

## DIGESTION RESET + SELF-CHECK GUIDE

### *Understand What Your Gut Is Asking For (Without Diet Rules)*

#### WHY THIS GUIDE EXISTS

If digestion feels unpredictable — bloating, reflux, heaviness, irregularity — it's easy to assume *food* is the problem.

But digestion is influenced by:

- **Timing**
- **Stress**
- **Nervous system state**
- **How you eat — not just what you eat**

This guide helps you:

- ✓ Understand what your symptoms may be communicating
- ✓ Identify what's disrupting digestion
- ✓ Start supporting your gut gently and consistently
- ✦ *No restriction. No food rules. Just foundations.*

---

---



LIVEWELL  
TOTAL INTEGRATIVE  
HEALTH

## DIGESTIVE SELF-CHECK ✨ Instructions

Read each section and **check what applies to you**. There are no “bad” answers — this is information, not judgment.

### 🔥 SECTION 1: DIGESTIVE COMFORT

- Frequent bloating
- Feeling overly full after meals
- Gas or abdominal pressure
- Acid reflux or heartburn
- Nausea or heaviness after eating

**If checked:** Your digestion may benefit from **simpler meals, better timing, and nervous system support**.

### ⚖️ SECTION 2: BOWEL RHYTHM

- Constipation
- Loose stools
- Alternating patterns
- Skipping days
- Urgency

**If checked:** Digestion may be struggling with **consistency, hydration, or daily rhythm**.

### 🧠 SECTION 3: ENERGY & MOOD AFTER EATING

- Fatigue after meals
- Brain fog
- Anxiety or restlessness
- Cravings soon after eating

**If checked:** Blood sugar balance, meal timing, or stress digestion may be involved.

### 🕒 SECTION 4: ROUTINE & TIMING

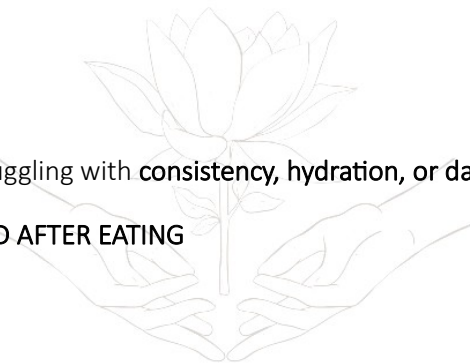
- Irregular mealtimes
- Skipping meals
- Eating late at night
- Eating quickly or on the go

**If checked:** Your digestion may be asking for **predictability and rhythm**.

### 😬 SECTION 5: STRESS & DIGESTION

- Eating while multitasking
- Eating during stress
- Tension in stomach or chest
- Difficulty relaxing after meals

**If checked:** Digestion may be happening in *survival mode* instead of *rest-and-digest*.



LIVEWELL  
TOTAL INTEGRATIVE  
HEALTH

## WHAT YOUR RESULTS MAY MEAN

### IMPORTANT REMINDER

If multiple sections resonated:

**Your body isn't broken — it's communicating.**

Digestive symptoms often reflect **how supported the body feels**, not a failure of discipline or willpower.

---

### COMMON DIGESTIVE DISRUPTORS

You may benefit from addressing one or more of these:

- ✓ Inconsistent daily rhythm
  - ✓ Eating in a stressed nervous system
  - ✓ Overcomplicated meals
  - ✓ Late or rushed eating
  - ✓ Intense movement too close to meals
  - ✓ Laying down after eating
- 

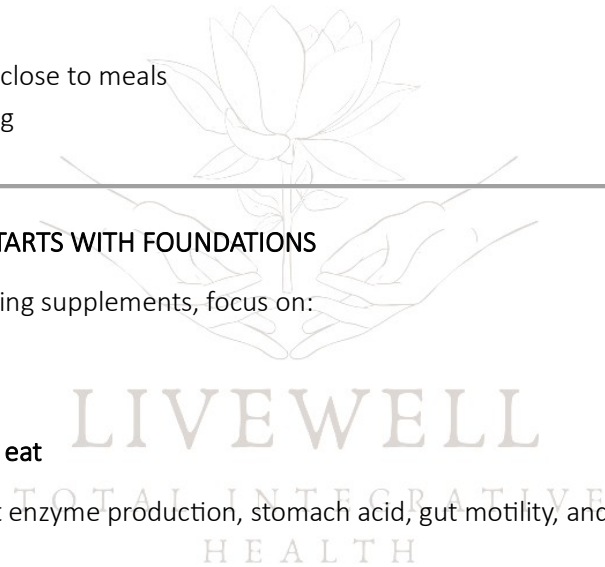
### DIGESTION SUPPORT STARTS WITH FOUNDATIONS

Before cutting foods or adding supplements, focus on:

- ✓ **WHEN** you eat
- ✓ **HOW** you eat
- ✓ **WHAT** you do after you eat

These factors directly affect enzyme production, stomach acid, gut motility, and absorption.

---



## THE DIGESTION RESET (START HERE)

### Choose 3–5 habits to practice daily

You do *not* need to do everything.

- Eat meals at consistent times
- Sit down to eat (no standing or driving)
- Take 3 slow breaths before eating
- Chew thoroughly
- Choose warm or cooked meals if bloated
- Avoid ice-cold drinks with meals
- Gentle walk after eating
- Avoid intense workouts right after meals
- Reduce screens while eating
- Finish dinner earlier when possible

 *Consistency matters more than perfection.*

### ONE SMALL RESET YOU CAN USE ANYTIME

Before your first bite:

**Pause. Breathe. Eat slowly.**

This simple moment shifts your body into **digest-ready mode**.

### FINAL THOUGHT

Digestive symptoms don't happen randomly.

They are often the result of daily habits, timing, and stress patterns that were never explained to us.

Digestion responds to how consistently it is supported through rhythm, nervous system state, and routine. Once you understand how digestion works, responsibility shifts from guessing to choosing differently.

**Education creates awareness. Aworkses change.** Small daily shifts create **big digestive change**.

### NEXT STEPS

#### Free Resource

Download this guide, save it, and return to it anytime digestion feels off.

#### Want deeper support?

**Digestion thrives on routine.**

That's why I created the **7-Day Daily Rhythm Reset** — to help you build a daily flow your body can relax into.



LIVEWELL  
TOTAL INTEGRATIVE  
HEALTH