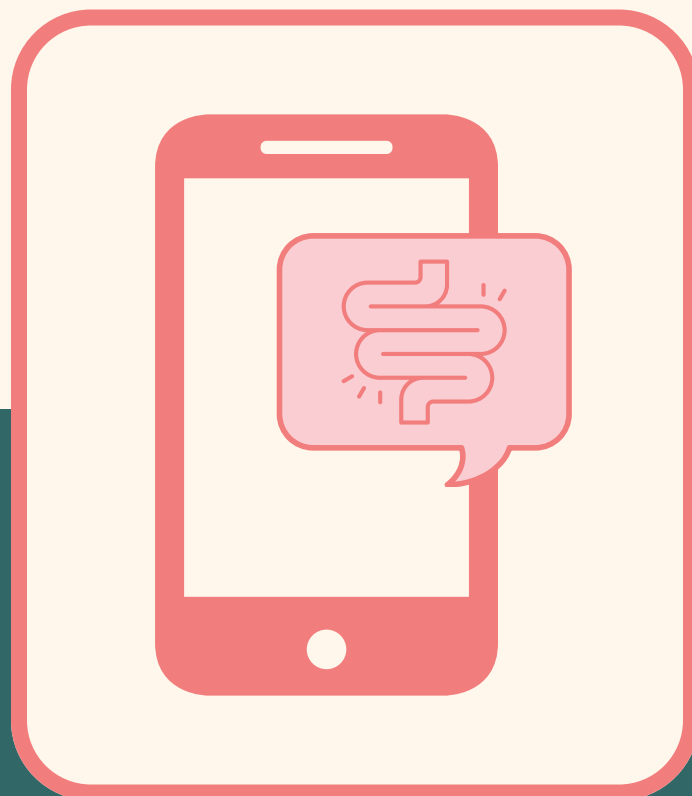


IF YOUR GUT COULD TEXT YOU..

4 most common conversations that your gut is trying to have with you and how to respond to them.



 The Gut
Perspective

By Paridhi Garg

“HEY HEY, CAN YOU PLEASE SLOW DOWN A LITTLE BIT” 🥱

WHAT THIS MEANS?

Digestion doesn't start in the stomach – it starts with signals of safety. When meals are rushed, distracted, or eaten on autopilot, those signals don't fully switch on. Even good food can feel heavy when the body thinks it needs to stay alert.

So this is your gut asking you to slow the meal down just enough for digestion to begin properly.

HOW TO RESPOND? 📱



Put your spoon down halfway through the meal



Eat at least one meal a day without screens



Pause & take 3 slow bites before finishing your meal

“DO WE REALLY NEED TO HAVE SUCH A HEAVY DINNER?” 🤔

WHAT THIS MEANS?

As the day winds down, your digestion does too — not inefficient, just quieter. By night, your gut is already busy processing everything you’ve eaten throughout the day. It’s not starting fresh; it’s wrapping things up.

So when dinner becomes the largest and most complex meal, digestion can feel overloaded, even if the food is “healthy.”

HOW TO RESPOND? 📱



Keep dinner structurally simple — one main dish plus one supporting food, not 4-5 things together.



Prefer cooked, warm foods at night — they require less effort from digestion.



Finish the meal feeling “done,” not “full” — and consider drinking fennel tea after eating.

**“YEAH, EVERYTHING IS FINE. I AM JUST
SO TIRED!”** 🙄

WHAT THIS MEANS?

Your gut doesn't just digest food — it digests your day. Stress, tiredness, anxiety, and emotional load all change how the gut functions — even when you are trying to eat the right foods.

So your gut is asking you to support your body's capacity, and not push it harder.

HOW TO RESPOND? 📱



Protect your sleep like an essential organ, not a luxury.



Choose familiar, tried-and-tested, easy-to-digest meals on tired and stressful days



Create one intentional pause daily — even 10 quiet minutes can go a long way.

**“GIVE ME SOMETHING NEW! I AM SO
BOOOORED!” 🙄**

WHAT THIS MEANS?

Your gut microbiome thrives on diversity — not just in foods, but in textures, fibers, flavors, and rhythms. When meals become repetitive, highly processed, or low in plant variety, the gut can feel irritated.

So this isn't your gut being picky; this is your gut asking for variety so it can keep the system running.

HOW TO RESPOND? 📱



Aim to add one new plant food each week, even if it's as small as a seed — no overhaul needed.



Rotate fiber sources instead of eating the same “healthy” foods daily.



Occasionally try some new cooking styles and textures of the same foods to introduce variety.



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, find me at @thegutperspective

– Paridhi Garg