



## Sample 7-Day Gut Reset Plan

This 7-day Gut Reset Plan is presented by LifeWorks Wellness Center and is based on sound principles and years of experience. This concise program is designed to reduce inflammation, promote beneficial gut bacteria, and improve overall digestive health through natural and holistic methods. It emphasizes whole foods, hydration, stress reduction, and adequate sleep.

**NOTE: Throughout the 7-Day Gut Reset, you will want to do as many of the following as you can in addition to the meals:**

- **Hydration:** Aim for at least 8 glasses of high-quality water throughout the day.
- **Stress Reduction**
  - Take a 15-30 minute walk daily and focus on noticing and getting oriented in your environment (no talking, music, or headphones!) Just become very present in your environment.
  - Try 10-15 minutes of [NSDR \(Non-Sleep Deep Rest\)](#). Non-Sleep Deep Rest, also known as NSDR, is a method of deep relaxation developed by Dr. Andrew Huberman, a neuroscientist at Stanford University School of Medicine. This can be great right before bed or anytime throughout the day.
  - Try a [Yoga routine for Gut Health on YouTube](#)
  - Journal or do some pleasurable light reading before bed (no business or serious topics) to unwind and promote restful sleep.
- **Supplements**
  - Take 5-10 [Perfect Aminos](#) or a serving of [PerfectAmino powder](#) daily on an empty stomach 30 minutes before breakfast.
  - Take a serving of [Eliminate](#) daily to help improve bowel movements and detox.
  - Take a [high quality probiotic](#) daily
  - Take a high-quality magnesium supplement to aid in elimination and stress reduction, such as Natural Vitality Calm.
  - Fiber Supplement. Fiber is critical to gut health and most of us don't get enough. [Metamucil](#) makes a natural fiber product without artificial colors or sweeteners. Start with one serving per day, *slowly* ramping up to taking a rounded teaspoon before each meal. Tip: mix well and drink it within a minute before it thickens.
- **Sleep**
  - Avoid serious or emotional discussions before bed.
  - Avoid eating anything 3 hours before bed, as this will improve sleep quality.
  - Enhance sleep quality by wearing blue-blocking glasses 2 hours before bed.



## Day 1: Preparation and Elimination

- **Morning:** Start the day with a glass of warm lemon water to stimulate digestion. Take 5-10 Perfect Aminos
- **Breakfast:** Opt for a smoothie with spinach, a small banana, and plant-based protein powder. Drink coffee or green or black tea, as these are high in polyphenols, which help the gut microbiome.
- **Throughout the Day:** Eliminate processed foods, sugar, artificial sweeteners, and potential allergens (dairy, gluten). Take recommended supplements.
- **Lunch:** Focus on whole foods. Try a large salad with mixed greens, vegetables, avocado, and a high-quality olive oil dressing. Add to it lean cuts of poultry or fish.
- **Dinner:** For dinner, baked salmon with a large portion of steamed broccoli or other leafy greens.
- **Stress Reduction:** Take a 15-minute walk after dinner (see instructions earlier)
- **Additional Sleep Tips:**
  - Try 10-15 minutes of NSDR or the Gut Health Yoga Routine (see previous page)

## Day 2: Incorporate Fermented Foods

- **Morning:** Lemon water upon waking. Take Perfect Aminos
- **Breakfast:** A bowl of mixed berries, nuts (such as almonds or walnuts), and seeds (chia or flaxseeds) over coconut yogurt
- **Lunch:** A large salad with fermented vegetables (kimchi or sauerkraut). Top with nuts or seeds and a lean portion of chicken breast. Take the other recommended supplements.
- **Snack:** Dairy-free Kefir or a serving of dairy-free plain yogurt with prebiotic-rich foods (ground flax seeds, almonds, etc.).
- **Dinner:** Grilled chicken or fish with mixed vegetables and a side of fermented beets or sauteed cabbage.
- **Evening:** Take a 15-minute walk after dinner, as noted previously.
- **Apply one or more of the Sleep & Stress Reduction tips mentioned previously.**

## Day 3: Focus on Fiber

- **Morning:** Start with lemon water and take 5-10 Perfect Aminos or a serving of PerfectAmino powder
- **Breakfast:** Smoothie with mixed berries, chia seeds, and spinach.
- **Lunch:** Ideally, a homemade or healthy freshly made fresh chicken soup with organic bone broth and a side of arugula salad. Take the other recommended supplements.
- **Snack:** An apple or pear. Take a serving of Eliminate.
- **Dinner:** Stir-fried chicken with a variety of colorful vegetables over riced cauliflower.
- **Evening:** Take a 15-minute walk after dinner
- **Supplements:** Incorporate recommended fiber supplement, and continue other supplements.



- **Apply one or more of the Sleep & Stress Reduction tips mentioned previously.**

#### **Day 4: Hydration and Herbal Teas**

- **Morning to Evening:** Aim for at least 8 glasses of water throughout the day.
- **Herbal Teas:** Incorporate herbal teas like ginger or peppermint to aid digestion. Drink throughout the day.
- **Meals:** Continue with whole foods, emphasizing vegetables, lean proteins, nuts, and seeds.
- **Supplements:** Continue taking all recommended supplements
- **Activity:** Take a 30-minute walk outside during lunch to reduce stress and boost mood.
- **Apply one or more of the Sleep & Stress Reduction tips mentioned previously.**

#### **Day 5: Mindful Eating**

- **All Day:** Practice mindful eating by chewing food thoroughly and eating without distractions. Try to slow down your pace while eating.
- **Meals:** Include prebiotic and probiotic-rich foods in each meal to support gut health. Continue with whole foods, emphasizing vegetables, lean proteins, nuts, and seeds.
- **Supplements:** Continue taking all recommended supplements
- **Activity:** Try a restorative stretching or yoga routine on YouTube or deep breathing exercises to enhance digestion.
- **Apply one or more of the Sleep & Stress Reduction tips mentioned previously.**

#### **Day 6: Sleep Focus**

- **Meals:** Maintain a diet rich in whole foods, with lean protein sources, emphasizing magnesium-rich foods (spinach, almonds, and pumpkin seeds) to promote relaxation. Take the recommended supplements.
- **Supplements:** Continue taking all recommended supplements
- **Throughout the Day:** Avoid caffeine intake after 2 PM and avoid electronic screens at least 2 hours before bed to improve sleep quality. Take a walk. If not possible, wear blue blockers while watching TV or using screens.
- **Evening:** Prepare a relaxing bedtime routine, including a warm bath with Epsom salts.
- **Apply one or more of the Sleep & Stress Reduction tips mentioned previously.**



## Day 7: Reflection and Planning

- **Morning:** Begin with lemon water and a moment of gratitude. Take Perfect Aminos.
- **Meals:** Continue to eat whole, unprocessed foods. Plan your meals for the coming week to sustain gut health improvements. Take the recommended supplements.
- **Supplements:** Continue taking all recommended supplements
- **Activity:** Reflect on the week. Note any changes in digestion, energy levels, and overall well-being. Consider continuing the practices and recommendations that had a positive impact.
- **Apply one or more of the Sleep & Stress Reduction tips mentioned previously.**

## Additional Food Guidance During Your 7-Day Gut Reset

- Lean proteins include chicken breast, turkey, and wild-caught fish like salmon and trout. These are essential for repairing the gut lining and maintaining muscle health.
- Leafy greens and cruciferous vegetables, including spinach, kale, broccoli, and Brussels sprouts, are high in fiber and nutrients to support healthy digestion and detoxification.
- Root vegetables like sweet potatoes, carrots, and beets offer a great source of fiber, antioxidants, and minerals.
- Fermented foods for their probiotics, such as kimchi, sauerkraut, dairy-free kefir, and coconut yogurt, which can help balance the gut microbiome.
- Fruits are low in sugar but high in fiber and antioxidants, such as berries (blueberries, raspberries, strawberries), apples, and pears, to promote gut health and provide natural sweetness.
- Nuts and seeds, including almonds, walnuts, chia seeds, and flaxseeds, are excellent sources of fiber, healthy fats, and omega-3 fatty acids, which can reduce inflammation and support digestive health.
- Healthy fats from avocados, olive oil, and coconut oil to support nutrient absorption and reduce inflammation.
- Bone broth, rich in collagen and amino acids, can heal the gut lining and improve digestion.
- Herbal teas like ginger, peppermint, and chamomile can aid digestion and soothe the gut.



## Summing it Up

Embarking on a 7-day gut reset journey involves more than just tweaking your diet; it's a holistic approach to reviving your digestive health and overall well-being. By eliminating processed foods, sugars, and other potential irritants from your diet and focusing on whole foods rich in fiber, probiotics, and prebiotics, you're setting the stage for a healthier gut. This reset aims to reduce inflammation and foster the growth of beneficial gut bacteria, which are crucial steps for anyone looking to enhance their digestive health and boost their immune system.

Incorporating various plant-based foods and ensuring adequate hydration play key roles in this process. Additionally, the reset plan emphasizes the importance of stress reduction techniques and restorative sleep, acknowledging the significant impact of mental and physical well-being on digestive health.

This seven-day journey is designed to rejuvenate your gut health through a carefully curated meal plan that includes lean proteins, leafy greens, fermented foods, and more. Supplements such as high-quality probiotics, magnesium, and fiber are recommended to support the body's detoxification and digestion processes.

Remember that this reset is not just about what you eat but about adopting a lifestyle that supports your gut health. Daily walks, practicing Non-Sleep Deep Rest (NSDR), and engaging in mindful eating are all integral parts of this comprehensive program. By the end of the week, you're aiming for a happier gut and a more balanced and energized self.

For those looking to dive deeper into the subject, books like "The Microbiome Diet" and "The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health" offer scientific insights and practical advice on restoring gut health.

However, if you need more personalized guidance after the reset, consulting with a functional medicine practitioner or a wellness center like LifeWorks Wellness Center can provide the tailored support necessary to maintain and build upon your gut health improvements.

## Getting Expert Help

A 7-day gut reset is a great way to adopt habits that will help you achieve better gut health.

If you do not make improvements during this 7-day gut reset, Contact LifeWorks Wellness Center for further guidance. You may have more specific needs that need to be addressed. Call to discuss the next steps in maintaining gut health.



We can guide you through the process and employ powerful therapies to jump-start your gut recovery and ensure it is safe and effective for your needs.

Contact us at LifeWorks Wellness Center to schedule a consultation with one of our experienced practitioners who can help you reset your gut! [727-466-6789](tel:727-466-6789)

