

YOUR DAILY BLUEPRINT

for a calm & happy gut



☪ Feeling bloated, constipated, and frustrated by unpredictable gut symptoms? The secret isn't a magic pill or a super food - it's a routine your gut can rely on. Your body runs best on routine - and your gut is no different.

☪ The A.N.C.H.O.R. Daily Habit System is designed to create a simple, yet effective routine that helps combat constipation, reduce bloating, calm uncomfortable gut symptoms and support a balanced gut.

Your Gut Loves Routine & Rhythm



Your digestive system runs on a 24-hour internal clock called your circadian rhythm. This clock doesn't just tell you when to sleep - it signals your gut when to digest, absorb nutrients, and repair.

Your circadian rhythm affects:

- ☪ Enzyme release & nutrient absorption
- ☪ Gut motility & elimination
- ☪ Immune function & gut lining
- ☪ Microbiome balance

Disruptions, like erratic meal times, late-night snacking, poor sleep, or chaotic days, can lead to:

- ☪ Uncomfortable gut symptoms, like bloating, gas & pain
- ☪ Unpredictable bowel movements, like firm, small, incomplete or loose stools

The good news: Simple, consistent daily habits can reinforce your internal body clock and make your gut happier, calmer, and more predictable.

Your Daily A.N.C.H.O.R.S.

The A.N.C.H.O.R. Daily Habit System is designed to strengthen your internal body clock and support a healthy, well-functioning gut. Each letter stands for a needle moving habit.

A: AM & PM Routine

Your morning & evening routines matter. They don't need to be complicated - just consistent. Focus on simple habits that support your circadian rhythm, calm your nervous system, aid digestion, and create a sense of predictability, which your gut loves!

Morning Routine



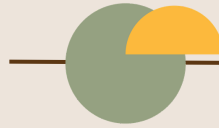
- ☪ Wake up 15 minutes earlier for a calm start & give yourself some extra time to use the toilet without rushing
- ☪ Drink water first thing - this kickstarts the digestive process
- ☪ Gentle movement (walking, yoga, low impact exercise) - to support gut motility
- ☪ Morning light exposure - helps calibrate your internal body clock, which in turn supports digestion, energy, focus, mood, & hormone health
- ☪ Eat a balanced **CORE 4 breakfast** within 2 hours of waking

Evening Routine



- ☪ Create an evening routine than helps your body unwind & prepare for quality sleep
- ☪ Go to bed at a consistent time each night (even weekends) - to anchor your circadian rhythm
- ☪ Avoid eating 2-3 hours before bed

N: Your Non-Negotiables



C: Core 4 meals x3

- ☛ Eat breakfast, lunch & dinner around the same time each day. Avoid skipped meals or erratic meal times!
- ☛ A **CORE 4 meal** includes a source of protein, healthy fats, fiber & color (aka polyphenols) to ensure you meet your daily nutritional needs for a healthy gut
- ☛ If you're opting for plant-based protein, choose two sources per meal (the general target is 20-30g of protein per meal)
- ☛ Aim for 25-35g of fiber per day from a diversity of sources like fruits, veggies, nuts, seeds, beans, legumes & whole grains

H: Hydration

- ☛ Drink at least 2L of water per day, starting first thing upon waking (during your morning routine) to improve bowel function, prevent constipation and support energy levels

O: Outdoor movement

- ☛ Get outside for a walk every day to reduce stress, support gut motility, improve blood sugar balance and reinforce your internal clock - I recommend first thing in the morning or after meals, but any time is better than nothing!
- ☛ Aim for at least 7,500 steps per day

R: Regular toilet time

- ☛ Make time to poop every day! Ideally this looks like 5-10 minutes in the morning after breakfast. This gives your gut the chance to eliminate before your busy day begins.
- ☛ Elevate your knees for an optimal pooping position (use a Squatty Potty or stool)



The A.N.C.H.O.R. Daily Habit System is designed to support smooth, consistent digestion—even when life feels busy, stressful, or unpredictable. These science-backed habits are ones I recommend daily in clinical practice to create meaningful, lasting change. You may notice improvements quickly, or it may take a few weeks. Stay consistent, trust the process, and reach out if you need support along the way.



If you've been caught in a cycle of uncomfortable gut symptoms, unpredictable digestion, and stress, you don't have to navigate it alone. Through a comprehensive assessment and a holistic, evidence-informed approach, I help uncover your unique digestive patterns and build a personalized plan designed for long-term results.

Ready to take the next step? Book your assessment and start feeling more in control of your gut health today.

[**Book an Appointment**](#)

