

GUT KINDNESS

Simple Ways To Support Your Digestion For
Better Health



Fiona Lovett

Osteopath | Digestive Health & Visceral Osteopathy



INTRODUCTION

Struggling with bloating, constipation, or ongoing digestive discomfort, even when you're eating well? You're not alone.

Many people I see in clinic have often already changed their diet, removed foods, or are taking supplements and yet their symptoms persist.

That's because digestion isn't just about *what* you eat.

It's also about:

- How your gut moves
- How your nervous system responds to stress
- Tension within the abdomen
- The connection between your gut and brain

In this guide, I'll share simple, practical ways to support your digestion, beyond diet alone.



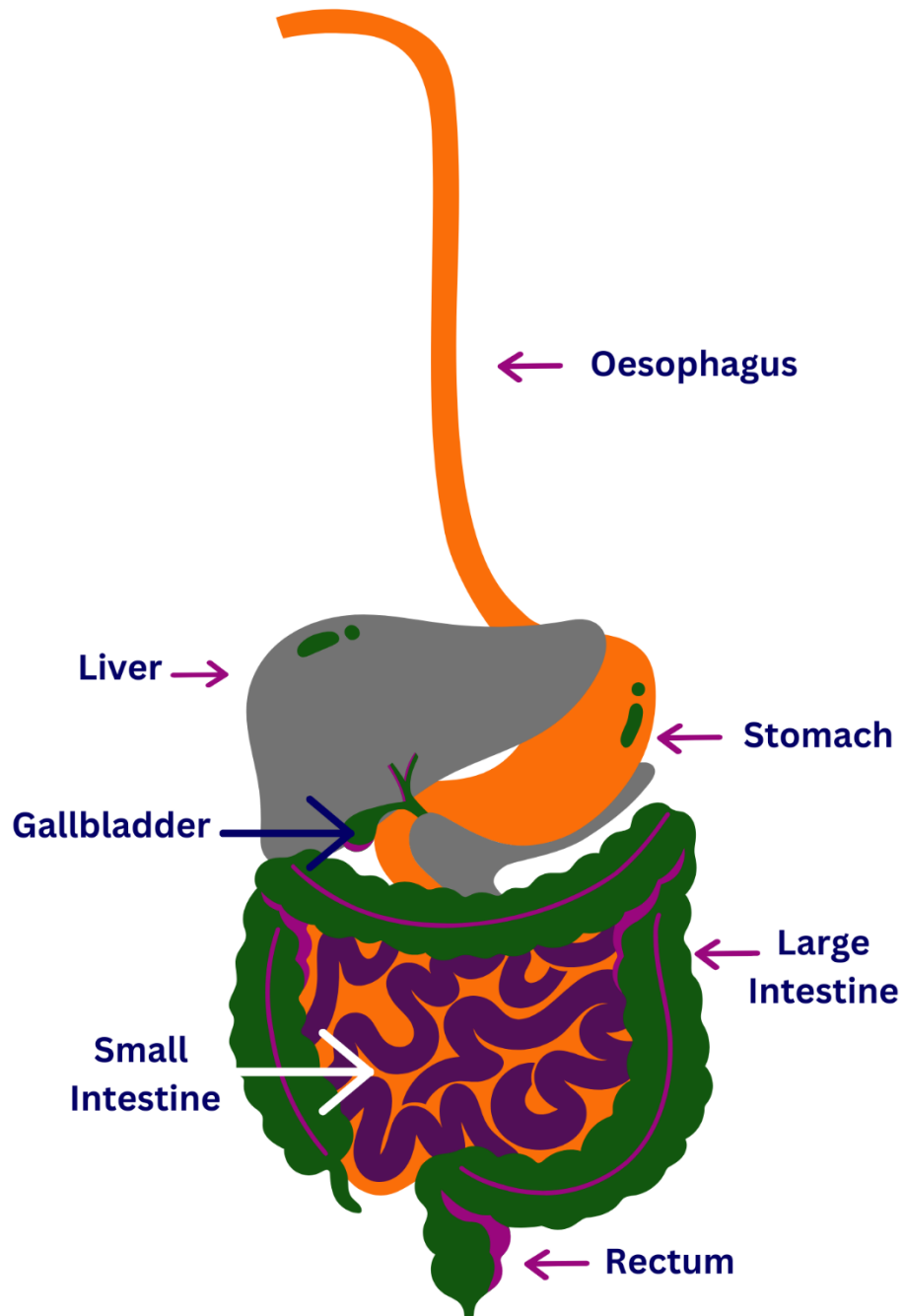
DISCLAIMER

This eBook is for educational purposes only and is not intended as medical advice.

If you are experiencing digestive symptoms or concerns, please consult your GP or healthcare provider for appropriate assessment and care.



THE DIGESTIVE TRACT



UNDERSTANDING YOUR DIGESTION

What does “healthy digestion” look like?

One of the simplest ways to assess your digestive health is by paying attention to your bowel movements.

Healthy stool typically:

- Is medium to dark brown
- Has a smooth, sausage-like shape
- Is soft but formed and easy to pass
- Occurs regularly without strain or urgency

Signs things may be off:

- Persistent changes in colour (e.g. pale, yellow, green, black)
- Hard, difficult-to-pass stool
- Loose or urgent bowel movements
- Strong or unusual odour
- Mucus or undigested food

Your body gives you feedback—learning to notice it is the first step.



HOW OFTEN SHOULD YOU POOP

There is no one “perfect” number.

For some, once daily feels normal. For others, it may be slightly more or less.

What matters most:

- It feels regular *for you*
- There is no discomfort
- You are not straining or rushing

From a medical perspective:

- Fewer than 3 bowel movements per week may indicate constipation

If your pattern changes or symptoms develop, it's worth investigating.



WHEN TO SEEK MEDICAL ADVICE

Some symptoms should always be checked by a doctor.

Speak to your GP if you experience:

- Blood in the stool or black stools
- Unexplained weight loss
- Ongoing changes in bowel habits
- Persistent abdominal pain
- Difficulty swallowing
- Ongoing nausea or vomiting
- Frequent or severe reflux
- Loss of appetite or early fullness

Seek urgent medical attention if you have:

- Severe or worsening abdominal pain
- Pain with fever, vomiting, or inability to pass stool/wind
- Pain waking you from sleep
- Pain spreading to chest, neck, or shoulders

Listening to your body early can make a significant difference.



SIMPLE POOPING HABITS THAT HELP

Improve your position

Western toilets aren't designed for optimal bowel emptying.

A more natural position is a **slight squat**.

Try:

- Elevating your feet with a small stool
- Leaning forward slightly
- Relaxing your abdomen

This helps straighten the rectum and makes passing stool easier.

Avoid straining

Straining places pressure on:

- The pelvic floor
- The rectum
- The anal canal

Over time, this can contribute to:

- Haemorrhoids
- Fissures
- Pelvic floor dysfunction

Instead:

- Take your time



- Breathe deeply
- Improve your positioning

Don't ignore the urge

Ignoring the urge to go can:

- Lead to constipation
- Dry out stool
- Reduce your body's natural signals

Creating a routine and responding to your body helps maintain healthy function.



EVERYDAY DIGESTIVE HABITS

Slow down and chew properly

Digestion begins in the mouth.

When we rush meals:

- Food isn't broken down properly
- The gut works harder
- Symptoms like bloating may increase

Aim to:

- Eat without distractions
- Chew thoroughly
- Take your time

Tune into fullness

Overeating can lead to:

- Bloating
- Reflux
- General discomfort

It takes around 20 minutes for fullness signals to register.

Helpful tips:

- Don't wait until you're overly hungry
- Eat mindfully



- Stay hydrated

Leave space between meals

Your digestive system has a natural “cleansing wave” called the migrating motor complex (MMC).

It works between meals to:

- Clear residual food
- Support gut balance

Frequent snacking interrupts this process.

Try allowing:

- 3–4 hours between meals

This can be particularly helpful for bloating and SIBO-type symptoms.



EXERCISE & DIGESTION

Movement plays an important role in digestion.

Benefits include:

- Stimulating gut movement (peristalsis)
- Supporting regular bowel movements
- Reducing stress

Even gentle movement—like a walk after meals—can help.

However, more intense exercise may aggravate symptoms for some.

The key is **finding the balance that suits your body.**



SUPPORTING DIGESTION WITH HANDS ON THERAPY

Abdominal massage and manual therapy have been used for centuries to support digestion.

Techniques such as:

- Visceral osteopathy
- Abdominal massage
- Chi Nei Tsang

Focus on improving:

- Movement of the organs
- Circulation and lymph flow
- Nervous system regulation
- Tissue tension

In clinic, I work gently with the abdomen to help reduce sensitivity, improve function, and support your body's natural digestive processes.

For many people, this is the missing piece, especially when diet alone hasn't resolved symptoms.



ABOUT ME

Hi, I'm Fiona. I'm an osteopath with a focus on digestive health and abdominal wellbeing.



For over 15 years, I've worked with people experiencing:

- Bloating
- Constipation
- Abdominal discomfort
- Visceral hypersensitivity

My approach combines:

- Hands-on visceral osteopathy
- Nervous system support
- Practical lifestyle guidance

I understand firsthand how closely the gut and stress are connected, and how frustrating persistent symptoms can be.



You don't have to keep managing this on your own.

 Learn more

Follow for tips and education:

Instagram: @topazhealthsydney

Facebook: /topazhealthsydney

 Coming soon

I'm currently developing an online course to help you support your digestion at home.

Make sure you're on my email list to be the first to know.

