



Plum Wellness

The Gut Rewire Starter Guide

**6 clues your gut may already
be giving you**

BLOATING

REFLUX

CONSTIPATION

UNPREDICTABLE BOWELS

When your gut plays up, it's tempting to jump straight to the solution: cut out a food, try another probiotic, add fibre, get tested, Google it again.

But your symptoms may already be giving you useful information. You just need to know what is worth noticing.



START WITH THE CLUES, NOT THE SOLUTION.



Just type an X in the boxes that sound like you and fill in the fields provided.

No complicated tracking. No homework.





PART 01

FIRST, CHOOSE YOUR MAIN SYMPTOM

What's the one gut symptom you'd most like to understand better?

Choose the symptom that's bothering you most right now.

My Main Symptom: _____

☐ Bloating or
excessive gas

☐ Constipation

☐ Diarrhoea or urgent
bowel movements

☐ Reflux or heartburn

☐ Abdominal pain or
discomfort

☐ Something else:

For the next six clues, think about the symptom you've just chosen.

START WITH THESE FIRST THREE CLUES

Read each clue. Tick everything that sounds familiar.

CLUE 01

WHEN does it happen?

One person wakes bloated. Another wakes comfortable and bloats after meals. Same symptom. Different pattern.

When do you notice your main symptom?

- ☐ On waking
- ☐ After eating
- ☐ Later in the day
- ☐ Overnight
- ☐ No obvious pattern

💡 Notice whether your symptom happens at a similar time or under similar circumstances.

CLUE 02

WHAT comes with it?

Bloating + constipation?
Reflux + late meals?
Loose stools + urgency after eating?

What tends to show up alongside your main symptom?

- ☐ Another gut symptom
- ☐ A particular meal or food
- ☐ A change in bowel movements
- ☐ Urgency after eating
- ☐ Nothing I've noticed

💡 Notice which symptoms occur together. Their timing and combination are useful details.

CLUE 03

WHAT changed?

Was your gut always like this, or was there a before and after?

- ☐ Stomach bug
- ☐ Antibiotics or medication
- ☐ Surgery
- ☐ Travel
- ☐ Menopause

- ☐ Pregnancy
- ☐ Major stress
- ☐ Diet change
- ☐ It changed gradually
- ☐ No obvious change

💡 Think back to when symptoms began or changed. What else was happening around that time?

THREE MORE THINGS TO NOTICE

Keep going. These ones often surprise people.

CLUE 04

What helps?

Don't just remember what failed. What seems to make a positive difference?

Maybe smaller meals reduce reflux, a bowel movement reduces bloating?

- ☐ Smaller meals
- ☐ Opening my bowels
- ☐ A particular food change
- ☐ Something that improves regularity
- ☐ Walking/moving after eating
- ☐ Medication or a supplement
- ☐ Nothing obvious



What improved, and by how much? Even partial relief is useful information.

CLUE 05

What makes it worse?

"Onion makes me bloated." Every time? Only larger amounts? Worse when constipated?

Before deciding something is a trigger, look at the pattern around the reaction.

- ☐ Larger meals
- ☐ Eating late
- ☐ A particular food
- ☐ Being constipated
- ☐ Stress/busy periods
- ☐ Alcohol
- ☐ No obvious pattern



Before eliminating another food, notice the amount, timing and circumstances of the reaction.

CLUE 06

What do you do to manage the symptom?

Sometimes managing symptoms becomes part of your routine, without you even noticing.

- ☐ Check restaurant menus before booking
- ☐ Stick to 'safe' foods
- ☐ Plan around toilet access
- ☐ Avoid eating before activities
- ☐ Eat earlier to avoid reflux
- ☐ Carry antacids or enzymes 'just in case'
- ☐ Choose clothes around bloating



Ask: How much am I organising my life around my gut?

SYMPTOM SUMMARY

Your main symptom:

Complete the table to summarise your clues:

WHEN IT HAPPENS	WHAT COMES WITH IT	WHAT HELPS
WHEN IT STARTED	WHAT MAKES IT WORSE	HOW I'VE ADAPTED

Same symptom. A clearer picture.

NOW WHAT? Your symptom summary is a useful starting point for a conversation with your GP, specialist or healthcare practitioner.

WANT TO EXPLORE YOUR CLUES NOW?

Book a free 15-minute Gut Clarity Call with me. We'll look at your symptom patterns together, identify what might deserve closer attention and discuss whether further investigation or personalised support could help you move forward.

[BOOK YOUR FREE GUT CLARITY CALL](#)

Have your completed Symptom Summary handy for our conversation.

