



All About Gut Health

Gut health has been a major topic lately. And for a good reason! But what does the term gut health really mean? And why should we care about it?

All About Gut Health is available through the *Health & Wellness Centre** Health Library. The article outlines some basics to help you understand gut health better, and to make healthy choices for yourself:

- What is gut health?
- Why is gut health important?
- What causes problems for gut health?
- How can I improve my gut health?