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There is no denying that keeping your gut healthy is as important as maintaining the health of your other organs. It is the 21st century, and many people are now aware of how microbes and other bacteria are beneficial to not only gut health but also overall immunity. Not only do these bacteria outnumber human cells in the body but also support many body functions. From supporting our defense mechanism to absorbing nutrients, these microbes reduce the risks of many detrimental conditions such as,

- Cancer
- Diabetes
- Obesity
- Heart disease
- Mood and mental health

Not only this, but also many recent studies have linked autoimmune diseases to microbial imbalance. The rate of chronic diseases due to microbiome imbalance is increasing with an alarming speed.

Not everyone knows a normal digestive system has more than 100 trillion bacteria. Changing their order may seem complicated. It may seem surprising but their order can be altered very quickly. A number of studies have shown that the right eating habits can significantly improve the diversity of the gut microbiome.

It is known for a fact that our dietary habits have an impact on our gut health. Little did we know that these dietary changes can make a long-lasting impact in just three days? It is true because a microbe lives not more than twenty minutes and that can change many things in three days.

A healthy gut is the key to staying fit as it is directly or indirectly relevant to various vital functions of your body. That means it is important that you find out ways to maintain and optimize gut health. That is one of the reasons I tend to start my patient’s treatment by fixing their gut problems.

Considering this, I have come up with this three-day gut fix plan which scaffolds on a ground-breaking published study in the journal Nature. Plus, it encapsulates the knowledge I gained from Harvard and Stanford Universities when I was attending Gastroenterology training. This research found that dietary adjustments can optimally change the number of gut bacteria in the GI tract in just three days. The changes are not confined to making few variations in amount and types of bacteria but it influenced the kinds of genes they were expressing. The most important finding of this study was that these changes happen within a few hours; something that many people believe might take weeks and years.

The same study also reveals that most food-based microorganisms that are usually found in fermented food are extremely resilient. They conveniently make their way to your gut and impact the microbial environment. The fact is proven by several other studies. A change in our eating habits can drastically alter the number as well as the function of our gut bacteria.

I recommend you to follow this designed three-day fix to help you strengthen your immune system and gut’s microbial army. It will support your gut health. The plan is effective as it also benefitted me when I was suffering from an eating disorder, obesity, chronic backache, brain fog and pre-diabetes not too long
ago. It has been really helpful for my patients suffering from the same health issues. It would be better if you implement it for at least seven days to optimally increase the success rate. Starting this gut reset from the weekend is recommended as it will help you stick to the plan without causing distractions.
Day 1

Wake up Time

Keep your wake up routine as it is. It is essential to keep your sleep cycle intact with the natural circadian rhythm of your body for a healthy gut. Humans and gut microbiota have the same circadian rhythm. The composition of the microbiota may fluctuate if we change our sleeping routine. In other words, disrupted circadian rhythm may cause certain issues. That is the reason we try not to disrupt this cycle.

What Should I Eat?

Debunk High-Calorie Food

The western diet is known to decrease the number of beneficial bacteria. This is because it is high in fat, cholesterol, sugar, and carbohydrate. It contains less fiber and includes heavily processed food. Many studies have shown how relying on a western diet may lead to heart diseases, diabetes and other detrimental health conditions like cancer.

Try the Mediterranean

A recent study found that if your diet includes an adequate amount of organic foods like whole grains, fruits, and vegetables, it may improve the number of beneficial bacteria. Also, if you reduce the consumption of processed food and red meat, it will support useful bacteria like Lactobacillus.

How to Spend the Day?

- **Discard your antibacterial mouthwash and toothpaste**
  Antibacterial chemicals increase the growth of anti-bacterial-resistant microbes. In addition to that, these chemicals decrease the growth rate of beneficial bacteria. A research study demonstrated how changes in the bacteria in your mouth may have its impact on your ability to absorb nutrients such as nitrite, which plays an important role in lowering blood pressure.

- **Include workout in your routine**
  Make gut health a priority and keep up a consistent workout routine for it. Exercise optimally affects the functions of gut microbes. A research study concluded that exercise is a great way to alter intestinal microbes and enhances their diversity. Another study explained that exercise plays a vital role in changing gut microbiome. Researchers noticed a shift in the number of microbiomes when participants changed their regular exercise routine.

- **De-stress via Mini-Meditation**
  This is another important part of gut reset plan that many of us consider a trivial thing. Stress is one of the major reasons that people suffer from reduced beneficial bacteria and increased harmful microbes in the gut. Precisely, if you suffer from chronic stress, it may lead to health conditions like leaky gut i.e. increased intestinal permeability. The specific condition increases the mobility of microbes, allowing them trespass where they should not go. It may cause inflammation.
Practice deep breathing exercise. Take 4 to 5 deep breaths. Aim to repeat the exercise three to four times at least two times today.

- **Sleep early**
  
  [Sleep deprivation](#) is also a factor that leads to a change in the number of gut bacteria. Make sure you get proper sleep, at least 7-8 hours.
Day 2

What Should I Eat?

- **Eat Fiber Rich Food**
  Fiber is one of the substantial nutrients to improve gut health, especially if you eat indigestible fiber (prebiotics). The prebiotics enhance the bacterial functions instead of producing new microbes like probiotics. Add green peas, beans, lentils, raspberries, whole grain, and broccoli to your diet today to support useful bacteria.

- **Exclude added-sugar**
  White sugar feeds microbes and increases the number of harmful bacteria. It is important to scan through the amount of added sugar in your ingredients like condiments, sauces, and bread before you buy them. This helps you control your daily consumption of sugar. Try not to exceed the recommended dosage of 25 grams for females and 37.5 gram for males.

- **Add unsweetened yogurt to your diet**
  Most fermented food items such as yogurt, miso, kefir and kimchi include generous amount of beneficial bacteria. To improve your digestion and intestinal health, these probiotics are essential. Make sure you choose low sugar fermented foods like unsweetened yogurt.

How to Spend the Day?

- **Make 30 minutes workout your daily routine**
- **De-stress**
  Do not avoid mini-meditation. Take four to five long breaths and count till five with each breath. Do not stress yourself by thinking of anything else. Repeat the process at least three times today.

- **Sleep early**
  Sleep early to wake up refreshed the next day and maintain your circadian rhythm.
Day 3

What Should I Eat?

- **Cut meat today**
  
  There are several proven benefits of diets that are loaded with fruits and veggies and low in meat. These diets have been linked to more diverse microbiota and an abundance of good bacteria. Meat-heavy diets have been linked to inflammatory bowel disease.

- **Avoid using artificial sweeteners in beverages**
  
  Studies have shown that beverages containing artificial sweeteners like saccharin, aspartame, and sucralose may disrupt the balance of microbes in the gut. They reduce useful bacteria.

- **Add Avocado in Diet**
  
  Avocado contains healthy fats which are extremely beneficial for the gut due to their fatty acid profile and fiber content.

How to Spend the Day?

- **Workout for 30 minutes**

- **De-stress**
  
  Do not avoid mini-meditation. Take four to five long breaths and count till five. Do not stress yourself by thinking of anything else. Repeat the process at least three times today.

- **Sleep early**
  
  Keep up with a good sleep routine by going to bed early and waking up fresh the next day.

Maintain it rest of the Week

In order to maintain gut health, keep up with a healthy routine. Include plant-based foods in your diet, exercise regularly and try your best to have quality sleep. Remember that, the changes you make in your diet in three days, may take little longer to demonstrate optimal results. There is no magic pill. Appropriate diet changes and healthy choices are the only way you can achieve positive results in the long run.