

Signs Your Gut Might Need More Support

A guide to understanding
what your body is telling you.

NourisHer_HealthCoach



Bloating & Constipation

Bloating

Persistent bloating after meals may indicate an imbalance in gut bacteria, slow digestion, or food intolerances. If your abdomen frequently feels tight or distended, your gut may be asking for attention.

Constipation

Infrequent or difficult bowel movements can signal insufficient fibre, dehydration, or disrupted gut motility. A healthy gut typically supports regular, comfortable elimination.



Diarrhoea & Reflux

Frequent Diarrhoea

Loose or urgent bowel movements happening regularly may point to inflammation, infection, or an imbalanced microbiome. Your gut lining may need support to restore proper function.

Acid Reflux

Heartburn or a burning sensation after eating can indicate weakened digestive processes or an overgrowth of certain bacteria. Persistent reflux deserves closer attention.





Fatigue & Food Sensitivities

Persistent Fatigue

Feeling constantly drained, even after adequate sleep, may be linked to poor nutrient absorption in the gut. When your digestive system struggles, energy levels often suffer.

Food Sensitivities

Developing reactions to foods you once tolerated well can suggest increased intestinal permeability or shifts in your gut flora. Tracking patterns may reveal helpful insights.



An Important Note

These symptoms can have many different causes and are not a diagnosis. If you are experiencing any of these signs persistently, please consult a qualified healthcare professional for a proper assessment. Your wellbeing matters seeking support is always a positive step.

Thank You for Reading

Your gut health journey is unique. Listen to your body, seek professional guidance, and remember that small, consistent steps can make a meaningful difference.

