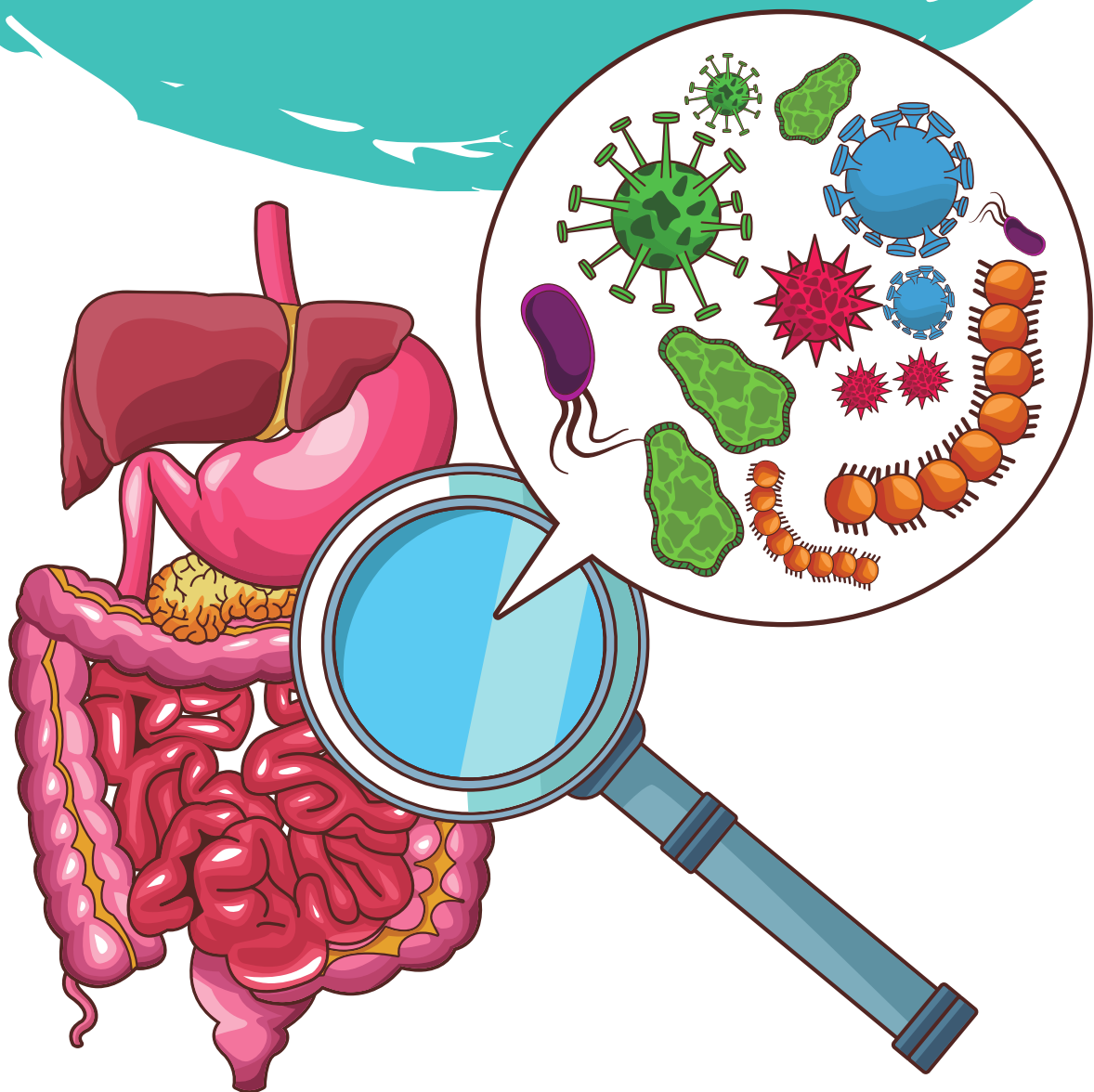


GUT SYMPTOMS RELIEF GUIDE

Start to fix your gut today!





WELCOME, GUT SYMPTOM WARRIOR

I'm Lorraine, a Gut Health Specialist Dietitian, and I'm here to help you take control of your gut symptoms so you can truly live your best life—without limitations!

I know firsthand how chronic gut issues like bloating, gas, and abdominal pain can feel overwhelming and socially isolating. But here's the good news: with the right approach, you can significantly reduce these symptoms and reclaim your life. Every gut is unique, and while symptoms can vary and change over time, there's a path to feeling better—and it starts here.

Managing gut symptoms can seem daunting, but remember, this is your journey, and you have the power to make a positive change. The checklist below includes proven diet and lifestyle adjustments that can help you take control of your symptoms. Start by trying out the changes that resonate with you, one at a time, and observe how your body responds. Small, consistent steps can lead to very significant improvements.

If you're not seeing the results you hoped for, that's okay—it might just mean you need more personalized guidance, and I'm here to support you through that process should you need it. Remember to be kind to yourself, trust the process, and get ready to feel better.

Here's to a happier, healthier gut and a life free from gut symptoms,

Lorraine X

Important! If you've been struggling with gut symptoms like abdominal pain, bloating, or changes in bowel habits for more than three months, it's important to speak with your GP. And if you notice red-flag symptoms like blood in your stool, oily or floating stools, fever, night sweats, unexpected weight loss, vomiting, or dizziness, don't wait—don't delay seeking medical advice.

MY GUT-SYMPATOM STORY

Organise and explain your gut-sympoms experience using the following prompts

1. I HAVE BEEN SUFFERING FOR..



2. MEDICAL TESTS & INVESTIGATIONS

3. MY CLINICAL TEAM INCLUDES..



4. FAMILY & FRIENDS THAT SUPPORT ME

5. MY SYMPTOMS AFFECTS ME BY:



6. THIS HELPS MY SYMPTOMS..

7. THIS DOESN'T HELP...



8. I AM GRATEFUL FOR:

9. WHAT OBTTACLES GET IN MY WAY OF REACHING MY GOALS EG. MAKING CHANGES TO MY DIET, EXERCISING, RELAXING, GETTING ENOUGH SLEEP

DIET CHECKLIST

INSTRUCTIONS: This section is designed to help you implement dietary strategies to take control of your gut symptoms. In your own time, work through the sections that feel most relevant to you. You can check them off as you go or when you've completed to help keep track of your progress.

- Reduce high fat foods e.g. cakes, ice-cream, cream, creamy sauces, fried and greasy foods
- Keep to one piece of fruit per sitting and cap it at three portions per day in total, spreading them out throughout the day. Avoid large volume of smoothies and juices.
- Limit polyols (ingredients ending in 'ol' on a label and isomalt). These are typically found in sugar free chewing gum, 'diet' products and sports products
- Reduce or avoid chilli or other hot spices and sauces
- Avoid salty foods e.g. processed and packaged foods, crisps, salted nuts, adding salt to food
- Avoid consuming wheat bran. Oat or rice bran are good alternatives
- Drink at least 8 cups of fluid per day, especially water or other non-caffeinated drink e.g. herbal teas. Some people find peppermint, ginger and Chamomile teas soothing
- Avoid or limit alcohol intake
- Limit fizzy drinks including sparkling water and kombucha
- Restrict caffeinated drinks (coffee, tea, colas) to less than 3 cups per day
- Avoid believing everything on an internet accessed 'yes and no' food list. Eating with curiosity and becoming aware of how individual foods affect you is a better gauge of your individual food triggers than a generic list of foods!

SELF-CARE & MOVEMENT CHECKLIST

INSTRUCTIONS: This section is designed to help you implement self-care and movement strategies to take control of your gut health. In your own time, work through the sections that feel most relevant to you. You can check them off as you go or when you've completed, to help keep track of your progress.

- Engage in deep belly breathing or mindfulness meditation, preferably 10 minutes every day. The following free apps can help support you with this: Lull, Breathe+, Breathe2Relax or for a free month's trial of the Calm app, head to: <https://www.calm.com/calmhealthtrial>.
- Aim to get 7-9 hours' sleep per night
- Avoid tight clothing
- Try using a heat pack or take a hot bath when pain and bloating are particularly bothering you
- Get regular exercise - short walks are a good starting point
- Gentle exercise and stretching e.g. walking, swimming, cycling. yoga flow can help manage symptoms, particularly by helping diffuse trapped gas
- If you're interested, you might find journaling, grounding techniques, or therapies like CBT or gut-directed hypnotherapy helpful. It's a good idea to explore these options with a skilled professional.

EATING BEHAVIOUR CHECKLIST

INSTRUCTIONS: This section is designed to help you implement self-care and movement strategies to take control of your gut health. In your own time, work through the sections that feel most relevant to you. You can check them off as you go or when you've completed, to help keep track of your progress.

- Have regular meals, avoid skipping meals or leave long gaps between meals
- Having smaller more frequent meals rather than 3 main meals may be better tolerated, especially if you are experiencing diarrhoea, pain, or cramps
- Try to have your last meal at least 2-3 hours before bedtime to give your digestive system time to process food.
- As stress can exacerbate gut symptoms, so try to eat in a calm, relaxed setting to support better digestion.
- Eating mindfully, by taking your time to eat, chewing eat bite until pureed or pulp like before swallowing and avoiding distractions whilst eating can aid digestion



TIME TO SET YOUR GOALS

Dietary goals e.g. reducing fat, reducing caffeine, reducing alcohol, reducing spicy foods

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Eating behaviour goals e.g. chewing foods well, taking time eating, having smaller meals and snacks

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Self-care goals e.g. trying to relax, practicing deep belly breathing, getting >7 hours sleep per night

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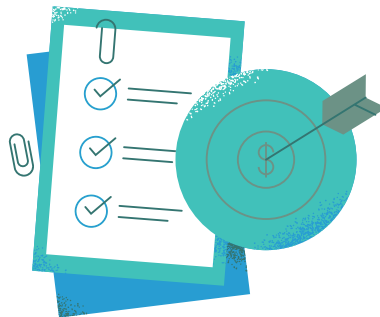
1 MONTH REVIEW

WHERE AM I NOW?

INSTRUCTIONS: To ensure sustained changes, it is a good idea to periodically review your progress. This can help. define progress, reset goals, maintain changes or to feel more motivated

OLD STORY

NEW STORY



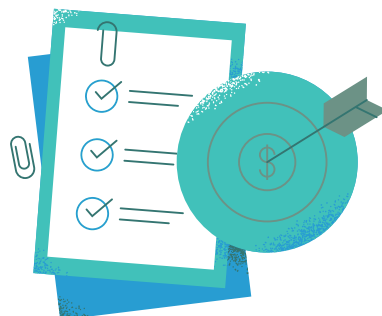
2 MONTH REVIEW

WHERE AM I NOW?

INSTRUCTIONS: To ensure sustained changes, it is a good idea to periodically review your progress. This can help define progress, reset goals, maintain changes or to feel more motivated

OLD STORY

NEW STORY



3 MONTH REVIEW

WHERE AM I NOW?

INSTRUCTIONS: To ensure sustained changes, it is a good idea to periodically review your progress. This can help. define progress, reset goals, maintain changes or to feel more motivated

OLD STORY

NEW STORY



MEET THE AUTHOR



LORRAINE COONEY
SPECIALIST GUT HEALTH DIETITIAN

My mission is simple yet profound: to empower you to take control of your digestive health and overcome food-based anxiety. I understand how gut symptoms can limit your life and affect your mental well-being. My goal is to help you remove these unnecessary barriers and reclaim the freedom to live life on your terms.

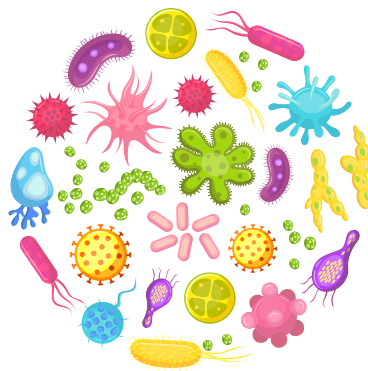
With two decades of professional experience and a personal journey through managing constipation myself (it's not just about more fibre and fluid!), I truly empathize with the challenges you face. I've felt the frustration and exhaustion that come with ongoing gut issues, and I'm here to help you find relief and regain your vitality.

I hope this workbook has provided you with a clear understanding of the how you can start to tackle your gut symptoms.

If you have any questions please don't hesitate to get in touch [here](#)

If you want to find out more about the Programmes I offer, you can do that [here](#)

Don't let symptoms dictate your life!



HAVE QUESTIONS?

Email me! info@guthealthmatters.ie