

GUT FEELING GUIDE

Understand 10 most common signals that your gut is trying to show you on a daily basis



 The Gut
Perspective

By Paridhi Garg

THE GUT FEELINGS CHART

Understanding your gut feelings – what it feels like vs what it actually means

1 POST DINER DISCOMFORT

What it means?

Your digestion slows down at night. Large or late meals sit longer because your body produces less stomach acid and enzymes in the evening.

What to do?

- Eat dinner 2-3 hours before bed
- Keep portions smaller than lunch
- Walk for 10 minutes after eating



2 AFTERNOON ENERGY CRASHES

What it means?

Blood sugar spike and crash from a carb-heavy breakfast or lunch without enough protein and fat. Your body diverts energy to digestion, making you tired.

What to do?

- Include protein and fat at lunch
- Balance your plate – don't eat only carbs
- Walk for 10 minutes after lunch



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3 URGENT BATHROOM TRIP AFTER EATING

What it means?

Your gastrocolic reflex is in overdrive. Stress, caffeine, or high-saturated fat meals lacking in fiber and protein make your colon contract too strongly, causing urgency.

What to do?

- Avoid coffee on an empty stomach
- Avoid high-fat, high-spicy meals
- Manage stress and calm the nervous system



4 BLOATING THAT GETS WORSE BY EVENING

What it means?

Digestion is cumulative. By evening, your gut has processed hours of food, stress, and sitting. Gas builds up and motility slows.

What to do?

- Eat slowly and chew properly
- Put your phone away while eating
- Walk after dinner (most important)



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5 ACIDITY AFTER EATING FRUITS

What it means?

Acidic fruits (citrus, pineapple) can irritate your stomach, especially on an empty stomach. Fruit sugars also ferment quickly, producing gas and acid.

What to do?

- Don't eat fruit on an empty stomach.
- Pair fruits with fat or protein (nuts, seeds).
- Avoid having them first thing in the morning alone.



6 FEELING FULL AFTER JUST A FEW BITES

What it means?

Your stomach emptying is slowed and is not moving food along efficiently – often due to stress, inflammation, or irregular eating patterns.

What to do?

- Eat smaller portions more frequently instead of forcing large meals.
- Start meals with warm, easy-to-digest foods.



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7 FREQUENT BRAIN FOG OR FATIGUE

What it means?

Blood sugar crash from too many carbs, food sensitivities causing inflammation, or large meals diverting blood flow to your gut.

What to do?

- Don't eat carbs alone - pair with fiber, fat, protein
- Replace around 70% of simple carbs with complex carbs
- Make sure to move after meals to improve blood sugar



8 PAINFUL OR DIFFICULT BOWEL MOVEMENTS

What it means?

Not enough water, insufficient fiber, lack of movement, or ignoring the urge to go. Fiber without water = dry sponge that won't move.

What to do?

- Increase water before increasing fiber
- Add healthy fats (nuts, olive oil, seeds)
- Move daily and exercise 4-5 days a week



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9 PROTEIN FEELS 'HEAVY'

What it means?

Your stomach acid or digestive enzymes may be low right now – you need a balanced and well functioning gut to digest protein well.

What to do?

- Pair protein with cooked veggies or fats
- If you're not used to a protein rich diet then start small and build gut tolerance gradually



10 FREQUENT ACIDITY AND HEARTBURN

What it means?

Stomach acid flowing back into your esophagus can occur from eating too much, too fast, or lying down too soon. It can also be caused by low stomach acid (not just high).

What to do?

- Don't lie down for at least 2 hours after eating
- Chew slowly and limit your fried and spicy food intake
- Stop taking antacids regularly (unless prescribed)





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