THE goodness GUIDE

The IBS Breakthrough eBook

5 STEPS to stop planning your day around your gut



By Abi Owens, The IBS Nutritionist



Hi there...

Hi, I'm Abi, a functional and naturopathic nutritionist.

I lived with IBS for nearly 20 years while building businesses. Cancelling work dinners, checking for toilets before meetings, looking six months pregnant by 3pm. I tried everything and still felt stuck.

IBS can feel random, but it's not. There's always a reason your gut is reacting.

In this guide, I'll show you:

- What's really driving your symptoms
- The 5 steps I use with clients to get to the root causes
- A simple place to start, even in your busiest weeks

Let's dive in 👇

Ready to stop guessing? 👇
APPLY FOR A FREE IBS CALL

🟡 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 running your diary.

Here's the truth: IBS isn't just about what you eat. It's about how your whole digestive system is working, including your gut lining, your gut bacteria and how stress affects it all.

Restrictive diets and random supplements might help short term. But lasting change comes from getting to the root causes.

That's what my 5R Protocol is for: a clear roadmap to support your gut from the inside out, gently and in the right order.

Over the next few pages, I'll walk you through each step, with one simple thing to try for each.



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STEP 1: REMOVE

Clear Gut Triggers



Remove the things that are irritating or overwhelming your gut.

This could be reactive foods, unwanted gut bugs, a heavy toxic load or ongoing stress. Think of it as your gut's reset phase: calming the noise first.

🧠 Why it matters:
If you add gut-friendly foods on top of inflammation, you're just stacking more on a gut that's already struggling. Remove the interference first.

TRY THIS:

Choose one trigger you suspect is aggravating your gut, like gluten, dairy, coffee on an empty stomach, or that mid-afternoon desk snack that always leaves you bloated.

❗ Don't cut everything at once. Just one.

Give it 2 weeks, and notice:

- Bloating (when it shows up and how bad it is)
- Bowel habits (how often, how easy, any urgency)
- Energy (especially in the morning and after meals)
- Brain fog or mood

📓 Keep a quick note on your phone. You're looking for patterns, not perfection. Removing one key trigger, done intentionally, can bring surprising relief.

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STEP 2: REPLACE

Support Digestion



Long-term stress or gut issues can leave you low in stomach acid, digestive enzymes and bile. That means you're not breaking down food or absorbing nutrients as well as you could.

🧠 Why it matters:
When digestion is weak, food sits and ferments instead of being broken down properly. Hello bloating, reflux and gas.

TRY THIS:

The 30-second pre-meal shot

- 1 tsp apple cider vinegar
- 100–150ml (3–5 fl oz) warm or room-temperature water

Drink it 20–30 minutes before your biggest meal of the day. Keep a small bottle in your desk drawer or work bag so it's always to hand.

It gently helps stimulate stomach acid, bile and digestive enzymes, which are all key for breaking down food and easing bloating.

Done consistently, this small habit can ease that heavy after-eating feeling and support better nutrient absorption.

If you get reflux or heartburn, start with half a teaspoon and see how you feel.

STEP 3: REPAIR

Heal the Gut Lining



Soothe and strengthen the gut lining to ease bloating and reactivity.

Think of your gut like a garden. If the soil is damaged, nothing grows well. This step focuses on anti-inflammatory, nutrient-dense foods that give the lining what it needs.

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

TRY THIS:

Swap one rushed, cold lunch for something warm

Warm, cooked food is easier for a struggling gut to digest than a cold sandwich eaten at your desk. Try one of these this week:

- A flask of bone broth or leftover soup to sip at your desk
- A rice or potato lunch pot with salmon or chicken and cooked veg
- Sushi with tamari when you’re out and about

Bone broth has long been used in naturopathic nutrition to support the gut lining. Batch-cook it on a Sunday, or buy a good-quality one with the shortest ingredients list you can find.

Onion and garlic are common IBS triggers, and many shop-bought broths and soups contain both, so check the label if they bother you.

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STEP 4: REINOCULATE

Rebuild the Microbiome



Focus on balance, not just probiotics.

Rather than throwing supplements at the problem, this step is about feeding and nurturing the right microbes to bring your gut back into balance.

🧠 Why it matters:
A diverse microbiome supports digestion, hormone health, immune balance and even your mood.

TRY THIS

Feed your good bacteria, little and often

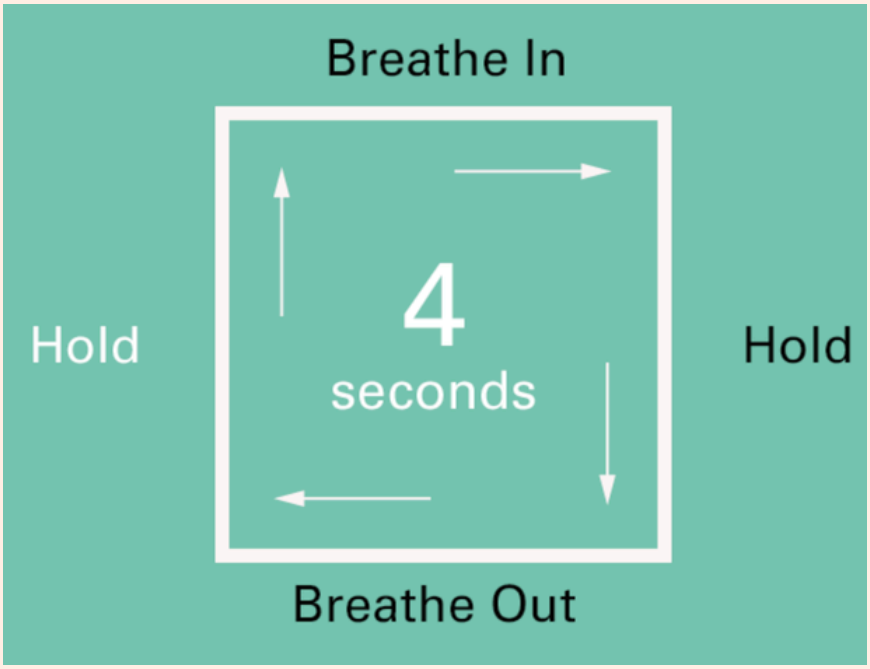
Pick one of these and add it to your week:

- 1 teaspoon of unpasteurised sauerkraut (from the fridge aisle) with your lunch
- A small glass of kefir. Goat's milk kefir is often easier to digest.
- Cooked and cooled potatoes or rice in your lunch pot. Cooling creates resistant starch, a type of fibre that feeds your good bacteria.

Start low and go slow. Fermented foods can cause extra wind at first, so build up gradually over a couple of weeks.

STEP 5: REBALANCE

Regulate Your Nervous System



Your digestion works best when your body feels safe.
Stress slows digestion, lowers stomach acid and keeps you in survival mode. Back-to-back meetings and eating on the go all add up.

🧠 Why it matters:
You can eat all the right foods, but if you're stuck in "fight or flight", your body won't digest them well.

TRY THIS:

Box breathing before you eat

In for 4 → hold for 4 → out for 4 → hold for 4.

Repeat 3 to 5 rounds. It takes under a minute.

Try it at your desk before lunch or in the car before a client dinner. Nobody needs to know.

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CLIENT WINS

Real results from clients inside
The IBS Breakthrough Program

“My IBS is no longer running my life.”

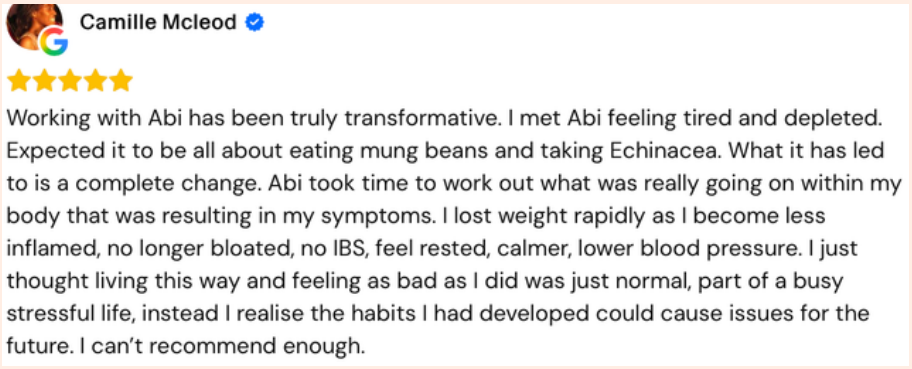


Oliver Swinburne

★★★★★

Abi’s support was also incredibly reassuring. She genuinely listened to my concerns and provided solutions that felt achievable. I’m so grateful for her help – my IBS is no longer running my life, and I feel more confident and energised than I have in years. Thank you, Abi!

“I just thought living this way was normal, part of a busy stressful life.”



Camille Mcleod

★★★★★

Working with Abi has been truly transformative. I met Abi feeling tired and depleted. Expected it to be all about eating mung beans and taking Echinacea. What it has led to is a complete change. Abi took time to work out what was really going on within my body that was resulting in my symptoms. I lost weight rapidly as I become less inflamed, no longer bloated, no IBS, feel rested, calmer, lower blood pressure. I just thought living this way and feeling as bad as I did was just normal, part of a busy stressful life, instead I realise the habits I had developed could cause issues for the future. I can’t recommend enough.

“My flare-ups are now few and far between.”



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.

“I now feel empowered and in control of my health.”



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!

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NOT SURE WHERE TO START?

You've seen the 5 steps. But the order matters, and it's different for everyone. Start in the wrong place and it can feel like nothing's working.

On a free IBS call, we'll:

✅ Look at what's most likely driving your IBS
✅ Work out where you should start
✅ See if my programme is the right fit for you. If it's not, I'll tell you honestly.

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THIS IS JUST THE BEGINNING

If this guide resonated, you're ready for something deeper. Not more guessing, not more restriction, but real answers.

You don't need to do this alone, and I'd love to help with your next step.

With you,
Abi x

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Not ready yet? Get weekly IBS help that fits around a busy diary on YouTube:
The IBS Nutritionist

This guide is for general education only and isn't a substitute for medical advice.
Please consult a doctor before making changes to your diet, supplements or medication.