

December 23

# Sh\*t worth talking about!

A Gut  
Foundation  
update



## Gut Feelings A healthy mind takes guts!!

The Gut Foundation's first North Island event was an incredible success thanks to the generosity of many new sponsors and supporters. There were a diverse range of attendees on the night including people across the listed property sector, local real estate, construction and logistics companies. Ngāti Whātua Ōrākei attended and provided a six metre long inflatable Bowel for people to walk through and representatives from local iwi Ngati Whatua also attended.

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***“It was an amazing night to be able to welcome and educate so many people on what we do!”***

***Alice Fitzgerald  
CEO - The Gut Foundation***



The Gut Foundation welcomed new sponsor Vital Healthcare Property Trust as a supporter of this cutting edge event. Fund Manager Aaron Hockly said "We know that preventive health measures from diet to diagnostics are critical in lifting the health and wellbeing of people across Aotearoa, so we are delighted to support the Gut Foundation's efforts in research, education and screening."

# Gut Feelings

A healthy mind takes guts!!







### In September, The Gut Foundation took people on an illuminating journey to the engine room of life – the Gut Microbiome.

In partnership with Museums Victoria, the transformational event: Gut Feelings – A healthy mind takes guts! was an unmissable opportunity to explore the captivating universe within us. The Gut Feelings event explains the importance of the gut microbiome for our overall health via a unique sensory experience.

Gut Foundation CEO, Alice Fitzgerald said “What a lot of people don’t realise is that the health of our gut has a massive impact on how we thin and feel. The fact that 95% of serotonin, our feel-good hormone, is produced in our small intestine goes to show how important it is to take gut health seriously when looking at mental health.”

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The event, which was based in part, on the Melbourne Museum’s Gut Feelings exhibition, showcased digital and tactile installations and a live and interactive cooking demonstration by Two Raw Sisters, to learn how to harness the power of your diet for optimal gut health.

Renowned Christchurch artist Jacob Yikes brought the event’s essence to life through live artistry, and a series of pop-up activations, including fermenting workshops, a mesmerising CTC hologram and an inflatable colon completed the sensory journey.

A panel discussion exposed event goers to the science of the mind-gut connection. The panel

included Researcher and Clinical Psychologist, Dr Julia Rucklidge, and Co-Founder of Ārepa, Angus Brown.

Dr Johanna Simkin, senior curator of Human Biology and Medicine at Museums Victoria, curated the original exhibition at Melbourne Museum and says the Gut Feelings event explores new revelations that our minds, guts and microbes are inextricably linked.

This event explores cutting edge research that articulates the far-reaching impact of gut microbes in our bodies; illustrating a new level of understanding of how the human body works. Made possible by advances in technology and new research, this sensory exhibition aims to separate scientific facts from damaging social media fads.

I still find it mind-blowing that there are more microbes inside you than there are stars in the Milky Way! You are not just you. You are a host for trillions of microbes, some are even beautiful. And it’s clear that we are only just scratching the surface,” Dr Johanna Simkin says.

The Gut Feelings event was generously supported by major sponsors Vital Healthcare Property Trust, Purex, Argosy (Space Sponsor) and RHCNZ Medical Imaging Group. The Gut Foundation would like to acknowledge *Two Raw Sisters*, and *Good Sh\*t*, for their support and contribution to this successful event.

### **Gut Feelings – Christchurch August 2024**

*The Gut Foundation is thrilled to be officially launching this event in the South Island in August 2024. The event will be expanded to include additional interactive installations, food and drink stands and a special area focused on engagement for Primary School children.*





# Gut friendly goodies from our event partners!

## The Two Raw Sisters

Thanks to Margo and Rosa, the Two Raw Sisters, for their incredible and delicious cooking demonstrations during our "Gut Feelings" event!

"Thank you so much for having us at the event, what a great evening! From talking to a range of people the event was exactly what they are after.... how to manage their well-being, stress, nutrition, gut health in amongst the traditional corporate lifestyle! Amazing work from you and the rest of your Gut Foundation team - you really are doing amazing work, which is inspiring" – Rosa, Co-Founder.

The recipes created on the night were so popular and requested by so many attendees that Margo and Rosa have kindly provided a link to access these below. Click on the link, put your email address in and the recipes will be sent straight to your inbox!

[www.tworawsisters.com/recipes](http://www.tworawsisters.com/recipes)



## Having a Good Sh\*t!

Our awesome gut friendly sponsors Good Sh\*t Soda [www.goodshitsoda.com](http://www.goodshitsoda.com) delivered up delicious welcome drinks on arrival to guests at our Gut feelings event.

Good Sh\*t is the world's first Pre + Pro Synbiotic soda. Every can contains one third of your daily fibre and 1 billion probiotics! Good Sh\*t loves your microbiome.

They also love our Gut Foundation community and have provided a special discount of 15% off when you use the code GOODVIBES at checkout! Go get that good sh\*t!

GOOD SH\*T



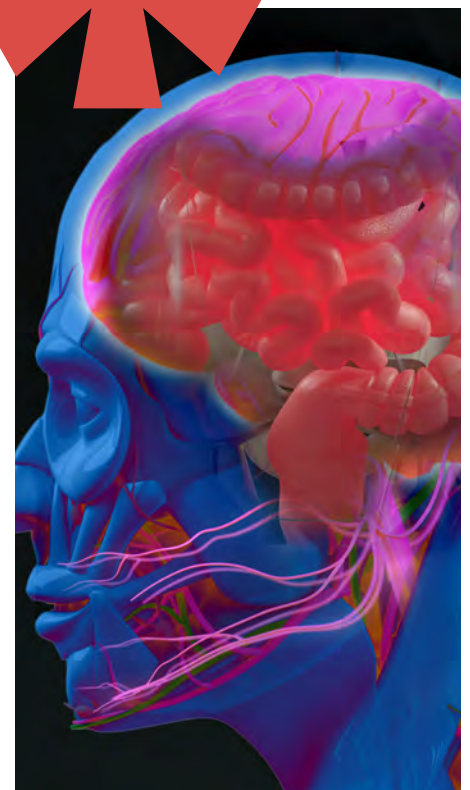
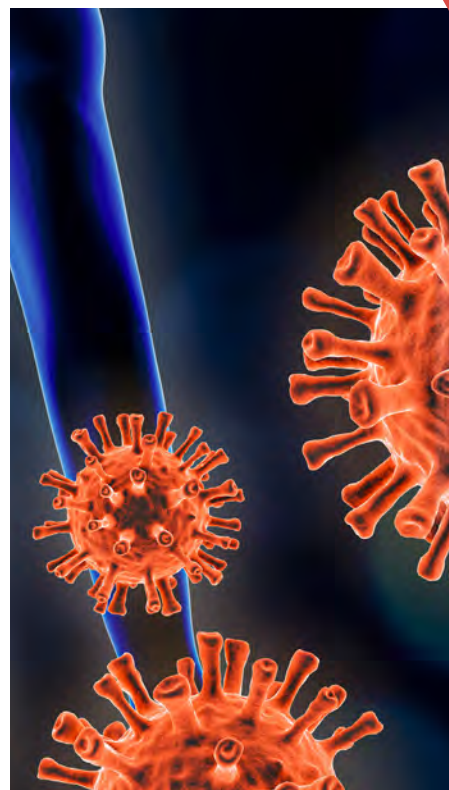


# A healthy mind takes guts!

Gut bacteria have been shown to influence our vulnerability to certain brain diseases, including Alzheimer's disease, Parkinson's disease, and autism. For example, a substance called synuclein, found in the brain of people with Parkinson's disease, is made by gut bacteria and can travel via nerves from the gut to the brain.

Some bacteria make oxytocin, a hormone our own bodies produce that encourages increased social behaviour. Other bacteria make substances that cause symptoms of depression and anxiety. Still others make substances that help us to be calmer under stress.

**95% of your serotonin is produced in the small intestine. Serotonin is your feel-good hormone.**



# Foundation Updates

The Gut Foundation is delighted to announce the appointment of our new Chief Executive Officer, Ms. Alice Fitzgerald.

Alice initially joined our organization as the Head of Events & Sponsorship, later assuming the role of General Manager, showcasing exceptional passion for the Gut Foundation Kaupapa of furthering research & education. While she officially commenced the role on 1 September, today we proudly welcome her as our CEO, succeeding the esteemed Margaret Fitzgerald, who served as CEO for the last seven years.

Gut Foundation Chairman Jacob Wolt said "We want to express our deepest gratitude to Margaret Fitzgerald for her outstanding leadership over the past 8.5 years. Under her guidance and unrelenting mahi, The Gut Foundation has achieved remarkable milestones, and her legacy will continue to inspire us as we move forward."

Please also join us in welcoming our new Head of Events & Sponsorship, Leana Butler, to the Foundation. Leana has served as a loyal volunteer for the past seven years and her passion, dedication, and innovative spirit will undoubtedly drive The Gut Foundation to new heights. We are confident that with Alice and Leana at the helm, our organization will continue to drive significant positive impact to the Gut health of Kiwis across Aotearoa.

*If you would like to extend a warm welcome to Alice or Leana, or if you have any questions, please do not hesitate to reach out to:*

**Alice**  
alice@thegut.org.nz  
022 500 6843

**Leana**  
leana@thegut.org.nz  
021 404 595

*Thank you for your continued support as we embark on this exciting new chapter.*

## A new major sponsor – Oxford Edge

Oxford Edge focuses on delivering business solutions that add value. They combine intelligence, experience and breadth of skills to find the answers for your business, focusing on helping their clients ensure it's a thriving one. [www.oxfordedge.co.nz](http://www.oxfordedge.co.nz)

Oxford Edge have generously and warmly welcomed the Gut Foundation into their freshly refitted offices on Lincoln road. Providing the Foundation with a home base, a friendly team to work alongside, accountancy services and excellent all round support.

"We feel so fortunate to have been welcomed by Graeme Rhodes, the other Directors and the team, to join Oxford Edge in their beautiful office space. The friendliness and warmth of the team, along with their efficiency in supporting us, just goes to show the fantastic culture that exists at Oxford Edge" – Alice Fitzgerald.



Organisations that have joined the journey in 2023 towards better gut health for their people!

Ryman construction  
Aotea Electric  
Hawkins  
Arvida  
Spark  
LT McGuinness  
Essity  
Precinct Propertie  
Macreenie construction  
Centre Ports Wellington  
Argosy  
Property For Industry  
Vital Healthcare  
Stride,  
Goodman,  
Marsh  
NZIA  
Bayleys Colliers Christchurch



# Our latest achievements!

## No Guts, No Glory!

**48\***

In person gut health talks delivered to

**7000**

people since, march 2023!

Gut health webinars delivered to over **500** NZIA members, and to Essity teams across NZ, Australia and the Pacific

**1st event**  
North Island >>>>>>

*Our first North Island event held in Auckland.*



Our portaloo and friend Rolly featured at the Certified builders conference at Tae Pae Christchurch! \*

*CEO Alice Fitzgerald invited to present at both the Evolution Healthcare GP Connect conference in Wellington and the Evolution Healthcare Specialist conference in Auckland.*



An international partnership with Museums Victoria in Melbourne to help create the **"Gut Feelings"** event.





# Things to celebrate!

## Winner Winner....

The Gut Foundation annual Hadlee Hill memorial cup was taken out for 2023 by Cost Plan Manage along with NZ Footballer Ben Stroud! Congratulation to the team who finished an incredible 14 under on a gorgeous but windy day out at Pegasus.



The annual Hadlee/Hill Elite All-Sports Pro Am Golf tournament at Pegasus was held on the 23rd of November. We welcomed back Sir Richard Hadlee to present the cup on behalf of his father Walter and Stan 'Tiny' Hill, our inaugural trustees.

We welcomed back our ambassador Scott "Razor" Robertson, along with Kieran Read, Kendra Cocksedge, Ryan Crotty and many more of our brilliant Athlete supporters who make this day exceptional. Here are the highlights!

Thank you to our major sponsor Evolution Healthcare and all our sponsors on the day, especially our fantastic corporate teams!

View the full gallery of photos [here](#).



Ben Stroud  
(photo bomb by Alan Stroud!)



Until next  
issue,  
remember:  
**No guts,  
no glory!**



Kieran Read &  
Ryan Crotty



Scott 'Razor'  
Robertson &  
Simon Keating



Our winning team