

GUT GAZETTE

GUT HEALTH NEWS



| Feature Story

Men’s Gut Health: Whats really going on. Truth, Denial & Turnaround Strategy

For many men, gut health is not something they think about until the body begins to shout.

A little bloating after meals. Acid reflux after a braai. Constipation that gets brushed off. Poor sleep. Fatigue. Weight gain around the middle. Brain fog. Low energy. A stomach that “has always been like this.” For years, many men quietly normalize these symptoms, often believing they are simply part of aging, stress, or long working hours.

But the truth is, gut health is deeply

connected to overall wellbeing.

The gut is responsible for far more than digestion. It plays a key role in nutrient absorption, immune balance, inflammation regulation, metabolic health, and even communication with the brain. When the gut is under strain, the ripple effects can show up in ways many men do not immediately connect — low resilience, poor sleep, irritability, sluggishness, reflux, weight changes, lower libido, gout & other inflammatory conditions and a reduced sense of vitality.continue page 02

| Platinum Member Spotlight

Meet the Changemakers

This month, we spotlight GHASA Platinum Member, Dianne Neethling and her visionary company, Imsyser

See page 02 & 03



| Quick Updates

 **Our Initiative:** Preschool Gut Health Campaign

 **Special Promo:** Jacksons Real Food Market Give Away

 **Events:** 6 June Banting Market @Village Mall Irene

GHASA Member

As the visionary behind Jaciana Foods, Jaco Drost is deeply passionate about reviving traditional, artisanal food preparation to foster vibrant, everyday health. As a proud member of the Gut Health Association of South Africa (GHASA), Jaco aligns his mission with the highest standards of evidence-based digestive health education and advocacy.



| Feature Story continues...

Men's Gut Health

Yet many men live in denial.

Not because they are careless, but because many have been conditioned to push through discomfort. “I’m fine.” “It’s just stress.” “It’s probably the food.” “I just need an antacid.” These are common responses, even when symptoms have been quietly building for months or years.

Ignoring the gut does not make the signals disappear. It often delays the simple changes that could create meaningful improvement.

In South Africa, lifestyle habits also play a role. Long work hours, chronic stress, poor sleep, emotional pressure, highly processed foods, excess sugar, frequent alcohol intake, and fibre-poor diets can all place strain on digestive health. Even our social culture — weekend braais, convenience foods, eating on the run — can gradually shift the body toward inflammation, sluggish digestion, and metabolic stress if balance is lost. Making health choices is also not easy because mainstream retail and hospitality hasn’t shifted yet. This is a new space for them too.

- Some common signs men may be overlooking include:
- Persistent bloating or gas
- Reflux or regular indigestion
- Constipation or irregular bowel habits
- Low energy and brain fog
- Increased abdominal weight gain
- Poor sleep or feeling tired despite resting
- Feeling “off” but not knowing why

The good news is that the turnaround does not need to begin with perfection.

It begins with awareness and one practical shift at a time.

For many men, improving gut health can start with foundational lifestyle choices: like eating more fibre-rich whole foods, drinking enough water, reducing excessive alcohol, improving sleep, managing stress, and moving the body more consistently.

Failure to address this leads to unpleasant aging, pain and chronic meds as part of their daily life, many of which have even worse side effects. continue page 6



Our Blog

- What is Kefir ? A beginners Guide to kefir, how to use and enjoy this ancient super beverage [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

Imsyser: Nurturing Wellness from the Inside Out

For nearly two decades, Dianne has been a passionate force in the South African wellness landscape. Founded in 2008, Imsyser was born out of Dianne’s deep-rooted dedication to holistic wellness, natural health education, and a desire to provide practical, effective solutions for modern lifestyles. Today, the Proudly South African brand has grown into a trusted household name, helping people across the country and beyond restore balance, vitality, and health from the inside out.

The Core Philosophy: Everything is Connected

At the heart of Imsyser’s philosophy is a principle that resonates deeply with our mission at GHASA: true wellness starts within. Dianne and her team operate on the understanding that our gut, immune system, liver, and skin do not function in isolation; they are intricately connected. When our internal ecosystem is compromised, it ripples throughout the entire body.

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| Changemakers continue ...

Imsyser: Nurturing Wellness from the Inside Out

Rather than simply masking symptoms, Imsyser's carefully crafted formulations are designed to support and unlock the body's natural restorative processes.

A Holistic Approach to Health

Since its inception, Imsyser has pioneered natural innovation, focusing heavily on education-driven wellness support. Their core product offerings span vital areas of daily health, including:

- **Gut & Microbiome Support:** Nourishing the digestive tract to establish a thriving internal ecosystem.
- **Immune Resilience:** Strengthening the body's natural defenses through pure, targeted nutrition.
- **Liver & Detox Wellness:** Supporting the body's natural elimination organs to function optimally.
- **Probiotic-Rich Skincare:** A unique, modern approach linking skin health directly to the gut and skin-biome support.

By emphasizing the undeniable link between gut health and whole-body vitality, Imsyser continues to inspire South Africans to take charge of their health journey naturally and sustainably. We are honored to have Dianne Neethling and Imsyser as part of our GHASA community, championing the message of microbiome health and long-term vitality.

Explore their natural range of gut, immune, and probiotic skincare solutions, visit

www.imsyser.co.za.



| In The News

Gut Microbes: Our Hidden Super Powers

By Bronwen White | Founder, GHASA

Most of us think about health in visible ways.

We talk about energy, immunity, digestion, skin, mood, weight, sleep, and even mental clarity. But hidden deep within the body is an extraordinary internal world that quietly influences all of these things — our gut microbes.

Tiny, invisible, and often overlooked, these microbes may be some of the greatest hidden super powers we have.

Inside every one of us lives a complex ecosystem of trillions of microorganisms, mostly found in the digestive tract. Together, they form what is known as the gut microbiome.

While this may sound highly scientific, the truth is beautifully simple: these microbes help the body function, protect, adapt, and thrive. Our gut microbes do far more than help digest food.

They support nutrient absorption, communicate with the immune system, influence inflammation, help regulate aspects of metabolism, and interact with the gut-brain connection. Cont page....



Highlights - May 2026

Good Life Show 29-31 May 2026

As we continue our journey toward a healthier, more sustainable future, we are thrilled to spotlight an upcoming event that perfectly aligns with our mission at GHASA.

The premier **Good Life Show Africa** is returning to the Mother City from **29 May to 31 May 2026 at the Cape Town**.

Dedicated to food, drink, and conscious living, this year's show brings an incredible focus on health, wellness, and sustainable food systems. It is an absolute must-visit for anyone passionate about evidence-based nutrition and how what we eat impacts both our personal well-being and the planet.

What to Expect:

The IMBO Theatre of Taste: Making its Cape Town debut, this immersive culinary arena features live cooking demonstrations and masterclasses from plant-based pioneers and top nutritional innovators.

Look out for sessions celebrating local food heritage and nutrient-dense, earth-conscious eating.

The Show Marketplace

Explore a bustling pavilion packed with over 250 exhibitors. It's the perfect place to taste and discover organic eats, functional beverages, and whole, gut-friendly staples to stock your pantry.

Expert Wellness Advice

Move past marketing myths and connect directly with industry experts, wellness practitioners, and creators driving genuine change in health and sustainability.

Conscious Living & Clean Beauty

Beyond food, explore eco-friendly home solutions and nature-led personal care products from innovative South African manufacturers.

Whether you are fully plant-based, health-conscious, or a professional looking to network with sustainable brands, you will find inspiration around every corner.

To view the full event programme and book your spot, visit goodlifeshowafrika.com.

See you there!



Jackson's Real Food Market

Gary Jackson's is changing the way retailer's show up. Jackson's Real Food Market's are GHASA members and Gary is a true gut health, clean food, conscious consumerism advocate. His first 2 stores in Bryanston and Kyalami have been the answer to the prayers of those wanting clean label foods, those with illnesses they want to heal through food - the way nature intended and God provided for on our beautiful earth.



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Our mission is to provide an alternative, healthy, nutrient-dense and chemical-free food supply.

- Gary Jackson

NEW Jackson's store opening

on the 6th of June 2026 Jackson's Real Food Market open's their 3rd store in Bedfordview.

Great news for those who travel from the East and South Rand. There are Jackson's customers that travel from as far as Nelspruit to get their clean groceries once a month.

To celebrate their opening and Men's Month in June, Gary Jackson has kindly offered a voucher to the value of R500 to be redeemed at the new store. Simply follow the [link](#) here to take part.

Wellness Industry Opportunities

Bio Scan Intern Program

Are you passionate about gut health and alternative healing? Femina Wellness is inviting motivated individuals to join our **Bio Scan Intern Program**—a unique opportunity to build a flexible career, earn commission, and study toward a professional **12-month Nutritional Certificate**.

What is Bio-Resonance?

Every cell in the body emits a unique electromagnetic frequency. When the body faces stress, poor gut health, or nutritional deficiencies, these frequencies distort. A non-invasive Bio Resonance Scan measures these cellular signals to pinpoint functional imbalances and toxic burdens, removing the guesswork from healing.

Who Are We Looking For?

This program is ideal for self-motivated individuals who are:

- Fascinated by gut health, detoxification, and the body's innate intelligence to heal itself.
- Eager to obtain a 12-month certification in functional nutrition.
- Driven to connect with people, build relationships, and earn a commission-based income.
- Ready to represent a growing, trusted name in holistic and female health.

Ready to Start Your Journey?

Don't wait to turn your passion for alternative healing into a viable career path. Take the first step toward becoming a certified nutrition professional while helping your community discover the root causes of their health concerns.

To register your interest and sign up for the Intern Program, follow the link below:

www.femina-wellness.com



GIVEAWAY

R250 vouchers x 2 for the new Jackson's Real Food Market Bedfordview store

👉 Enter by signing up to the GHASA newsletter

✉ [Sign up here](#)

✓ Gut-friendly inspo

✓ Real products

✓ A community that gets it

Tag a friend for a bonus entry 🍷



GIVE AWAY TIME

Subscribe to the GHASA newsletter and stand a chance to win.

Find the new Jackson's Real Food Market store in Bedfordview
https://maps.app.goo.gl/smFjLtE ssBscFUh96?g_st=iwb

[visit our website](#)

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Men's Gut Health

Fermented foods like kefir, plain yoghurt, or naturally fermented vegetables are known to support gut diversity for some individuals, depending on tolerance and personal health needs. This gut microbe diversity is where super powers get unlocked. See Gut Super Powers article in page 3.

Just as importantly, men need to stop seeing health support as weakness.

Join the Movement

Free GHASA Download

Want to take the first step?

Sign up for the GHASA newsletter and receive your FREE Gut Health Starter Guide — practical tips, trusted education, and simple ways to support better digestion and wellbeing.

Unsubscribe at any time.

Visit: www.guthealthsa.co.za

A New Way Forward: Community-Driven Solutions

Looking after the gut is not about restriction, trends, or becoming obsessed with wellness. It is about strength. Energy. Mental clarity. Longevity. Being present for work, family, relationships, and life.

A practical turnaround strategy can begin with:

- Add more real food: fibre, vegetables, fruit, legumes, seeds, and minimally processed meals
- Reduce overload: excess alcohol, sugar, ultra-processed foods, chronic stress, and poor sleep

Move more: walking, stretching, resistance work, or consistent daily activity.

- Pay attention: ongoing reflux, pain, blood in stool, major bowel changes, or unexplained weight loss should always be medically assessed

The strongest thing a man can do is not ignore the body — but listen to it. It is his chariot, his vessel.

Men's gut health is not just about avoiding disease. It is about building a better quality of life. Better digestion. Better energy. Better mood. Better resilience. A healthier future.


Sometimes the turnaround starts with one honest question: Who's body is this, who's responsibility is it?



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“GHASA all about gut health”

 **Join the Movement Now!**



PRODUCT FOCUS

Milk Kefir starter powder

NuMeSA is proud to be the first and only supplier in S.A. of milk kefir starter powders. These are different from the reusable milk kefir grain cultures. The starter can be used to make a fresh batch of mild kefir, probiotic rich and spoonable. Can even be used in plant milks. Make as required.

Available at their [website](http://www.guthealthsa.co.za)

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Gut Superpowers

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the ongoing communication between our digestive system and nervous system.

In many ways, these tiny organisms work behind the scenes to help keep the body balanced.

When the gut microbiome is healthy and diverse, many people experience greater resilience. Digestion may feel smoother. Energy can improve. Immunity may be better supported. The body often feels stronger, more responsive, and more capable of recovery.

This is why gut health is not only about stomach issues.

When the gut microbiome is healthy and diverse, many people experience greater resilience. Digestion may feel smoother. Energy can improve. Immunity may be better supported. The body often feels stronger, more responsive, and more capable of recovery.

This is why gut health is not only about stomach issues. It's about functioning at optimum, full activated.

It may influence how we feel physically, mentally, and emotionally.

A healthy gut ecosystem plays a role in supporting:

- Digestion and bowel regularity
- Immune health
- Nutrient absorption
- Inflammation balance
- Mood and mental clarity
- Skin health
- Metabolic wellness
- Hormonal balance
- Overall vitality and resilience

Rebalance, Reseed, Restore

Yet modern life often works against this delicate internal system.

- In South Africa, like much of the world, many of us live under constant pressure. Stress, poor sleep, highly processed foods, low-fibre diets, excess sugar, antibiotic overuse, alcohol, lack of movement, and environmental strain may all influence microbial diversity and digestive health.
- And when the microbiome is under stress, the body often begins to whisper.
- For some, it may show up as bloating, constipation, reflux,
-
- poor digestion, fatigue, cravings, sluggishness, brain fog, weakened immunity, skin flare-ups, or simply a sense that something feels “off.”

The beautiful truth is that the microbiome is not fixed. It is dynamic. Responsive. Adaptable. It often changes in response to the choices we make daily.

Every meal, every habit, every lifestyle pattern can either nourish or challenge this internal ecosystem.

The good news is that supporting gut microbes does not have to be complicated.

Often, it begins with simple, consistent choices. Eating more real food. Increasing plant diversity. Choosing more fibre-rich meals. Hydrating well. Moving the body. Sleeping better. Reducing excess sugar and ultra-processed foods. Managing stress. And for some individuals, fermented foods like kefir, yoghurt, sauerkraut, or naturally fermented vegetables may help support microbial diversity if well tolerated.

This is not about perfection.

It is about awareness.

It is about understanding that some of our greatest health allies are already within us.

At GHASA, we believe the future of health lies not only in treating illness, but in learning how to support the body's own remarkable systems of healing, resilience, and protection.

Our gut microbes may be microscopic...

But their impact on our lives may be enormous.

Perhaps the real question is not whether we have super powers.

Perhaps it is whether we are feeding them and providing a safe and balanced home environment?

Free GHASA Resource

Want to begin supporting your gut naturally?

Sign up for the GHASA newsletter and receive your FREE Gut Health Starter Guide — practical wellness tips, trusted gut health education, and simple steps to support your microbiome and overall wellbeing.

Unsubscribe at any time.

