



easy to follow

# 3-DAY DIGESTION VACATION

**gutreaction**  
nourish your life

*A positive step towards improved digestion,  
less bloating and more energy*



# IMPROVE YOUR DIGESTION

## WHY CHANGE YOUR DIET?

Removing some of the common food allergens you can give your digestive system a rest and help relieve troublesome symptoms.

The main culprits are gluten and dairy, and these should be completely avoided as part of this plan. This is because they are very harsh on the gut and difficult for the body to digest properly.

Many studies link gluten (found in wheat, barley, rye and anything made from them) to increased intestinal permeability, where longer chain proteins escape from the gut and wreak havoc on the rest of the body. This can manifest as, among others, inflammation of any kind, allergies, skin conditions or autoimmune disease.

For the purpose of this plan, 'dairy' means anything that is made from milk from an animal; cow, goat or sheep. Dairy causes inflammation through the body and the truth is that few adults are able to digest it well.

Cow dairy seems to be the worst of the bunch. Interestingly, humans are the only creatures that continue to drink milk after weaning. We're also the only ones to consume the milk of other animals.

## IMPROVE YOUR DIGESTION

Nothing created by man compares to the magnificent design of the human body. But, when your digestion is not working the way it should, it can overshadow your whole life. This plan will help restore balance to your digestive system.

## OTHER GUT IRRITANTS

This plan additionally excludes caffeine, sugar and alcohol as these also create inflammation

## USING THE PLAN

If you've been experiencing digestive distress for some time, it really is worth following the plan to the letter. Even the smallest amount of a food that doesn't agree with you can continue to cause unwelcome symptoms. A full programme to improve gut health is, of course, more complex because it takes into consideration your specific concerns and would be based on your health history.

## OTHER COMMON BENEFITS

BETTER DIGESTION

LESS BLOATING, CRAMPING & BELCHING

NORMALISED BOWEL MOVEMENTS

CLEARER HEAD

MORE ENERGY

IMPROVED SKIN

# How good is your DIGESTION?

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Fail to chew  
your food  
properly?

Find it difficult  
digesting  
fatty foods?

Feel worse, or  
excessively  
sleepy,  
after meals?

Often have an  
uncomfortable  
feeling of  
fullness in your  
stomach?

Suffer  
from bad  
breath?

Do you suffer  
from  
bloating?

Get a burning  
sensation in your  
stomach or regularly  
use indigestion  
tablets?

Often get  
diarrhoea?

Often suffer  
from  
constipation?

Often get a  
bloated  
stomach?

Often belch  
or pass  
wind?

Fail to have a  
bowel movement  
at least once  
a day?

Do you suffer  
from excessive  
mucus, a stuffy  
nose or sinus  
problems?

Often feel  
nauseous?

Score 1 point for each 'yes' answer.

If you scored more than 4, follow the recommendations in this programme and consider consulting a nutritional therapist or nutritionally oriented doctor for greater support.





# ARE YOU ADDICTED TO STIMULANTS?

If the thought of giving up coffee or alcohol makes you panic, then the chances are you are currently addicted to stimulants.

Caffeine, alcohol, cigarettes and sugar keep your blood sugar out of balance by giving you artificial boosts, closely followed by an energy slump. This sets up cravings and keeps you addicted. Your body then has to work hard to deal with these elements, which it treats as toxins that therefore need to be eliminated if we are to detox effectively and heal the gut.

## caffeine

Caffeine is dehydrating and can create an acidic environment, upsetting the delicate balance of the gut, leading either to constipation or diarrhoea. A recent study suggested there might be some merit in small amounts of caffeine in the diet. However, for the purposes of this plan, we will exclude it completely on the basis of giving your system a rest. Switch to herbal teas instead or drink water instead of decaffeinated tea or coffee. Even more chemicals are used in the manufacturing process and drinks often contains two other stimulants (theophylline and theobromine).

## alcohol

The more alcohol you drink, the more antioxidants you need. It is very acidic and toxic (hence the hangover) and causes premature ageing, osteoporosis and can lead on to other disease states. A recent study indicated small amounts of alcohol may have a beneficial effect on gut bacteria. We will also remove it from this plan because 'small' is entirely subjective and alcohol can irritate the intestinal lining, causing leaky gut and food intolerances. It also destroys nutrients and, as well as dehydrating you, it requires you to replace B vitamins, magnesium and vitamin C.

**For improved energy, mental clarity & improved mood:**

**AVOID:** coffee, tea, colas, energy drinks & alcohol.

**CHOOSE:** Herb & fruit teas, Rooibos tea, water & diluted juice



# HOW TO MASSAGE YOUR STOMACH

We instinctively rub our tummies when we are feeling uncomfortable and with good reason. It's especially good for relieving constipation.

The first line of approach for constipation is to drink more water and increase your fibre (fruit and vegetables). If this hasn't worked, abdominal massage could be just what you need.

Massage stimulates nerve activity in the digestive tract and increases the contraction of muscles used to push waste through the gut. Start your massage gently, gradually applying a little more pressure.

If you regularly suffer from constipation, this is a sign of an underlying health condition – an imbalance in the body – and you should talk to your nutrition professional or GP.

## 3 steps

- 1 Start on the lower right side of your tummy, massaging using using small circular movements.**
- 2 Move upwards towards your ribcage then across towards your left ribcage, continuing massaging in small circles.**
- 3 Next move downwards until you reach your groin.**



# menu plan

## DAY 1

### BREAKFAST

Detox smoothie with essential seed mix

### SNACK

Houmous & crudités (cucumber, celery, peppers)

### LUNCH

Superfood salad of quinoa and roasted veg

### SNACK

Nectarine & a small handful of almonds

### DINNER

Trout en papillote with roasted vegetables

### DRINKS

Water with lemon on waking. 2 litres of water & herbal teas

## DAY 2

### BREAKFAST

30g buckwheat / quinoa flakes, chopped plums, essential seed mix, & 120g coconut (or soya) yoghurt

### SNACK

2 gluten free oatcakes with pumpkin seed butter or nut butter (no added sugar)

### LUNCH

Age defying carrot & lentil soup

### SNACK

Olives, and a juice / smoothie of choice

### DINNER

Baked sweet potato with borlotti stew

### DRINKS

Water with lemon on waking. 2 litres of water and herbal teas. Detox smoothie / juice

## DAY 3

### BREAKFAST

Gluten Free cinnamon fruit porridge

### SNACK

Celery filled with pumpkin seed or nut butter (no added sugar)

### LUNCH

Superboost sesame salad

### SNACK

Bowl of berries with 1 tbs of coconut (or soya) yoghurt

### DINNER

Salmon with ginger & coriander with stir fried vegetables

Detox pear & blueberry crumble

### DRINKS

Water with lemon on waking. 2 litres of water and herbal teas. Detox smoothie / juice

### DISCLAIMER

When following the menu plan and recipes, please avoid or substitute any foods or ingredients you already know yourself to be allergic or intolerant to.

Whilst Gut Reaction has made every effort to ensure the contents of this book are accurate, the recommendations given are solely intended as information and education and should not be taken as medical advice.

Gut Reaction disclaims all liability in connection with the use of the information presented herein. Please seek advice from your doctor before starting any detox or weight loss.

### Gluten free cinnamon fruit PORRIDGE

SERVES 1  
5-10 GL PER SERVING

40g whole porridge oats  
1/2 - 1 tsp ground cinnamon  
1 tbsp essential seed mix  
(plus any fruit chopped or grated or whole if berries)

Place the oats in a pan and cover with water. Bring to the boil then gently simmer, stirring until the porridge thickens and the oats soften. Stir the cinnamon, seed mix and fruit into the porridge or just scatter on top.

### Essential SEED MIX

0-5 GL PER SERVING

Fill half a glass jar with a sealing lid with flax seeds (known also as linseeds) and half with a mixture of sesame, sunflower and pumpkin seeds. Store in the fridge until used.

### Detox pear & blueberry CRUMBLE

SERVES 2  
5-10 GL PER SERVING



2 medium pears - cored and roughly chopped,  
150g of blueberries,  
Ground ginger and/or cinnamon to taste.  
Splash of water

For the crumble: 2 tbsp coconut oil or medium olive oil  
1 tsp xylitol  
50g whole oat flakes  
2 heaped tbsp ground almonds  
2 tbsp flaked almonds or other roughly chopped nuts  
(pecans, hazelnuts, walnuts or pumpkin seeds)

Place the fruit in a pan with the water, cover and stew gently for about 5 minutes until the fruit softens, stirring from time to time. You can add more water if the fruit starts to stick to the bottom of the pan. Add the ginger and cinnamon to taste. Meanwhile, make the crumble by gently heating the oil and xylitol in a frying pan. Stir in the oats and toast gently for a few minutes until they start to crisp. Mix in the ground and flaked almonds or other nuts / seeds and remove from the heat. Spoon the stewed fruit into bowls and cover with the crumble.



# DIGESTION

## rescue recipes

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### Trout en papillote

#### WITH ROASTED VEGETABLES

SERVES 2  
5-10 GL PER SERVING

2 garlic cloves - crushed  
Juice of a lemon  
Drizzle 1 tsp of mild olive oil  
2 portions of super greens mix  
2 small sweet potatoes - sliced into fairly thin wedges  
2 courgettes - sliced into similar sized wedges  
2 medium sized rainbow trout - fully prepared  
2 tsp fresh flat leaf parsley - finely chopped

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Preheat the oven to 180°C. Place the sweet potatoes and courgettes in a roasting tin, drizzle with oil and roast for about 1 hour, stirring the vegetables over halfway through until the potatoes are soft when pierced with a knife.

Meanwhile take a large piece of baking parchment large enough to cover both fish lying diagonally across the middle of the paper when folded in half. Starting from one end, gradually fold up the edges to seal the paper into a parcel on a baking tray and bake for 25 minutes. Unwrap carefully to avoid being burnt by the steam and place the fish on plates with the cooked vegetables and a portion of super greens mix each.

Serve immediately

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### Superfood salad of quinoa

#### AND ROASTED VEG

SERVES 2  
5-10 GL PER SERVING

1 small sweet potato - skin on & cubed  
1 small red onion - roughly chopped  
1 red / yellow or orange pepper - roughly chopped  
1 small courgette - roughly chopped  
2 garlic cloves - thinly sliced  
Drizzle of medium olive oil  
200g cherry tomatoes  
150g quinoa  
1tsp Marigold Reduced Salt Vegetable Bouillon Powder  
2 heaped tbsp pumpkin seeds  
2 portions of super greens mix

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Preheat the oven to 200°C. Place chopped vegetables and garlic in a roasting tin, drizzle with oil, stir to coat then cook for 40 minutes.

Add the whole cherry tomatoes and return to the oven for a further 15-20 minutes until the tomato skins split and the sweet potatoes are soft when pierced. Meanwhile place the quinoa in a pan and cover with boiling water. Bring to the boil then cover and reduce heat and simmer for about 12-15 minutes until the liquid is absorbed and the grains are fluffy.

Set to one side, covered while the vegetables finish cooking. 5 minutes before the vegetables are ready place the pumpkin seeds on a baking tray and pop them in the oven on the top shelf to toast.

Stir the roasted vegetables and the super greens mix into quinoa then sprinkle with toasted pumpkin seeds on top. Leave to cool or eat warm



### Baked sweet potato

#### WITH BORLOTTI STEW

SERVES 2  
10-15GL PER SERVING

2 small sweet potatoes  
little olive oil.

For the stew:

1 tbsp coconut or olive oil  
2 garlic cloves - crushed  
1 large red onion - diced  
100g mushrooms - sliced  
2 tbsp tomato purée  
1 x 400g can plum tomatoes  
1 x 410g can borlotti beans - drained and rinsed  
1/2 tsp Marigold Reduced Salt Vegetable Bouillon powder  
1/2 tsp herbs de Provence  
freshly ground black pepper

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Preheat the oven to 200°C. Prick the potatoes all over. Rub with a little oil and place on a baking tray. Cook for 1 hour or until soft all the way through when pierced with a knife. Meanwhile prepare the stew. Heat the oil in a pan and sweat the garlic and onion gently for 2 minutes then add the mushrooms and cook for 5 minutes or until fairly soft. Add the remaining ingredients and simmer for about 5 to 10 minutes to allow the vegetables to soften and the sauce to thicken. Check the seasoning and adjust if necessary.

Open up the baked potatoes and spoon the stew inside.

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### Salmon with ginger

#### & CORIANDER

SERVES 4  
0-5 GL PER SERVING

1 tbsp fresh coriander  
3 tbsp tamari or soy sauce  
3 tbsp toasted sesame oil  
Juice of 2 limes or lemons.  
4 x 100g salmon fillets - with skin on  
a little olive oil & salt for rubbing  
1 tbsp coconut oil or mild / medium olive oil  
2 tbsp root ginger - peeled  
10 spring onions - topped tailed and halved

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Rub the salmon all over with the olive oil & tiny amount of salt and set aside. Whiz the ginger, spring onions, coriander, tamari or soy, sesame oil, lime juice and 3 tablespoons of water together in a blender until they form a relatively smooth sauce and the ginger is finely chopped. Taste and adjust the seasoning.

Heat the oil in a large frying pan then pan fry the salmon for 5-7 minutes on each side or until cooked and the flesh flakes easily when pressed. Serve immediately with the sauce.

# DIGESTION

## rescue recipes

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### Superboost

#### SESAME SALAD

SERVES 2  
5-10 GL PER SERVING

1 x 410g can of chickpeas - rinsed & drained  
2 celery sticks - finely chopped  
6 pieces of marinated artichoke heart - roughly chopped  
6 spring onions - finely chopped  
1 tbsp sesame seeds  
1 tsp toasted sesame oil  
Juice of 1/2 lemon

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Mix all ingredients together and serve with salad, and include a portion of super greens mix

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### Age defying

#### CARROT & LENTIL SOUP

SERVES 4  
5-10 GL PER SERVING

1 tbsp coconut / olive oil  
2 garlic cloves - crushed  
1 onion - roughly chopped  
2 large celery sticks - sliced  
4 medium carrots - sliced  
200g rinsed red split lentils  
1 litre hot vegetable stock

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Heat the oil in a large pan and sweat the garlic and onion for 5 minutes to soften, add the celery, carrots, lentils and stock then stir and bring to the boil.

Cover and simmer for 10 minutes to allow the carrots to soften then blend until smooth or to your preferred consistency.

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# SMOOTHIES & JUICES

Make your own smoothies and juices to avoid high sugar options and high sugar fruit.



## detox JUICES

### Invigorator

1 pink grapefruit  
Handful of mixed berries  
(under 5 GL)

### skin nourisher

1 large apple  
1 carrot  
(10 - 15 GL)

### C sharp

1 celery stick  
1 large apple  
half a lemon  
(under 5 GL)



### stomach settler

1 carrot  
1 pear  
2 thick slices of fresh pineapple  
half a lemon  
1/4 tsp fresh root ginger  
(15 - 20 GL)

## detox SMOOTHIES

### summer fizz

5 strawberries  
juice of 1/2 a lemon  
2 tsp xylitol  
100ml sparkling mineral water  
(under 5 GL)

### berry tasty

75g raspberries  
1 tbsp tahini  
3 tsp xylitol  
100ml water  
(under 5 GL)



### watermelon whiz

200g watermelon  
(under 5 GL)

### cool Caribbean

1 banana  
large handful of strawberries  
150ml coconut milk  
3 ice cubes







# IT'S TEA TIME...

## GINGER TEA

Take between meals. To make ginger tea, grate some fresh ginger (about a teaspoonful) into your teapot/cup and pour some boiling water over it, cover and leave for 3-5mins. Pour through a small sieve. Ginger has been used successfully for centuries to relieve digestion.

## GREEN TEA

Green tea is can help with bloating and help with reducing gas. Buy organic green tea and try to avoid green tea after 2pm as it contains caffeine and may effect sleep in some people.

## DETOX TEA (PUKKA)

Pukka's Detox Tea is a gentle caffeine-free infusion of fennel, aniseed and cardamom, all selected for their cleansing and digestive properties. This blend makes for a warming, aromatic, spicy cuppa.

peace and calm...



notes

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# EVERYDAY WELLNESS

Well done for completing the 3-day Digestion Vacation!

I hope you have enjoyed this taster of a gut-loving, nutrient-rich eating plan, and it has given you a flavour for a new way of eating which excludes the foods that I commonly see causing a problem for my clients, and optimises enjoyment from 'real' foods.

Hopefully you will have noticed some immediate benefits to your digestion and wellbeing. Retake the digestion questionnaire to see how you're getting on! And to experience further improvements, I encourage you to keep going with this style of eating for at least three weeks and assess how you feel. It may now be a great time to give your beneficial gut bacteria a boost with probiotic foods such as sauerkraut or kefir. Feel free to ask me for further details about these super nourishing foods and how to incorporate them.

If you've completed the three days feeling worse than when you started, please don't be alarmed - constipation, fatigue and caffeine withdrawal are not unusual. This is because in cleaning up your diet by focusing on whole foods instead of processed food, your body may start to naturally detoxify itself. If this happens you must ensure you drink at least 2 litres of water and practice the tummy massage in this guide.

If you have been struggling with chronic or complex symptoms for a long period of time, then excluding common gut irritants from your diet may not be enough to rebalance your gut health, and you may wish to work with a nutrition professional to explore underlying imbalances, clinical testing and personalised nutritional strategies to help heal your digestive system and elevate your energy and wellbeing.

*Contact Sarah if you would like guidance through  
a personalised gut health plan - and the right support  
in getting your health and energy back.*

*Appointments are available face-to-face in Surrey, UK,  
or remotely through my virtual clinic.*

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