

evienutrition
nutritional therapy

The 3-Day GUT FIX

3 Easy Moves to
a Happier Gut in
Just 3 Days





Digestion is the critical first step to breaking down and absorbing nutrients. Follow steps 1-3 for the next three days and see if you notice less bloating, calmer tummy, less gas and less acid reflux.

1 DIGESTION

Slow down, sit down, enjoy your meals, take time out for your food. Your digestion starts in your brain. Stimulate digestive enzymes with the power of thought, sight, smell and touch of food. This is a critical step of digestion. Don't skip it!

Chewing your food at least 20-30 times means you will be breaking food down effectively, mixing it with saliva so that the stomach is primed and ready to take food breakdown to the next level of digestion, ready for absorption.

This is probably the hardest thing I ask my clients to do! chew to a liquid if possible. It really can make a huge difference and it's incredible how much more flavour you can get from your food.

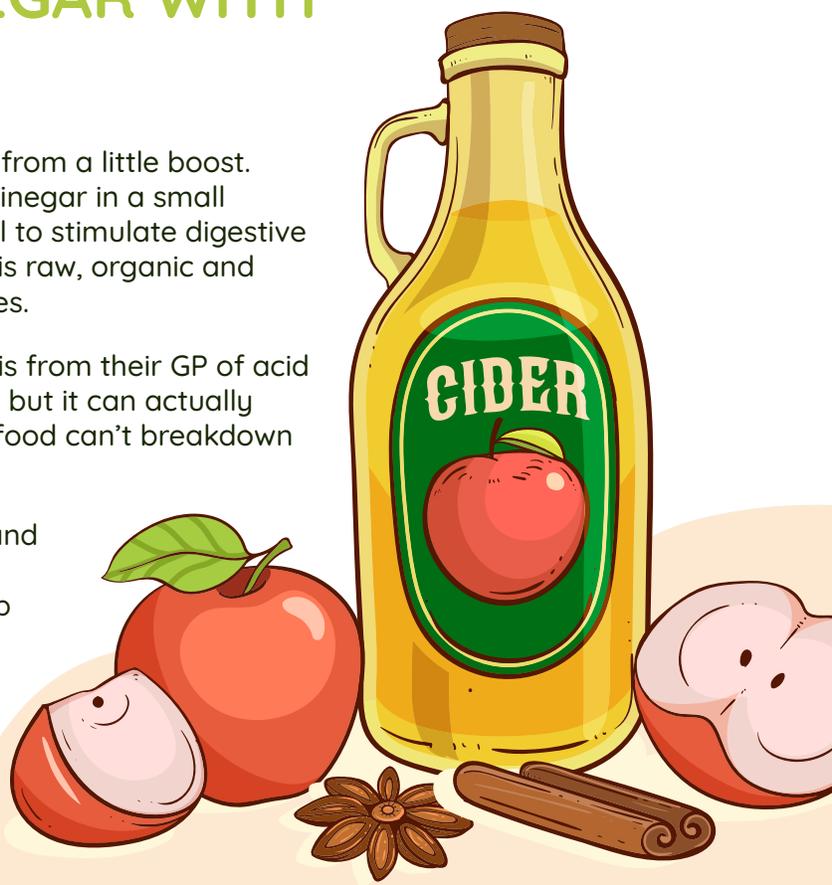
Don't forget to take time to rest and digest. Try to sit upright and relaxed for at least 15-20 minutes after your food.

2 APPLE CIDER VINEGAR WITH THE MOTHER

Sometimes our digestive enzymes can benefit from a little boost. Take approx. 1 tablespoon of raw apple cider vinegar in a small amount of water just 10 mins before your meal to stimulate digestive enzyme production *with the mother means it is raw, organic and unpasteurised containing bacteria and enzymes.

Oftentimes, clients come to me with a diagnosis from their GP of acid reflux and get put on acid blocking medication but it can actually be a lack of acid that causes the problems as food can't breakdown effectively.

If you know you have overproduction of acid and suffer with reflux, skip the apple cider vinegar and swap for a strong ginger tea instead (keep these to small amounts of liquid - we don't want to dilute digestive enzymes with too much liquid).



3 REST YOUR GUT

Fasting is a powerful tool for resting the gut. When our gut is stressed just giving it a longer window to not have to deal with digestion can be enough to allow it to recover.

The fasting window that works best for you and your gut will be unique, this is a guide and for information purposes only. Try to lengthen the amount of time your gut is resting - usually this is done overnight.

Best effects can be felt when the eating window is kept within 8 hour period i.e. Eating between 11am-7pm and fasting for the rest of the time i.e. no food between 7pm-11am.

*always check with your GP first if you have any underlying blood glucose issues or take medication.

WHAT HAPPENS NEXT?

If you saw no improvement in your symptoms after following the 3-Day Gut Fix you may benefit from a personalised health plan.

- ◇ Book a FREE discovery call for personalised support and guidance <https://www.evienutrition.co.uk/contact>
- ◇ Book a one to one consultation (over zoom) at a day/time to suit you here: <https://calendly.com/evienutrition>
- ◇ Download 7 Days to Healthy Gut Challenge: Your Nutritional Therapist's Gut Health Reset & Recipe Plan <https://www.evienutrition.co.uk/product/7-day-healthy-gut-challenge-evie-nutrition>