



# 30 Day Kick-Start Digestion & Gut Health Workbook

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## INTRODUCTION

# Welcome to the 30 Day Kick-Start

This program is designed to guide you, step by step, through restoring and optimising your digestion. We'll take a systematic approach—from your mouth to your bowels—ensuring your body can break down food efficiently, absorb nutrients, and eliminate waste comfortably.

This workbook provides you with the exact steps to follow every day, with practical, action-based guidance. No overwhelm, no guessing. Just simple, natural methods using food, herbs, and lifestyle practices that support your digestion.

### How to Use This Workbook:

- Work through one day at a time.
- Tick off each step as you complete it.
- Use the reflection section daily to track changes in energy, bloating, mood, and bowel habits.
- Prepare the foods and drinks listed in advance so you can follow the program smoothly.

### Core Principles:

- Step-by-step, progressive approach (mouth → stomach → small intestine → absorption → elimination)
- Practical, solution-focused guidance
- Focus on natural support: foods, herbs, lifestyle
- Gradual, sustainable habits that build a strong foundation for gut health



# QR Codes for Program Access

## Live chats

Join Elyse twice weekly as she answers your chat questions over the 30 days. Scan QR code to join the call.



## Program access

Please ensure that you are already logged into the Practice Better app before scanning the QR code.



## Telegram

Scan the QR code to access the Telegram chat. Please post your questions into the chat, and Elyse will answer them during the daily lives.



## Resources

Scan the QR code to get instant access to the recipe booklets, castor oil pack handout, and a digital copy of the workbook.



# Weekly Overview

## Week 1 – Switch On Digestion (Mouth & Stomach)

**Goal:** Activate your digestive system, stimulate natural stomach acid, strengthen chewing, and set the foundation for nutrient absorption.

**What you'll focus on this week:**

- Learning to activate your “rest and digest” nervous system before meals
- Practicing mindful chewing to allow enzymes in your saliva to start breaking down food properly.
- Supporting stomach acid naturally with food-based strategies.
- Building awareness of your digestive cues—bloating, fullness, reflux.

## Week 2 – Pancreas, Liver & Small Intestine

**Goal:** Support your pancreas, liver, and small intestine so enzymes and bile are optimised, nutrients are absorbed and bloating and heaviness are reduced.

**What you'll focus on this week:**

- Activating enzyme production naturally
- Supporting liver detox pathways
- Enhancing small intestine motility to prevent stagnation, gas, and cramping.
- Improving nutrient absorption from protein, fat, and carbohydrate foods.

## Week 3 – Repair & Absorb

**Goal:** Heal and strengthen the digestive lining, repair gut integrity, and ensure your body is fully absorbing nutrients from your food.

**What you'll focus on this week:**

- Support stomach and gut lining with nutrient dense, easily digestible foods
- Strengthening digestive enzymes naturally through mindful eating habits.
- Reducing gut inflammation and repairing tissue for optimal absorption.
- Listening to your body and noticing energy levels, fullness, and digestive comfort improving.

## Week 4 – Elimination & Bowels

**Goal:** Support regular, comfortable bowel movements, relieve constipation or diarrhoea, and build habits for complete elimination.

**What you'll focus on this week:**

- Encouraging regularity and proper bowel mechanics
- Supporting motility naturally
- Adjusting dietary intake based on your elimination type (constipation vs diarrhoea).
- Observing improvements in bloating, energy, and digestive comfort as waste leaves the body efficiently.

# Shopping List

This is a comprehensive list of everything you will need for the 30-Day program.

## Proteins:

- Eggs (whole)
- Chicken
- Fish (fatty and white fish)
- Red meat (beef, lamb, pork)

## Fats:

- Olive oil
- Ghee
- Animal fats (from meat stock)

## Vegetables & Greens:

- Leafy greens (spinach, kale, chard)
- Cabbage (mostly green, some red is ok)
- Bitter greens (rocket, dandelion leaves, endive)
- Carrots
- Zucchini
- Cucumber
- Other seasonal vegetables for variety

## Fermented Foods & Drinks:

- Sauerkraut (or other fermented vegetables)
- Kefir (dairy or coconut if tolerated)
- Yogurt (full-fat, unsweetened)
- Beet kvass
- Beetroot in apple cider vinegar (homemade or store-bought)

## Herbs & Teas:

- Fresh ginger
- Peppermint leaves or tea
- Dandelion root tea
- Liver & gallbladder tea (purchase Well Belly Shop)

## Other Essentials:

- Sea salt / Himalayan salt (for stimulating stomach acid)
- Bicarbonate soda (for empty stomach use early in program)
- Castor oil (for packs)
- Water (filtered is best)

# Prep List

These are the foundational items you will need to prepare regularly throughout the program. Recipes can be found in the recipe eBook:

## **Meat Stock:**

Make a batch weekly to use as a base for soups, stews, or as a warm drink. Use bones, meat, and connective tissue for maximum nutrients.

## **Fermented Dairy:**

Yogurt or kefir to consume daily, helps support stomach enzymes and beneficial bacteria. It would be ideal if this was homemade, otherwise purchase as high quality as possible.

## **Kraut / Fermented Vegetables:**

Make or buy fermented vegetables for daily meals to support gut flora and bile flow.

## **Beetroot in ACV:**

Prepare beet kvass or beetroot slices in apple cider vinegar to aid liver detoxification and digestive motility.

## **Herbal Teas:**

Ginger tea, dandelion root tea, liver & gallbladder tea (purchase Well Belly Shop) to use during the day for digestion support.

## **Optional Castor Oil Packs:**

Prepare for Week 4 if constipation or sluggish elimination is an issue.

# Tips

## Tips for Overcoming Challenges

Even with the clearest plan, life happens. These practical solutions will help you stay on track without feeling stressed or overwhelmed:

### 1. Fatigue or Low Energy

- Break meals into smaller portions if digestion feels heavy.
- Include a little extra protein and healthy fats at each meal.
- Take short, gentle walks after meals to stimulate digestion and boost energy.
- Rest when needed—this is part of supporting your gut, not failing.

### 2. Social Events or Eating Out

- Focus on chewing thoroughly and keeping a relaxed posture—these help digestion even if the meal isn't perfect.
- Include fermented foods or a small protein + fat snack before heading out.
- Hydrate beforehand, and do a gentle walk after meals.
- Remember: one meal doesn't undo your progress.

### 3. Cravings

- Often, cravings are a sign of missed nutrients or blood sugar swings.
- Include protein + healthy fat at every meal and snack to stabilise blood sugar.
- Sip ginger or peppermint tea between meals to reduce unnecessary snacking.

### 4. Missing a Step or Day

- Don't stress—consistency over perfection is what matters.
- Pick up where you left off tomorrow. Your gut responds to ongoing habits, not a single missed day.

### 5. Digestive Discomfort

- Go back to the basics: hydrate before meals, chew thoroughly, relax while eating.
- Gentle movement after meals helps motility.
- For bloating or heaviness, reduce portion size or spread meals further apart.

# Tips

## 6. Trouble with Bowel Movements

- Answer the call immediately—holding it can slow motility.
- Elevate feet when using the toilet for complete evacuation.
- Use extra healthy fats for constipation, or high-protein fermented dairy for loose stools.
- Gentle abdominal massage or castor oil packs can support bowel movements.

## 7. Feeling Overwhelmed

- Focus on one or two key habits at a time—hydration, chewing, and protein/fat at meals are the foundation.
- Keep the workbook visible: check off daily habits for visual progress.
- Remind yourself this is a step-by-step reset, not an overnight fix.
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## 8. Social Pressure or Criticism

- Remember why you're doing this: to support your gut, energy, and overall health.
- Share what feels comfortable with friends/family, or keep it simple: "I'm trying a new plan for my digestion right now."

## 9. Stubborn Symptoms

- Some digestive issues take time to improve.
- Track patterns in your symptom log—this helps you see even small wins.
- If needed, check in with a practitioner for additional guidance.

## 10. Staying Motivated

- Reflect on improvements daily, even small ones: more energy, less bloating, better sleep.
- Celebrate small wins—each positive habit reinforces your gut reset.
- Use affirmations: "I am giving my body the nutrients and care it needs to thrive."

# Day 1

## Day 1 – Activate Digestion

### Morning:

- On an empty stomach, take a small amount of bicarbonate soda in water to gently address yeast or pathogenic overgrowth.
- Drink a full glass of water.
- Take 2–3 slow, deep breaths to awaken your “rest and digest” system.

### Before Meals:

- Hydrate 15–20 minutes before eating.
- Take 2–3 slow, deep breaths.

### During Meals:

- Chew each bite at least 20 times.
- Focus on tasting and smelling your food.
- Include a pinch of salt in meals to naturally stimulate stomach acid.

### After Meals:

- Gentle massage of the upper abdomen to encourage motility.
- Avoid lemon or apple cider vinegar if you experience stomach sensitivity or reflux.

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 2

## Day 2 – Prime the Enzymes

### Morning:

- Bicarbonate soda on an empty stomach.
- Full glass of water.
- 2–3 slow, deep breaths.

### Before Meals:

- Hydrate 15–20 minutes prior.
- 2–3 deep breaths.
- Chew a small piece of bitter greens to stimulate saliva production.

### During Meals:

- Chew thoroughly (20+ times per bite).
- Include a small amount of healthy fat (olive oil, ghee).
- Add fermented foods like sauerkraut or kefir if tolerated.

### After Meals:

- Gentle upper-abdomen massage.
- Avoid lemon or ACV if experiencing reflux.

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 3

## Day 3 – Strengthen the Stomach

### Morning:

- Bicarbonate soda on an empty stomach.
- Water and deep breaths.

### Before Meals:

- Hydrate 15–20 minutes prior.
- 1/2 lemon and 2 tablespoon ACV in a splash of water (avoid if there is gastritis or oesophagitis)
- Deep breaths to activate digestion.

### During Meals:

- Chew thoroughly, relaxed posture.
- Include easily digestible proteins: eggs, fish, or chicken.
- Add small portion of fermented foods (sauerkraut, yogurt, kefir).

### After Meals:

- Gentle abdominal massage.
- Avoid foods/drinks that irritate the stomach (lemon, ACV, spicy foods).

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 4

## Day 4 – Build Consistency

### Morning:

- Bicarbonate on empty stomach.
- Hydrate.
- Deep breaths.

### Before Meals:

- 15–20 min hydration.
- Deep breaths.
- Chew 1–2 bitter greens if tolerated.

### During Meals:

- Chew slowly.
- Include protein, healthy fat, and vegetables.
- Add fermented foods.

### After Meals:

- Gentle massage.
- Heat pack optional to encourage motility.

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 5

## Day 5 – Enhance Gastric Acid & Motility

### Morning:

- Bicarbonate soda on empty stomach.
- Full glass of water.

### Before Meals:

- Hydrate.
- Deep breaths.
- Gentle chewing/bitter greens if tolerated.
- Add in cabbage juice – start with 1 tablespoon and increase to 1 cup

### During Meals:

- Chew slowly.
- Include protein + fat + vegetables.
- Add fermented foods.

### After Meals:

- Apply a heat or castor oil pack over stomach/pancreas to stimulate digestion and motility.
- Sip peppermint tea for warmth and motility.

### Reflection:

- Energy:  Low  Moderate  High  
Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 6

## Day 6 – Optimise Absorption

### Morning:

- Bicarbonate soda on empty stomach.
- Hydrate and deep breaths.

### Before Meals:

- Hydrate 15–20 min prior.
- Deep breaths.

### During Meals:

- Chew thoroughly.
- Include protein, fat, vegetables, fermented foods.

### After Meals:

- Gentle abdominal massage.
- Sip water slowly if needed, avoid large amounts during meals.

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 7

## Day 7 – Integration & Rhythm

### Morning:

- Bicarbonate soda on empty stomach.
- Hydrate.
- Deep breaths.

### Before Meals:

- Hydrate and breathe deeply.

### During Meals:

- Chew slowly.
- Include protein, fat, vegetables, fermented foods.

### After Meals:

- Gentle abdominal massage.
- Heat pack if needed.

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Week 1 Checklist

## Week 1: Mouth & Stomach Digestion Reset Checklist

### Daily Foundations (Do every day this week)

- Morning: Take **bicarb soda in water on an empty stomach**
- Before meals: Hydrate (a glass of water 10–15 mins before eating)
- Before meals: Take 2–3 **slow, deep breaths** to switch on “rest & digest”
- During meals: **Chew thoroughly** (20+ times per bite)
- Add a **pinch of salt** to meals (unless sensitive)
- Avoid lemon/ACV if you experience reflux, burning, or gastritis

### Day-by-Day Additions

#### Day 1 – Activate Digestion

- Focus on tasting & smelling food with every bite

#### Day 2 – Prime the Enzymes

- Gently chew a small piece of bitter greens before meals (if tolerated)
- Add a small amount of healthy fat (olive oil, ghee) to meals

#### Day 3 – Strengthen the Stomach

- Include easily digestible protein (eggs, fish, chicken) at meals
- Add a small portion of fermented food (sauerkraut, yogurt, kefir)

#### Day 4 – Build Consistency

- Try chewing 1–2 bitter greens before meals (if tolerated)
- Include protein, fat, and vegetables at meals
- Gentle **upper abdomen massage** after meals

#### Day 5 – Enhance Gastric Acid & Motility

- Continue saliva stimulation (bitter greens if tolerated)
- Include protein + fat + fermented foods at meals
- Apply a **castor oil pack/heat pack** over stomach/pancreas
- Sip **peppermint tea** after meals for warmth and motility
- Add cabbage juice – start slowly and increase as tolerated

#### Day 6 – Optimise Absorption

- Continue mindful chewing with balanced meals
- Sip water slowly during meals (avoid large amounts)

#### Day 7 – Integration & Rhythm

- Continue chewing mindfully, relax posture, and eat slowly
- Include protein + fat + vegetables + fermented foods at meals
- Reflect on improvements: bloating, reflux, fullness, energy

# Day 8

## Day 8 – Switch on the Pancreas

### Morning

- Warm water + pinch of salt
- 2–3 deep breaths before breakfast

### Before Meals

- Chew a few bitter greens (rocket, radicchio, endive)
- Hydrate 15 minutes before meals

### During Meals

- Protein + healthy fat at every meal
- Add a small serve of sauerkraut juice or kefir
- Chew thoroughly (20+ times per bite), sit with relaxed posture

### After Meals

- Gentle walk (5–10 minutes)

### Reflection:

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 9

## Day 9 – Stimulate Bile Flow

### Morning

- Warm water + pinch of salt

### Before Meals

- 1 tsp healthy fat (ghee, olive oil) or 1 tbsp beet kvass

### During Meals

- Include bitter greens + fermented veggies (kraut, kimchi, beetroot in ACV)
- Relaxed posture, chew thoroughly

### After Meals

- Gentle walk (5–10 minutes)

### Evening

- Warm compress or castor oil pack over liver/gallbladder area

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 10

## Day 10 – Activate Small Intestine Motility

### Morning

- Warm water + pinch of salt

### Before Meals

- Sip ginger tea or chew bitter greens

### During Meals

- Protein + healthy fat + kraut
- Relaxed posture, chew well

### Between Meals

- Leave 3–4 hours between eating (support MMC)
- Sip dandelion root tea or liver & gallbladder tea

### After Meals

- Short walk (5–10 minutes)

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 11

## Day 11 – Balance Blood Sugar

### Morning

- Warm water + pinch of salt

### Before Meals

- 3–5 deep breaths
- Sip beet kvass or ginger tea/dandelion root tea/liver & gallbladder tea

### During Meals

- Protein + healthy fat + non-starchy veg + fermented foods

### After Meals

- Short walk (5–10 minutes)

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 12

## Day 12 – Nourish & Absorb

### Morning

- Warm water + pinch of salt

### During Meals

- Nutrient-dense foods (egg yolks, slow-cooked meats, liver pâté, marrow)
- Add kraut or kefir with meals
- Relaxed posture + thorough chewing

### Between Meals

- Peppermint tea or ginger tea

### After Meals

- Gentle clockwise abdominal massage

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 13

## Day 13 – Support Liver Detox

### Morning

- Warm water + pinch of salt

### Before Meals

- Bitter greens or dandelion root tea

### During Meals

- Sulphur-rich foods (onion, garlic, eggs)
- Add beetroot in ACV or beet kvass

### After Meals

- Gentle walk (5–10 minutes)

### Extra

- Sauna, warm bath, or brisk walk for sweating/detox
- Evening: Warm compress/castor oil pack over liver
- Evening: Liver compressions (see video in module)

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 14

## Day 14 – Integration & Rhythm

### Morning

- Warm water + pinch of salt

### Daily Meals

- Protein + fat + vegetables + fermented foods
- Thorough chewing, relaxed posture

### Throughout the Day

- Alternate ginger tea and dandelion root tea

### After Dinner

- Gentle walk (5–10 minutes)

### Evening

- Reflect on digestion improvements – bloating, energy, bowels, food tolerance

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Week 2 Checklist

## Week 2 Checklist – Pancreas, Liver & Small Intestine

### Do This Every Day

- Morning: Warm water + pinch of salt
- Hydrate 15 minutes before meals
- Take 2–3 deep breaths before each meal to activate “rest and digest” nervous system
- Chew thoroughly (20+ times per bite)
- Relaxed posture while eating
- Include protein + healthy fat at every meal
- Include a small serve of fermented foods daily (kraut, kefir, beet kvass, beetroot in ACV)
- Ginger tea, dandelion root tea, liver & gallbladder tea between meals to support motility and liver function
- Gentle walk after meals (5–10 minutes)
- Reflect daily on digestion – bloating, reflux, fullness, energy, bowel movements

### Day-by-Day Additions

#### Day 8 – Switch on the Pancreas

- Before meals: Chew a few bitter greens (rocket, radicchio, endive)
- During meals: Add a small serve of sauerkraut juice or kefir

#### Day 9 – Stimulate Bile Flow

- Before meals: 1 tsp healthy fat (ghee, olive oil) **or** 1 tbsp beet kvass
- During meals: Include bitter greens + fermented veggies (kraut, kimchi, beetroot in ACV)
- Evening: Warm compress/castor oil pack over liver/gallbladder area

#### Day 10 – Activate Small Intestine Motility

- Before meals: Sip ginger tea or chew bitter greens
- During meals: Relaxed posture, chew thoroughly, protein + fat + kraut
- Between meals: Leave 3–4 hours between eating (support MMC)
- Between meals: Dandelion root tea or liver & gallbladder tea

# Week 2 Checklist

## Day 11 – Balance Blood Sugar

- Before meals: Deep breaths + sip of beet kvass or ginger tea
- During meals: Protein + healthy fat + non-starchy veg + fermented foods
- After meals: Short walk

## Day 12 – Nourish & Absorb

- During meals: Nutrient-dense foods (egg yolks, slow-cooked meats, liver pâté, marrow) + kraut or kefir
- Between meals: Peppermint tea or ginger tea
- After meals: Gentle clockwise abdominal massage

## Day 13 – Support Liver Detox

- Before meals: Bitter greens or dandelion root tea
- During meals: Sulphur-rich foods (onion, garlic, eggs) + beetroot in ACV or beet kvass
- Extra: Sauna, warm bath, or brisk walk for sweating/detox
- Evening: Warm compress/castor oil pack over liver
- Evening: Liver compressions

## Day 14 – Integration & Rhythm

- Daily meals: Protein + fat + vegetables + fermented foods
- Throughout day: Alternate ginger tea and dandelion root tea
- Evening: Reflect on digestion improvements – bloating, energy, bowels, food tolerance
- After dinner: Gentle walk

# Day 15

## Day 15 – Lay the Foundation

### Morning

- Warm water + pinch of salt
- Deep breaths before breakfast

### Breakfast

- Add 1–2 raw egg yolks into warm meat stock or soup (gut lining repair)

### During Meals

- Gelatin-rich foods (slow-cooked meats, meat stock, stews)
- Small serve of fermented dairy (24-hr yoghurt, kefir) or kraut juice if tolerated
- Protein + healthy fat at each meal
- Chew thoroughly, relaxed posture

### After Meals

- Gentle walk (5–10 minutes)

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 16

## Day 16 – Soothe & Seal

### Morning

- Warm water + pinch of salt

### During Meals

- Collagen-rich foods (oxtail, skin, connective tissue cuts, meat stocks)
- Protein + fat at each meal, slow-cooked for easy digestion

### Evening

- Gentle cup of chamomile tea or ginger tea to reduce inflammation

### After Meals

- Short walk (5–10 minutes)

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 17

## Day 17 – Boost Nutrient Uptake

### Morning

- Warm water + pinch of salt

### Breakfast

- Include a nutrient-dense food (liver pâté, marrow, fish roe, egg yolks)

### During Meals

- Fermented veggies or kraut juice with protein to aid absorption
- Relaxed posture, chew thoroughly

### After Meals

- Clockwise abdominal massage to support small intestine flow
- Gentle 5–10 min walk

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 18

## Day 18 – Feed the Gut Lining

### Morning

- Warm water + pinch of salt

### Breakfast

- Add ghee or animal fat to your meal (fuel for gut cells)

### During Meals

- Protein + fat + broth-based vegetables for easy digestion
- Optional: small serve of beet kvass or fermented juice for gentle probiotic support

### After Meals

- Gentle 5–10 min walk

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 19

## Day 19 – Calm Inflammation

### Morning

- Warm water + pinch of salt

### Before Meals

- Sip ginger or peppermint tea

### During Meals

- Anti-inflammatory foods – fatty fish, slow-cooked meats, marrow, liver
- Protein + fat focus, relaxed posture, thorough chewing

### Evening

- Gentle sweating practice (warm bath, sauna, or brisk walk)

### After Meals

- Gentle 5–10 min walk

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 20

## Day 20 – Build Strength

### Morning

- Warm water + pinch of salt

### Breakfast

- Add egg yolks or liver to stock-based soup

### During Meals

- Nutrient-dense fats (ghee, tallow, duck fat) + protein
- Relaxed posture, chew well

### After Meals

- Gentle 10-min walk to support motility

### Evening

- Dandelion root tea for liver + bile flow

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 21

## Day 21 – Integration & Reflection

### Morning

- Warm water + pinch of salt

### Daily Meals

- Meat stock, raw egg yolks, nutrient-dense organs/fats, fermented foods in small amounts
- Chew thoroughly, relaxed posture

### Throughout the Day

- Alternate ginger tea + chamomile tea to soothe and support

### After Meals

- Gentle walk (5–10 minutes)

### Evening

- Reflect on progress – energy, mood, bowel movements, bloating, food tolerance

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Week 3 Checklist

## Week 3 Checklist – Repair & Absorb

### Do This Every Day

- Morning: Warm water + pinch of salt
- Hydrate 15 minutes before each meal
- Deep breaths before meals to activate “rest and digest” nervous system
- Chew thoroughly (20+ times per bite)
- Relaxed posture during meals
- Include protein + healthy fat at every meal
- Gentle walk after meals (5–10 mins)
- Optional: Ginger or peppermint tea between meals
- Reflect daily on digestion – bloating, fullness, energy, bowel movements

### Day-by-Day Additions

#### Day 15 – Lay the Foundation

- Breakfast: Add 1–2 raw egg yolks into warm meat stock or soup (gut lining repair)
- During meals: Include gelatin-rich foods (slow-cooked meats, meat stock, stews)
- Extra: Small serve of fermented dairy (24-hr yoghurt, kefir) or kraut juice if tolerated

#### Day 16 – Soothe & Seal

- During meals: Add collagen-rich foods (oxtail, skin, connective tissue cuts)
- Evening: Gentle cup of chamomile tea or ginger tea to reduce inflammation

#### Day 17 – Boost Nutrient Uptake

- Breakfast: Include a nutrient-dense food (liver pâté, marrow, fish roe, egg yolks)
- During meals: Fermented veggies or kraut juice with protein to aid absorption
- After meals: Clockwise abdominal massage to support small intestine flow

#### Day 18 – Feed the Gut Lining

- Breakfast: Add ghee or animal fat to your meal (fuel for gut cells)
- During meals: Protein + fat + broth-based vegetables for easy digestion
- Extra: Small serve of beet kvass or fermented juice for gentle probiotic support

# Week 3 Checklist

## Day 19 – Calm Inflammation

- Before meals: Sip ginger or peppermint tea
- During meals: Focus on anti-inflammatory foods – fatty fish, slow-cooked meats, marrow, liver
- Evening: Gentle sweating practice (warm bath, sauna, or walk)

## Day 20 – Build Strength

- Breakfast: Add egg yolks or liver to stock-based soup
- During meals: Include nutrient-dense fats (ghee, tallow, duck fat) + protein
- After meals: Gentle 10-min walk to support motility
- Evening: Dandelion root tea for liver + bile flow

## Day 21 – Integration & Reflection

- Daily meals: Meat stock, raw egg yolks, nutrient-dense organs/fats, fermented foods in small amounts
- Throughout day: Alternate ginger tea + chamomile tea to soothe and support
- Evening: Reflect on progress – energy, mood, bowel movements, bloating, food tolerance

# Day 22

## Day 22 – Activate Elimination

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6 (video in module)

### Before Meals

- Hydrate 15 minutes before meals
- Deep breaths

### During Meals

- Protein + healthy fat at every meal
- Small serve of fermented foods (kraut, kefir, beet kvass)
- Chew thoroughly, relaxed posture

### After Meals

- Gentle walk (5–10 mins)

### Elimination Support

- Answer the call immediately
- Elevate feet on toilet for full evacuation
- Abdominal massage or castor oil pack if needed
- Extra fats if constipated / extra high-protein dairy if diarrhoea

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 23

## Day 23 – Strengthen Bowel Flow

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths

### During Meals

- Protein + fat
- Beet kvass or kraut juice
- Chew thoroughly, relaxed posture

### After Meals

- Gentle walk

### Elimination Support

- Abdominal massage or castor oil pack
- Extra fats for constipation / extra high-protein dairy for diarrhoea
- Answer the call immediately

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 24

## Day 24 – Improve Consistency

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths

### During Meals

- Balanced meals: protein + fat + non-starchy veg
- Include fermented foods
- Chew slowly, relaxed posture

### After Meals

- Gentle walk

### Elimination Support

- Castor oil pack over bowel if needed
- Foot elevation for complete evacuation

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 25

## Day 25 – Relieve Pressure

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths

### During Meals

- Protein + healthy fat
- Ginger tea between meals
- Fermented foods in small amount

### After Meals

- Gentle walk

### Elimination Support

- Extra fats if constipated / high-protein dairy if diarrhoea
- Answer urge immediately
- Abdominal massage or castor oil pack if needed

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 26

## Day 26 – Motility & Rhythm

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths
- Optional: beet kvass sip

### During Meals

- Protein + fat + kraut or kefir
- Chew thoroughly, relaxed posture

### After Meals

- Gentle walk
- Abdominal massage or castor oil pack if sluggish

### Elimination Support

- Answer the call immediately
- Extra fats or high-protein dairy as needed

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 27

## Day 27 – Soothe & Move

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths

### During Meals

- Protein, fat, easy-to-digest veg
- Fermented foods in moderation
- Relaxed eating

### After Meals

- Gentle walk
- Peppermint tea if bloated

### Elimination Support

- Foot elevation on toilet
- Answer urge immediately
- Abdominal massage if needed

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 28

## Day 28 – Encourage Release

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths

### During Meals

- Protein + fat
- Beetroot in ACV or kraut

### After Meals

- Gentle walk
- Abdominal massage or castor oil pack if sluggish

### Elimination Support

- Extra fats for constipation / high-protein dairy if diarrhoea
- Answer urge immediately

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 29

## Day 29 – Support Daily Rhythm

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### Before Meals

- Hydrate, deep breaths

### During Meals

- Balanced meals: protein + fat + non-starchy veg
- Include small serve fermented foods

### After Meals

- Gentle walk
- Abdominal massage or castor oil pack

### Elimination Support

- Foot elevation + answer urge immediately
- Extra fats or high-protein dairy as needed

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Day 30

## Day 30 – Integration & Reflection

### Morning

- Warm water + pinch of salt
- Dry brushing
- Whole-body shaking 1–2 mins
- Optional: Lymph Big 6

### During Day

- Protein + healthy fat at each meal
- Fermented foods included
- Chew thoroughly, relaxed posture
- Gentle walk after meals

### Evening

- Abdominal massage or castor oil pack if needed
- Maintain healthy bowel rhythm: answer urge, foot elevation

### Reflection

Energy:  Low  Moderate  High

Bloating:  None  Mild  Moderate  Severe

Notes/Symptoms: \_\_\_\_\_

# Week 4 Checklist

## Week 4 Checklist – Elimination & Bowels

### Do This Every Day

- Morning: Warm water + pinch of salt
- Hydrate 15 minutes before meals
- Deep breaths before meals to activate “rest and digest”
- Chew thoroughly (20+ times per bite)
- Relaxed posture during meals
- Include protein + healthy fat at every meal
- Include small fermented foods daily (kraut, kefir, beet kvass, beetroot in ACV)
- Gentle walk or light movement after meals (5–10 mins)
- Abdominal massage or castor oil pack over bowel if needed
- Constipation: extra healthy fats at meals
- Diarrhoea: extra high-protein dairy (24-hour yoghurt, kefir)
- Answer the call immediately when the urge arises**
- Use foot elevation on the toilet for complete evacuation**
- Reflect daily on digestion – bowel regularity, bloating, fullness, energy

### Day-by-Day Additions

#### Day 22 – Activate Elimination

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- During meals: Protein + healthy fat, small serve fermented foods (kraut, kefir, beet kvass)
- After meals: Gentle walk
- Elimination: Answer urge immediately, elevate feet on toilet, extra fats if constipated / high-protein dairy if diarrhoea

#### Day 23 – Strengthen Bowel Flow

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- During meals: Protein + fat, beet kvass or kraut juice, chew thoroughly
- After meals: Gentle walk
- Elimination: Abdominal massage or castor oil pack, answer urge immediately

#### Day 24 – Improve Consistency

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- During meals: Balanced protein + fat + non-starchy veg, include fermented foods
- After meals: Gentle walk
- Elimination: Castor oil pack if needed, foot elevation for full evacuation

# Week 4 Checklist

## Day 25 – Relieve Pressure

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- Before meals: Hydrate + deep breaths
- During meals: Protein + healthy fat, ginger tea between meals, fermented foods
- After meals: Gentle walk
- Elimination: Extra fats if constipated / high-protein dairy if diarrhoea, abdominal massage if needed

## Day 26 – Motility & Rhythm

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- Before meals: Hydrate, deep breaths, optional beet kvass sip
- During meals: Protein + fat + kraut or kefir, chew thoroughly
- After meals: Gentle walk, abdominal massage or castor oil pack if sluggish

## Day 27 – Soothe & Move

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- During meals: Protein + fat + easy-to-digest veg, small serve fermented foods
- After meals: Gentle walk, peppermint tea if bloated,
- Elimination: Foot elevation, abdominal massage if needed

## Day 28 – Encourage Release

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- During meals: Protein + fat, beetroot in ACV or kraut
- After meals: Gentle walk, abdominal massage or castor oil pack if sluggish
- Elimination: Extra fats if constipated / high-protein dairy if diarrhoea, answer urge immediately

## Day 29 – Support Daily Rhythm

- Morning: Warm water + pinch of salt, dry brushing, whole-body shaking, Lymph Big 6 (optional)
- During meals: Balanced meals (protein + fat + non-starchy veg), small serve fermented foods
- After meals: Gentle walk, abdominal massage or castor oil pack
- Elimination: Foot elevation, answer urge immediately

# Week 4 Checklist

## Day 30 – Integration & Reflection

- Daily meals: Protein + healthy fat, fermented foods included, chew thoroughly
- After meals: Gentle walk
- Evening: Abdominal massage or castor oil pack if needed, maintain healthy bowel rhythm
- Reflection: Energy, bloating, notes on progress