

# 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                                                                                                                                                                                                              |
| 9am                                 | <b>Visceral Fat Burn Smoothie</b><br>- 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                                | <b>Sweet Kale Juice</b><br>- Kale, lemon, apple.                                                                                                                                                    | Provides vitamin C for collagen synthesis; delivers antioxidants and polyphenols to reduce oxidative stress; supports skin, connective tissue, and immune function.                                                            |
| 1pm                                 | <b>Orange Turmeric Juice</b><br>- 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                                 | <b>Butternut Carrot Juice</b><br>- 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.                                                |
| 5pm                                 | <b>Young love Juice</b><br>- Pineapple, Berries, agave, Chia seeds.                                                                                                                                 | Supplies vitamin C and berry anthocyanins for antioxidant defense; bromelain from pineapple supports protein digestion; chia seeds add soluble fiber and omega-3s to steady energy release and support gut regularity.         |
| 7pm                                 | <b>Carrot Coriander Soup</b><br>- Carrots, Onions, Coriander, Ginger, Celery, Cumin Seeds, Salt.                                                                                                    | Warm, easily digested evening meal; carrots deliver beta-carotene and soluble fiber; ginger, coriander and cumin support digestion and help reduce bloating; celery supports hydration and fluid balance.                      |

| Day 2 |                                                                                                                                                                                                     |                                                                                                                                                                                                                                |
|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| TIME  | MENU                                                                                                                                                                                                | CLINICAL FUNCTION                                                                                                                                                                                                              |
| 9am   | <b>Visceral Fat Burn Smoothie</b><br>- 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  | <b>Karma Ayurveda Juice</b><br>(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.                                                                                        |
| 1pm   | <b>Dnyan Ayurveda Juice</b><br>(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   | <b>Vatta Ayurveda Juice</b><br>(to balance the Vatta Dosha) - Beetroot, carrots, cherries, lime filtered water and New added Psyllium Husk.                                                         | Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.                                                                                                 |
| 5pm   | <b>Kapha Ayurveda Juice</b><br>(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   | <b>Courgette, Lemon, mint Soup</b><br>- Courgette, lemon, mint, onions, celery, leeks, potato, thyme, pepper.                                                                                       | Gentle, low-residue evening meal that is easy on the gut; courgette and leeks provide hydration and prebiotic fiber; mint and thyme soothe digestion; potato offers light, sustained satiety.                                  |

Day 3 - The Liver Flush | Day 3

| TIME | MENU                                                                                                                                                                                                | CLINICAL FUNCTION                                                                                                                                                                                                              |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9am  | <b>Visceral Fat Burn Smoothie</b><br>- 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 | <b>Detox Tonic Lemonade Juice</b><br>- Lemon, Blue Sprulina, Milk thistle, agave.                                                                                                                   | Hydration support • Antioxidant support • Supports normal liver function • General wellness support                                                                                                                            |
| 1pm  | <b>Gravity Glow Juice</b><br>- cucumber, apple, ginger, mint, and lemon juice.                                                                                                                      | Hydration support • Antioxidant support • Digestive comfort support • Vitamin intake                                                                                                                                           |
| 3pm  | <b>Butternut Squash Orange Lemon Juice</b><br>- Butternut Squash, Orange, Beetroot, lemon, spinach, parsley.                                                                                        | Antioxidant support • Supports eye and immune health • Micronutrient replenishment • General vitality support                                                                                                                  |
| 5pm  | <b>Afterparty Juice</b><br>- beet root, carrot, ginger, apple and lemon.                                                                                                                            | Circulatory support • Exercise recovery support • Antioxidant support • Energy support                                                                                                                                         |
| 7pm  | <b>Kalefornia Dreamin Soup</b><br>- Kale, Potatoes, Onions, Leeks, Salt, Pepper.                                                                                                                    | Micronutrient replenishment • Supports normal liver function (cruciferous greens) • Prebiotic fiber support (leeks, onions) • Satiety support • Digestive comfort 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                |

## 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.

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