



# A 21 DAY GUT CHALLENGE

“Transform your well-being by nurturing your gut health through mindful nutrition, fostering a healthier and more vibrant you”



# What is a 21 day Gut Challenge?

A gut challenge is a focused effort to improve gut health during 21 days. Includes dietary changes, probiotic supplementation and lifestyle adjustments aimed to promoting a healthier gut microbiome. The goal is to support digestion, boost nutrient absorption, and enhance overall well-being.



## Do I need it?

Anyone looking to optimize their digestive health, alleviate gastrointestinal issues, or enhance overall well-being can benefit from this gut challenge. Individuals with digestive discomfort, irregular bowel movements, to those seeking to improve their immune system might find a gut challenge particularly helpful.



# What are the benefits?

**Improve digestive Health:** enhancing the balance of good bacteria in the gut can aid digestion and reduce symptoms like bloating or discomfort.

**Increased nutrient absorption:** a healthier gut may lead to better absorption of nutrients, ensuring your body receives the essential elements it needs.

**Weight management:** some studies suggested a link between gut health and weight management. A balanced gut may support a healthy metabolism.

**Enhance mood:** the gut-brain connection is well-established. A healthier gut may positively impact mood and overall mental well-being.

**Reduced Inflammation:** a balanced gut micro biome can contribute to lower levels of inflammation throughout the body.



# 4 STEP BY STEP

**“Embrace the challenge, for within it lies the opportunity to discover your true strength and potential”**

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## SET YOUR INTENTION

Setting goals is crucial to provide direction and purpose. Goals help you focus your energy, make better decisions, and provide a clear roadmap for your aspirations. They motivate and challenge you, fostering personal and professional growth. Setting and achieving your goal also boosts self-confidence and a sense of accomplishment, driving you toward success.

## BUY YOUR PREBIOTIC SUPPLEMENT

Visit [www.turmericgut.com](http://www.turmericgut.com) and get 1 pack of Turmeric-Gut. Is the most potent natural anti-inflammatory supplement to help you digest, repair the gut lining and rebuilds the good bacteria.

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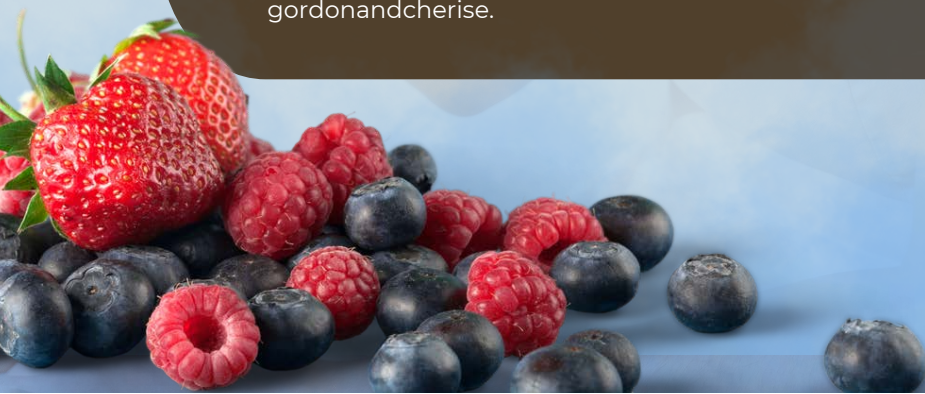
## FOLLOW THE INSTRUCTIONS

Every 3 days presents a specific step or challenge related to improve your gut health. There will be a specific type of food to eliminate (is a type of food that promotes inflammation and feeds the bad gut bacteria), and specific type of food to incorporate into your diet (is the type of food that feeds good gut bacteria and restore the balance of your microbiome).

## KEEP A FOOD JOURNAL

Keep a food journal of your day experience and food intake (feelings, thoughts, symptoms...) and share it with [gordonandcherise.com](http://gordonandcherise.com).

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# 21 DAYS GUT CHALLENGE PLAN

## DAY 1

### **Welcome to the challenge!**

It is important to set up our goal and intentions for this challenge. We will provide the general overview, so if you have any questions, this is the time! Answer these questions: "What am I looking for with this challenge?" "What is my specific goal?" "Why is this goal important to me?" "What potential obstacles might I encounter?" "What will be my reward or motivation for reaching the goal?"



# DAY 2-4

## Cut Out Sugars

Eliminate refined sugar, honey, maple syrup, agave, and all food with added sugars (snacks, beverages, sauces, processed food...).

## Incorporate Fiber & diversity plant based food

One meal a day is a Salad or Veggie bowl: Can be raw, sauté, baked or steamed. You can add some grains or animal protein. Be careful with the dressing, try to use only balsamic vinegar, olive oil, lemon, salt & pepper.

## Revitalize

Every morning with empty stomach and before coffee or any food: One glass of water + half a lime + one teaspoon of chia seeds. Let sit for 5 minutes and drink!



# DAY 5 - 7

## **Cut out dairies**

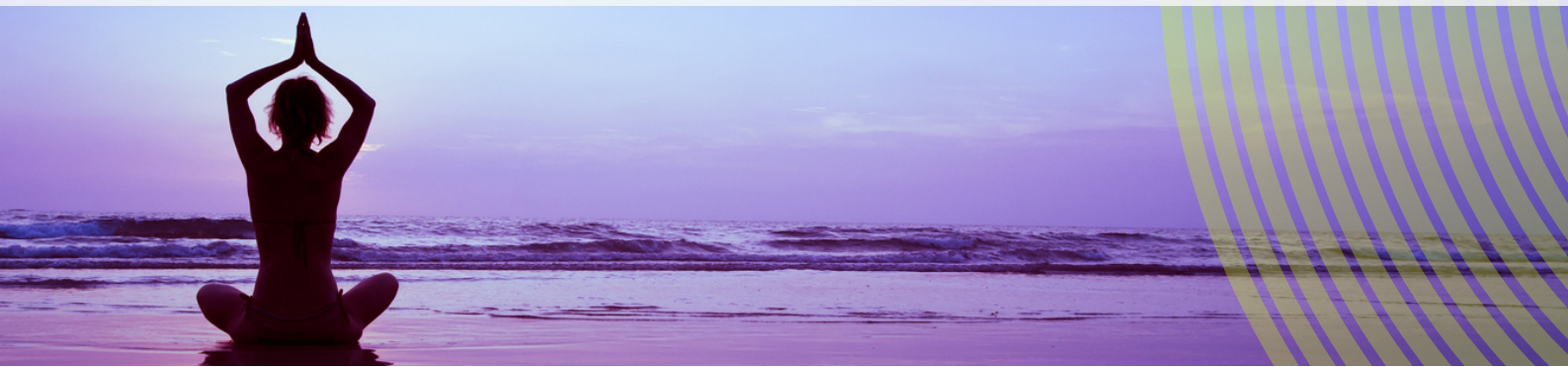
Milk, yogurt, all kind of cheese or any product containing dairy.

## **Add some dairy-free alternatives**

Like oat, almond or coconut milk, fermented cheese or nut cheese like tofu if necessary. Please be careful when you choose your nut milk, read the label, it can not contain any sugar!

## **Connect with yourself**

5 minutes morning mediation or devotional: Set your intention of the day. This will help you start the day with a clear direction, making more likely that you'll stay align with your goals. Having a daily intention can increased mindfulness, boost motivation, and create a positive mindset, setting a tone for your actions and decisions throughout the day. It's a simple yet powerful way to bring intentionality to your daily life.



# DAY 8 - 10

## Cut out on gluten

All gluten-containing grains like wheat, barley and rye.  
Same as all processed food containing gluten.

## Include gluten free grains

Like rice, quinoa and oats.

## Exercise

30 min exercise: walk, run, bike, yoga, pilates, gym, HIIT... No matter what you do but move your body.





# DAY 11 - 13

## **Cut out processed food**

Eliminates all the food that comes in a package, bag, can or bottle. They often contain additives, preservatives and unhealthy fats.

## **Focus on whole foods**

Unprocessed foods like fruits, vegetable, lean protein and nuts 2 of your main meals will be free of processed foods, only fresh natural food!

## **Connect with family and friends**

You will connect with a family member or a friend you haven't talk for a while, express love and affection (you can text, call or write a letter).



# DAY 14 - 16

## Cut out on Alcohol

Refrain on consuming alcohol during this period (Beer, wine, strong alcohol). Alcohol is a source of sugars and empty calories, promoting inflammation in your body.

## Fermented food

The purpose is to add probiotics on your diet, you can choose from: kombucha, non dairy kefir, miso soup, kimchi, pickled cucumber, sauerkraut. You can add to your meals some prebiotic food like onion, garlic, leeks and resistant starches (sweet potato).

## Hydrate yourself

Aim to drink 8-10 glasses of water to support digestion and the growth of beneficial gut bacteria.



# DAY 17 - 20

## **Cut out on red meat and processed meats**

They're hard to digestive promoting inflammation and contains high amounts of carcinogenic compounds such as nitrates.

## **Focus on lean protein**

One meal a day is a Salad or Veggie bowl: Can be raw, sauté, baked or steamed. You can add some grains or animal protein. Be careful with the dressing, try to use only balsamic vinegar, olive oil, lemon, salt & pepper.

## **Sleep enough**

Make sure you are resting and sleeping 7 hours a day. Is crucial for overall health and well-being, for the proper functioning of the immune system, helping the body fight illness and infections. Sleep plays a vital role in maintaining emotional and mental health, as well as cognitive functions. Is a time for the body to repair and regenerate tissues and it contributes to emotional balance and helps regulate the mood.





## DAY 21

### **Celebration & Reflection**

Let's see how our gut health has improve and what are the positive changes in our overall well-being. Please answer these questions: "What is the best experience from this challenge?" "Did I accomplish my goals" if not, what were my obstacles?" "From 1 to 10, how does my body feels today?" (1 not healthy and 10 very healthy) "From 1 to 10, how much did I follow the challenge?" (1 not at all, 10 by the book) "From your experience, did you accomplish changes in your lifestyle that you would like to maintain from now on?"  
Send back your answer to [gordonandcherise!](mailto:gordonandcherise)

