

3 Day

Digestive Health *Detox*





WELCOME TO THE 3 DAY DIGESTIVE HEALTH DETOX

First stop - meet your microbiome

"In a healthy gut, the trillions of microorganisms that inhabit the small and large intestine make up a symbiotic, harmonious community known as the gut microbiome. Your gut bacteria can impact everything about your health, including how your brain responds to stress, how well your body can digest certain carbohydrates, the health of your immune system, how you store fat, and much, much more. If your gut microbiome is disrupted, it can cause dysbiosis [imbalance]—which leads to chronic illness."

Chris Kressler, Functional Medicine Expert

Over the next three days, you have the opportunity to uncover hidden food intolerances that could be leading to hormonal imbalances, belly bloat, acne, poor sleep, and more.

By discovering which foods work for your unique body, you will start to feel a big improvement. As you remove foods that are wreaking havoc on your system, you will:

- ✓ Improve your digestion and immunity
- ✓ Lose weight more easily
- ✓ Enjoy glowing skin
- ✓ Sleep better
- ✓ Stabilize your mood
- ✓ Have the energy to accomplish your goals

Bottom line: foods that wreak havoc on your system lead to digestive distress. Let me break down digestive distress and the role of probiotics.



GUT HEALTH AND PROBIOTICS

Most people don't realize just how paramount gut health is to overall health. Gut health affects the quality of your skin, your sleep, your mood, brain function, and so much more. 80% of your immune system is located in your gut, so if your gut health is "off" then it is time to get things back into balance and end the madness.

Too many antibiotics and prescription pills, stress, poor nutrition, toxins can lead to poor gut flora. When bad bacteria thrive, we get sick, tired, and bloated, and experience weakened immune systems, allergies, and depression. In fact, gastrointestinal disorders are responsible for many of the health problems we face today.

GOOD NEWS! You can change the way you feel. The most important step is taking a probiotic supplement, which will help restore the good bacteria in your gut and prevent the bad bacteria from thriving.

In addition to probiotic supplements you can also consume probiotic-rich foods such as Kefir, Kombucha, Sauerkraut.

It is a good idea to peak to your doctor before adding any supplement to your diet, however not all doctors are trained in nutritional matters.

Let's get started!

You have the power to take control of your health at any age in your life.



WELCOME

To prep for your digestive health detox, here are some simple steps:

- ✓ Get a high-speed blender for smoothies
- ✓ Throw out the stuff that is not good for you: processed foods, gluten, foods with colourings, foods with nitrates, and foods with ingredients you need to google.
- ✓ Now commit. Write down your goals for your 3-day journey. What would you like to achieve by the end?

A little about this program:

This program can be done fully raw, vegan, or using clean sources of animal-based or plant-based protein. The choice is yours. Listen to your body, and add in some of these clean sources of protein if you need to:

- Beans
- Tempeh (only if you can tolerate soy and do not have thyroid issues)
- Non-dairy protein powder
- Chicken
- Turkey
- Duck
- Wild game
- Beef (bison, lamb)
- Fish – salmon, sardines, halibut, fish that is low in mercury
- Shellfish – scallops, shrimp

****Make sure that all animal-based proteins are hormone-free and antibiotic-free and organic whenever possible.**



3-DAY MINI DETOX

DAY 1

UPON WAKING

Drink warm water with lemon

BREAKFAST

KALE SMOOTHIE

Serves 1

1 cup non-dairy milk
1/2 banana
1 cup kale
1/2 cup blueberries
1 tablespoon chia seeds
1 scoop protein powder

Blend ingredients and enjoy.

SNACK

1 cup of tea with 1 cup blueberries

LUNCH

CILANTRO-AVOCADO SALAD WITH BLACK EYED PEAS

Serves 2

1 15-ounce can black eyed peas, drained and rinsed
1 bunch fresh cilantro, finely chopped
1 large bell pepper, chopped
1 red onion, chopped
1 large tomato, chopped



Assemble salad. Mix all the ingredients in a large mixing bowl. Toss well and serve.

Add olive oil and raw apple cider vinegar, olive oil and sea salt.

Omnivore Option: Add chopped chicken, 1 can BPA free salmon or salmon filets.

Basic Roasted Salmon Recipe

4 salmon fillets
1 tablespoon coconut oil
sea salt and black pepper, to taste
1 lemon, sliced

Preheat the oven to 350 degrees Fahrenheit.

Wash the salmon and dry with a paper towel. Place the salmon on a baking sheet and coat each fillet with coconut oil. Season with salt and pepper. Bake for about 12 to 15 minutes until the meat is flaky, but still moist. Serve each fillet with a slice of lemon.

SNACK

1 pear and 10 raw walnuts

DINNER

BROCCOLI WITH CARROTS AND QUINOA

Serves 4

1 head of broccoli, chopped
4 carrots, chopped
¼ cup chopped pecans
3 tablespoons melted coconut oil
1 tsp cumin
sea salt and black pepper to taste
1 lemon, juiced



BASIC QUINOA RECIPE

1 cup uncooked quinoa

2 cups water

1/2 teaspoon salt

In a medium saucepan bring the 2 cups water and 1/2 teaspoon salt to a boil over high heat. Add quinoa and reduce heat to low. Cover and cook for 18-20 minutes, or until all water is absorbed and the quinoa is tender. Allow to cool for a few minutes.

Preheat your oven to 400 degrees F.

In a large bowl, mix up your chopped veggies, pecans with coconut oil, cumin, salt, and pepper. Spread the mixture out on a baking sheet and stick them in the oven. Bake for about 20 minutes. Your vegetables should be brown and tender when done.

Serve your veggies with quinoa. Top with fresh lemon juice.

Omnivore Option: Serve with chicken or salmon.

BEFORE BED

drink chamomile tea with lemon and raw honey



DAY 2

UPON WAKING

drink warm water with lemon

BREAKFAST

APPLE PROTEIN OATMEAL (Serves 2)

- 1 cup rolled oats
- 1 cup water
- 1 cup nondairy milk
- 1 scoop vegan protein powder
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 apple, chopped

Add rolled oats, water, and non-dairy milk to a medium-sized saucepan over medium heat. Stir until it thickens (about 3 minutes). Next, add protein powder, vanilla extract, and cinnamon. Continue to stir to your desired thickness. Sweeten with your choice of sweetener. Top with apple,

SNACK

Snack – 1 cup coconut yogurt with 2 tablespoons flax seeds and ¼ cup berries

LUNCH

SWEET AND SIMPLE SALAD

Serves 2

- 2 steamed sweet potatoes
- 4 cups mixed greens
- 1 carrot, peeled (shave the entire carrot using a vegetable peeler)
- 1 avocado, diced
- 1 large cucumber, peeled and chopped
- ¼ cup cultured vegetables (optional)



Place a large pot with an inch of water on the stove over high heat. Place a metal steam basket inside. Chop the sweet potatoes into quarters and place in the steam basket. Cover and steam the sweet potatoes for about 10 minutes until soft in the middle. Remove from heat and serve on top of the salad.

Add the remaining ingredients to a large salad bowl and serve with the sweet potatoes. Top with cultured vegetables and raw apple cider vinegar.

SNACK

1 apple with 2 tablespoons of almond butter

DINNER

SWEET POTATO HASH WITH LENTILS

Serves 4

2 tablespoons coconut oil	¼ cup orange juice
1 onion, chopped	1 teaspoon cumin
2 large sweet potatoes, chopped	1 teaspoon garlic powder
1 bunch kale, chopped	sea salt and black pepper to taste
1 cup peas	4 cups cooked lentils
1 ginger (1-inch piece), grated	

Sauté hash. Add coconut oil to a large pot over medium heat. When the oil has melted, add onion. Sauté for about 3 minutes, then add sweet potatoes. Sauté for another 5 minutes, then add kale, peas, ginger, orange juice, cumin, garlic powder, sea salt, and black pepper. Mix well and cover. Allow pot to simmer for about 5 to 10 minutes, stirring occasionally. Serve the hash alongside a hot bowl of yellow lentils.

BEFORE BED

drink chamomile tea with lemon with raw honey



DAY 3

UPON WAKING

drink warm water with lemon

BREAKFAST

KEFIR SPICE SMOOTHIE

Serves 1

1 cup kefir

½ banana

½ cup blueberries

1 tablespoon flax seeds or chia seeds

Dash of cinnamon powder

Blend all ingredients in a high-speed blender.

SNACK

½ avocado mashed with the juice of 1 lemon

LUNCH

VEGETABLE MEDLEY COLLARD WRAP

Serves 2

4 collard leaves, thick vein removed

2 cups sprouts

1 avocado

½ bunch parsley

1 carrot, peeled (shave the entire carrot using a vegetable peeler)

sea salt and black pepper to taste

squeeze of lemon juice

Lay out each collard leaf on a flat surface. Be sure to cut out the tough vein so that the wrap is easier to eat. Evenly spread the remaining ingredients throughout each collard leaf. Roll up into a wrap and enjoy.



Omnivore Option: Add 6 slices of turkey to your wrap.

SNACK

Snack: Mix 2 tablespoons shredded coconut, 2 tablespoons almonds, and 2 tablespoons raw cacao nibs

DINNER

VEGETABLE QUINOA

Serves 6

2 tablespoons coconut oil
3 cloves garlic, finely chopped
½ small red onion, finely chopped
2 large Roma tomatoes, chopped
1 medium red bell pepper, chopped
1 15-ounce can chickpeas, drained and rinsed

5 scallions, chopped
½ bunch parsley, chopped
2 teaspoons smoked paprika
sea salt and black pepper, to taste
4 cups quinoa, cooked and kept warm
2 limes, juice

Heat coconut oil in a large skillet over medium-high heat. Add garlic and red onion and cook, stirring frequently, for 4-5 minutes, or until the onion softens.

Add tomatoes, bell pepper, chickpeas, scallions, parsley, and smoked paprika. Season with salt and black pepper, to taste. Stir to combine and cook approximately 4-5 minutes.

Remove from heat and add warm quinoa and fresh lime juice. Stir to combine and serve immediately. Enjoy!

Omnivore Option: 3 skinless chicken breasts cut into ½-inch pieces

BEFORE BED

drink chamomile tea with lemon and raw honey



SNACK IDEAS

Getting hungry between meals? Here are some good detox-friendly snacks:

- 10 almonds
- 15 walnuts
- 1 apple
- 1 pear
- Celery or carrots with hummus
- Flax crackers with 2 tablespoons almond butter

Another quick pick-me up is a green juice, which alkalizes your body. If you don't have a juicer or a place to buy freshly-squeezed juices, you can add 1 teaspoon of chlorophyll, a liquid green, which can be bought on [amazon.com](https://www.amazon.com) or at your local health food store.

CLEANSING

HELPFUL TIPS FOR ULTIMATE DIGESTION

- Start a journal to document this amazing 3-day process, as journaling can be very healing for the soul.
- Eat/drink every 3 hours to stabilize your blood sugar.
- Keep meals as simple as possible to support proper digestion.
- If you want to boost your detox experience, feel free to add some superfoods like spirulina or chlorophyll to your juices or smoothies for extra energy.
- Hydrate! Drink at least half of your body weight in ounces every day.
- Regular bowel movements are important for proper detoxification; if you are not "going", then try drinking senna tea or more lemon water to support your liver.



HELPFUL TIPS FOR SELF-CARE

- Treat yourself with an Epsom salt bath. Try adding a few drops of lavender essential oil for deeper relaxation.
- Make sure you are sweating out the toxins. Try light exercises like jumping on a rebounder or swimming or work up a sweat by sitting in a sauna or a hot bath.
- You can also use practices such as dry skin brushing or tongue scraping to enhance your detox experience.

CONNECT WITH ME

Would you like to dive deeper into detox and take your health, life, and energy to the next level? I have a number of programs available which you can find on my website – have a look at see which one looks the best for you.

Any questions then please don't hesitate to get in touch.

www.lifeimprovement.co.uk

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