- Digestion

30 DAYS TO Better Gut Health

6 signs of an unhealthy gut

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The gut converts food into energy, delivering nutrients into the bloodstream, managing waste and protecting against disease. If it's unable to do these things well, we need to work out why

While the main role of the gut is digestion, over 70% of the immune system is ruled by the gut. The intestinal tract forms a defensive barrier from everything we ingest and it prevents harmful substances from reaching the bloodstream. If this barrier is compromised and those harmful substances are able to get past, inflammation can occur.

When we talk about an 'unhealthy gut', usually that refers to the balance of microorganisms, or bacteria, that live in the digestive tract. These bacteria play a crucial role in maintaining our overall health and wellbeing.

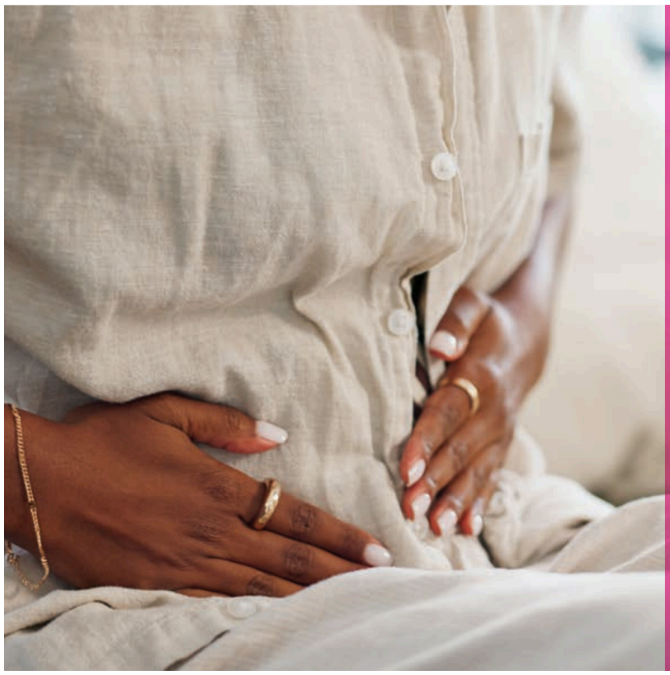
Your body is talking to you

Unlike other areas of the body, we can't easily see inside our gut to tell if something is wrong, however there are plenty of signs and symptoms that can indicate that your gut is unhealthy and needs some care and attention.

Let's make a start on making ourselves better, one day at a time!

Research findings

According to a survey by the healthcare company Bimuno in 2021, over 50% of UK adults reported experiencing digestive issues such as bloating, constipation or diarrhoea, while about 1 in 5 may be affected by IBS



1 Digestive problems

This can include things like getting indigestion regularly, bloating, constipation, diarrhoea, and other gastrointestinal issues indicating an unhealthy gut. Excessive gas or bloating may be an indication that the bacteria in your gut isn't breaking down foods the way it should. Chronic constipation can be caused by poor gut motility, while diarrhoea may be a sign of food intolerance or harmful bacteria.

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2 Food sensitivities

Studies have shown that changes in the gut microbiota alter interactions with the immune system to drive the development of food sensitivities. Bacterial and viral infections can suppress appropriate immune responses by triggering inflammation and altering gut permeability, thus increasing the development of a food sensitivity.



3 Skin irritation

Suffering from skin conditions like eczema, acne, psoriasis or rosacea may indicate an unhealthy gut. When there are imbalances in the gut, it releases pro-inflammatory cytokines throughout the body, and the skin reacts to the pro-inflammatory cytokines in various ways.



4 Fatigue

Chronic fatigue and low energy levels may be a sign of imbalances in the gut microbiome and is often found in those with IBS (irritable bowel syndrome). Serotonin, a neurotransmitter associated with sleep and mood, is produced in the intestines. So, microbiome disruptions can directly impact restful slumber, plus your energy and enthusiasm the following day. Additionally, it is thought that gut bacteria may interact with the nervous system, directly influencing your mental stamina, focus and concentration.



5 Mental health

Anxiety, depression and other mood disorders may also lead to poor gut health due to the gut-brain axis. Psychological symptoms can worsen GI symptoms and GI symptoms can worsen psychological symptoms, creating a vicious cycle.



6 Autoimmune diseases

Recent advances in research has shown a relationship and possible cause and effect between the gut microbiota and the initiation or exacerbation of autoimmune diseases such as crohn's disease, lupus and rheumatoid arthritis.

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