

THE NON-FOOD GUIDE

Gut health isn't just about food — it's about the environment your body operates in daily. And this guide walks you through 6 powerful shifts to support your gut from the inside out.



 The Gut
Perspective

By Paridhi Garg

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1 THE NERVOUS SYSTEM (GATEKEEPER)

Digestion is not just mechanical — it's neurological. When your body is in fight-or-flight mode, blood flow shifts away from the gut, stomach acid reduces, and motility slows.

-  Slow your first bite (3 deep breaths before eating)
-  Eat seated (not standing, driving, scrolling)
-  Reduce emotional eating triggers
-  Build 1 daily calm ritual (tea, sunlight, journaling)
-  Avoid heavy conversations during meals

2 SLEEP AND CIRCADIAN RHYTHM

Your gut lining repairs, hormones regulate, and your microbiome shifts overnight. Chronic sleep disruption quietly undermines digestion.

-  Aim for 7–8 hours of consistent sleep
-  Create a wind-down routine that signals safety
-  Try to get sunlight exposure within 30 minutes of waking
-  Reduce blue light 60–90 minutes before bed
-  Stop eating 2–3 hours before bed (when possible)

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3 MOVEMENT AND MOTILITY

Your digestive tract relies on muscular contractions (peristalsis) to move food forward. Prolonged sitting and inactivity slow this process.

-   10–15 min walk after meals
-  Daily non-exercise movement
-  Gentle twisting/yoga poses
-  Avoid prolonged sitting
-  30-45 min moderate exercise at least 3-5 times a week

4 HYDRATION. HYDRATION. HYDRATION

Water supports stool formation, nutrient transport, and smooth elimination, and when you are dehydrated, everything slows down and gets disrupted.

-  Drink fluids consistently throughout the day
-  Start your morning with warm water
-  Don't chug large volumes with meals
-  Eat at relatively consistent times
-  Respond to the urge to use the bathroom — don't delay it

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5 EMOTIONAL DIGESTION

Your gut and brain are in constant conversation. Chronic stress, anxiety, and emotional suppression can alter motility, sensitivity, and inflammation.

- ♥ Acknowledge stress and symptoms
- ♥ Try to address any suppressed anger or frustration
- ♥ Let go of the constant productivity pressure
- ♥ Create space to rest without guilt
- ♥ Practice nervous system regulation (grounding, meditation, journaling)

6 ENVIRONMENT AND LIFESTYLE

Your microbiome responds to light exposure, movement, medication use, social interaction, and your physical environment — not just diet.

- ☀ Sunlight exposure
- 🌿 Time in nature
- 👥 Safe relationships
- 🚫 Reduced doom scrolling
- 💊 Reduce unnecessary antibiotics/NSAID overuse



A small note before you go

*Just know that every little step counts and if this helped you see your digestion a little differently and take a step forward, I'm really glad you stopped by here
:)*

*For more gentle, real-life gut insights, follow me at
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– Paridhi Garg