



Steph: Hello Kirsty. Thank you so much for joining me today.

Kirsty: Hey Steph. Thanks for having me.

Steph: You're very welcome. Really excited to chat with you all things gut health. I think it's really important for us to set the scene first to talk about why gut health is so important. Let's explore that together. Tell me a couple of your top reasons why gut health is so important.

Kirsty: The biggest one is that whatever you put in your mouth, you wanna absorb that and gain all the beautiful nutrients from it. So gut health to me is vital because it is really the seed of our whole sort of our life. It's the seed of everything but it helps us absorb our nutrients, it helps with our immune response, it helps with for you guys with your performance and how well you can go with all your goals and what you wanna do. It just enables us to function at that optimum level and gut health is just linked to every different aspect of the body so that's why I'm so interested in it and why I think everyone should allocate a little bit of time in their day to gut health it's so important.

Steph: Yeah absolutely. We say, you are what you eat. But you are what you can absorb and this is a huge issue for a lot of people like we use the term, dysbiosis which is simply put that imbalance in that internal ecosystem where the gut bacteria that usually the beneficial gut bacteria aren't able to thrive and they're the guys that break down our food right so they control what we can actually access from the food that we do eat.

Kirsty: Yeah absolutely. So if you don't have that beautiful rainforest or ecosystem that's in your gut microbiome, doing all of it's little jobs, they're having all those workers doing what they need to do, then we do have this dysbiosis of suddenly we can't absorb protein so we can't build muscle. Suddenly we can't absorb our beautiful carbohydrates from our plants and from our vegetables and then we can't get all that beautiful glycogen into our muscles and we can't absorb the protein from our amino acids so we can grab these great moods to be able to get out and do everything that we need to do. If the balance isn't right and we've got infections and we're not addressing those, then you just hit a glass ceiling all the time in everything that you wanna do. So it is for some people, it's that big revelation, oh my gosh, I dealt with my gut and then suddenly all these other things started to fall into place.

Steph: Yeah I totally agree. The reverse is that for a lot of people is they're addressing so many other boxes right so they're probably already experimenting with JERF, our Just Eat Real Food mantra. They might have a coach, they're nailing all their sessions. Hopefully they're aware of the importance of sleep for recovering and ongoing performance but rarely have they dived deep into their gut health so is a huge missing piece of the puzzle, right?

Kirsty: Yeah and I think up until even probably in the last two years, it's not something that we've known much about. There's a lot more research on it now, there's a lot more understanding about it and so yeah, it's come up on people's radars. Okay maybe I have to look at it but you can't sleep if your gut doesn't work 'cause you make your hormones to sleep from your gut. And you can't recover and you can't do all the things that you need to do so we need to flip it around and having amazing people like yourself to teach people, let's flip it around, let's go gut first and then branch off like this beautiful tree of all of these things that everyone is working on. Yeah, it is just vital to bring it back down to understanding your gut and questioning and being okay to say, look, something's not right. I've got bloating and I've got diarrhea or I've got constipation or I don't have regular bowel movements and being okay to talk about that and you know, investigating that further so which is a new conversation that also hasn't been out in the sphere as much.

Steph: Yeah I think you're right. That's a huge part of it. It's not anything even I was learnt at university which is quite tragic really when we think about the significance of it all. But the positive thing is now it's so vogue which is really cool because we get conversation into the households.

Kirsty: Yeah, absolutely.

Steph: Yeah, cool. So just for context I wanted to talk just a little bit more about the gut bacteria 'cause that's obviously the foundation of us essentially like I'm not sure of the current stats but I've read somewhere between 90 and 99% bacteria so just the human host right?

Kirsty: Yeah so we are, we literally ... some research says 70% and some says 90%. Look, in the end what we know is that we are mainly bugs. We're mainly bacteria and we are about 10 to 30% DNA so once again, we need to flip our understanding about that so our bacteria talks to our DNA and activates our DNA and makes us who we are. Rather than what we thought before is that our DNA is everything and whatever comes down is what we've got. We now know it's the complete opposite so if we don't love those bugs and if you don't understand 'em and nurture them and feed them and grow them just like a beautiful plant, then our DNA is not going to express itself how we want it to express itself. It can cause a lot of troubles. Then you find yourself in this oh well I've got diabetes in the family so that's just what's meant to be for me. We know now that's not the case and so yeah, understanding we are one big microbial community and how we interact with the environment and other people and our food. It's just really exciting. It is a bit mind blowing to get your head around it. I can completely understand it sounds a bit sci-fi but once you get there and you're like, is this gonna love my bugs what I'm doing right now? It's a great place to be.

Steph: It's mind blowing, you're right. But I love that because of course it comes back to all right that's in context then like how can I not be looking at this area of health and obviously everybody should be looking at their gut health but for our athletes out there I mentioned it's gotta be a number one priority.

What do you think though, you know, if it's so important and seeing as we are this huge microbial community, why doesn't it sort of sort itself out? Why is gut health not self-regulated?

Kirsty: Yeah so traditionally it would've been and it has been but unfortunately we don't ... we live in a very different environment now. Our gut health is a wonderful ecosystem but it is really delicate and it can be disrupted so easily. It can be disrupted by modern medicine so not just antibiotics which most of us know is not good for our gut now. But anything from antidepressants to antibiotics to anti-inflammatories to Panadol you name it. The plethora of modern medicine that's out there is gonna destroy our gut bacteria. We know that just basic things like water, toxicity in the air, in the environment. What we put on our skin. Athletes who are still having those gel things. There's all these different onslaughts that are coming from our gut and so it just doesn't have an opportunity anymore to self-regulate, you know? Our gut sheds and changes and it's trying it's hardest to rebalance but if we're constantly putting this onslaught of our modern environment onto it, it just can't. It just doesn't have the rest to be able to do that. Yeah, unfortunately our modern lifestyle is really destroying our ecosystem that has held us up for generations and generations.

Steph: Yeah definitely. Again, quite tragic. We know our ancestors at some point in time definitely weren't eating anything out of a box and they weren't running around sucking on the sports gels that are pure sugar. And we've obviously got this food pyramid with lots of refined carbohydrates, refined sugars, tie in gluten, we've got refined seed oils and trans fats everywhere. So again, like it's just so much more work for our gut to tolerate. As you said it's quite delicate so it's just not gonna thrive with the onslaught of those inflammatory foods.

Kirsty: And coming back to the what does that gut do and it really does absorb your nutrients, makes your neurotransmitters, supports your immune system. It is the work horse of your body and so if we're just throwing stuff at it all the time, then your body can't work. It can't effectively grow so and it can't do what you need it to do. It's like, you know, flogging a dead horse sort of thing.

Yeah, the respect needs to go to well the whole body but respect needs to go to the gut. I mean, I find it fascinating, you know, there's tribes in Mexico for example, you know those tribes that run. That's what they do. They run in bare feet and they run and go for days without eating and talk about fat adapted athletes. Those dudes are at like the absolute epitome of it. They didn't have gels and they didn't do this and do that. They used what you're such a big proponent of like real foods and working within the synergies of your body and understanding the mechanics of your body and when to rest and when to sleep and when to listen to your body and we've kinda got a little bit lost in listening to our bodies and we ... when you go back to looking at your gut as the foundation, you go back to listening to your body and it's pretty cool. I don't know if we're gonna all go back to running in the cliffs of Mexico

in bare feet but we can certainly get back to what we're capable of as beautiful humans.

Steph: Yeah definitely. I love that concept. Because we've definitely gone the other way and unfortunately learnt the hard way but we're coming back around now and the, if we just look at that sports nutrition world like all of the products are these hugely inflammatory foods so not only do they kill the good or the beneficial gut bacteria, they're gonna create this environment, this perfect storm for pathogenic bacteria to thrive.

Kirsty: Yeah and then you get things like lactic acid building up which is for your athletes would be something that's happening all the time and if you take a heap of anti-inflammatories and modern medicine, you are creating that storm for infections to come into the small intestine and when those infections are in there, they release lactic acid as part of their by product. Then you're going out for a huge training session, creating your own lactic acid and then you've just got this enormous amount of lactic acid and you cannot clear it effectively for your next training session. Generally an athlete would have their training session. They'd recover, they'd clear that lactic acid beautifully and then off they go to the next session. But if you've got that small intestinal infection going on there, it's just constantly pumping out lactic acid no matter what's going on, whether you're sleeping, whether you're eating, whether you're working. It's just this big, big sort of bucket of infection that you're constantly dealing with. So you never reach your peak performance. If you're fighting that all the time.

Steph: And I bet you a lot of people hadn't considered the fact that there might be bacteria that are producing lactic acid so it's obviously not just coming from that high intensity session. You've got likely it's likely that you've got so much more to deal with that just exudes your natural capability.

Kirsty: Yeah absolutely. That's the cool thing, you know? Now yes, I love traditions and I love all the tribes teaching us those lessons but now we've got awesome testing that you can get done through you guys to look at why am I hitting the ceiling with lactic acid all the time? Let's go and investigate further and through you guys you can get the most awesome testing to find out, okay, is there something in there that is constantly producing this that I'm fighting up against? And let's investigate. Let's get some tests. Let's get some data so we can keep going with that.

Steph: Yeah, for sure. And you and I have had this conversation before. I think you said that you've seen like maybe one good stool test. I haven't seen any, which is really similar. I've just seen ... One of the overgrowths that I see far too much of is streptococcus and I'm just seeing these huge volumes.

To go back to what you mentioned before about sleeping, so we often see that inverse relationship with strep and our E. coli. So if our E. coli's on the floor, we're not producing melatonin so we can't sleep so we can't recover so we can't perform. It's this really vicious cycle.

Kirsty: Yeah. And then you have a great training session, which used to happen to me all the time. You'd have this awesome training session, you're kicking goals and like, yeah, I'm the best ever, and then you just can't train for another three days because

you feel so sore and so tired and you're up against all this lactic acid because that infection has just flared up and it's completely releasing all these metabolites that you're fighting against. And so it's just this constant uphill battle which doesn't need to be there and I just don't think people know about this stuff enough. I didn't know about it at all and the message needs to be out there more, that we don't need to be hitting these brick walls all the time.

It's not, oh, I can't do it. I'm not good enough. Not training hard enough. Maybe it's just not for me. It's just not the case. It's just knowing all the little components, and gut health is obviously the key component there.

Steph: Yeah. Which you're right is not where people are looking because, often if you're not getting results, the athlete, they do more, they train more.

Kirsty: They just go harder. I know. Let's go to inflammation there, Steph, because if you go harder, you get more inflamed, and when you're more inflamed than these infections thrive even more. And then you get more lactic acid. So another big vicious cycle. So, yeah, we've got to sort of look at that. Don't go harder, get smarter, look deeper.

Steph: Yeah, 100%. And you just reminded me of like a stress conversation, which is another reason why our gut health is not regulating itself. So we obviously spoke about the world that we live in and how that differs to our ancestors and stress is a huge part of the modern world. Like it's not the same in terms of what we've got to do with our to do list and being an athlete and having all those balls in the air that we're juggling constantly.

But then there's obviously stressors from the environment that we live in as well with toxins like you mentioned, with the water and also our food. Lots of stuff.

Kirsty: Yeah, and cortisol. So obviously adrenaline from stress literally physically changes our body. So obviously we feel jittery, we start sweating. We know all of those sorts of things that happen when we get stressed and we're wired and we can't think straight, but what it does to your gut is just so damaging. It changes the Ph of your gut. So then we see all of the wrong bacteria growing and surviving and it will basically, sort of kill off our beneficial bacteria when the Ph is wrong and all these pathogens come back up again. So we see obviously the wrong types of sugars in the body and we can't digest our food at all when we're stressed.

In fact, it's better to not eat if you're stressed than eat because you'll have undigested food in there and it's feeding these infections and feeding these pathogens. And I mean we can talk about excited stress as well as detrimental stress. Like we've talked about this before, even now when I go out for dinner, I still would have to sometimes take digestive enzymes because I get so excited about the person I'm talking with that I get all sort of revved up and I know I'm not thinking about what I'm doing and how I'm eating and digesting my food. And just excitement from seeing an awesome movie or hanging out with people. We get a lot more of that excitement and feedback and stress now and we can't digest. Certainly if we're on the bike and we're eating something whilst we're training, we're not going to be digesting that, so thinking about all those components.

Steph: Yeah, definitely. And then there's the role of the sympathetic nervous system in that state when we're a bit excited or when we're stressed. Obviously then we're not going to be digesting our food as you mentioned. And I think about this a lot in the post training environment. We walk this tightrope between finishing training and for a lot of athletes, they have been told that they have to eat immediately, and there's quite a significant impact there because you're still so sympathetically dominant, you haven't switched over into that parasympathetic state, and you're shoving food down your gob and it's disastrous for a lot of people. They get the symptoms, like, it's probably bloating or more common digestive symptoms which are obvious to the person that is happening to. But on that deeper level, they're just not able to get the nutrients. So they're not able to get those recovery building blocks.

Kirsty: Yeah, absolutely. So just learning all those really cool tools, like just even sitting there and doing your very calm deep breathing and focusing on the digestion, focusing on what nutrients you want to get out of that food. Because I know that you talked a lot about there is that window between when you finish and extrapolating that nutrients and if you're spending a fortune on organic food and you go out and you sit down to this amazing meal, if you're not absorbing it, you might as well have not bought it, really. And it's not going to go into your muscles and recover and bring down that inflammatory response that may have kicked up during the training session depending on how big your training session was. So, yeah, it's just vital to think about all those things and tweaking them is such a small part of what you get out of it. It's big. So, yeah.

Steph: A big return on investment.

Kirsty: What is that word?

Steph: But it's all connected, right? I again think about the tightrope. We've got this window where we want to refuel, but that should really only be like the number one goal if it's a super high intensity session. So you're training properly, that's actually not happening that often. We talk about it as being about 20% of what you do, so then there might be one or two sessions a week where it is, yeah, let's do some diaphragmatic breathing or some legs up the wall before you eat and it's probably going to be about an hour later.

So you've given yourself the opportunity to switch from the sympathetic to the parasympathetic state and teach your body to optimize that nutrient absorption, but the bulk of the time, the 80% of the time is when you're fat burning, when you're a fat adapted athlete, you're not in a rush to eat so you can actually then be far more intuitive and you'll know when you're ready to digest, especially the more attention that you pay, and it's not a rush and it's not another stressor and it's not the muesli bar you have to carry with you because you're not going home to cook a nice omelette with avocado. It's all connected, right?

Kirsty: All connected. And when you are fat adapted, you're not literally crawling home on your hands and knees. I've got to eat, I'm going to die. You do just seem to have these stores and this resilience to get yourself home, make a beautiful meal. You're cognitively really aware to make those great steps and make those right choices because you're utilizing your internal resources. Whereas when you're using so much glucose, you've just run out and you can't make the right choices of what to

eat. You're just picking anything that you can see, trying to top the brain up and trying to keep everything going and, oh, I remember finishing netball games and like, where are the snakes? Where are the pythons? That's just terrible.

Steph: After an hour?

Kirsty: Yeah, like an hour's netball game and it's like, oh my God, you know? Whereas when you're fat adapted, it's like, right, I'm in my routine, everything is fine. I have got all the resources I need. And it's just so freeing. It's so freeing to be able to do that and keep managing and not grapple at everything because you're just shattered all the time. It's huge, absolutely huge.

Steph: And that's a really good point because that's a signal that you get, your body. People always say to me, how do I know if I'm fat adapted? I'm like, right, let's talk about how you know. One of the key things is how you feel after training and if you are absolutely ready to inhale food as you walk in the door or if you could do your stretches and put the legs up the wall so you can actually digest your food. And that won't happen if you've already hit the wall because of your metabolic profile where you're a sugar burner and you've burnt all your sugar and all you've got left is putting more food back in.

Kirsty: Yeah, yeah, yeah. It's so cool. I love it so much. It's such an exciting freeing thing to be able to just get out and do the cool stuff that you love doing, whatever that is, being the athlete that you are, whether it be triathlons or bush walking or whatever it is in between. It's really freeing.

Steph: Yeah. And life changing, really. And then if we look at that dysbiosis environment, like when you have that imbalance, I think of it being just this huge stress for the body, and what does stress do? Stress is high cortisol, which is high insulin, which is like switching off your fat burning. So we talk about stress as being a huge barrier to becoming fat adapted, but it's going to ultimately come back to the state of your gut.

Kirsty: Yeah. So the reality is if you are trying everything and you've still got that imbalance, you've still got that infection, you've still got that problem going on, it's just always going to sit there, it's just always going to bubble to the surface and you're always going to be hard up against it. So it just has to be sorted out and you need to address it, it needs to be fixed.

Steph: Yeah. But it's more than just kombucha, right? I wanted to speak to this because I see kombucha on the shelf-

Kirsty: Don't even start me, Steph.

Steph: Oh, no, you're allowed a bit of a rant, but I see kombucha. I don't actually go to Coles very often, but they sell a hummus that I like, right? So I go in there and I see all the kombucha on the shelf and I think how many people are now drinking this like soft drink and what the hell are they doing to their gut?

Kirsty: Yeah. Yeah. And it's like we're an ecosystem and it's like a rainforest and kombucha is awesome in a little amount because it's a yeast and our body, it needs a little bit

of yeast. It actually helps with heavy metals and all sorts of cool stuff. But like a rainforest if you went in there with a huge amount of one particular type of nutrient, if you put a heap of nitrogen or a heap of something into that environment, then everything else is going to get out of balance and grapple and try and get that balance back again. And it's the same with kombucha. You need a little bit. But along with that you need a little bit of everything else. And then it has just become your daily life and you learn amazing things about ... Okay, so I have a little bit of bone broth here and a little bit of sauerkraut here and I'd have a little bit of slow cooked food here and you pad out your day. And then suddenly you've created that diversity, just because that's your routine in a day. A bit like your training routine. It's your food routine as well. But, yeah, you used the word, "It's in vogue." And, so these things are in vogue. But we seem to have a tendency to, when something's in vogue, just to just do that, and nothing else. And forget about everything else we've learned. So, balance is the beauty. It's absolutely where it needs to be. But, some people have only heard of Kombucha, so that's what you've done, and you're making the right choices because you're trying to help yourself. But, that's why I have people like you, Steph, because I can work out what are all the other components that we need to put together.

Steph: Yeah. I feel like I spend most of my time bringing people back into balance. Like they're either out here, or they're out here. So it's like it's black and it's white, it's yin and it's yang. But we know the beauty is in that middle, right? And, bless the athletes, we love them. But, there are a lot of really A-Type people. So, I don't want you guys to learn about gut health, and then suddenly be like, "Oh my god, let me go to town," and then you forget all about gradual, especially when you're starting, and exactly what you're saying, diversity is king.

Kirsty: Yeah. Diversity, not stabbing around in the dark. Getting the right support and the right help and the right testing. And yeah, just knowing that your body knows what to do if you give it the right tools. It knows how to behave.

Steph: Yeah. And also, if you pay attention. So, what would be a sign of, say, overdoing Kombucha. I know it might be quite broad, but to help someone that might be thinking, "Okay, am I drinking too much Kombucha? How do I know?"

Kelsey: Yeah, okay. So, you would definitely get those classic signs of bloating, diarrhea, some people break out in rashes. So they're the real obvious ones. Some of the not so obvious ones is the brain fog can kick in. You can get memory issues. So just that memory recall. Really exhausted and tired in the morning, so that real morning fatigue, and almost a bit hyper in the afternoon and the evening.

And so sometimes you can start a new fermented food, and not piece it together if it's not literally, "I ate that and my stomach is blown out like a balloon, and now I need to go to the toilet and have horrible diarrhea." Often it is the cognitive stuff, or it is the moods. Or for some people, it unfortunately goes right through to anxiety, an onset of quite extreme depression that's just come out of nowhere. So we need to really kind of see the importance of it can go right through to pain, moods, rashes, how you sort of cognitively think of things. It's the whole onslaught. And for some people it's big, and other people it just builds up. And suddenly it's like, "Oh, wow, I'm anxious, how did that happen?"

Steph: Yeah, and I think this can be where it's a little bit confusing. Because it is so systemic. But, if we go back to the significance of gut health, we know all disease starts in the gut. So too does all health. So, it is going to be potentially systemic. So like you said, it's not as obvious as bloating, like we always link bloating to a food, or to a beverage. But, to think about maybe doing a bit of a stock-take, I always say a bit of a health stock-take. And then when you add in a little bit of Kombucha or maybe you start looking at a different range of ferments that you just pay attention to things like your memory, but also your bowel movements and your sleep, and your recovery from exercise. Because you've got to be able to piece it backwards and put it all together.

Kirsty: Yeah, yeah, exactly. And also, being empowered and feeling like, "Well no, I'm not going to put up with that. That doesn't actually have to be the case for me. It's fine I need to go and investigate why this is happening." So I see, just constantly, this big passion of everyone, "Aw, well, I'm 40 now. I suppose that's to be expected, my mom had that, and it's that." No actually, it's not to be expected, you are only 40. Go and have a look, you know? So yeah, I think we put up with a lot now. Far more than we should. And there's really simple answers out there, and simple strategies, and simple things that we can change. And suddenly you're not putting up with things that have been hanging around in your world for sometimes years. Like 10, 20 years. "Okay yeah, I've had migraines for 20 years." What? Why? What's going on there?

Steph: Yeah. Yeah, absolutely. It's about taking your health into your own hands.

I wanted to talk about inflammation just one more time. Because it's like one of my favourite topics to talk about.

Kirsty: Yeah, yeah, yeah.

Steph: But I think one of the missing pieces for some athletes is thinking about the impact of inflammation in relation to chronic injuries. And definitely the athletic longevity. We love to bush walk, or we love to play soccer. We certainly love triathlons. And so hopefully, we want to do it forever, right? But we need to make sure we're managing inflammation.

Kirsty: Yeah, absolutely. And, our gut has a huge part to play in inflammation, and role of inflammation in the body. So, from our gut, we literally release these cells, these cytokines, these interleukins. And they have a big part to play in down regulating that inflammation. So if we don't have the certain bacteria within our gut that helps to release those cells, and release and support our body with that inflammation, then we cannot manage it internally on our own.

Now, we can do things like bone broth and turmeric, and anti-inflammatory diet. We can do fish oils, and all of those cool things. Bring down that inflammation, get out in the sun, Vitamin D, the list goes on. But if you don't have the mechanics internally to down regulate that inflammation, you're always going to be fighting a losing battle. So once again, you've got to look internally at what's going on there.

Kirsty: Plus, topping up with those other extra bits that we can do. Yeah, then there's also some people are more prone, genetically, to struggle more with inflammation. And that's fine, you can see you guys, and get some more individual testing down, some

genetic testing, to see, "Do I have some issues with inflammation?" And if I do, we know cool stuff now about how to flip those genes. Use little bits and pieces to enable our bodies to switch on that ability to reduce that inflammation. And, a few little tweaks here, and a few little tweaks there, and off you go again.

But, the role of what our beautiful gut bacteria do in supporting us to down regulate that inflammation is huge. And so we've really got to consider that.

Steph: Yeah, absolutely. So, if you're experiencing those chronic injuries, of course you've got your support team, and maybe it's a physio or a chiro that you're seeing. But, you've got to go deeper than that. You've got to look at the food that you're eating, and explore removing those inflammatory triggers. But of course you've got to look at what your body's doing and how you can improve that by balancing out and supporting that internal ecosystem.

Too many athletes, I think, retire early from chronic injuries and/or burnout. Which I think, most can be avoided. And it breaks my heart to see people retiring from running in their 30s and 40s because they weren't told what's in their control, and what they need to do to improve their current situation.

Kirsty: Yeah, yeah. And it's sad because that's the talk. I mean, I get it amongst my netball girls. Like, "Oh, maybe we should give up netball. Aren't you getting sore? Don't you wake up the next day and you're sore?" And I'm like, "No I am, but I do go home, and I have my bone broth, and I have my turmeric, and all these bits and pieces because my body's been battered a bit over the years." And so it's also surrounding yourself with a beautiful community like yours, Steph, that that conversation is about, "No, let's just keep going. Let's just keep doing what we feel comfortable with because we know we can bring that inflammation down." So it's also changing the conversation, which I think is very important. I mean, my dad's still riding very long distances at 72. Because his conversation in his head is, "Why stop?" You know? "I feel good. I have my bone broth, and off I go." So, yeah, I agree with you very much.

Steph: Yeah, it's all about athletic longevity at the end of the day. We're allowed to have these performance goals. Go and get on the podium as much as you'd like, I'm very much in support of that. But I want you to be on the podium when you're like 72. Like your dad, that's just amazing.

Kirsty: Yeah, totally.

Steph: I'm hoping to be on the podium when I'm 72 because it may be my only opportunity.

Kirsty: No, yeah. I want to play nipple with my daughter on the same team. All these fun things that ... Big goals. And if you just keep at it, and keep loving your body instead of trashing it, it will give back to you.

Steph: Yeah. For sure. And it's all about optimizing your metabolism, for sure. So we want you to be burning fat. So you're looking after your ecosystem, but I definitely think next in line is exploring what's going on in your gut health. So we do that through a Bioscreen, a faecal microbial analysis. And work with a practitioner to have that analyzed and put together a really intelligent protocol to optimize your gut health. And yeah, I love that you mentioned some DNA testing as well. Because we know

that the environment pulls the trigger on any genetic potentials. So, knowing that potential is really powerful so that you can create the beautiful environment around that. So that you control what your genetics then deliver, essentially.

Kirsty: Yeah. Yep, yep. And, that is a shift. It is a shift to know that you are in control. And you sort of can make the choices, and it's up to you. But once you make that shift, it's just amazing, I think. It's so exciting.

Steph: Life changing. I know we've just touched the surface today, but I really wanted to plant some seeds and get everyone thinking about their gut health. And if you're not drinking your bone broth after exercise, then I think you can definitely start there. That's like our number one athlete recovery beverage. But, I hope it's been really educational and Kirsty, thank you so much for sharing your knowledge with us today.

Kirsty: Thanks for having me, Steph.

Steph: It's always great to chat.

Kirsty: Yeah.