

THE **goodness** GUIDE

THE IBS BREAKTHROUGH EBOOK: THE PROVEN 5-STEP GUT RESET TO OVERCOME IBS & BLOATING



A proven root-cause approach to take you from second-guessing every meal to feeling calm, clear, and in control again.

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SPECIALISING IN IBS & GUT HEALTH

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Hi there...

Hi, I'm Abi - and I know how much this takes over your life.

I've been the woman cancelling plans, constantly checking for toilets, and feeling like I was six months pregnant by 3pm.

I tried everything - cutting foods, tracking meals, trying every supplement under the sun, and still felt stuck.

IBS can feel random. But it's not. There's always a reason your gut is reacting the way it is. And there's a way through it, one that actually works.

In this guide, I'll show you:

- What's really driving your symptoms
- The 5-step method I use with clients to heal from the root
- A simple place to start - without overwhelm

Let's dive in ☐

● IBS Isn't Just About Food

It's a Whole-Body Issue

You've probably tried it all:

- ✗ Cut out gluten and dairy
- ✗ Tried probiotics
- ✗ Followed low FODMAP
- ✗ Googled your symptoms at 3am

...And yet the bloating, pain, and unpredictability are still ruling your life.

Here's the truth:

IBS isn't just about what you eat- it's about how your whole digestive system is functioning.

It's a root-cause issue, not just a food sensitivity.

Restrictive diets and random supplements might help short term.

But real healing and overcoming symptoms happens when you address what's underneath it all.

That's what my 5R Protocol does.

👉 A clear, proven roadmap to restore your gut from the inside out - gently and in the right order.

In the next few pages, I'll walk you through how it works, and how you can take your first step today.



STEP 1: REMOVE

Clear Gut Triggers

Remove the things that are irritating or overwhelming your gut.

This could be reactive foods, gut pathogens, toxic load, or emotional stress. This is your gut's "reset" phase - we're calming the noise so your body can start to heal.

🧠 Why it matters:

If you're eating gut-friendly foods on top of inflammation, you're just stacking stress. We need to remove the interference first.



TRY THIS:

Choose one trigger you suspect might be aggravating your gut - like gluten, dairy, coffee on an empty stomach, or even that mid-afternoon "healthy" snack that always leaves you bloated.

! Don't cut everything at once - just one.

Give it 2 weeks. And while you do that, gently observe:

- Bloating (when it shows up, and how intense it is),
- Bowel habits (frequency, ease, urgency),
- Energy levels (especially in the morning and after meals)
- Brain fog or mood shifts

📝 Keep a simple notes page on your phone or journal, the goal isn't perfection, just patterns.

Healing starts with awareness, and removing one key trigger can often bring surprising relief when done intentionally.

STEP 2: REPLACE

Support Digestion



Digestive enzymes, bile flow, and stomach acid can all be depleted after long-term stress or gut dysfunction, which means you're not absorbing nutrients well.

🧠 Why it matters:

If digestion is weak, food ferments instead of being absorbed- hello bloating, reflux, and gas.

TRY THIS:

Recipe

- 1 tsp of apple cider vinegar
- 100–150ml of warm or room-temp water

Drink it 20–30 minutes before each main meal.

This gently helps stimulate stomach acid, bile, and digestive enzymes-all key for breaking down food properly and reducing bloating.

When done consistently, this small habit can improve digestion, ease that heavy-after-eating feeling, and support better nutrient absorption.

STEP 3: REPAIR

Heal the Gut Lining



Soothe and strengthen the gut lining to reduce bloating and reactivity. Think of your gut like a garden. If the soil is damaged, nothing grows well. We focus on anti-inflammatory, nutrient-dense foods that gently heal.

🧠 Why it matters:

If your gut lining is “leaky”, even healthy foods can trigger immune reactions and keep you in flare-up mode.

TRY THIS:

BONE BROTH RECIPE:

Ingredients:

- 2-3 pounds of beef, chicken, or fish bones (organic)
- 4-6 Litres of Filtered water (enough to cover the bones and fill the slow cooker)
- 2 tablespoons of apple cider vinegar or 1 juiced lemon
- 1 onion, chopped
- 2 carrots, chopped
- 3 celery stalks, chopped
- 4-6 cloves of garlic, smashed
- Fresh herbs (thyme, rosemary, parsley)
- Salt and pepper to taste

Instructions:

For extra flavour, roast beef or chicken bones at 180°C for 30–45 minutes (optional). Add bones to a large pot or slow cooker with water and a splash of apple cider vinegar or lemon juice to help extract nutrients. Add chopped veg, garlic, herbs, salt and pepper. Simmer gently - 12–24 hours for chicken or fish bones, 24–48 hours for beef. Strain once cooled and store in the fridge for up to a week or freeze for longer.

STEP 4: REINOCULATE

Rebuild the Microbiome



Focus on balance, not just probiotics. Rather than throw supplements at the problem, we focus on feeding and nurturing the right microbes to restore harmony in your gut.

🧠 Why it matters:

A diverse microbiome supports digestion, hormone health, immune balance, and even your mood.

TRY THIS

Prebiotic Leek & Courgette Soup

🥬 Leeks are a fantastic source of inulin, a natural prebiotic fibre that feeds your beneficial gut bacteria - without the harsh bloating some raw fibres can cause.

Ingredients (2–3 servings):

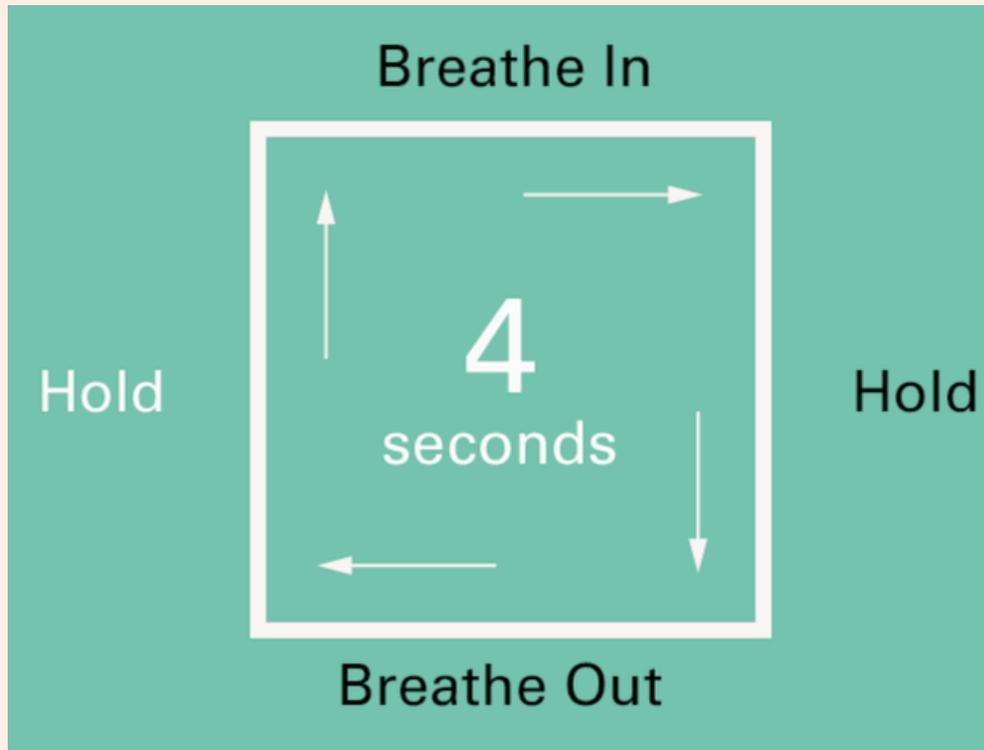
- 1 tbsp olive oil
- 1 medium leek (white + light green part only), sliced
- 1 courgette (zucchini), chopped
- 1 small potato or ½ cup cooked white beans (optional for creaminess)
- 500ml veggie or bone broth
- Sea salt + herbs to taste (like thyme or parsley)

Instructions:

Sauté the leek in olive oil for 5–7 mins until soft. Add courgette + broth + potato/beans if using. Simmer 15–20 mins, then blend until smooth. Top with a swirl of olive oil or hemp seeds for extra gut support.

STEP 5: REBALANCE

Regulate Your Nervous System



Your digestion only works when your body feels safe. This final phase is about syncing your gut and nervous system. Stress slows digestion, reduces stomach acid, and keeps you in survival mode.

🧠 Why it matters:

You can eat all the right foods, but if your nervous system is in “fight or flight”, your body won’t digest or heal well.

TRY THIS:

Practice “box breathing” before meals:
Inhale for 4 seconds → Hold for 4 → Exhale for 4 → Hold for 4
Repeat for 3–5 rounds before eating. It’s simple, free, and powerful.

CLIENT WINS

Real results from women inside The IBS Breakthrough Program!

 Ellie Beaton 



After suffering with IBS symptoms of inconsistent bowel movements, pain and bloating I started Abi's programme. It helped me realise the root cause of my symptoms, and alongside supplements and lifestyle changes (and awareness of my stress) I'm feeling so much better. Abi was clear, professional and gentle in her approach. I would recommend for any female to stop putting it off and get to the root cause of things with Abi!

 Francesca Bray 



I contacted Abi after battling with IBS symptoms on and off for the the last few years. It was often hard to pin point what would cause a flare up but I'd have a sore swollen belly that would wake me up at night and cramps that would make it uncomfortable to eat and exercise. An extremely painful episode ended up with me seeking medical advice from my GP and a private doctor only to be prescribed Buscopan and told the symptoms would soon pass. I signed up to Abi's IBS programme which helped me identify the root cause rather than simply treating the immediate symptoms I was experiencing. I was provided with a comprehensive programme which included dietary guidance and suggested supplements. Over the last few months, I have seen a dramatic reduction in my symptoms. My flare-ups are now few and far between. My stomach feels far less bloated and able to manage foods that would previously cause me a significant amount of discomfort. Abi has been amazing throughout, I would highly recommend Abi to anyone experiencing IBS symptoms.

 Ruth Mitchell 



I can't recommend Abi enough! I came to her struggling with IBS, feeling overwhelmed and hopeless about managing my symptoms. From our very first session, I felt truly heard and supported. She took the time to understand my challenges and created a personalised plan.

Within weeks, I noticed a significant improvement in my symptoms and energy levels. Her approach was holistic looking at the root of why I suffered from IBS. Then guided me on the right food choices, and worked on reducing my stress levels. What really helped me was her genuine care and commitment. She was able to answer my questions and adjust the plan when needed.

Thanks to Abi, I now feel empowered and in control of my health. If you're struggling with IBS or any health issues, I highly recommend working with Abi!

JOIN MY FREE IBS WORKSHOP

Want to go deeper & get more tips?

 [CLICK HERE TO WATCH THE FREE WORKSHOP](#)



Come join my free workshop where I'll show you:

- ✓ What's really driving your bloating, food reactions & IBS flares (and why it's not just food)
- ✓ How my 5R Protocol works in real life, with real client stories and practical next steps
- ✓ Why overcoming IBS is absolutely possible (even if you've tried everything)

 [CLICK HERE TO WATCH THE FREE WORKSHOP](#)

This is just the beginning ☐

If this guide resonated, it means you're ready for something deeper,
not more guessing, not more restriction... but real answers and
lasting relief.

You don't need to do this alone.

You can feel calm in your body, clear about what to eat, and finally
free from the daily gut noise.

You've taken the first step, and I'd love to walk the next part of the
journey with you.

With you,
Abi x



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