



The 3-Day Gut Reset

Support Digestion • Calm Inflammation • Clear the Mind

Just Breathe – Lifestyle Medicine with Julie

Why Reset Your Gut?

Hippocrates famously said, **“All disease begins in the gut.”**

Modern research continues to highlight the gut’s central role in digestion, immunity, inflammation, and even brain health.

When the gut barrier becomes compromised and digestion is under strain, it can contribute to systemic inflammation and symptoms such as:

- * Brain fog and low energy
- * Joint and muscle discomfort
- * Skin issues such as eczema or rosacea
- * Heightened immune or inflammatory responses

This gentle 3-day reset is designed to temporarily reduce digestive load, support the gut lining, and create space for the body to rebalance – without extremes or deprivation.

The 3-Day Protocol

The “No” List (Eliminate for 3 Days)

For just three days, remove common gut stressors:

- * **Gluten & grains:** Wheat, barley, rye, oats, rice, corn
- * **Dairy:** Milk, cheese, yoghurt (ghee is usually tolerated)
- * **Added sugars:** Including honey, maple syrup, and artificial sweeteners
- * **Ultra-processed foods:** Anything highly refined or packaged
- * **Alcohol & caffeine:** Swap for herbal teas
- * **Legumes:** Beans, lentils, soy (often difficult to digest short-term)

The “Yes” List (Eat Generously)

- **Bone broth:** Rich in amino acids that support gut lining integrity
- **Cooked vegetables:** Steamed or roasted for easier digestion (zucchini, carrots, squash, leafy greens)
- **Healthy fats:** Avocado, olive oil, coconut oil, ghee
- **Clean protein:** Grass-fed beef, wild-caught fish, organic poultry
- **Fermented foods:** Sauerkraut or kimchi in small amounts if tolerated

Sample 3-Day Menu

Day 1

- **Upon waking:** Warm water with lemon + pinch of sea salt
- **Breakfast:** Gut-support smoothie (collagen powder, $\frac{1}{2}$ avocado, spinach, coconut milk)
- **Lunch:** Chicken soup made with bone broth, carrots, celery, zucchini
- **Dinner:** Baked salmon with steamed asparagus and olive oil
- **Snack:** Cup of warm bone broth

Day 2

- **Upon waking:** Warm water with lemon
- **Breakfast:** Leftover salmon + $\frac{1}{2}$ avocado
- **Lunch:** Pureed butternut squash soup (bone broth + coconut milk)
- **Dinner:** Slow-cooked beef stew with carrots and kale
- **Snack:** Small handful of walnuts

Day 3

- **Upon waking:** Warm water with lemon
- **Breakfast:** 2 poached eggs (if tolerated) or Turkey sausage patties with sautéed spinach
- **Lunch:** Leftover beef stew
- **Dinner:** Lemon-herb roasted chicken thighs with mashed cauliflower (with ghee)
- **Snack:** Cup of warm bone broth

Gut-Supportive Habits (Just as Important as Food)

- 1. Chew thoroughly** Digestion begins in the mouth. Aim to chew each bite until soft and liquid.
- 2. Hydrate well** Drink 2–3 litres of filtered water daily to support digestion and elimination.
- 3. Gentle overnight fasting** Leave ~12 hours between dinner and breakfast (e.g. 7pm–7am) to support the gut's natural cleansing rhythm.

After Day 3: Reintroduction

Reintroduce foods one at a time, every 1–2 days. For example: * **Day 4:** rice * **Day 6:** dairy

Notice any reactions such as bloating, fatigue, skin changes, or brain fog. Your body provides valuable feedback about what supports it – and what doesn't.

A Gentle Reminder

This reset is not about restriction or perfection. It's about listening, observing, and supporting your body with intention.

Disclaimer

This guide is for educational purposes only and does not constitute medical advice. Always consult your healthcare provider before starting a new dietary or lifestyle protocol.

[See How I Support My Gut Health](#)