

# 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.

### Menu Below

#### Phase 1 - Days 1–2 - The Gut Flush

##### Day 1

6–7am	<b>Turmeric Root Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange. <b>Clinical Function:</b> <i>Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.</i>
9am	<b>Sweet Kale Juice</b>	Kale, lemon, apple. <b>Clinical Function:</b> <i>Provides vitamin C for collagen synthesis; delivers antioxidants and polyphenols to reduce oxidative stress; supports skin, connective tissue, and immune function.</i>
11am	<b>Strawberry Basil lemonade Juice</b>	Water, Strawberries, Monk fruit, lemon, Basil. <b>Clinical Function:</b> <i>Supplies vitamin C and flavonoids that support collagen cross-linking; promotes antioxidant protection; supports hydration and cellular repair processes.</i>
1pm	<b>Orange Turmeric Juice</b>	Orange, apple, lemon juice, black pepper, Aloevera. <b>Clinical Function:</b> <i>Supports immune function through vitamin C; enhances anti-inflammatory activity via curcumin and piperine; aloe vera may support gastrointestinal comfort and mucosal integrity.</i>
3pm	<b>Citrus 3 Juice</b>	Grapefruit, apple, mint. <b>Clinical Function:</b> <i>Promotes hydration and antioxidant defense; provides vitamin C and plant polyphenols; mint may assist digestive comfort and gastric motility.</i>
5pm	<b>Butternut Carrot Juice</b>	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple. <b>Clinical Function:</b> <i>Delivers carotenoids, nitrates, and phytonutrients that support vascular health, antioxidant defense, and cellular repair; provides broad-spectrum micronutrient replenishment.</i>
7pm	<b>Almond Milk</b>	Sprouted Almonds, date paste, vanilla, himalayan pink salt, filtered water. <b>Clinical Function:</b> <i>Provides magnesium, healthy lipids, and gentle satiety for overnight cellular repair.</i>

##### Day 2

6–7am	<b>Liver Detox Shot</b>	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger. <b>Clinical Function:</b> <i>Stimulates digestion, hydration, antioxidant support, may increase bile flow (lemon, ginger, beetroot), metabolic stimulation from cayenne.</i>
9am	<b>Karma Ayurveda Juice (Added Holy basil and Neem)</b>	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry. <b>Clinical Function:</b> <i>Antioxidant support, vitamin C replenishment, hydration, gut support from aloe, omega-3s from chia, immune support from amla and tulsi.</i>

11am	<b>Bhakti Ayurveda Juice (Added Triphala)</b>	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic. <b>Clinical Function:</b> <i>Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.</i>
1pm	<b>Dnyan Ayurveda Juice (Added Turmeric Limestone)</b>	Lemon, Filtered water, Activated charcoal, Raw Organic honey. <b>Clinical Function:</b> <i>Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.</i>
3pm	<b>Vatta Ayurveda Juice (to balance the Vatta Dosha)</b>	Beetroot, carrots, cherries, lime filtered water and New added Psyllium Husk. <b>Clinical Function:</b> <i>Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.</i>
5pm	<b>Kapha Ayurveda Juice (to balance Kapha Dosha)</b>	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider. <b>Clinical Function:</b> <i>High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.</i>
7pm	<b>Almond Milk</b>	Sprouted Almonds, date paste, vanilla, himalayan pink salt, filtered water. <b>Clinical Function:</b> <i>Provides magnesium, healthy lipids, and gentle satiety for overnight cellular repair.</i>

## Day 3 - The Liver Flush

### Day 3

6-7am	<b>Turmeric Root Shot</b>	Turmeric Root, Ginger, Indian Gooseberries, Orange. <b>Clinical Function:</b> <i>Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.</i>
9am	<b>High Protein Alkaline Power Smoothie</b>	turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds. <b>Clinical Function:</b> <i>Satiety support • Fiber support • Supports digestive regularity • Micronutrient intake • Sustained energy support.</i>
11am	<b>Detox Tonic Lemonade Juice</b>	Lemon, Blue Sprulina, Milk thistle, agave. <b>Clinical Function:</b> <i>Hydration support • Antioxidant support • Supports normal liver function • General wellness support.</i>
1pm	<b>Gravity Glow Juice</b>	cucumber, apple, ginger, mint, and lemon juice. <b>Clinical Function:</b> <i>Hydration support • Antioxidant support • Digestive comfort support • Vitamin intake.</i>
3pm	<b>Butternut Squash Orange Lemon Juice</b>	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley. <b>Clinical Function:</b> <i>Antioxidant support • Supports eye and immune health • Micronutrient replenishment • General vitality support.</i>
5pm	<b>Afterparty Juice</b>	beet root, carrot, ginger, apple and lemon. <b>Clinical Function:</b> <i>Circulatory support • Exercise recovery support • Antioxidant support • Energy support.</i>
7pm	<b>Cold Crusher Juice</b>	Carrots, Orange, lemon, ginger, parsley. <b>Clinical Function:</b> <i>Immune system support • Hydration support • Antioxidant support • General recovery support.</i>

## 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.*

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