

"Once I actually understood how it works — I felt like I could finally start to take control."

It isn't just 'tummy trouble' - It's missed days, altered plans, and exhausting uncertainty. You're not overreacting. You're not alone. And things can get better — even if it hasn't felt that way yet.

"I thought I needed more fibre — but I really needed more calm."

You're not imagining it.

Constipation isn't just uncomfortable — it's exhausting, isolating, and can take over your life.

If you've tried fibre, hydration, laxatives, and still feel stuck, this guide is for you.

At Simply Gut Health, we help people understand the full picture of their gut — and support them with clear, compassionate, science-backed strategies.

This guide won't fix everything overnight. But it will help you understand what's really going on — and what to do next.

What Is Constipation, Really?

Constipation isn't just going "less often." It can also mean:

- Straining or pushing for most bowel movements
- Passing small, hard stools (pebbles, pellets, or 'marbles')
- Feeling like you haven't emptied fully
- Needing to use fingers or hands to help
- Going less than 3 times per week — or every day, but still struggling

There's more than one type:

- Slow transit — your gut moves too slowly
- Outlet dysfunction — your muscles don't coordinate properly
- Secondary constipation — triggered by medications, hormones, or lifestyle

You don't need to know the exact type — but understanding these differences helps make the right changes.

What Can Help?

- ✓ Eating in a calm, unhurried space
- ✓ Gentle belly massage or stretching
- ✓ Using a footstool on the toilet
- ✓ Regular toilet timing (don't ignore the urge)
- ✓ Calming your nervous system first (before a meal or toilet trip)

Thinking About Speaking to Your GP? Bring These Questions:

Getting answers starts with asking the right questions. At your next appointment, you might ask:

- Could this be constipation or might it be something else?
- Are there any tests I need to rule out other conditions?
- Are there diet, lifestyle, or medication that could help?
- If things don't improve, can I be referred to a specialist?

If you're unsure what to ask — we can help you prepare with our £15 email consultation, so you feel confident walking in.

What happens after the guide?

Most people use this to prepare for:

A GP visit
Their first 1:1 with us
Or our £15 Email Consultation.

Why It's Not "Just Fibre"

You've probably been told to "eat more fibre." But if your gut isn't ready, it can actually make things worse.

Soluble Fibre

✓ Gentle and soothing
oats, bananas, cooked veg, psyllium husk
Helps bind stool and soften movement

Start small, balance both, and hydrate well. Fibre works with fluid — not alone.

Insoluble Fibre

⚠ Adds bulk and speeds things up, but can irritate sensitive guts, examples are bran, skins, seeds, raw greens

The Gut-Brain Connection

Your gut and brain are in constant communication. Stress, trauma, shame, and even rushed mealtimes can all slow motility and trigger "freeze" responses.

This is why people say:

- "I only go on holiday"
- "I go fine at home, but not at work or school"
- "Everything stopped after I got stressed"

🧠 When your nervous system feels unsafe, your gut shuts down.

That's not your fault — but it is something you can learn to support.

When You've Tried Everything

If you've used:

- Laxatives (like Senna, Movicol, or Dulcolax)
- Suppositories or enemas
- Every fibre product
- Endless food changes...

...and still feel stuck, it's time to look at how it all fits together.

At Simply Gut Health, we don't just hand you another plan. We look at your history, symptoms, triggers, habits — and help you take your next right step.

I thought I'd tried everything, but... all the right notes, but in the wrong order

Sometimes that's food.
Sometimes it's posture.
Sometimes it's medical advocacy.

We're Here When You're Ready

This guide is a starting point — not a full plan. If you're looking for deeper insight, tailored strategies, or just someone who understands this condition inside and out, our services include:

- Email consultations for questions or quick advice
- Full 45-minute consultations for personalised support
- Digital resources and support bundles
- Free guides like this one to help you feel more informed

We don't push treatments that don't apply. If we're not the right fit, we'll help you find someone who is.