

GUT REBOOT – SHOPPING LIST

1. Lemon juice in warm water.
2. Phyllium Husk.
3. Natural yogurt.
4. Kimchi.
5. Miso Soup.
6. Kombucha.
7. All berries.
8. Green leaf.
9. Bone Broth.
10. Dark Cocoa (Chocolate).

Reboot Day

1. Get up - Boiling water/ squeeze a fresh lemon/ add a small pinch of Himalayan pink salt.
2. Your aerobic exercise session - no 'hard' exercise.
3. Natural yogurt, berries of choice, TPN psyllium husk, cacao nibs, slivered almonds, sunflower seeds.
4. Herbal tea - peppermint, ginger, chamomile are best.
5. Mid-morning - Kombucha (buy from health food store, or, supermarket - there are plenty, these days).
6. Miso Soup (either buy from Japanese eatery or, buy from supermarket/ heat up).
7. Mid-afternoon - perhaps a handful of trail mix (a mix of nuts, seeds & dried berries).
8. Dinner - Bone Broth (see below), or, Kielbasa and Sauerkraut (see below), or, Creamed Spinach (see below), or, make yourself a green leafy salad, throw in some nuts & seeds, and tofu.

NOTE - I don't believe you need detox programs involving pills & potions.