

Supporting Digestive Health



3-Day Anti-Inflammatory Gut- Soothing Diet

General Guidelines

- **Avoid:** gluten, dairy, refined sugar, caffeine, alcohol, processed foods, fried foods.
- **Hydration:** Drink 1.5–2L filtered water daily, including herbal teas like chamomile, marshmallow root, fennel, and slippery elm.
- ***Eat slowly, chew thoroughly, and avoid eating when stressed.***



Day 1 – Soothe & Calm

Morning, on waking: Warm water with lemon + pinch of pink salt & 1 tsp L-glutamine powder (gut lining support)

Breakfast: Stewed apples with cinnamon, ground flaxseed & a spoonful of chia pudding
Add slippery elm powder or aloe vera juice before breakfast if needed

Snack (optional): A small handful of soaked almonds or half an avocado with a sprinkle of hemp seeds

Lunch: Carrot, courgette & fennel soup with a drizzle of olive oil & fresh parsley. Side of lightly steamed broccoli.

Afternoon: Dandelion tea
2 Brazil nuts (selenium for inflammation)

Dinner: Steamed white fish or lentils with mashed sweet potato, wilted spinach, and a teaspoon of sauerkraut (if tolerated).
Chamomile + fennel tea.

Supplements* L-glutamine (5g 2x daily), Marshmallow root tea or capsule, High-quality probiotic (broad-spectrum); Magnesium bisglycinate.



Supporting Digestive Health

Day 2 – Restore & Nourish

Morning: Warm water with lemon + pinch of pink salt & 1 tsp L-glutamine powder (gut lining support)

Breakfast: Smoothie with wild blueberries, spinach, 1 tbsp ground flaxseed, ½ banana, ginger, collagen powder (optional), and unsweetened almond milk

Snack: Cucumber and carrot sticks with tahini dip

Lunch: Quinoa with roasted pumpkin, courgette, and beetroot, topped with fresh herbs, olive oil & lemon dressing

Afternoon: Liquorice root or marshmallow tea and baked apple with cinnamon and crushed walnuts

Dinner: Bone broth or miso soup (if vegetarian) with rice noodles, bok choy, and grated ginger. Chamomile + fennel tea.

Add tofu or shredded chicken for protein.

Supplements* 1 slice of pineapple before meals provides natural digestive enzymes; Omega-3 (from algae or fish oil), High-quality probiotic (broad-spectrum); Magnesium bisglycinate.



Supporting Digestive Health



Day 3 – Balance & Rebuild

Morning: Glass of warm water with fresh ginger slices & L-glutamine powder

Breakfast: Buckwheat or quinoa porridge with stewed pears, chia seeds, and cinnamon. Add slippery elm powder if needed.

Snack: Kefir (dairy-free if needed) or coconut yogurt with blueberries and ½ tsp chia seeds.

Lunch: Lentil & turmeric soup with chopped greens, garlic, and coriander. Side of brown rice or millet.

Afternoon: handful of pre-soaked almonds

Herbal tea: Fennel tea

Dinner: Grilled salmon (or tempeh) with steamed asparagus, cabbage, courgettes, ½ avocado with olive oil. Chamomile + fennel tea.

Side of fermented vegetables (small portion)

Supplements* 1 slice of pineapple before meals provides natural digestive enzymes; Omega-3 (from algae or fish oil); High-quality probiotic (broad-spectrum); Magnesium bisglycinate.

Optional Add-ons (daily)

- Dry brushing to detox the skin
- Castor oil pack on the abdomen in the evening to calm inflammation
- Gentle movement (yoga, walking)
- Epsom salt bath to relax muscles and support detox.



- **Always consult your doctor before starting herbal remedies and supplements, especially if you are pregnant, breastfeeding, or on medication.*

