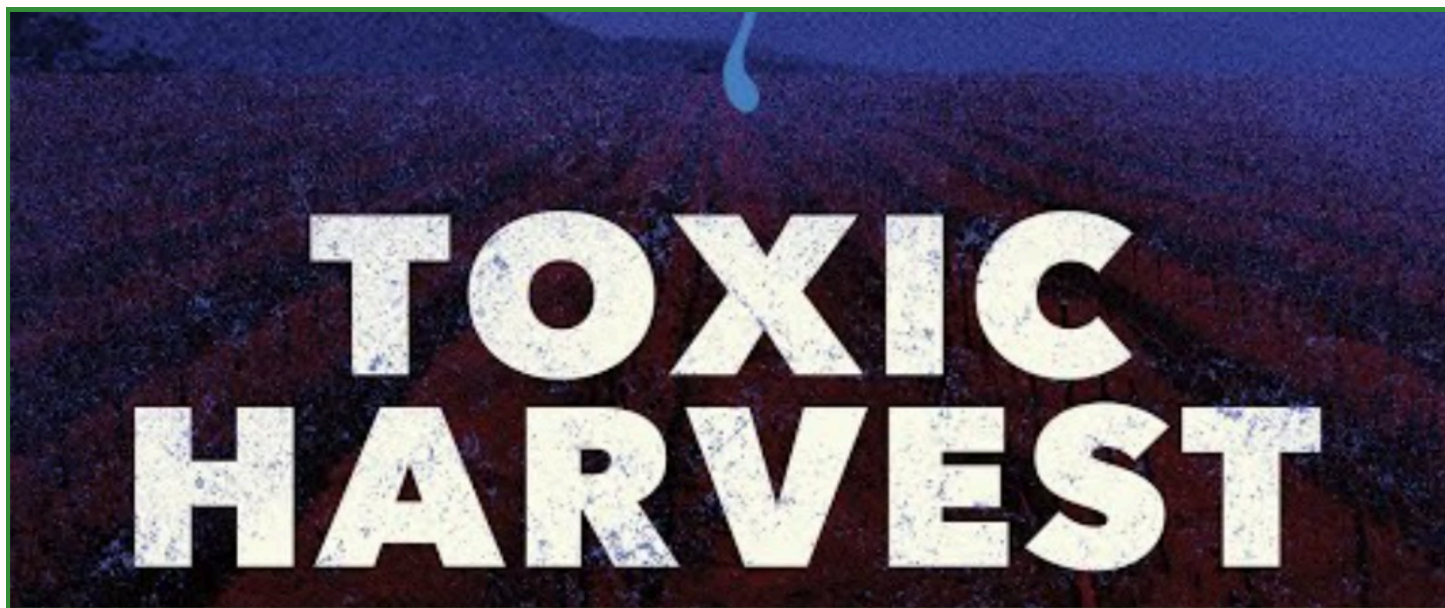


GUT GAZETTE

GUT HEALTH NEWS



| Feature Story

Toxic Harvest: The hidden truth behind pesticides in SA.

As we move into April, our attention turns to a critical, often invisible factor shaping South African health: the relationship between our modern food systems and our internal ecosystems. This month, we are honored to feature the groundbreaking documentary, [Toxic Harvest: The Hidden Truth About Pesticides](#).

The film is a sobering investigation into the use of highly hazardous pesticides (HHPs) in South African agriculture.

While these chemicals are designed to protect crops, Toxic Harvest reveals a devastating reality—that many of these substances, some of which are banned in the EU but still legally used on our soil, are finding their way into our water, our air, and ultimately, our bodies.

For those of us in the gut health community, this isn't just an environmental issue; it is a biological crisis.

.....continue page 02

| Platinum Member Spotlight

Meet the Changemakers


This month, we spotlight Dr Diego Castillo, co-founder of Biomine Health, passionate about decoding your microbiome, to unlock health and longevity. See page 02 & 03



| Quick Updates

 **New Initiative:** Preschool Gut Health Campaign

 **Special Promo:** 10% off Numesa Products until 30 April 2026

 **Event:** 17 – 19 April, Cape Town Convention Centre
Organic & Natural Products Expo Africa

What Members Say About Us



Since joining GHASA in 2024, I have been deeply impressed by the team's commitment to gut health advocacy. Their passion for improving healthcare outcomes across South Africa is evident in everything they do. - Elsa Kruger, Integrative Wellness Coach at Bio Scan Technologies - www.bioscan-technologies.com

| Feature Story continues...

Toxic Harvest: SA documentary on pesticides.

Emerging research highlights that chronic exposure to pesticide residues—specifically glyphosate and organophosphates—acts as a "silent disruptor" to the gut microbiome. These chemicals can selectively deplete beneficial bacteria like *Lactobacillus*, weaken the intestinal barrier ("leaky gut"), and trigger the systemic inflammation linked to the rise in metabolic disorders we see across South Africa today.

Protecting the Next Generation

This exposure is particularly concerning for our children, whose developing microbiomes are the most vulnerable. This is why our Preschool Gut Health Campaign is so vital. We aren't just screening for nutritional gaps; we are actively working to "close the loop" by removing these toxins from the school environment.

GHASA in Action: Cultivating a Clean Supply Chain

GHASA is committed to more than just education; we are driving systemic change.

We are currently supporting several initiatives across the country to empower small-scale organic farmers. By providing these farmers with the resources to transition away from agrottoxins, we are helping them secure their place in the growing network of "up-and-coming" farmers' markets in our urban hubs.

Our goal is to ensure that "organic" isn't a luxury, but a standard accessible to all South Africans. By strengthening the supply chain between regenerative smallholders and local communities, we are creating a "buffer" against the toxic harvest described in the film.

Next Month: We dive deeper into the heart of this movement as we feature the South African Organic Farming Community—meeting the pioneers who are healing our soil to heal our guts.



Our Blog

- The South African Guide to Eating for a Healthy Gut: Foods, Habits, and Science-Backed Nutrition Tips [Read more](#)
- Understanding Strong Reactions to Fermented Foods [Read more](#)
- Your Gut Is What You Eat: How the Microbes Inside You Respond to Every Meal [Read more](#)
- IBS in South Africa: Symptoms, Triggers, and Evidence-Based Strategies to Finally Get Relief [Read more](#)

| Changemakers Spotlight

Biomine Health: The Future of Precision Wellness

At the Gut Health Association of South Africa (GHASA), we are constantly looking for the bridge between cutting-edge science and everyday vitality. That is why we are thrilled to feature Biomine Health as our Platinum Member this month.

In a world filled with "one-size-fits-all" diet trends and generic probiotic supplements, Biomine Health offers something revolutionary: clarity.

Why GHASA is Excited About Biomine

For many of our members, gut health can feel like a guessing game. You might be eating "healthy" but still struggling with bloating, brain fog, or fatigue. Biomine Health removes the guesswork by providing South Africans with access to Next-Generation DNA Sequencing of their own microbiome.

By analyzing the DNA of the trillions of microbes living in your gut. continue.....

| Changemakers continue ...

Biomine Health: Microbiome testing.

Biomine provides a comprehensive map of your internal ecosystem.

Here is what makes their offering a game-changer for our community:

Local Precision for South Africans: While many gut tests are processed overseas using foreign datasets, Biomine is deeply rooted in South African research. Led by Co-founder and Microbiome expert Dr. Diego Castillo (PhD in Genetics), they use advanced bioinformatics to ensure your results are relevant to your environment and lifestyle.

Actionable Insights, Not Just Data: Biomine doesn't just give you a list of bacteria; they provide a Personalized Action Plan. This includes specific dietary recommendations, lifestyle shifts, and—crucially—targeted probiotic strains that actually match your unique microbial deficiencies.

A Focus on Longevity: Beyond solving immediate digestive issues, Biomine is a tool for "Healthspan" optimization. Their reports identify microbial patterns associated with inflammation, immunity, and metabolic health, helping you take control of how you age.

Ongoing Support: Testing is just the first step. Biomine offers private expert consultations and continuous support through their WhatsApp line allowing you to share your progress, and re-test to see exactly how your gut responds to changes over time.

How It Works

The process is designed to be seamless:

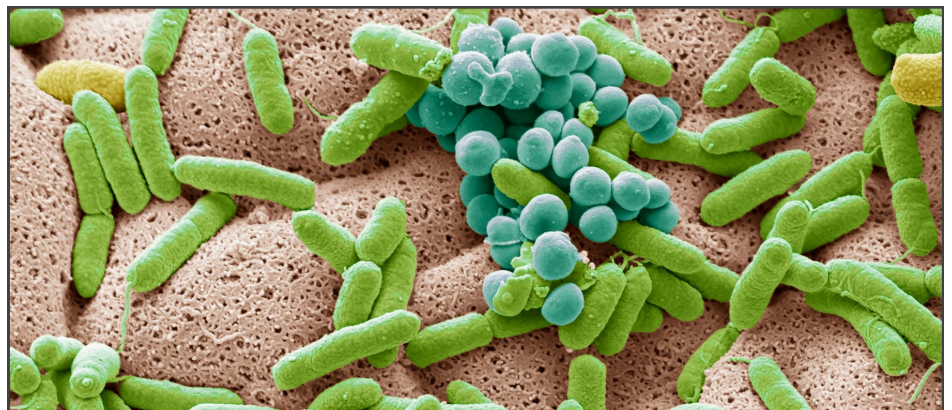
- **At-Home Collection:** A quick, hygienic stool swab that takes less than 5 minutes.

- **Certified Lab Analysis:** Your sample is sequenced in a certified lab..
- **Comprehensive Report:** Within 2–3 weeks, you receive a digital breakdown of your gut diversity, probiotic levels, and associations with conditions like IBS, skin health, and inflammation.

A Message from the Founders

"Our vision is to help people live healthier and longer using the gut microbiome," says CEO Vaughn Barendsen. By understanding our microbes, we aren't just treating symptoms; we are cultivating the foundation of long-term wellness.

Biomine Health is committed to making this technology accessible. Visit www.biominehealth.com to explore their gut microbiome test.



| In The News

Children go hungry while R336m for early childhood nutrition remains unspent

In 2024, R197m was budgeted for the Department of Basic Education's implementation of a pilot nutrition programme for early childhood development centres, going up to R336m the following financial year. However, stakeholders in the ECD sector report 'little to nothing' has been done with the

money.

The Department of Basic Education's ring-fenced budget for a pilot nutrition programme for early childhood development (ECD) centres appears to have gone largely unused over a two-year period, despite an urgent need for food-based support in the sector.

Read the full Daily Maverick article [here](#)



Highlights - March 2026

Barbara O'Neill in Centurion

A Return to the Roots

The visit of world-renowned natural health advocate Barbara O'Neill to Centurion this March 2026 marked a pivotal moment for the local wellness community.

Attended by our Managing Director, Bronwen White, the seminar provided a profound deep dive into the body's innate ability to repair itself when provided with the correct biological environment. O'Neill's presentation centered on the "8 Laws of Health," a framework she summarizes through the acronym **NEW START**.

Her message was as simple as it was challenging: many modern ailments are not inevitable consequences of aging or genetics, but rather the result of ignoring the fundamental principles of nature that allow the human frame to thrive.

The core of the seminar explored how these **eight laws**—**Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust**

—function as a holistic system rather than isolated habits.

O'Neill emphasized that Nutrition must focus on unrefined whole foods like grains, seeds, and nuts to provide the building blocks for cellular repair, while consistent Exercise and the intake of pure Water facilitate the detoxification processes necessary to clear the system.

She spoke passionately about the often-overlooked benefits of Sunlight for Vitamin D and mental well-being, as well as the vital role of fresh Air in oxygenating brain cells to maintain cognitive clarity.

A significant portion of the discussion was dedicated to the final three pillars: Temperance, Rest, and Trust.

O'Neill defined Temperance not just as moderation in healthy things, but as total abstinence from harmful stimulants and toxins that disrupt the body's delicate chemistry. She highlighted that without consistent, high-quality Rest, the body is robbed of its primary window for deep-tissue repair.

Finally, she addressed the importance of Trust, suggesting that cultivating spiritual strength and peace is essential for lowering the physiological stress that often hinders physical healing.

By returning to these foundational roots, O'Neill argued, individuals can address the causes of illness rather than merely suppressing its symptoms.



Health Tip

Kefir water is a refreshing, dairy-free probiotic drink made by fermenting sugar water with symbiotic "grains" of beneficial bacteria and yeast. Unlike traditional milk kefir, it offers a lighter, often fizzy alternative that is packed with live cultures to support a diverse gut microbiome. Regular consumption can enhance digestion, boost the immune system, and reduce systemic inflammation by introducing healthy microbes that help crowd out harmful bacteria.

PRODUCT OF THE WEEK

Jaciana Foods

water kefir

ZEST REPLENISHER

Water Kefir infused with adaptogens that assist with the production of **FEEL GOOD HORMONES**, reducing the stress related hormones.

testimonies:

"My hair is growing back; the hairdresser has even noticed that my hair is thicker every time I visit her" - Bernadine

"Due to menopause I used to be very moody and low on energy. Since drinking the Zest Replenisher, my moods are better and has much more energy." - Marianne

INGREDIENTS:
Purified Water, Water Kefir Culture, Saffron, Coconut Water, Fenugreek, Cardamom, Sesameoil, Ashwagandha, Granny Smith Apples.

012 562 0012 | info@jacianafoods.co.za

PRODUCT OF THE WEEK

The Zest Replenisher Water Kefir has impacted many lives as the apoptogenic ingredients assist with hormonal regulation.

The most significant testimonies has resulted in:

- Restored hair loss, caused by stress.
- Menopause symptoms reversed
- Assisting with adrenal fatigue recovery

visit our Facebook Page [Jaciana](#)

Our Projects

Preschool Gut Health Campaign

We are proud to announce the launch of the GHASA Preschool Gut Health Campaign, an initiative dedicated to informing parents and educators about the critical link between a healthy microbiome and early cognitive development.

The "gut-brain axis" is a fundamental pillar of a child's ability to learn, focus, and regulate emotions. By prioritizing gut health during these formative years, we are providing children with the biological foundation necessary for lifelong academic and behavioral success.

The urgency of our mission is underscored by the deepening nutritional crisis in South Africa. A recent [Daily Maverick](#) article highlights a "stunting scourge" driven by rising food insecurity and systemic data gaps, marking a true constitutional crisis for our youth. At GHASA, we believe that understanding gut health is a vital tool in combating the long-term effects of malnutrition and protecting the cognitive potential of the next generation.

We invite all preschool educators to join this movement and become "Gut Health Champions" in their classrooms.

To help you get started, we are hosting an exclusive online webinar where we will explain the science behind the campaign, share practical classroom strategies, and discuss how we can collectively support children facing nutritional challenges. This session will provide you with the tools to identify gut-related learning barriers and implement simple, impactful changes in your school's daily routine.

Here are the four key focus points for our upcoming webinar:

GHASA (Campaign Leadership): Outlining our strategic mission to provide educators with "Gut Health Champion"

resources and advocacy tools to combat the national stunting crisis.

Femina Wellness (Research Insights): Expert analysis on the gut-brain axis, explaining how specific microbiome health directly influences serotonin, mood, and memory in preschoolers.

Bio Scan Technologies (Cognitive Tracking): Demonstrating how non-invasive tracking of early cognitive biomarkers can identify developmental gaps and measure the success of nutritional interventions.

SOASO (Organic Food Supply): Practical solutions for sourcing organic produce for preschools, ensuring children have direct access to the fiber-rich foods necessary for a healthy gut.



Stay in Touch

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“GHASA all about gut health”

* [Join the Movement Now!](#)



KEFIR WATER

If your gut could choose a drink... it would choose this.

Berries & Hibiscus Water Kefir

- Live cultures
- Good for your microbiome
- Light + refreshing

Sip your way to better balance.

visit our website NUMESA