

Gut Cleanse Checklist

A gut cleanse involves making dietary and lifestyle changes to support the health of your digestive system. Here are some ideas for a gut-friendly approach.

Increase Fiber Intake

Consume a variety of fiber-rich foods to support digestive health. Fiber helps promote the growth of beneficial bacteria in the gut.

Stay Hydrated

Drink plenty of water throughout the day to maintain hydration. Hydration is essential for digestion and overall gut function.

Incorporate Gut-Supporting Herbs and Spices

Incorporate herbs and spices with potential digestive benefits, such as ginger, turmeric, and peppermint. These can have anti-inflammatory and soothing effects on the digestive system.



Vegetables

- Spinach
- Kale
- Swiss chard
- Collard greens
- Broccoli
- Cauliflower
- Brussels sprouts
- Sweet potatoes
- Carrots
- Beets
- Asparagus
- Artichokes
- Garlic
- Onions
- Leeks
- Cabbage
- Bell Peppers

Fruits

- Blueberries
- Raspberries
- Strawberries
- Bananas
- Apples
- Pears
- Kiwi
- Oranges
- Papaya
- Mango
- Avocado
- Grapes

Beverages

- Green Tea
- Ginger Tea
- Peppermint Tea
- Chamomile Tea
- Lemon Water
- Aloe Vera Juice
- Bone Broth
- Coconut Water
- Turmeric Latte
- Cranberry Juice
- Sautéed or raw soothing juice and soup

Foods to Avoid

- Processed Foods
- Refined Sugars
- Artificial Sweeteners
- Grains of any kind

Drinks to Avoid

- Alcohol
- Sugary Drinks
- Soft Drinks and Soda
- Fruit Juices
- Caffeinated Drinks
- Highly Acidic Drinks
- Dairy



Mindful Eating

Chew food thoroughly and eat in a relaxed environment to support digestion.

Keep in mind!

While the term "cleanse" is commonly used, it's important to approach this with a focus on promoting gut health rather than aiming for a drastic detox.