



# Mini Motility Guide & Abdominal Flow

## What Is Motility?

Your digestive system is not passive. It moves with rhythm. After you eat, the stomach and intestines contract in coordinated waves to mix and move food forward.

Between meals, a different pattern activates. This sweeping motion is known as the migrating motor complex (MMC). This gentle wave helps move residual material through the stomach and small intestine.

### When your motility is supported, you may notice:

- Less bloating
- More regular bowel movements
- Reduced heaviness after meals
- Improved appetite rhythm

### When motility is disrupted, symptoms include:

- Upper abdominal fullness
- Sluggish bowels
- Irregular appetite
- Increased sensitivity after eating

What do you notice about your own motility? Think physical signs, when they happen & how long they last.

### Motility is influenced by:

- Meal timing
- Stress levels
- Body position
- Movement
- Abdominal tension

This guide focuses on simple behavioural shifts that support natural digestive flow.



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## Why Grazing Can Disrupt Flow

Frequent snacking keeps the digestive system in constant “fed mode.” When this happens, the migrating motor complex doesn’t fully activate. This doesn’t mean you must restrict food. It means that structured meals with space between them can support more effective clearance.

For many people, especially in Spring when appetite begins to shift, gentle structure improves digestive comfort. The aim is to find your best rhythm.

## Supporting Motility With Meal Spacing

### Aim for:

- Three structured meals per day
- Approximately 3–4 hours between meals
- Minimal grazing between

### This spacing allows the digestive system time to:

- Process the previous meal
- Activate natural clearance waves
- Reset hunger signals

### Signs Meal Spacing May Help:

- Persistent bloating
- Feeling full long after meals
- Irregular appetite
- Constipation alternating with urgency

Try structured spacing for several days and observe subtle changes.

### How to Match Meal Spacing to Appetite If appetite is high

Add one intentional snack, ideally mid-morning and avoid constant small bites across the day.

### If appetite is low

Keep meals smaller but structured rather than replacing them with frequent snacking.

**Consistency matters more than perfection.**



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## Gentle Abdominal Flow

Abdominal tension can restrict natural movement. Try this practice between meals or in the evening.

1. Sit or lie comfortably.
2. Place one hand over your lower abdomen, just below the navel.
3. Inhale slowly through the nose, allowing the belly to expand gently.
4. Exhale slowly and allow the abdominal wall to soften.
5. Using light pressure, trace small clockwise circles around the navel.

Keep the pressure comfortable and gentle. Continue for 2–3 minutes.

Clockwise direction follows the natural movement of the colon. **Stop if you feel discomfort.**

This is not a deep massage. It is a signal to soften and allow movement.

What do you notice when using movement or the abdominal flow?

## How Can Posture & Movement Help

### After meals:

- Take a relaxed 10–15 minute walk.
- Keep the spine upright but not rigid.
- Allow the ribs to expand as you breathe.

This supports gravity-assisted flow.

Avoid lying flat immediately after eating.



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## Taking It Further

Motility improves when rhythm, relaxation and structure work together. You may wish to explore:

- Gentle Gut Guide – Digestive Rhythm (for structured meal guidance)
- Acupressure & Massage for Digestion (for hands-on techniques)
- The Mineral Reset (if fatigue, dizziness or heat sensitivity are also present)

## A Final Note

Small shifts in timing, posture and abdominal relaxation often create meaningful change over time. There is no need to force the body. Taking time to build new rhythm encourages better flow.

**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.

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