

Gut health resources you can trust

Gut health myths are everywhere online, from detox teas to miracle supplements. These trusted experts and organizations cut through the noise and give you the real story, backed by evidence.

Resource	Why we trust it	Find it
ModernGut	Created by gastroenterologist Wendi LeBrett, with IBS guidance grounded in clinical practice	moderngut.com/ibs @socialgastro
The Gut Health Podcast	Hosted by two IBS specialists: registered dietitian Kate Scarlata and GI psychologist Dr. Megan Riehl	Listen on Apple Podcasts @katescarlata @drriehl
Gastro Girl	Official patient-education partner of the American College of Gastroenterology	gastrogirl.com/podcasts Ask GG app
IFFGD International Foundation for Gastrointestinal Disorders	Long-running nonprofit offering research-based information on IBS and functional gut disorders	iffgd.org
Nerva	Grounded in clinical evidence, from the gut-brain therapy program developed with Monash University researchers	nervahealth.com/blog
Monash University FODMAP	Straight from the research team that developed the low-FODMAP diet	monashfodmap.com
ACG American College of Gastroenterology	Patient guides from the society behind US IBS clinical guidelines	gi.org/patients
Crohn's & Colitis Foundation	Leading US nonprofit for IBD research and patient support	crohnscolitisfoundation.org
Guts UK	The UK's national charity for digestive health, funding research into gut conditions	gutscharity.org.uk
CDHF Canadian Digestive Health Foundation	Canada's national digestive health charity, focused on research and patient education	cdhf.ca