

From Science to Scripture

For those of us integrating faith and wellness, this study also invites a deeper question: How can our stewardship of the body reflect the divine wisdom woven into creation? Just as the land was designed to yield nourishment, perhaps the healing we seek begins not with complicated formulas, but with simple obedience to rhythms of nature and grace.

Application & Reflection: Healing Through Daily Choices

1. Try Before You Rely

Before jumping to medication, consider starting with what the study highlighted: food-based interventions. Partner with a knowledgeable practitioner or dietitian to explore:
A gentle Low FODMAP approach, phased and mindful—not restrictive for the sake of restriction

A fibre-forward low-carb option, focusing on whole foods, not fad protocols

✦ Keep a simple journal for 4 weeks to track symptoms, meals, mood, and even spiritual insights. Food isn't the only thing that speaks—your body and soul do too.

2. Listen to Your Gut—Literally and Figuratively

Our digestive system mirrors our inner world. As Scripture reminds us, “A tranquil heart gives life to the flesh” (Proverbs 14:30).

Reflect on: How your lifestyle might be contributing to digestive stress

The pace at which you eat, the posture of your heart, and whether mealtimes are sacred or scattered

Daily Reflection Prompt:

What might my symptoms be teaching me—not just physically, but spiritually?


Is there an invitation from God to slow down, simplify, or nourish more intentionally?

3. Practice Gentle Stewardship

This study invites you not to fear food, but to steward it. Experiment with:

Weekly prep rituals that include prayer or gratitude

Blessing your meals not just with words, but with presence and peace

 **Wellness Tip:** Hydration, light movement after meals, and chewing slowly are ancient and modern pillars of gut wellness. Start with the simple. God often meets us there.