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Conversations around gut health have increased, as have misconceptions. What is needed is a comprehensive approach

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Synopsis

Understanding gut health involves more than following diet trends. Poor gut health, linked to stress, poor diet, and lifestyle choices, requires a balanced diet, physical activity, and stress management rather than relying solely on quick fixes or misleading social

Dr Shiny Benedict, chief medical officer at Tre Wellness Centre in Vikarabad near Hyderabad, says fermented foods like kimchi, yoghurt and kefir water are excellent for supporting gut health. Traditional probiotics like kanji, a fermented drink made of black carrots and beetroots that is popular in north India, are also gaining in popularity for promoting healthy gut microbiome.

These foods are rich in beneficial bacteria, which support overall health and contribute to better digestion. This concept is well-accepted in modern medicine, which recommends curd and probiotic drinks, says Dr Thakur. Sidharth Dominic, CEO of **CGH Earth Wellness**, emphasises that modern life, with its fast pace and poor lifestyle choices, has a detrimental effect on our health.

According to him, ayurvedic and alternative therapies are becoming popular as they offer "natural", noninvasive solutions to gut health issues. Ayurveda, in particular, attributes the rise in gut-related problems to stress,

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Dr. Shiny Benedict, our Chief Medical Officer, was recently featured in **The Economic Times,** shedding light on the essential role of gut health in overall wellness.