



Digestive Signs & Symptoms Tracker



**Build Your
Resilient Gut**
MICROBIOME & BEYOND

Build Your Resilient Gut: *Digestive Signs & Symptoms Tracker*

First Edition

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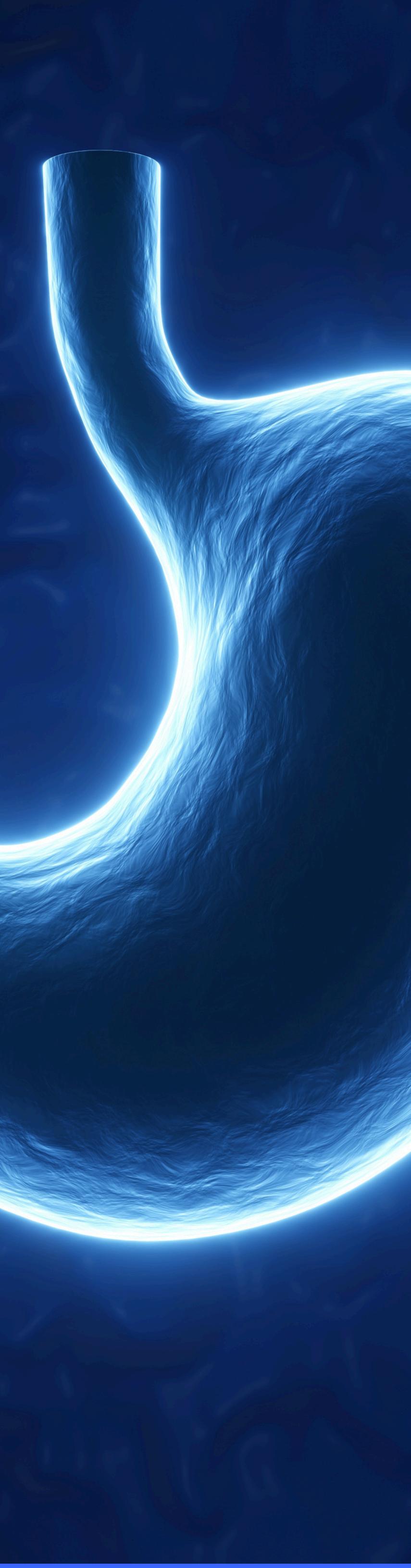
Use this simple self-assessment to begin to gain an understanding about the potential location or root causes of your digestive challenges. It's not about a specific score, per se, but learning to identify patterns and becoming more self-aware about your own body and specific symptoms.

Symptoms will overlap, but see if you can spot patterns or if certain sections stand out more for you than others. We will get more into specific symptoms, conditions, and solutions in upcoming modules!

Note: This is NOT a diagnostic tool, but for educational purposes only.

Section 1: Cephalic Response, Meal Hygiene, Mouth & Oral Microbiome

- Bloating & Gas
- Indigestion/Reflux
- Overly Full/Sluggish After Meals
- Nausea After Meals
- Chronic Bad Breath
- Food Sensitivities
- SIBO (Small Intestine Bacterial Overgrowth)
- Irregular Bowel Movements
(Constipation or Diarrhea)



Section 2: Stomach

HYPOCHLORHYDRIA (LOW STOMACH ACID)

- Bloating & Gas
- Heartburn/Acid Reflux
- Indigestion and/or Feeling Full Too Quickly
- Nutrient Deficiencies/Anemia
- Chronic Bad Breath
- Irregular Bowel Movements
(Constipation or Diarrhea)
- Undigested Food in Stool
- Frequent Belching
- Food Sensitivities
- SIBO

HYPERCHLORHYDRIA (HIGH STOMACH ACID)

- Heartburn/Acid Reflux
- Nausea/Vomiting
- Peptic Ulcers
(generally linked to h. Pylori overgrowth)
- Excessive Hunger or
Empty Stomach Sensation

NOTE: Excess stomach acid production is actually quite rare, despite what conventional “wisdom” may say on the matter.



NOTE: H. Pylori is a commensal organism in the stomach. The goal is never to eradicate it completely. It becomes a problem when overgrown - More on this coming in MODULE 4.

DAMAGE TO STOMACH LINING (GASTRITIS OR ULCERS)

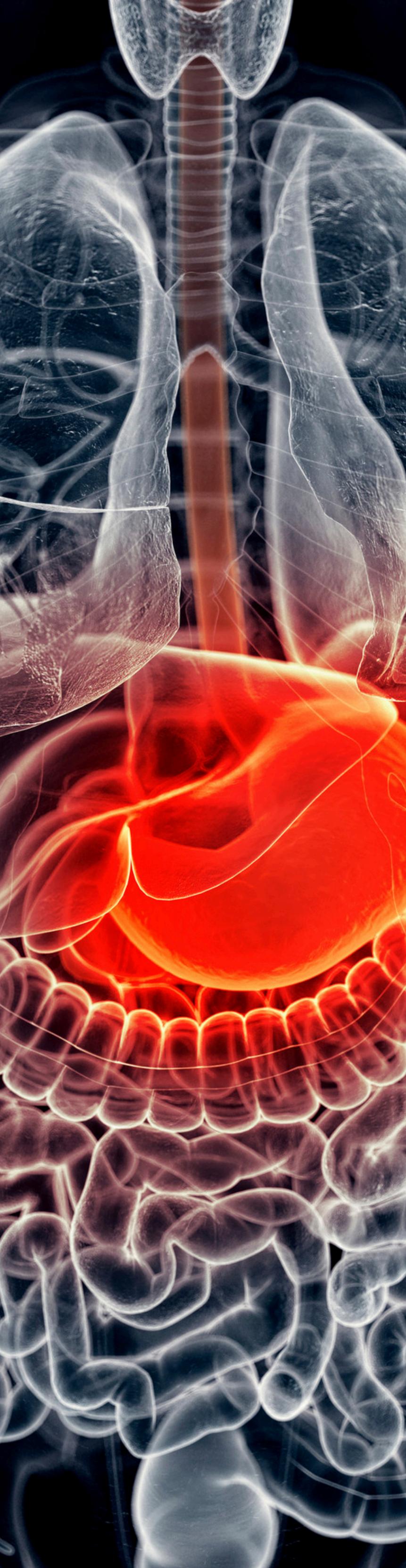
- Burning/Gnawing Pain in Upper Abdomen (Often worse after meals)
- Nausea/Vomiting (Esp. blood or coffee ground-like material)
- Black Stools
- Loss of Appetite
- Bloating/Feeling of Fullness (Premature)
- Weakness/Fatigue (Due to anemia, blood loss, etc...)
- Reactive/Sensitive to Supplements/Meds (Esp. iron, zinc, vit C, probiotics, enzymes, NSAIDS, mint, garlic, etc...)

GASTROPARESIS (DELAYED GASTRIC EMPTYING)

- Feeling Full After Small Meals
- Bloating w/ Nausea
- Vomiting Undigested Food Hours After Eating
- Blood Sugar Dysregulation

H. PYLORI OVERGROWTH

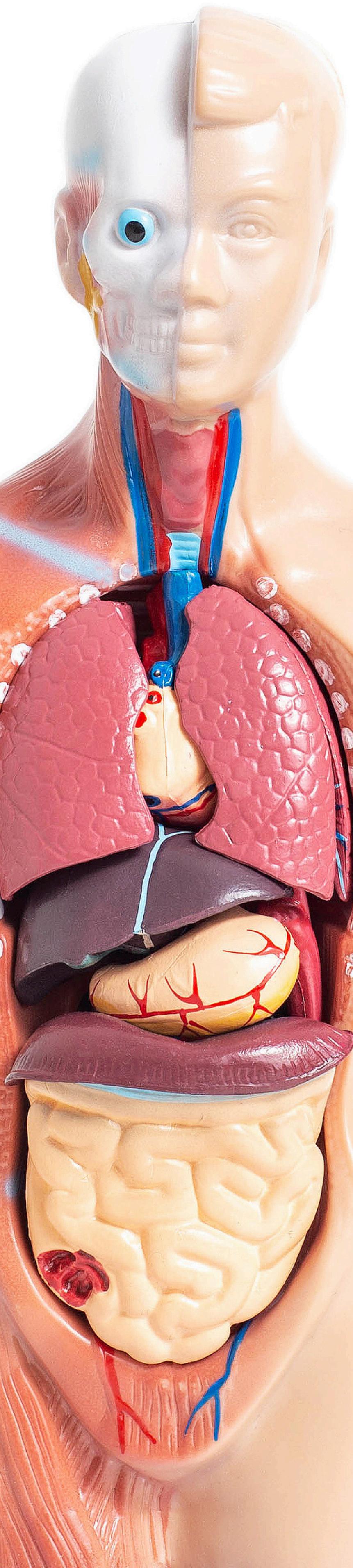
- Burning or Gnawing Abdominal Pain (Often worse on empty stomach)
- Chronic Burping/Bloating
- Nausea w/ Occasional Vomiting
- Loss of Appetite
- Gastric Ulcers



Section 3: Liver/Gallbladder and Bile

- Bloating & Gas
- Chronic Constipation
- Nausea (After meals - esp. fatty foods)
- Pale, Clay-Colored, Greasy, Foul-Smelling and/or Floating Stools
- Discomfort After Fatty Meals
- Indigestion/Burping
(Less immediate than stomach problems)
- SIBO
- Dark Urine
- Unexplained Itching (Pruritus)
- Gallstones
- Brain Fog, Headaches, etc... (Toxin buildup)
- Hormonal Imbalance (Poor bile flow)

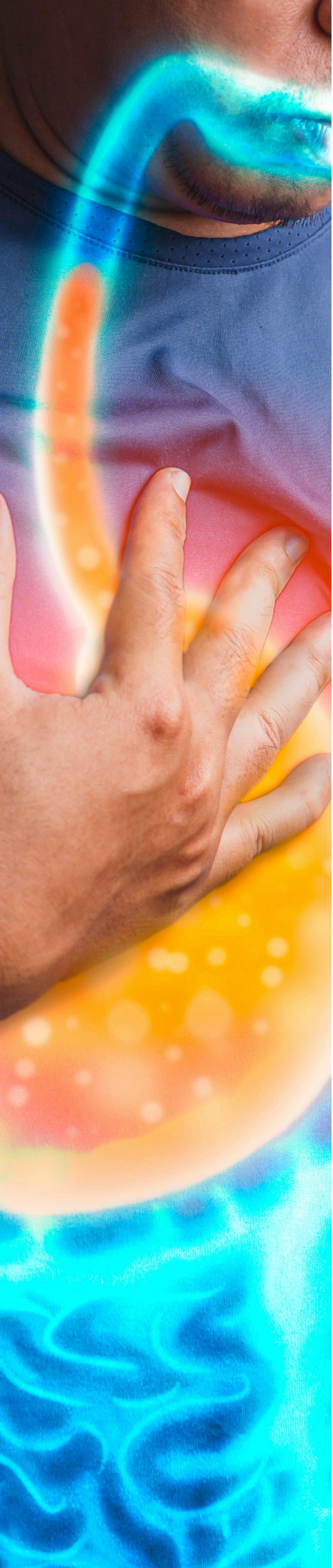
NOTE: More on this in MODULE 4 - as well as discussion gallbladder removal.



Section 4:

Pancreas & Digestive Enzymes

- Bloating & Gas
- Diarrhea or Greasy, Foul-Smelling Stools
- Undigested Food in Stools
- Weight Loss Despite Normal Eating
(or inability to gain weight)
- Frequent Nausea
(After meals - esp. fatty foods)
- Chronic Indigestion
- Blood Sugar Imbalances
(Frequent hunger, thirst, fatigue, etc...)
- Abdominal Pain (Worse after meals)
- Food Sensitivities
(Difficulty digesting certain foods)



Section 5: Sphincters & Motility

- Acid Reflux/Heartburn
(Lower Esophageal Sphincter)
- Bloating & Gas
(Slow Motility and/or Poor Sphincter Function)
- Constipation
(Slow Motility and/or Ileocecal Valve)
- Diarrhea
(Rapid Motility)
- Nausea After Meals
(Pyloric Sphincter)
- Incontinence
(Anal Sphincter)
- SIBO
(Impaired Motility and/or Ileocecal Valve)



Section 6:

Small Intestine

Dysfunction & Dysbiosis

- SIBO
- Bloating & Gas
- Abdominal Pain or Discomfort
- Diarrhea/Loose Stools
- Constipation
- Undigested Food in Stools
- Fatigue/Brain Fog
- Food Sensitivities/Intolerances
- Nutrient Deficiencies/Anemia
- Unexplained Weight Loss/Difficulty Gaining Weight
- Immune Dysregulation (Autoimmune, Allergies, Histamine Intolerance, MCAS, Frequent Infections, etc...)
- Chronic Inflammation/Pain
- Skin Conditions (Rashes, Acne, Eczema, etc...)
- Greasy Stools

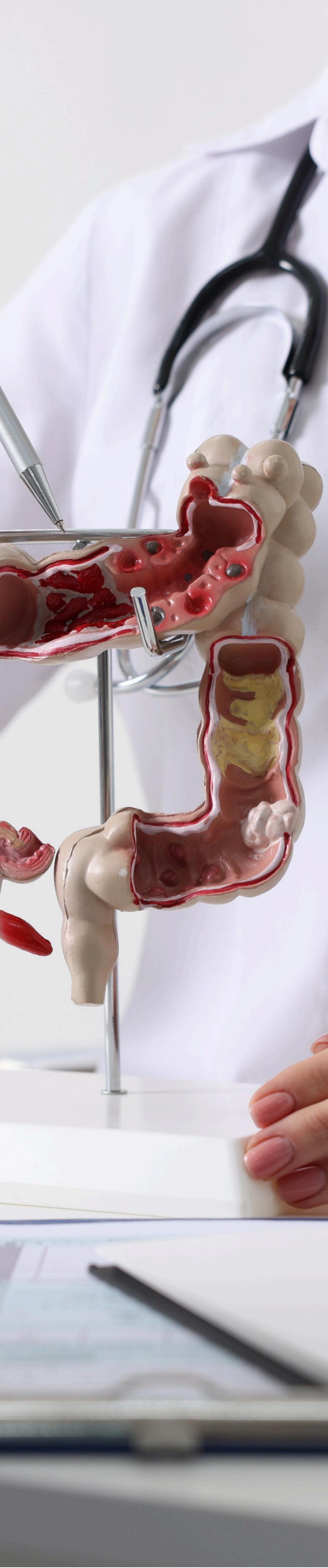


Section 7:

Large Intestine

Dysfunction & Dysbiosis

- Constipation
- Diarrhea/Loose Stools
- Bloating & Gas
- Lower Abdominal Pain/Cramping
- Mucus in Stools
- Hard, Dry Stools
- Foul-Smelling Stools
- Inflammatory Bowel Disease
- Blood in Stool (Red)
- Diverticulosis/Diverticulitis
- Hemorrhoids



Bristol Stool Chart: What do you see?

Ideally, you want to be as close to #4 as possible,
1-2x/day.

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid