



30 Day Kick-Start Digestion & Gut Health Workbook



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