



Gentle Gut Guide for Spring

Why Digestive Rhythm Matters

When meals are irregular, rushed, or paired with large volumes of fluid, you may notice:

- Bloating
- Heaviness after eating
- Fluctuating appetite
- Irregular bowel movements
- Afternoon energy dips

This can reflect disrupted rhythm rather than a specific intolerance or deficiency. The digestive system works best when it can anticipate nourishment and respond to consistency.

This short reset supports:

- Structured meal timing
- Gentle warmth
- Balanced fibre
- Reduced digestive load

It's not a cleanse or restrictive.
It restores the body's pattern.

Before You Begin

Plan to follow this guide for three days:

- Eat seated and without rushing.
- Avoid large drinks before meals.
- Emphasise warm, cooked foods.
- Leave space between meals

See our Mini Motility Guide for more support.



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The Three Foundations

1. Warmth

Warm foods are often easier to tolerate, particularly in the morning.

Examples:

- Porridge
- Eggs
- Cooked fruit or veg

Cold smoothies or large iced drinks may feel harder to process first thing.

2. Structure

Aim for three balanced meals per day.

Each meal should include:

- A source of protein
- A cooked vegetable or fruit
- A moderate portion of starch

This combination supports steady digestion and energy.

How does this compare with your current eating patterns?

3. Pacing

- Eat slowly.
- Put your cutlery down between bites.
- Notice when you feel comfortably satisfied.

Rushing increases swallowed air, increasing discomfort and bloating. It also reduces digestive signalling. The body digests best when relaxed and unhurried.



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3-Day Plan

This is intentionally simple. Repeat what feels good for you.

Breakfast

Have a warm base with a protein.

Choose something like:

- Porridge with yoghurt and berries
- Scrambled eggs with spinach and toast
- Stewed apples topped with oats and seeds

Sip fluids alongside food rather than before.

Lunch

Have cooked veg with a protein and starch.

Choose something like:

- Lentil and vegetable soup
- Rice & beans with an olive oil herb dressing
- Baked potato with yoghurt and salad

Eat without distraction where possible.

Plan your daily menu here:

Dinner

have a moderate portion, warm and balanced.

Choose something like:

- Chickpea stew
- Salmon with sweet potato and greens
- Vegetable soup with sourdough

Avoid very late and heavy meals.



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Over three days, take time to observe:

- Does bloating feel reduced?
- Does appetite feel more predictable?
- Is energy steadier between meals?
- Does bowel movement feel more formed?

Small shifts often appear before dramatic change.

Note down one thing that has shifted for you:

Always seek medical advice if you experience:

- Severe abdominal pain
- Persistent vomiting
- Blood in stool
- Unexplained weight loss

This guide is supportive, not diagnostic. See your GP for advice.

When to Go Deeper

If digestive rhythm improves but you still notice:

- Fatigue
- Dizziness
- Heat sensitivity
- Ongoing irregularity

You may wish to explore:

- Mini Motility Guide & Abdominal Flow
- Mineral Reset for Electrolyte Sufficiency
- Acupressure & Massage for Digestion

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