

The 3-Day Reset

Take Back Your Health!

To take back your health, this 3-day gut and inflammation reset reboots your digestive system and helps bring your body back into anti-inflammatory balance. You can easily complete this over a weekend, starting on a Friday morning.

The good news is the changes you will feel-the reduced bloating, decreased inflammation, improved bowel movements, and enhanced energy.

TAKE-AWAYS FOR YOU ON YOUR ANTI-INFLAMMATORY, GUT HEALING JOURNEY

Slow down to eat. Chew your food thoroughly. Be mindful. Be kind to yourself and others. Engage in conversation over meals. Take time to care for your total wellness, because it is your most important asset. Remember to eat fiber-rich vegetables, including gut micro-biome rebuilding root veggies like beets, parsnips, rutabaga, and turnips. They contain pre-biotic nutrients that are like “fish food” for your hungry gut bacteria. Consistently have fermented and cultured foods 3 – 5 times a week. Don’t forget to take regular technology breaks. Meditate at least three days per week. Express a daily gratitude.

Continue to avoid as much as possible the top inflammatory foods and food additives: 1) wheat/gluten, 2) dairy, 3) legumes, 4) peanuts, 5) processed, refined carbs, 6) artificial sweeteners, and 7) excess sugar (try to keep to <40 grams daily).

By rebooting your gut health, you increase your happiness in life and reduce inflammation in your body. Any day can be Day 1.