



Have you loved your gut today? We have!

Across the UK, millions of people are suffering from a range of digestive problems. Each day some people continue to suffer in silence, too nervous or embarrassed to talk about their situation.

Take action today and love your gut. It's easy to take simple steps every day to help improve your gut health – and detecting problems early can increase the opportunity for successful treatment.

The Love Your Gut campaign aims to help people understand how important gut health is to overall wellbeing – and encourage them to discuss gut issues. **So what are you waiting for – come and join us!**