sleep, hydration, stress reduction, community connection, and regular movement

WHAT'S NEXT?

If you have any questions about what you've read here, or want to have a complimentary chat about how a Nutritional approach can help you with your health concerns, please click on the link below to arrange a suitable time.

[BOOK A TIME FOR A CHAT](#)

Alternatively, please reach out by email to info@carriereedy.com

Till then,

Carrie