

# You Are Not What You Eat But What You Can Digest



## Are You Digesting Well?

**FIND OUT WITH THIS  
QUICK QUIZ!**

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# Is Your Digestive System in Balance?

Do you often experience bloating, heartburn, or stomach cramps? Many of my clients report these issues when they first come to me, along with feeling full or sluggish after meals. These are common signs that your digestive system might need support.

## More than just digestion

You may also notice other symptoms like tiredness, flatulence, or irregular bowel movements such as diarrhoea or constipation. My clients often mention these symptoms, and we work together to find the root cause and relief through targeted nutritional and lifestyle changes.

## Skin and immune health are linked to your gut

Many of my clients with skin issues—like eczema, acne, or psoriasis—discover that their gut health is a big factor. Frequent colds, fatigue, and even auto-immune conditions such as Coeliac disease, Crohn's disease, or Hashimoto's thyroiditis are also linked to poor digestion.

## Take the quiz to understand your digestion

If these symptoms sound familiar, take this quick quiz to discover how your digestive health might be affecting your overall well-being. You'll gain insights into what might be happening in your gut and learn how to start feeling better—naturally!



Pick one answer that seems most relevant to you:

**Question 1:** How often do you experience bloating or a sense of fullness after meals?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 2:** Do you often feel discomfort or pain in your stomach or abdomen after eating?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 3:** How frequently do you experience heartburn or acid reflux?

- ☐ A) Rarely or never
- ☐ B) A few times a month
- ☐ C) A few times a week
- ☐ D) Almost every day

**Question 4:** How would you describe your bowel movements?

- ☐ A) Regular and well-formed
- ☐ B) Occasionally loose or hard to pass
- ☐ C) Often constipated or diarrhoea
- ☐ D) Unpredictable, varying between constipation and diarrhoea

**Question 5:** Do you feel fatigued or low in energy, especially after meals?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always



**Question 6:** How often do you experience excessive gas or flatulence?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 7:** Do you struggle with nausea, feeling queasy, or having an unsettled stomach?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 8:** Do you ever experience unexplained food sensitivities or intolerances?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 9:** Do you suffer from any autoimmune conditions, such as coeliac disease, Crohn's disease, ulcerative colitis, Hashimoto's thyroiditis or rheumatoid arthritis:

- ☐ A) No, none of these
- ☐ B) Not diagnosed, but I suspect I do
- ☐ C) Yes, one of these
- ☐ D) Yes, two or more of these

**Question 10:** How often do you suffer from colds or flu?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 11:** Do you suffer from any skin issues, such as eczema, psoriasis, or acne?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 12:** When you look at your tongue first thing in the morning, do you notice any coating (white, yellow, brownish), red tip, or cracks?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 14:** Are your nails soft, break or chip easily, have vertical lines or white spots?

- ☐ A) No, none of these
- ☐ B) Yes, one of these
- ☐ C) Yes, two of these
- ☐ D) Yes, three or more of these

**Question 13:** Is your skin dry, flaky, red, itchy, irritated or shows signs of rash or eczema?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always

**Question 15:** Is your hair weak, dry, excessively oily, break easily or turns prematurely grey?

- ☐ A) Rarely or never
- ☐ B) Occasionally
- ☐ C) Frequently
- ☐ D) Almost always



**Sum up your answers and move on to the next page!**

# Your Results

Let's find out how your digestive system is feeling lately:



## Mostly A's

Your digestive system seems to be functioning well! Continue maintaining good habits to keep it healthy.

## Mostly B's



You may experience occasional digestive discomfort. Consider incorporating daily practices to support your digestion, such as mindful eating and adding gut-friendly foods to your diet.

## Mostly C's



Your digestive system might be under some strain. It's worth taking steps to support your gut health more consistently. Download our guide for daily practices to reduce these symptoms and optimise your digestion.



## Mostly D's



Frequent digestive issues like these could be a sign of underlying imbalances. It may be helpful to work with a professional to address these symptoms. Download our free guide, and consider booking a consultation for personalised support.



Based on your answers, it looks like your digestion could use some extra support. Head to the next page to discover the most effective ways to tackle your digestive concerns.

# Daily practices that make the difference

Whether you're dealing with heartburn, bloating, constipation, stomach cramps, or tiredness, I created a free 6-week mini-series that provides holistic solutions you can start implementing right away.

In your weekly emails, you'll discover daily, weekly, and monthly practices that include nutritional advice, mindfulness techniques, as well as supplement recommendations that will help you:

- **Enhance digestion** of foods to minimise heartburn, bloating and feeling of fullness after meals,
- **Improve absorption** to ensure that you make the most of the nutrients you take in with foods and to reduce and boost your energy levels,
- **Regulate bowel movement** to ensure elimination of toxins and waste products and reduce stomach cramps,
- **Soothe the digestive tract** to support healing of the stomach and intestines, if they are inflamed.

FREE MINI-SERIES

## You Are Not What You Eat But What You Can Digest



Join my tribe and get access to my mini-series focused on optimising digestion and reclaiming your energy naturally!

**JOIN THE SERIES NOW:**

**[bit.ly/digestion-mini-series](https://bit.ly/digestion-mini-series)**



# Personalised support

Have you implemented these daily practices but don't quite feel quite where you'd like to be? Let's work together to create a personalised plan that fits your unique needs.

## How I Support People Like You

I specialise in helping individuals who are struggling with digestive issues like bloating, heartburn, constipation, diarrhoea, as well as diagnosed conditions, such as IBS, IBD, Crohn's Disease, Ulcerative Colitis and more.

Using a personalised approach that combines naturopathic nutritional therapy, lifestyle changes, and mind-body techniques, I guide my clients through a journey of understanding their bodies, identifying root causes, and making sustainable changes that bring lasting relief.

**My approach is centred around you as an individual. Together, we will:**

- **Identify the Root Causes:** We'll explore your unique symptoms and triggers through assessments and, if needed, functional tests.
- **Create a Personalised Plan:** You'll get easy-to-follow recommendations that fit into your busy life, focusing on sustainable habits.
- **Provide Ongoing Support:** I'll be with you every step of the way to guide and motivate you towards better health.



**Ready to resolve your digestive issues? Book a FREE Connection Call**

We'll talk about your symptoms, goals, and how we can create a plan to help you feel your best.

**BOOK A FREE CONNECTION CALL WITH ME:**

[youroptimumnutrition.co.uk/contact](https://youroptimumnutrition.co.uk/contact)

You can feel better and do more of the things you love!

- *Emilia Skrzypek*



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