

The Gut – Immune Connection

A HEALTHY GUT. A STRONGER IMMUNE SYSTEM.

1. THE GUT: HOME TO YOUR IMMUNE SYSTEM

70%
Around 70% of immune cells reside in the gut-associated lymphoid tissue (GALT).

The gut is constantly exposed to food, microbes and environmental toxins.

A healthy gut trains the immune system to defend against harmful invaders while tolerating beneficial microbes and harmless substances.

This balance is key to preventing infections, allergies and autoimmune disease.

4. WHAT SUPPORTS A STRONG GUT IMMUNE SYSTEM?

DIVERSE, WHOLE-FOOD DIET
Fibre-rich plants, omega-3s and polyphenols feed beneficial microbes and reduce inflammation.

DIVERSE MICROBIOME
A wide variety of beneficial bacteria supports immune balance and resilience.

STRONG GUT BARRIER
Nutrients like zinc, glutamine and vitamin D help maintain a healthy gut lining.

MANAGE STRESS
Chronic stress can dysregulate immune function and harm gut health.

SLEEP & MOVEMENT
Quality sleep and regular exercise support immune regulation and gut motility.

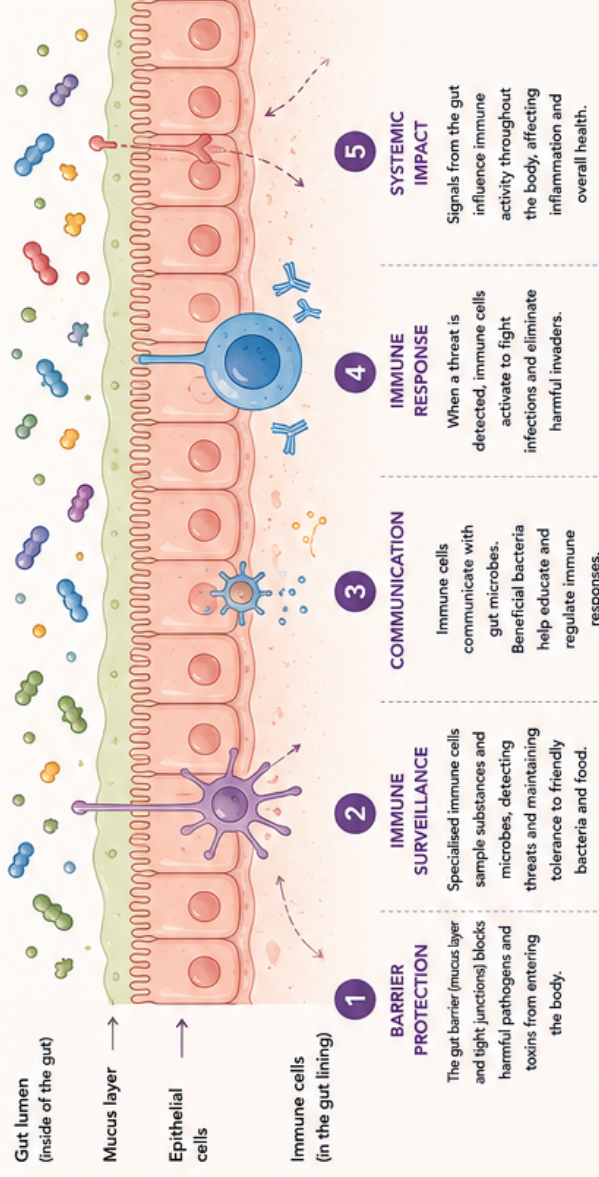


Your gut and immune system are in constant communication. Take care of your gut, and your immune system will take care of you.

Your gut is home to around 70% of your immune cells.

A healthy gut helps train, regulate and balance your immune system to protect you from illness and inflammation.

2. HOW THE GUT AND IMMUNE SYSTEM WORK TOGETHER



5. THE IMMUNE BENEFITS OF A HEALTHY GUT



STRONGER DEFENCES
Better protection against infections and pathogens.



REDUCED INFLAMMATION
A balanced immune response helps reduce chronic inflammation.



LESS ALLERGIES
Improved tolerance to food and environmental triggers.



AUTOIMMUNE BALANCE
Supports immune tolerance and may reduce autoimmune activity.



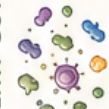
BETTER MOOD & BRAIN HEALTH
A healthy gut helps regulate mood and cognitive function.



OVERALL HEALTH
A well-regulated immune system supports long-term health and vitality.



Healthy Gut



Balanced Microbiome



Strong Gut Barrier



Well-Regulated Immune System



Better Health & Resilience

3. WHEN GUT HEALTH IS DISRUPTED

Imbalance in the gut can weaken immune function and contribute to:



INCREASED INTESTINAL PERMEABILITY ('leaky gut') – more toxins and pathogens enter the bloodstream.



CHRONIC INFLAMMATION
the immune system becomes overactive.



FOOD SENSITIVITIES & ALLERGIES
poor immune tolerance.



AUTOIMMUNE CONDITIONS
the immune system may attack healthy tissues.



FREQUENT INFECTIONS
weakened immune defences.



IMPACT ON MOOD & BRAIN HEALTH
through the gut – immune – brain connection.

6. SIGNS YOUR GUT MAY BE AFFECTING YOUR IMMUNE SYSTEM

- ✓ Frequent colds or infections
- ✓ Food sensitivities or new allergies
- ✓ Digestive issues (bloating, diarrhoea, constipation, IBS)
- ✓ Skin issues (eczema, acne, rashes)
- ✓ Fatigue and low energy
- ✓ Brain fog, mood swings or anxiety
- ✓ Joint pain or body aches



Small daily choices create a resilient gut and a stronger you.