



YES, WE'RE GOING TO TALK ABOUT POO.

Craig and I have the gut-health conversation, including the microbiome, screening and yes, poo transplants. There's plenty to be curious about, and a good reason to take personal questions to someone qualified.

Dr Craig Haifer and I get into gut health, without leaving the awkward bits out.

YOUR GUT IS PART OF THE TEAM.

01 YOUR GUT ISN'T OFF DOING ITS OWN THING.

Craig talks about the gut as an interface with what we eat and the world around us. It's part of a bigger picture, rather than a completely separate bit of the body.

02 ONE PRODUCT ISN'T THE WHOLE ANSWER.

Food, medicines, environment and exercise all come into Craig's microbiome discussion. There's more to talk about than whichever product has caught our eye this week.

03 THIS IS ONE FOR THE MEDICAL TEAM.

Craig explains the strict health and infection checks involved in selecting donors for a transplant. It's a medical procedure, not something to try at home.

04 OUR QUESTIONS CAN CHANGE AS WE DO.

Craig discusses microbial diversity, ageing and menopause. As life changes, it makes sense to bring new questions into the conversation about your own care.

05 ASK ABOUT SCREENING. MAKE TIME TO LISTEN TO YOUR BODY TOO.

Craig's closing challenge includes talking about bowel screening and taking an unhurried moment to notice what your body needs. Those are different parts of looking after yourself.



ASK BEFORE YOU BUY THE BUG.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 MARKETING ISN'T EVIDENCE

Craig says the most visible probiotics may have the biggest marketing budget, not the best evidence. **Try it:** Ask your pharmacist or GP what evidence supports a probiotic for your problem.

07 ANTIBIOTICS DON'T AUTOMATICALLY MEAN PROBIOTICS

Craig doesn't routinely recommend probiotics after every antibiotic course, unless there are side effects. **Try it:** Ask whether you need one rather than buying it automatically.

08 PELVIC FLOOR CAN MEAN RELAXING

Trouble emptying your bowel can be a pelvic floor that doesn't relax, not just weakness after babies. **Try it:** Tell your GP if this is you and ask whether a pelvic floor assessment would help.

09 REVIEW DIETS THAT AREN'T WORKING

Craig questions staying on a restrictive diet that hasn't helped. A dietitian can help broaden it slowly. **Try it:** Ask a dietitian to review an unhelpful exclusion diet; keep medical exclusions as advised.

10 TRY IT WITHOUT HEADPHONES

Craig ditched headphones while exercising and found it helped his headspace. That's his experience, not a gut-health promise. **Try it:** Try one familiar, safe session in quiet and notice how it feels.



TAKE THE AWKWARD QUESTION IN.

Ask it out loud. In the room.

1 NOTICE WHAT YOU WANT TO ASK ABOUT.

Jot down a pattern and when it happens, so you can talk it through. A diary isn't there to explain away persistent symptoms. Those need medical assessment.

2 BRING THE QUESTION INTO THE ROOM.

Ask your GP about symptoms or screening. If you have symptoms, get them assessed. A screening kit isn't a substitute for that conversation.

3 HAVE AN UNHURRIED MOMENT.

Sit down for a meal, or pause before the next rush. What do you notice when you aren't already racing on to something else?

ONE THING BEFORE 50. OR STARTING NOW.

Let's make bowel health something we're willing to talk about. Ask about appropriate screening, and take persistent changes to your doctor.

OVER TO YOU

The gut-health question I'd like to ask is...

The appointment or quiet pause I'll make time for is...
