

3 Day Gut Flush

Cellular Hydration + Gut Repair Protocol

Rapid de-bloat, digestive relief, restored gut function

Best for: Anyone experiencing chronic bloating, sluggish digestion, food sensitivities, post-indulgence gut distress, or simply feeling heavy and uncomfortable from the inside out.

Day 1 and 2 - The Gut Flush Day 1		
TIME	MENU	CLINICAL FUNCTION
Wake Up (6-7 AM)	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	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, Aloevera.	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
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 tulsı.
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.

Day 3 - The Liver Flush | Day 3

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	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

Why This Cleanse Works

Protocol Element		Clinical Benefit
✓	Collagen dosing spread through the day	Improved absorption & amino acid utilization
✓	Vitamin C co-factors (Camu Camu, citrus)	Supports endogenous collagen production
✓	Electrolytes + mineral salts	Prevent fatigue and dull skin
✓	Prebiotics + probiotics	Support microbiome balance (skin clarity link)
✓	Turmeric + black pepper (piperine)	Inflammatory pathway modulation

Day by Day

Day 1 — Clear - Morning Gut Shot - Green Gut Juice x2 - Prebiotic Smoothie - Evening Gut Juice - Aloe Calm Drink	Day 2 — Repair - Morning Gut Shot - Anti-Bloat Juice x2 - Gut Heal Smoothie - Ginger Flush Juice - Evening Restore Drink	Day 3 — Restore - Morning Gut Shot - Celery Reset Juice x2 - Microbiome Smoothie - Turmeric Calm Juice - Evening Gut Seal
---	---	--

What You'll Notice

- Bloating reduced — most clients notice this by Day 2
- Digestion that feels lighter and more regular
- Less cravings for sugar and processed food
- Clearer skin beginning to show
- Energy that doesn't crash after meals

This Reset Is For You If

- You feel bloated most days and don't know why
- You've never done a liquid reset before — this is your starting point
- Your digestion feels slow, heavy, or uncomfortable after eating
- You want to reset your gut before beginning a longer programme

Honest Note

Three days won't undo years. But they will give your gut the first real break it's had — and for most people, that's enough to feel a genuine shift. If you want to go deeper, The Deep Reset continues what this one starts.