



**Gut Health are a six-piece ensemble from Naarm / Melbourne who have carved out a sound that blurs the boundaries between hypnotic dance-punk, no-wave and chaotic noise since their arrival in 2022.**

They have toured with Primal Scream, Queens of the Stone Age and Hiatus Kaiyote, showcased at The Great Escape and SXSW Sydney, twice toured Europe, and have received significant airplay on KEXP, BBC Radio 1, BBC 6Music, triple j, Double j, RRR and more. They have also been featured across *NME*, *Rolling Stone*, *The Needle Drop*, *The Line of Best Fit*, *Clash Magazine*, *Far Out Magazine*, *Wonderland* and *Guitar World*, along with plenty more mastheads, playlist ads, cover features and music television spots.

Gut Health's expression of the healing qualities of consensual rage and their unadulterated demonstration of sonic shapeshifting, lingering tension and auditory ambition give the band its magnetic edge. Songs flicker between atonality and melodicism, while unpredictably snaking and expanding into engulfing, kaleidoscopic soundscapes, reinforced by a groove-heavy rhythm section that champions the diverse musical backgrounds of each player – spanning punk to jazz to sound design and beyond.

Gut Health's 2022 debut EP, *Electric Party Chrome Girl* (EPCG), self-recorded in a storage facility in the heart of Brunswick, marked an experimental venture into defining the band's fast-developing sound. Initially intended as demos, the tracks evolved into a standalone work, released locally via Marthouse Records.

"Gut Health have crafted a percussively driven, instantly danceable style of motorik indie that impossibly toes the great divide between resolute, forceful intent and nonchalant, effortless cool."

**- NME**

"Gut Health have produced an album for our times, unpredictable, uplifting and unifying"

**- Clash**

"Gut Health continues to be one of the most exciting up and coming bands in Australia at the moment"

**- The Needle Drop**

"An utterly undeniable debut album, that evokes a level of sonic maturity and consideration that many bands never achieve, let alone on their first full-length release."

**- Far Out Magazine**

Their debut full-length offering *Stiletto* arrived in late 2024. Out via **Highly Contagious** and **AWAL Recordings**, Gut Health's debut is an immersive ten-track foray into dancefloor-inducing soundscapes and punchy prowess, with songs oscillating between infectious up-tempo numbers, hypnotic bliss and chaotic noise edging precariously toward collapse.

Indeed, the central elements of Gut Health's music – chaotic verses juxtaposed with danceable rhythms and melodicism remain – but *Stiletto* encapsulates a vaster sense of depth and dimension.

***Gut Health's team is:***

- **European and UK Bookings: Powerline Agency**
- **Nth America & Asia Bookings: Wasserman**
- **Australian & NZ Bookings: Select Music**
- **Label: Highly Contagious / AWAL Recordings**
- **Publisher: Concord Music Publishing**
- **Management: Slow Clap**

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