

GUT HEALTH & HORMONE METABOLISM

A HEALTHY GUT SUPPORTS HORMONE BALANCE AT EVERY STAGE

The gut microbiome plays a critical role in the metabolism, regulation and elimination of hormones.

1. THE GUT-HORMONE CONNECTION

The gut microbiome influences how hormones are metabolised, activated, deactivated and eliminated through the gut-liver axis.



Microbiome diversity & balance
A diverse, balanced microbiome supports healthy hormone metabolism and reduces inflammation.



Diet & fibre intake
Fibre feeds beneficial bacteria that produce short-chain fatty acids (SCFAs) which support gut barrier integrity and liver detoxification.

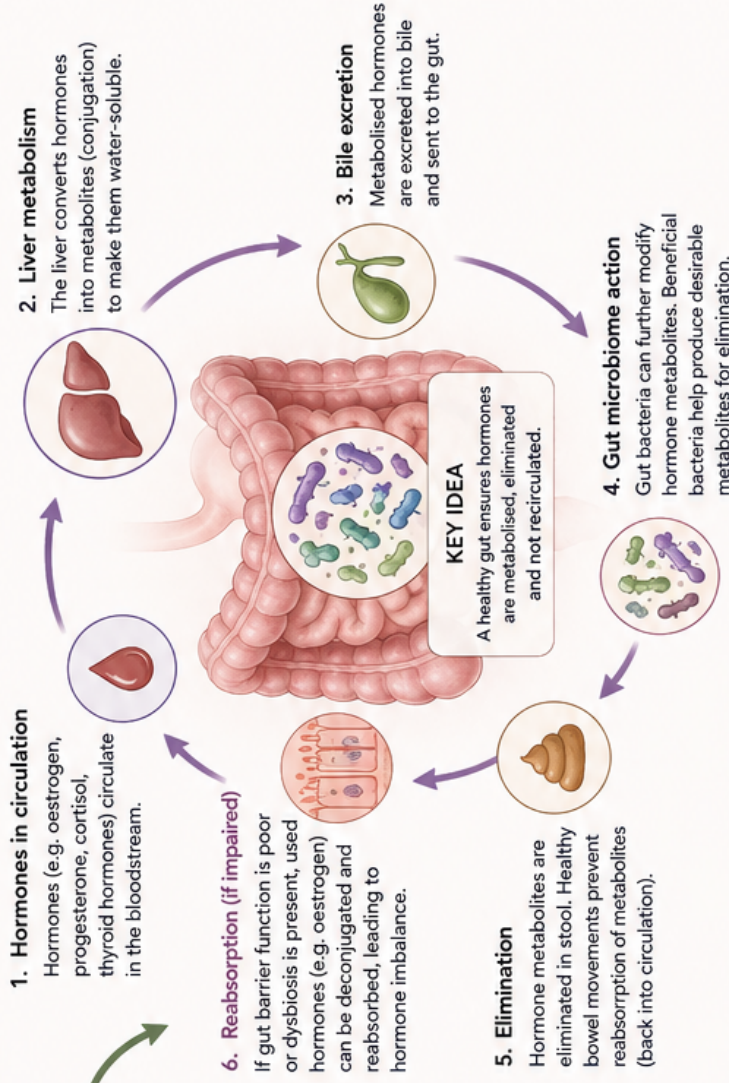


Gut barrier health
A strong gut barrier prevents reabsorption of unwanted compounds (like excess oestrogen) back into the bloodstream.



Liver detoxification
The liver converts hormones into water-soluble forms so they can be safely excreted via bile and the bowel.

2. HORMONE METABOLISM PATHWAY



3. HORMONE IMBALANCE LINKED TO GUT DYSFUNCTION

Poor gut health can contribute to hormone imbalances such as:



ESTROGEN DOMINANCE
Excess oestrogen recirculation due to poor elimination can lead to PMS, heavy periods, fibroids, endometriosis, breast tenderness.



THYROID IMBALANCE
Inflammation and dysbiosis can impair thyroid hormone conversion and absorption.



CORTISOL DYSREGULATION
Chronic gut inflammation can contribute to elevated cortisol and poor stress resilience.



FERTILITY & REPRODUCTIVE HEALTH
Gut imbalances may impact ovulation, implantation and pregnancy outcomes.

4. SUPPORTING GUT HEALTH FOR HORMONE BALANCE



NOURISH

- High fibre whole foods
- Prebiotic rich foods (garlic, onion, leek, asparagus, oats)
- Healthy fats



DIVERSIFY

- Eat a wide variety of plant foods
- Fermented foods (yoghurt, kefir, sauerkraut, kimchi, miso)



SUPPORT & HEAL

- Address inflammation
- Support gut barrier (glutamine, zinc, omega-3s)
- Manage stress
- Adequate sleep



SUPPORT DETOXIFICATION

- Cruciferous vegetables (broccoli, cauliflower, kale, cabbage)
- Bitter foods (rocket, artichoke, dandelion)
- Adequate protein
- Hydration



AVOID & MINIMISE

- Excess alcohol
- Processed foods
- Artificial sweeteners
- Overuse of NSAIDs or antibiotics

SIGNS YOUR GUT MAY BE IMPACTING HORMONES

- ✓ Bloating, gas, constipation or diarrhoea
- ✓ Food intolerances
- ✓ Skin issues (acne, eczema)
- ✓ Fatigue
- ✓ Mood swings, anxiety
- ✓ Irregular or painful periods
- ✓ PMS symptoms
- ✓ Difficulty losing weight



A healthy gut is foundational for balanced hormones. Supporting your microbiome through nutrition, lifestyle and targeted interventions can help restore harmony and improve overall health and wellbeing.