

STARTER PACK

My Gut Health Starter Toolkit

Find the chapter that fits your main symptom, learn to read the evidence label, and choose one change to begin with.

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Start with your question

Find the chapter that fits your main symptom.

BEFORE SELF-HELP

Blood or black/tarry stool, unexplained weight loss, new persistent bowel changes, repeated vomiting, swallowing difficulty, fever with pain or night-waking symptoms need medical assessment. Sudden severe pain, heavy bleeding, collapse or concerning chest pain need emergency care.

Bloating or visible swelling

Bloating and Gas

Hard stools, straining or incomplete emptying

Constipation and Sluggish Bowels

Pain, urgency or unpredictable bowels

IBS: Pain, Urgency and Unpredictable Bowels

Stress, worry or low mood alongside gut symptoms

Low Mood, Anxiety and Stress; Sleep and Stress

Symptoms during or after antibiotics

Repairing Your Gut After Antibiotics

A food-based starting point without a specific symptom

Fibre and the 30-Plant Week

My question / chapter to read first

Read the evidence label

Each label applies to one claim about one outcome.

STRONG

Several good randomised trials confirmed in meta-analyses for treatments. Strong basic biology does not establish a treatment benefit.

MODERATE

At least one good randomised trial or several smaller trials pointing the same way. Read any low-certainty or observational qualification.

EARLY

Preliminary human findings, small/laboratory/animal studies or plausible traditional use. Not proof of benefit for your symptom.

EXPERT ADVICE

Guidance based on specialist experience rather than a tested treatment schedule. A practical worksheet can be useful without being a clinical trial.

NOT SUPPORTED

Tested and found not to help, or advised against by specialists. It does not mean every unanswered question has been disproved.

Mechanism ≠ symptom relief. Association ≠ causation. A diary ≠ a diagnosis. Source: Your Gut in Ten Minutes, lines 143–168; How to Use This Manual.

One change, and my notes

You do not need to complete every workbook.

My main concern

What would I like to understand or make easier?

Safety and support first

What should I ask a doctor, pharmacist or dietitian before trying a change?

One manageable step

What can I realistically try from the relevant chapter?

A short observation window

What will I note, and when will I review?

A useful question at review

What remains uncertain? Who can help me decide?