

Find Out  
In 2'

IS YOUR GUT HEALTHY?

# FREE GUT HEALTH QUIZ

MADE BY  
SOFIE BEKER

[www.cynaranutritionclinic.com](http://www.cynaranutritionclinic.com)

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*Hola! I'm Sofie.*



**I'm a Clinical Nutritionist and the owner of Cynara Nutrition Clinic.**

As a gut specialist, I use lab and functional tests to get to the root cause of your gut issues, and help you to heal through the power of:

- ✓ Dietary interventions
- ✓ Nutritional supplementation and
- ✓ Lifestyle recommendations.

As a Functional & Clinical Nutritionist, I dedicate my career to helping people understand and improve their digestive health.

**I know firsthand what it's like to suffer from gut issues.**

For many years, I suffered from debilitating pain and bloating that got worse when I was stressed, but I was so used to it that I didn't think anything of it. It was only when I started studying nutrition that I realised the way I was feeling was not normal.

Through adequate nutrition and healthier lifestyle habits, **I was able to heal myself.**

Now, I help women suffering from irritable bowel syndrome (IBS), small intestine bacterial overgrowth (SIBO), gut imbalances, and constant bloating. I also have a special interest in the gut-mind connection, and how what we eat can play a role in curbing anxiety and stress.

I've been on the same journey as you, so I get it.

Let's find out why this started for you, and discover what we can do together to change your body for the better.



*Sofie Beker*  
CLINICAL NUTRITIONIST [Bh. Sc]



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# DISCLAIMER

This Gut Health Quiz is intended for informational and educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. It's designed to help you reflect on common signs of gut imbalance and better understand how your body may be communicating with you. If you have any concerns about your health, please consult with a qualified healthcare provider.





# Is Your Gut Trying To Tell You Something?

Digestive issues, low energy, skin flare-ups, and cravings are not random. They're often your body's way of asking for support.

This quick guide will help you identify if your gut is out of balance—and give you 3 powerful daily habits to start resetting it today.



# Gut Health Self-Check

Are you experiencing any of the following?  
(Check all that apply)

- Bloating after meals
- Excess Gas or digestive discomfort
- Constipation, diarrhea or both
- Acid reflux or heartburn
- Intense sugar, bread, or coffee cravings
- Fatigue when waking up or after lunch
- Brain fog or poor focus
- Eczema, acne, or skin sensitivity
- Anxiety, irritability, or mood swings
- Trouble falling asleep or staying asleep
- Feeling like food doesn't "sit well"
- Midday energy crashes



# What Your Score Might Be Telling You


## If you checked 1–2 symptoms:


Your gut is whispering. You might be in the early stages of imbalance. This is the perfect time to make gentle adjustments and support your gut before symptoms become more disruptive.

## If you checked 3–4 symptoms:

Your gut is asking for attention. These signs suggest your digestion and microbiome may be under stress. It's time to take aligned action through nutrition, habits, and awareness.

## If you checked 5 or more symptoms:

Your gut is waving a red flag . You may be experiencing chronic inflammation, digestive issues, or imbalances in your gut microbiota. Don't ignore these signs — your body is asking for support.

 If you checked 3 or more symptoms, you'll likely benefit from a gut reset.

That's exactly why I created the 15-Day Gut Reset Challenge — to help you restore balance, reduce inflammation, and feel like yourself again.

[TELL ME MORE](#)



# 3 Simple Steps to Start Supporting Your Gut Today

Start shifting your gut health with these small (but mighty) daily rituals:



## 1. Warm Lemon Water Before Meals

**Why it helps:** Warm lemon water can stimulate stomach acid, support gentle detoxification, and prep your digestion for food.

**How to use it:** Mix 1 cup of warm (not hot) water with the juice of 1/4 a fresh lemon. Drink 15–30 minutes before meals, ideally in the morning.

⚠️ Avoid if you have active ulcers or severe acid reflux.



## 2. Gentle Movement in the Morning

**Why it helps:** Light stretching or movement stimulates the bowels, reduces bloating, and improves circulation—all of which support gut motility.

**Try this:** Spend 5–10 minutes doing cat-cow pose, spinal twists, or a short 15min morning walk.





## 3. Calm Your Nervous System Daily

### Why it helps:

Your gut and brain are deeply connected through the gut-brain axis—a communication network between your central nervous system and your digestive tract. When you're under stress, your body shifts into "fight or flight" mode, which slows or even shuts down digestion. This can lead to bloating, poor nutrient absorption, and irregular bowel movements.

Activating the parasympathetic nervous system (your "rest and digest" state) helps your gut function more efficiently, reduces inflammation, and supports overall healing.

### Try this calming ritual:

1. Write down 3 things you're grateful for — this shifts your nervous system toward a state of calm.
- 2. Practice the square breathing technique for 3 minutes:
  - Inhale for 4 seconds
  - Hold for 4 seconds
  - Exhale for 4 seconds
  - Hold for 4 seconds

Repeat. This pattern slows your heart rate and helps regulate your gut-brain connection.

[Click here to learn this technique.](#)



# What's Next?

If your gut is out of balance, your body will keep sending signals

UNTIL YOU LISTEN.

You can start healing with the right support, and it doesn't need to be overwhelming.

INTRODUCING THE..

## The 15-Day Gut Reset Challenge



A step-by-step plan to restore your digestion, energy, and mood from the inside out.

Everything you need to reset your digestion in just 15 days — no guesswork.

As a Clinical Nutritionist, I've carefully designed this reset to give your gut the support it needs to thrive.



# What's Included?



A full 15-day meal plan — anti-inflammatory, gut-loving, and easy to follow



Simple, done-for-you recipes + printable shopping lists



A supplement guide (optional but powerful) to help supercharge your detox and results



A symptom + food tracker to connect what you eat with how you feel—build awareness and take control



Community support via WhatsApp — ask questions, celebrate wins, and feel supported every step of the way



Smart strategies for coffee, sugar cravings, and sleep — to help rebalance your energy, reduce emotional eating, and finally rest well.

Ready to feel lighter, clearer, and more energized from the inside out?

## Join the 15-Day Gut Reset Challenge

**NOW ONLY \$79**



# TESTIMONIALS



"I never realized how much my gut was affecting my energy and mood until this challenge. After 15 days, my bloating almost disappeared and I feel lighter and more focused. Highly recommend!"

- SANDRA



"The 15-Day Gut Reset Challenge gave me simple, doable steps that actually worked. My digestion improved, and I finally feel comfortable in my own skin again"

- ANDREA



"Sofie's challenge was exactly what I needed to kickstart my gut health journey. Clear guidance, tasty meal ideas, and real results – constipation and brain fog are now gone!"

- LAUREN



# 15 DAY GUT RESET CHALLENGE

ONLY  
\$79



A simple program designed to help you reduce inflammation, support digestion, and reclaim your energy. With anti-inflammatory meal plans, daily lessons, symptom tracking, and a supportive community, it's your chance to reset your gut and feel your best—without the overwhelm.

**JOIN THE RESET NOW!**



hello@cynaranutritionclinic.com  
[www.cynaranutritionclinic.com](http://www.cynaranutritionclinic.com)

