

THE EMILY GREENWELL GUIDES
VOLUME 1

HEALING YOUR GUT HEALTH

A Naturopathic Approach To Restore Digestion
& Wellbeing From The Inside Out

EMILY GREENWELL

FUNCTIONAL NUTRITION & HEALTH OPTIMISATION

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EMILY GREENWELL

WELCOME

Hi, I'm Emily

NATUROPATH & GUT HEALTH SPECIALIST

I help people uncover the root cause of their gut issues & eliminate them for good, using natural therapies & evidence-based testing like blood work & gut analysis.

I've been there with my gut issues ! After getting food poisoning twice in Thailand, I developed severe gut pain & even gluten-associated mood changes. Following extensive research, I curated my own 5-step gut-rebuilding protocol, rebuilding my gut health & becoming completely symptom-free.

My patients achieve the same life-changing transformations every day.



WHO THIS BOOK IS FOR

This book is for anyone! Whether you're dealing with chronic gut issues or simply want to take preventative steps to improve your digestion & overall health. You don't need to have symptoms to benefit from learning how to support your gut.



WHAT TO EXPECT

Did you know....You can transform your gut health faster than you might think - often within weeks, sometimes in DAYS. Healing starts with knowing which part of the gut needs attention & giving your body the right support. That's where I come in, guiding you through transformation.



ABOUT.ME

WHY LISTEN TO ME?

I take an evidence-based, root-cause approach to gut health, looking beyond symptoms to find & address the root issue.



Clinical Nutritional Therapist & Naturopath



Functional Medicine Practitioner



Blood Work Specialist



GI360 Gut Test Practitioner



350+ Patients Supported



Gut Health Specialist

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An evidence-based guide to restoring digestive health.

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YOU ARE
WHAT YOU
ABSORB





CHAPTER 1

AN INTRODUCTION TO GUT HEALTH

When most people think about gut health, they only think about the microbiome (the good bacteria in our gut).

Supporting these bacteria is essential, but true gut health involves the ENTIRE digestive system - from the moment your food touches your tongue to the moment it leaves your body.

Each part of the digestive tract plays a crucial role in how we break down & absorb nutrients.

An imbalance in any area can contribute to symptoms of poor gut health.



How well you digest & absorb food directly impacts your health. Even a single nutrient deficiency can cause symptoms like low mood, anxiety or fatigue

YOUR GUT TRULY IS
AT THE CENTRE OF YOUR HEALTH

CHAPTER 2

THE GUT-BODY CONNECTION

How your microbiome shapes your hormones, mood & immunity

In naturopathic medicine, we view the body as an interconnected system - every organ and process works in harmony. When one system is under stress (e.g. the gut), others begin to struggle too



A healthy gut means better communication between your body's systems, more stable hormones, stronger immunity & calmer mind



THE GUT & THE NERVOUS SYSTEM

Alongside the central nervous system, we have the enteric nervous system in the gut AKA our *second brain*. Our microbiome creates happy chemical messengers (such as serotonin) that get sent from our gut up to the brain to create positive feelings. When the gut is not happy, our mind is often not happy.



THE GUT & THE IMMUNE SYSTEM

Around 70-80% of the immune system is created in the gut. Your gut bacteria plays a key role in balancing the immune system. When the microbiome becomes unbalanced, it can trigger:

LOW IMMUNITY

Frequent colds, infections, slow healing

OVERACTIVE IMMUNITY:

Asthma, eczema, food allergies, autoimmunity



THE GUT & HORMONES

Our gut helps detoxify our hormones. If the gut function or microbiome is compromised, old hormones may not be cleared from the body properly, contributing to hormone imbalances

WHAT IS IRRITABLE BOWEL SYNDROME (IBS)?

IBS is one of the most common gut-related diagnoses today

But what does it actually mean?

IBS isn't a single condition. It's a *collection of symptoms* like bloating, constipation, diarrhoea & abdominal pain. The word "syndrome" simply means that the cause is unknown.



THE PROBLEM WITH IBS IS THAT IT PUTS EVERYONE WITH GUT SYMPTOMS INTO THE SAME BOX

In naturopathic & functional medicine, we believe that your body gives you clear signals about which part of the digestive system is under stress. By listening to those signs, we can uncover the root cause & understand *which part of the digestive system needs targeted support.*

Imagine you come to me with **bloating, reflux & constipation**. You've been told it's IBS & to "take probiotics."

BUT these symptoms ACTUALLY point to **low stomach acid** - one possible issue isn't your microbiome, it's **poor digestion in the stomach**.

That's why even though you are taking probiotics & supporting your gut health 'correctly', **symptoms persist**.

WHY ARE GUT ISSUES SO COMMON?

What is causing your gut issue?

It's rarely one thing. Your gut is influenced by many other factors.



MICROBIOME IMBALANCE

Too many harmful bacteria, yeast or parasites & not enough beneficial bacteria.



POOR DIGESTION

Poor digestion starts at the top. Low stomach acid, enzyme deficiencies, bile issues.



CAESAREAN BIRTHS / LACK OF BREASTFEEDING

Natural births expose babies to beneficial bacteria via the birth canal. Breast milk provides a protective coating in the intestines.



OVERUSE OF MEDICATION

Common medications like antibiotics, PPIs, paracetamol & birth control can negatively impact gut bacteria & gut lining health.



MODERN DIET

Low fibre, dehydration, processed foods, additives, GMOs, gluten, artificial ingredients, alcohol, sugar



STRESS & POOR SLEEP

Interferes with digestion & the body's ability to repair.



CHAPTER 5

DIAGNOSING YOUR GUT ISSUES

Your body is always giving you clues...

Understanding what your symptoms may be telling you is the first step towards true healing.



Use the guide on the next page to explore common symptoms, what they could mean & how we support the root cause



WORK ON A
RULE OF THREE
IF YOU TICK 3
OR MORE ASSOCIATED
SYMPTOMS, THIS AREA
MAY NEED SUPPORT

NOTE : This is not a diagnosis - it's a way to understand what your body might be telling you so that you can support it appropriately.

COMMON CONDITIONS, SYMPTOMS & HOW WE SUPPORT THEM

A quick guide to help you understand what your body might be telling you.

CONDITION	ASSOCIATED SYMPTOMS	HOW WE SUPPORT
 LOW STOMACH ACID	• Burping • Bloating shortly after eating • <i>Upper</i> stomach bloating • Reflux or heartburn • Gas 1-2 hours after eating	• Apple cider vinegar or lemon water before meals • Bitter foods with every meal (rocket, artichoke, dandelion) • Eat slowly, chew well
 LOW DIGESTIVE ENZYMES	• Bloating 1-2 hours after eating • <i>Upper</i> stomach bloating • Bad smelling gas & stools • Floating stools • Undigested food in stool	• Bitter foods with every meal (rocket, artichoke, dandelion) • Limit snacking • Eat to 80% full or less
 SLUGGISH GALLBLADDER	• <i>Upper</i> stomach bloating • Left side discomfort • Nausea/intolerance to fatty/rich/fried foods • Greasy/pale & floating stools	• Bitter foods with every meal (rocket, artichoke, dandelion) • Healthy fats • Adequate hydration (2litres)
 DYSBIOSIS	• IBS-type symptoms • <i>Lower</i> stomach bloating • Constipation and/or diarrhoea • Anxiety, poor sleep, low mood	• Probiotic foods (sauerkraut, yoghurt, kimchi) • Prebiotic foods (oats, garlic, banana)
 SIBO (SMALL INTESTINAL BACTERIAL OVERGROWTH)	• IBS-type symptoms • Bloating worsening throughout the day • Gas after beans, lentils. apples, onion, garlic • Probiotics do nothing or worsen symptoms	• SIBO requires a targeted, professional protocol • I strongly recommend booking with a qualified naturopath (me!) for best results

TESTING FOR GUT HEALTH

Get Clarity. Get Results

Functional testing takes the guesswork out of your healing. It helps us uncover what's really happening beneath the surface, so we can create a plan that's personalised & effective.



COMPREHENSIVE STOOL TEST

Analyses gut bacteria, inflammation, digestion, pathogens & more
e.g. GI360 by Doctor's Data, Viva Health Labs SIBO test



BLOOD WORK

Vitamin D, Iron, B12, CRP, liver function test, fasting insulin, cortisol
- all of which reflect digestive imbalances!



AT HOME GUT ASSESSMENT

Try this simple at-home assessment for extra insight

TYPE 1

Appearance

Hard, difficult to pass

Indicates:

Severe constipation

TYPE 2

Appearance

Lumpy, hard

Indicates:

Mild constipation

TYPE 3

Appearance

Smooth with cracks

Indicates:

Normal

TYPE 4

Appearance

Soft, smooth, snake-like

Indicates:

Normal

TYPE 5

Appearance

Soft, blobs

Indicates:

Lack of fibre/diarrhoea

TYPE 6

Appearance

Fluffy, mushy

Indicates:

Diarrhoea/inflammation

TYPE 7

Appearance

Entirely liquid

Indicates:

Diarrhoea/food reaction



YOUR HEALING JOURNEY STARTS NOW

As a thank you for buying this eBook, you get 10% off your consultation & personal blood work interpretation.

- Spot hidden issues your GP misses
- Understand what's actually out of range
- Get a clear plan on supporting your goals: nutrition advice + personalised supplement recommendations

TURN YOUR NUMBERS INTO
INSIGHTS & YOUR INSIGHTS
INTO RESULTS



REBUILD YOUR GUT IN 5 EASY STEPS

Step
1

REMOVE

REMOVE what is irritating the gut

- Eliminate common triggers: gluten, dairy, refined sugar, processed foods, alcohol
- Address imbalances: dysbiosis, SIBO etc.
- Reduce daily toxins: filter water, avoid gut irritating medications etc.

SUPPORT:

GI Synergy by Apex Energetics,
1 x packet daily

Step
2

REPLACE

REPLACE
digestive juices

Stimulate stomach acid,
digestive enzymes & bile, to
break down food effectively.

SUPPORT:

Before meals & per individual need

- Lemon water & apple cider vinegar in water, 10 mins before meal
- 10-15 drops of digestive bitters in 100ml water 10-15 mins before meal
- Digestive enzymes 1-2 x per meal
- Eat slowly & chew properly

Step
3

RESTORE
the microbiome

Here we rebuild the healthy
bacteria that protect & nourish
the gut

SUPPORT:

- Fermented foods (sauerkraut, kefir, Greek yoghurt)
- Prebiotic foods (onions, leeks, garlic, banana, oats)
- Probiotic and/or prebiotic supplementation

Step
4

REPAIR

REPAIR
the gut lining

It's time to strengthen the
intestinal wall, improve
absorption & reduce
inflammation.

SUPPORT:

- 1 x glass of fresh carrot juice + 1 x scoop L-glutamine
- Collagen peptides 1 x scoop/day
- Omega 3
- B Complex
- Zinc

Step
5

REBALANCE

REBALANCE
long-term wellness

The final stage is about
keeping your gut & life in
balance.

SUPPORT:

- Manage stress (breathwork, journalling, meditation)
- Consistent sleep & meal times
- Calming herbs (chamomile, passionflower etc.)

HOW TO PROPERLY TAKE PROBIOTICS

Probiotics can transform your gut.
But only if you take them properly.

HACK 1

START LOW GO SLOW

- If new to probiotics: ½ capsule sprinkled over food for 3 x days. Then increase to 1 full capsule.
- If bloating occurs, pause. Wait for symptoms to reduce & start again at a smaller dose.

Persistent bloating?
You may have SIBO or dysbiosis & require tailored support

HACK 2

CHOOSE THE RIGHT STRAINS

- **Beginners:** 5 billion CFU with multiple Lactobacillus & Bifidobacterium strains
- **Regular users:** 10-20 billion CFU with broad spectrum



TIMING & STORAGE

- Take on an empty stomach or with meals (unless stated otherwise)
- Store according to instructions - some need refrigeration.
- Rotate strains every few months to keep microbiome diverse

On antibiotics?
Take probiotics 2+ hours AFTER medication

HACK 3

HACK 4

BOOST THEIR BENEFITS

- Feed them! Eat plenty of prebiotics foods like onions, leeks, garlic, artichoke, banana & oats

Stay consistent!
Probiotics work best when taken consistently & continuously, not with one-off doses

BRANDS I TRUST

DISCOUNT CODES JUST FOR YOU

These are brands I personally use, trust & recommend to my patients. I only share what genuinely supports your healing.



SUPPLEMENT	WHY I LOVE IT
SEED PROBIOTIC buy here	A next-level probiotic with a capsule-within-a-capsule design to protect bacteria through stomach acid. It's one of the only probiotic supplements that is guaranteed to reach your gut alive. ✓ SIBO-friendly ✓ Clinically backed ♥ Discount: Greenwell20
BIOOPTIMIZERS	★ Top pick: 'Gluten Guardian': a blend of digestive enzymes that helps the body digest & tolerate gluten better, reducing symptoms. ♥ Discount: EmilyG20 (20% off entire site)
GI SYNERGY BY APEX ENERGETICS	A powerful formula for rebalancing the microbiome & clearing harmful bacteria. Ideal for gut resets or wiping out anything nasty in the gut. ♥ Available via Amrita Nutrition or some Amazon sites
AMRITA NUTRITION	My go-to store for professional-grade highest quality supplements with global shipping. ♥ Discount codes: UK site: 7HURU6 Europe/Worldwide: 4E22D463653E

YOU'VE TAKEN AN

IMPORTANT STEP TO BETTER GUT HEALTH

When your gut thrives, everything else can too - your hormones, energy, skin, mood, immunity & long-term health.

I hope this guide has given you clarity, empowerment & practical tools to take the next steps.



YOU DON'T HAVE TO DO THIS ALONE

If you're ready for personalised support & a plan tailored to your unique biology. I'm here to help.



LET'S WORK TOGETHER

Book your consultation through my website to see how I can support you with your health journey.

Here's to better digestion, better energy & better health.



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