

Industry Buzz

- “If you eat fiber, stay hydrated, and manage stress, your microbiome does the work for you. Most people don’t need extra supplements unless there’s a diagnosed issue. Don’t fall for the marketing—your gut isn’t as fragile as they make it seem.”

— [Lisa Jones, MA, RDN, LDN, FAND](#)

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The global market for digestive health supplements is valued at \$13.3 billion—and it's only projected to rise. But while their money market is rich, not all of these supplements are the best health investments, after all.^[1]

[Lisa Jones, MA, RDN, LDN, FAND](#), a registered dietitian based in Philadelphia, PA, explains that while some gut health supplements have benefits, “they’re not magic pills.”

Magic pills?

“Probiotics with well-researched strains, prebiotic fiber, and digestive enzymes may provide benefits, but only if they’re needed,” Jones adds. By “needed,” she means if patients are not getting these cultures and fibers through their food already.

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“If you already have a balanced diet, your gut might be just fine without them,” she says.

To help your patients support their microbiome through nutritious foods, Jones says you might want to encourage them to add fermented foods to their diet, such as yogurt, kefir, or kimchi. Don’t forget fiber-rich foods—also supporters of the microbiome and digestive system—such as beans, whole grains, and fiber-full veggies.

Utilizing a healthy diet to support your gut can do wonders for your health, as your microbiome, as a “healthy gut can help reduce inflammation, improve nutrient absorption, and support overall well-being,” Jones says.

Quick fixes and health risks

In some cases, patients may be lured by supplements that promise a “quick fix” for stomach and digestive issues. “Many ‘gut health’ powders, detox teas, and generic probiotic blends are overhyped and overpriced,” Jones cautions. “Without the right strains or enough live cultures, they might not do much beyond draining your wallet.”

“The real key is what you eat daily—not just what you supplement,” Jones adds. “If you eat fiber, stay hydrated, and manage stress, your microbiome does the work for you. Most people don’t need extra supplements unless there’s a diagnosed issue. Don’t fall for the marketing—your gut isn’t as fragile as they make it seem!”

However, patients dealing with gut issues like persistent bloating, irregular bowel movements, chronic fatigue, or unexplained food sensitivities may need more help than their diet can offer. In these cases, do what you do best: Run your regular tests and provide personalized medical advice.

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Alan V. Safdi MD, FACP

Chief Medical Officer Quadrant Health, Partnered with and Co-owned by Stanford University and Mayo Clinic

Chief Medical Officer and Co-Founder MD Health

Medical Director Telluride Longevity Institute, Evidence Based Medical Podcasts, and Vet. Endoscopy Institute

Served as Chairman Section of Gastroenterology at Deaconess Hospital

Elected President of the Ohio Gastroenterology Society

Work email: asafdi@stanford.edu

Cell: 513-604-5530

Office voicemail: 970-765-8586, Fax: (301) 238-7906