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 Cold pressed 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 Cold pressed 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 Cold pressed 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 Cold pressed 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 Cold pressed 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	**Young Love Cold pressed Juice** - Pineapple, Berries, agave, Chia seeds.	Provides vitamin C and antioxidant polyphenols from pineapple and berries; bromelain may support protein digestion; chia seeds add soluble fiber and omega-3s to support bowel regularity and hydration.

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 Cold pressed 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 Cold pressed 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 Cold pressed 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 Cold pressed 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 Cold pressed 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	**Pure Green Juice** - Spinach, Cucumber, Parsley, Arabic Courgettes, Fennel, Apple.	Hydration from cucumber and courgette; fennel may ease bloating and support digestive comfort; leafy greens supply magnesium, folate and chlorophyll for gentle evening gut support.

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	**Braniac Green Juice** - Spinach, Cucumber, lemon, ginger, parsley.	Hydration support • Antioxidant support • Digestive comfort support • Micronutrient intake
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.

This protocol is a structured nutritional cleanse. Consult a healthcare professional before beginning any cleanse program.