

Triple Intensive

Gut+ Liver + Cortisol Flush

A 3 Phased Sequenced Liquid Protocol.

Clinically Formulated with natural ingredients. Added Probiotics.

Purpose - A Full Biological Reset.

Best For - Addressing The 3 Systemd of Body That Manages how we look, feel and how our body manages weight.

The Three Phases

Phase 1 • Days 1-2 • Gut — Gut Aid Shot daily, Gut repair juices, Prebiotic smoothies, Inflammation flush, Evening gut seal

Phase 2 • Days 3-5 • Liver — Liver Aid Shot daily, Bile flow juices, Liver smoothies, Beetroot deep flush, Evening liver calm

Phase 3 • Days 6-7 • Cortisol — Cortisol Calm Shot daily, Adaptogenic juices, Ashwagandha smoothies, Nervous system calm blend, Evening deep restore

Day 1 and 2 - The Gut Flush Day 1		
TIME	MENU	CLINICAL FUNCTION
Wake Up (6-7 am)	Turmeric Root Shot - Turmeric Root, Ginger, Indian Gooseberries, Orange.	Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.
9am	Sweet Kale Juice - Kale, lemon, apple.	Provides vitamin C for collagen synthesis; delivers antioxidants and polyphenols to reduce oxidative stress; supports skin, connective tissue, and immune function.
11am	Strawberry Basil lemonade Juice - Water, Strawberries, Monk fruit, lemon, Basil.	Supplies vitamin C and flavonoids that support collagen cross-linking; promotes antioxidant protection; supports hydration and cellular repair processes.
1pm	Orange Turmeric Juice - Orange, apple, lemon juice, black pepper, Aloe vera.	Supports immune function through vitamin C; enhances anti-inflammatory activity via curcumin and piperine; aloe vera may support gastrointestinal comfort and mucosal integrity.
3pm	Citrus 3 Juice - Grapefruit, apple, mint.	Promotes hydration and antioxidant defense; provides vitamin C and plant polyphenols; mint may assist digestive comfort and gastric motility.
5pm	Butternut Carrot Juice - Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple.	Delivers carotenoids, nitrates, and phytonutrients that support vascular health, antioxidant defense, and cellular repair; provides broad-spectrum micronutrient replenishment.
7pm	High Protein Peanut Butter Smoothie - Peanut milk, dates, organic coconut milk, banana, chia seeds, organic flax seeds, Himalayan salt, green banana flour and flax seeds.	Supports muscle recovery and growth through protein intake. Provides sustained energy and Promotes gut health.

Day 2		
TIME	MENU	CLINICAL FUNCTION
Wake Up (6-7 AM)	Liver Detox Shot - Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.	Stimulates digestion, hydration, antioxidant support, may increase bile flow (lemon, ginger, beetroot), metabolic stimulation from cayenne.
9am	Karma Ayurveda Juice (Added Holy basil and Neem) - Chia seeds, Blueberries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry.	Antioxidant support, vitamin C replenishment, hydration, gut support from aloe, omega-3s from chia, immune support from amla and tulsi.
11am	Bhakti Ayurveda Juice (Added Triphala) - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone) - Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha) - Cucumber, spinach, kale, Acai powder, blueberries, raspberries, Raw Organic honey and Newly added homemade apple cider.	High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.

7pm	High Protein Peanut Butter Smoothie - Peanut milk, dates, organic coconut milk, banana, chia seeds, organic flax seeds, Himalayan salt, green banana flour and flax seeds.	Supports muscle recovery and growth through protein intake. Provides sustained energy and Promotes gut health.
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Day 3, 4 and 5 - The Liver Flush Day 3		
TIME	MENU	CLINICAL FUNCTION
Wake Up	Turmeric Root Shot - Turmeric Root, Ginger, Indian Gooseberries, Orange.	Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.
9am	High Protein Alkaline Power Smoothie - turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds.	Satiety support • Fiber support • Supports digestive regularity • Micronutrient intake • Sustained energy support
11am	Detox Tonic Lemonade Juice - Lemon, Blue Sprulina, Milk thistle, agave.	Hydration support • Antioxidant support • Supports normal liver function • General wellness support
1pm	Gravity Glow Juice - cucumber, apple, ginger, mint, and lemon juice.	Hydration support • Antioxidant support • Digestive comfort support • Vitamin intake
3pm	Butternut Squash Orange Lemon Juice - Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.	Antioxidant support • Supports eye and immune health • Micronutrient replenishment • General vitality support
5pm	Afterparty Juice - beet root, carrot, ginger, apple and lemon.	Circulatory support • Exercise recovery support • Antioxidant support • Energy support
7pm	Cold Crusher Juice - Carrots, Orange, lemon, ginger, parsley.	Immune system support • Hydration support • Antioxidant support • General recovery support

Day 4		
TIME	MENU	CLINICAL FUNCTION
Wake Up (6-7 AM)	Liver Detox Shot - Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.	Stimulates digestion, hydration, antioxidant support, may increase bile flow (lemon, ginger, beetroot), metabolic stimulation from cayenne.
9am	High Protein Beetroot Smoothie - beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds.	Protein support • Satiety support • Muscle recovery support • Digestive health support • Gut microbiome support • Sustained energy support • Antioxidant support • Fiber support • Micronutrient replenishment • Cardiovascular wellness support
11am	Bhakti Ayurveda Juice (Added Triphala) - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone) - Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha) - Cucumber, spinach, kale, Acai powder, blueberries, raspberries, Raw Organic honey and Newly added homemade apple cider.	High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.
7pm	Green Juice - Braniac - Slender Green - Spinach, Cucumber, Parsley, Lemon, Apple, Celery.	Hydration support • Antioxidant support • Digestive support • Micronutrient replenishment • Fiber support (if blended) • General wellness support • Satiety support • Supports normal fluid balance

Day 5		
TIME	MENU	CLINICAL FUNCTION
Wake Up	Probiotic Turmeric Activation Shot - Turmeric extract, Black pepper (piperine), Live probiotic cultures.	Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support
11am	Earth Nectar Juice - Water melon, apple, lemon, turmeric.	Hydration support • Antioxidant support • Vitamin support • Digestive support • General wellness support
1pm	Spa Day Juice - Honeydew, Cucumber, Coconut Water, Lemon.	Hydration support • Electrolyte support • Fluid balance support • Digestive comfort support • Refreshment and recovery support
3pm	After Math with the goodness of Milk Thistle Juice - Orange, Ginger, Aloe, Basil Oil, Milk Thistle.	Antioxidant support • Supports normal liver function • Digestive support • Hydration support • General recovery support
5pm	Master Cleanse Juice - Pineapple, Turmeric, Lemon, Pepper.	Digestive support • Antioxidant support • Supports normal inflammatory response • Vitamin C support • General wellness support
7pm	Chill-Pill with Vegan Probiotic Juice - Pineapple, Lemon, Butterfly pea flower, Chamomile, Ashwagandha, Coconut, Milk, Vegan Probiotic.	Gut microbiome support • Relaxation support • Digestive support • Hydration support • General stress resilience support • Recovery support

Day 6 and 7 - The Cortisol Balance | Day 6

TIME	MENU	CLINICAL FUNCTION
6-7 AM	Liver Detox Shot - Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger.	Stimulates digestion, hydration, antioxidant support, may increase bile flow (lemon, ginger, beetroot), metabolic stimulation from cayenne.
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support
11am	Bhakti Ayurveda Juice (Added Triphala) - Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic.	Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone) - Lemon, Filtered water, Activated charcoal, Raw Organic honey.	Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk.	Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha) - Cucumber, spinach, kale, Acai powder, blueberries, raspberries, Raw Organic honey and Newly added homemade apple cider.	High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.
7pm	Green Juice - Braniac - Slender Green - Spinach, Cucumber, Parsley, Lemon, Apple, Celery.	Hydration support • Antioxidant support • Digestive support • Micronutrient replenishment • Fiber support (if blended) • General wellness support • Satiety support • Supports normal fluid balance

Day 7		
TIME	MENU	CLINICAL FUNCTION
Wake Up	Probiotic Turmeric Activation Shot - Turmeric extract, Black pepper (piperine), Live probiotic cultures.	Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.
9am	Visceral Fat Burn Smoothie - Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts.	Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support
11am	Dynamo Juice - Kale, spinach, celery, parsley, apple, lemon, dandelion greens.	Micronutrient replenishment • Antioxidant support • Hydration support • Digestive support • Supports normal liver function • General wellness support
1pm	Spinach Kale Juice - Spinach, kale, Cucumber, lemon, celery, parsley.	Hydration support • Antioxidant support • Digestive support • Micronutrient support • Supports normal fluid balance • General metabolic wellness support
3pm	Pure Green Juice - Cucumber, Courgettes, fennel, lemon, spinach, parsley.	Hydration support • Digestive comfort support • Antioxidant support • Micronutrient replenishment • General gastrointestinal wellness support
5pm	Cucumber Celery Juice - Cucumber, Celery, parsley, spinach.	Hydration support • Electrolyte support • Digestive support • Light satiety support • General wellness support
7pm	Spinach Ginger Juice - Spinach, cucumber, lemon, ginger, apple, Celery.	Digestive support • Hydration support • Antioxidant support • Micronutrient support • General recovery support • Supports digestive comfort

What You'll Notice

- Bloating gone — gut inflammation visibly reduced by Day 3
- Skin dramatically clearer — liver and gut clearing shows first on the face
- Belly fat beginning to shift — cortisol-driven fat storage starts to reduce
- Sleep quality that most clients say is the best they've had in years
- Anxiety and mental noise reduced — cortisol calming affects your mind as much as your body
- Weight loss of 2-4kg for most clients across the seven days
- A relationship with food that feels different — cravings significantly reduced

This Reset Is For You If

- You carry weight around your belly that doesn't shift no matter what you do
- You're a woman over 35 and your body has changed in ways that confuse you
- You live a high-stress life in Dubai and it's showing up in your body
- You've done our full food Reset before and want the liquid-only intensive
- You've just finished a course of GLP-1 medication and want to protect your results
- You want the most complete reset available — and you're ready to commit to seven days

Honest Note

Seven days liquid-only is a commitment. Days 3 and 6 are when your body transitions between phases and some people feel it — fatigue, mild headaches, emotional shifts. These are signs the reset is working. Our team is with you on both of those days. People who finish The Total Reset describe it as the most impactful thing they've done for their health. We want that for you. But go in with clear eyes — this is serious, and it works.