

Optimal Health Group Highlights Gut Health Awareness Through June 2026 Campaign

Optimal Health Group has concluded its July 2026 Gut Health Month campaign, a four-week educational initiative

SINGAPORE, SINGAPORE, August 31, 2026 /EINPresswire.com/ -- Optimal Health Group has concluded its July 2026 Gut Health Month campaign, a four-week educational initiative designed to help individuals better understand common digestive concerns, including food sensitivities, reflux, bloating, gut-barrier health and irregular bowel movements.

Led by Director Lee Nah, the campaign combined practical education with Optimal Health Group's personalised and complementary approach to wellbeing. It encouraged individuals to recognise recurring patterns, ask more informed questions and take proactive steps towards supporting their digestive and whole-body wellness.

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A healthy gut is the foundation of whole-body wellness... Supporting up to 70% of your immune system while influencing your brain, skin and overall vitality”

Lee Nah

Throughout the campaign, Optimal Health Group shared educational resources on food sensitivities, digestive stress, gut-barrier function and the gut microbiome. It also addressed public interest in the [bioresonance machine](#), [bioresonance therapy](#) and [bioresonance treatment](#), explaining how these complementary wellness tools may contribute to a broader understanding of individual wellbeing.

Four Weeks of Practical Gut Health Education



Optimal Health Group developed the campaign to make gut health topics easier to understand and more relevant to everyday life. Each week focused on a distinct area of public education, allowing the campaign to build awareness progressively across July 2026.

Week 1: Food sensitivities and individual patterns. The campaign explained that food allergies, food intolerances and general food sensitivities are different concerns. It encouraged individuals to observe recurring patterns carefully and avoid assuming that one food is responsible for every symptom.

Week 2: Digestive stress, reflux and bloating. Educational content explored how meal size, meal timing, hydration, fibre intake, stress and lifestyle changes may influence digestive comfort and daily routines. Irregular bowel movements were also discussed as a concern worth monitoring rather than ignoring.

Week 3: Gut-barrier health and everyday support. The campaign introduced the importance of the gut barrier within digestive wellbeing and highlighted practical habits such as maintaining balanced nutrition, regular meals and consistent daily routines.

Week 4: The gut microbiome and whole-body wellness. The final theme connected digestive awareness with broader wellbeing, including energy, sleep, concentration, skin and confidence around food. The focus remained on personalised understanding rather than one-size-fits-all answers.

Across all four themes, the campaign encouraged people to keep simple records of meals, symptoms and timing when useful. This practical step can help individuals identify patterns, communicate their concerns more clearly and make more informed decisions about the next support they may need.

Lee Nah Leads the Whole-Body Wellness Conversation

As Director of Optimal Health Group and the driving voice behind the initiative, Lee Nah shaped the campaign around a central message: digestive wellness should be considered as part of a person's wider wellbeing, not as an isolated issue. Her leadership gave the campaign a clear educational purpose while reinforcing OHG's commitment to personalised guidance.

Lee Nah said the campaign was designed to help individuals become more aware of the connections between digestive comfort, daily habits and whole-body wellness.

"A healthy gut is the foundation of whole-body wellness... Supporting up to 70% of your immune system while influencing your brain, skin and overall vitality," she said.

Through the campaign, Lee Nah encouraged individuals to notice changes, ask better questions and view wellness information within the context of their own routines and goals. This approach

reflects OHG's belief that meaningful support begins with understanding the individual rather than applying a standard answer to every concern.

Personalised Assessments With a Clear Wellness Purpose

Optimal Health Group presented its Food Sensitivities Scan and complementary technologies as purposeful tools within a wider personalised wellness process. These services are designed to provide individualised wellness information that may help clients reflect on recurring food, digestive and lifestyle patterns and have more focused conversations about their wellbeing.

The campaign also responded to public questions about the use of a bioresonance machine and bioresonance therapy in complementary wellness settings. Rather than placing emphasis on a single scan result, OHG's approach considers the individual's stated concerns, observed patterns, daily habits and personal wellness goals.

The campaign also promoted balanced decision-making. Individuals were encouraged to consider meal sizes and timing, water and fibre intake, foods repeatedly associated with discomfort, symptom duration and recent lifestyle changes before making broad dietary restrictions. This supports a more thoughtful and sustainable approach to food choices.

Responsible Use Within a Complementary Wellness Context

Optimal Health Group's assessments and bioresonance-based services are provided within a complementary wellness context. They are not intended to diagnose a medical condition, confirm or rule out a food allergy, or replace clinical tests, medical advice or treatment recommended by a qualified healthcare professional. Anyone experiencing a suspected food allergy or persistent, severe, worsening or unexplained digestive symptoms should seek appropriate medical assessment. Complementary wellness services should support, not delay or replace, necessary clinical care.

Continuing the Gut Health Discussion Beyond July

Although the July 2026 Gut Health Month campaign has concluded, its educational message remains relevant throughout the year. Digestive concerns can affect eating, sleep, concentration, work and confidence in social settings, making informed awareness a valuable part of everyday wellbeing.

Through four weeks of focused education, Optimal Health Group helped bring greater clarity to food sensitivities, digestive stress, gut-barrier health and the gut microbiome. Under Lee Nah's leadership, the campaign demonstrated how responsible complementary wellness education can help individuals recognise patterns, ask informed questions and take a more personalised approach to whole-body wellbeing.

About Optimal Health Group

Optimal Health Group provides personalised complementary wellness assessments, services and educational guidance designed to help individuals better understand their wellbeing. Its offerings include the Food Sensitivities Scan and bioresonance-based wellness services, delivered through a whole-body approach that considers individual concerns, daily habits, recurring patterns and personal wellness goals. Led by Director Lee Nah, Optimal Health Group is committed to practical education, purposeful assessments and responsible complementary support that empowers individuals to make more informed wellness decisions.

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