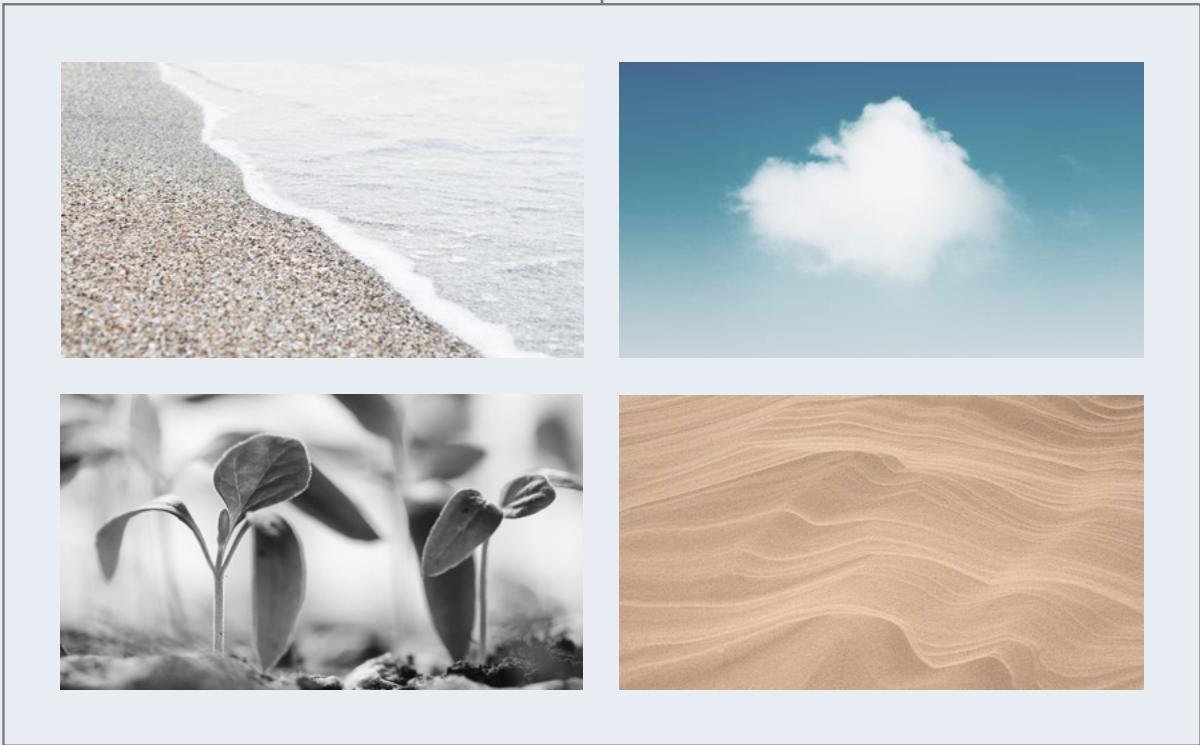
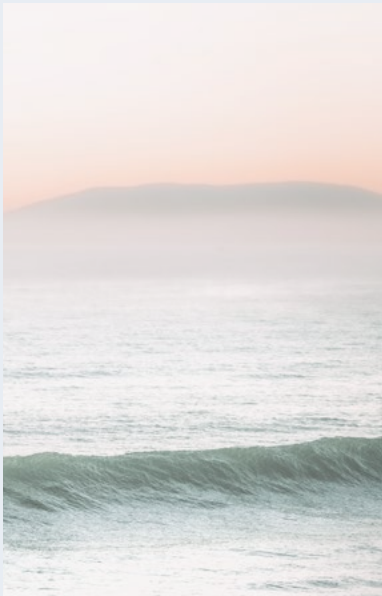


DR. GORDON'S



**ONE WEEK GUT
CLEANSE CHALLENGE**

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ONE WEEK GUT CLEANSE
CHALLENGE**



Maintaining good digestive health is integral for feeling energized and healthy. However, it's easy to go through periods of over-indulgence that often throws off our gut.

We tend to overlook signs of an unhappy gut - including brain fog, fatigue, skin problems, systemic inflammation, and more. These are some of the signs that it might be time to do a gut cleanse. Dedicating the time to eat easy-to-digest foods will provide your digestion with some time off, so it can eliminate unwanted toxins more easily.

If you are experiencing any of the symptoms above, are preparing for vacation, or simply want to kickstart your health journey, then this gut cleanse is for you! I designed this program to provide ease to your digestive system- which can help curb cravings, clear your skin, boost natural energy, and allow your gut to function optimally.

This cleanse lasts one week, although you can follow either protocol (or 1 week of each!) for two weeks if you feel inclined. Here is my personal gut health cleanse to debloat, curb cravings and have you feeling your best!

**THERE ARE TWO OPTIONS FOR
THIS GUT CLEANSE:**

OPTION 1.



SMOOTHIE +
SOUP DETOX

OPTION 2.



MIX OF SMOOTHIES,
SOUP + 1 MEAL

I like to keep the meals simple so you can spend more time relaxing instead of in the kitchen during the cleanse. Make the recipes in bulk so you don't have to cook as often.

WHAT YOU'LL NEED

You'll need to stock up on a few items before embarking on this cleanse. The products I usually recommend for the best results are:

PALEO PROTEIN BY AMY MYERS

This is a hydrolyzed beef protein which is gentle on the stomach and does not contain fillers, gluten, dairy, or sugar. My go to flavors are Chocolate or Vanilla.

NOTE: If you don't want to use a protein powder or you are vegan, you can make the detox smoothie found below instead.

OXY POWDER BY GLOBAL HEALING CENTER

Form of magnesium that helps you stay regular, relieves constipation, and supports a healthy gut. (Do not take if you currently have loose bowels, aka diarrhea).
DIRECTIONS: Take 1 capsules at night to start. You can take up to 2-3 capsules at night but if it causes diarrhea lower the amount of capsules.

LIVER CLEANSE BY GAIA HERBS

With all of my gut cleanses, I like to add in extra support for the liver to help detox the body efficiently (This can be found at Whole foods or health food stores). The liver plays an important role in filtering out harmful toxins that the gut helps eliminate from the body. The liver also produces bile that your digestive system needs to break down and absorb fat, so supporting the liver really helps to maximize this cleanse.

TRADITIONAL MEDICINAL TEAS

Belly Comfort Peppermint and Roasted Dandelion Tea (can be found at any market or health food store).

WHAT THIS CLEANSE WILL DO

- ✓ **DECREASE BLOAT**
- ✓ **IMPROVE BOWEL ELIMINATION**
- ✓ **ELIMINATE ADDICTIVE FOODS**
- ✓ **CURB SUGAR CRAVINGS**
- ✓ **RESET YOUR HABITS**
- ✓ **SUPPORT ORGAN FUNCTIONING**

Even just one week of eating clean can jumpstart your wellness habits both mentally and physically.

TIPS ON HOW TO GET THE MOST OUT OF THIS CLEANSE

ELIMINATE COFFEE. If you must have coffee, have black coffee without sugar or added milk

REMOVE GLUTEN, ALCOHOL, CARBONATED BEVERAGES, AND REFINED SUGARS FOR THIS WHOLE WEEK. You can do it, it's only temporary for a week but so worth it!!!

INTERMITTENT FAST (LIMIT FOOD INTAKE FOR A 10-12 HOUR PERIOD). This can help boost your immune system and give your gut a bit of a break from digesting. You can do this from 9 pm at night until 9 am

DRINK TONS OF WATER AND TEA!!!

BONUS: Book an appointment with LIVV for a Revive IV with the addition of a glutathione push. I like to add this to my wellness regime while detoxing to support the body with extra nutrients that will help nourish as well as support elimination of toxins through the liver. You'll get a boost in energy and recovery by feeding your cells with B vitamins and amino acids.

There are 2 options for this gut cleanse:

OPTION 1:



SOUP & SMOOTHIE GUT HEALTH DETOX

OPTION 2:



HEALING GUT HEALTH DETOX

7 DAYS STRAIGHT

First thing in the morning: Lemon water with a splash of apple cider vinegar

B: Protein Smoothie OR Detox Smoothie

L: Bone Broth (sip out of a mug and have multiple cups throughout the day)

Midday: Dandelion Tea

D: Protein Smoothie

After dinner: Peppermint Tea

(If you get hungry, add half an avocado on the side while drinking bone broth- fat keeps you fuller longer)



TIP:

Pre-make enough soup for 2-3 servings so you have leftovers for the next day!

MONDAY

First thing in the morning: Lemon Water

B: Protein Smoothie OR Detox Smoothie

L: Detox Salad

Midday: Dandelion Tea

D: Chicken and Ginger Soup

After dinner: Peppermint Tea

TUESDAY

First thing in the morning: Lemon Water

B: Protein Smoothie OR Detox Smoothie

L: Chicken and Ginger Soup

Midday: Dandelion Tea

D: Protein Smoothie

After dinner: Peppermint Tea

WEDNESDAY

First thing in the morning: Lemon Water

B: Protein Smoothie OR Detox Smoothie

L: Bone Broth (sipped throughout the day)

Midday: Dandelion Tea

D: Detox Salad

After dinner: Peppermint Tea

THURSDAY

First thing in the morning: Lemon Water

B: Protein Smoothie OR Detox Smoothie

L: Chicken Zoodle Soup

Midday: Dandelion Tea

D: Protein Smoothie

After dinner: Peppermint Tea

FRIDAY

First thing in the morning: Lemon Water

B: Protein Smoothie OR Detox Smoothie

L: Detox Salad

Midday: Dandelion Tea

D: Chicken Zoodle Soup

After dinner: Peppermint Tea

SATURDAY

First thing in the morning: Lemon Water

B: Protein Smoothie OR Detox Smoothie

L: Bone Broth

Midday: Dandelion Tea

D: Ginger Chicken Soup - add rice

After dinner: Peppermint Tea

SUNDAY

First thing in the morning: Lemon Water

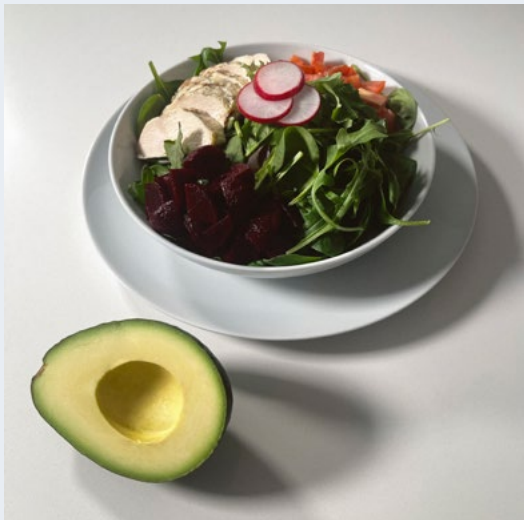
B: Protein Smoothie OR Detox Smoothie

L: Bone Broth

Midday: Dandelion Tea

D: Ginger Chicken Soup - add rice

After dinner: Peppermint Tea



RECIPES

BONE BROTH

(homemade 24 cups or pre-made)

INGREDIENTS

HOMEMADE BONE BROTH (RECIPE FROM THE FORKED SPOON)

10 lbs of bones (preferably beef marrow bones or a mix, but you can also use joints, neck, and/or knuckles. If you prefer just chicken, you can use chicken feet)

2 tbsp Apple cider vinegar

4 Bay leaves

2 heads of garlic

6 stalks of celery

2 medium onions

4 large carrots

1/4th cup black peppercorns

Salt



INSTRUCTIONS

Blanch the bones. Divide the bones between two large stockpots and cover with cold water. Bring to a boil over high heat and simmer for 15–20 minutes before draining and rinsing the bones with water.

While the bones are blanching, prepare your vegetables. First wash your carrots and celery and cut into approximately 3 inch pieces. Peel off the outer layers of the whole garlic bulbs and cut 1/4 to 1/2 inch from the top of the cloves. Peel and cut onions into quarters.

Roast the bones and the vegetables. Ok, so the bones have been blanched. Now, preheat the oven to 450 degrees F. Transfer the bones and vegetables (carrots, onions, garlic, celery) to the roasting pans. Don't pile them all on top of each other– use two roasting pans. Roast for 30 minutes before gently tossing the bones and vegetables, and roasting for an additional 15–30 minutes more.

Transfer the bones and vegetables back to the stockpots. But not before washing the stockpots first. Make sure you wash your pots after the bones were blanched and drained. Transfer the bones and vegetables back to the stock pots and scrape up any bits and juices remaining in the roasting pan using a metal spatula and a little water, if needed. Transfer to the pot with the bones (don't worry, all those brown bits are FLAVOR!).

Boil the bones. With the bones and vegetables divided between the two pots, divide the bay leaves, peppercorns, star anise, cinnamon sticks, and apple cider vinegar between the two pots. Fill each pot with approximately 12 cups water, or until bones are fully submerged. Cover the pots and bring to a gentle boil.

Simmer the bones. Reduce heat to low and simmer with the lid slightly ajar. Occasionally skim any foam or excess fat from the top. Simmer for at least 8–12 hours, ideally 24 hours (do not leave the stove running overnight. Simply cool and store in the refrigerator and continue to simmer the next day). Add more water if needed to make sure bones and vegetables remain fully submerged.

Strain the bones. Once the bones have simmered and your broth is ready, you will need to strain the broth through a fine mesh strainer. Set aside the broth to cool and allow the bones to cool.

Skim the fat from your broth (optional). Add a couple handfuls of ice to your beef broth to expedite cooling and cover with a lid. Transfer broth to the refrigerator and allow broth to cool fully. The result will be a hard, thick layer of fat and a bottom layer that is your bone broth (which should look like gelatinous brown jello). If desired, use a fork to scoop off the top layer of fat. This will leave behind the healthy bone broth, minus the fat.

Store your bone broth. Bone broth stores well in the refrigerator for approximately 5 days. If you make a large batch, I recommend freezing smaller batches for up to 6 months (it reheats perfectly!).

NOTE:

If you don't want to make your own bone broth, you can always buy premade from **BONAFIDE PROVISIONS** which can be found in San Diego at Whole Foods in the freezer section. If you are in the Los Angeles area Erewhon market carries Bonafide Provisions and also their own chicken, beef, and vegan bone broth soup.

PALEO PROTEIN SMOOTHIE



INGREDIENTS

1 scoop of Amy Myers Paleo protein powder chocolate or vanilla
 1/2 frozen banana
 2-3 strawberries OR 1 handful of blueberries
 1 cup almond milk, cashew milk, OR hazelnut milk (favorite brand is Elmhurst)
 Add coconut water or water for consistency

INSTRUCTIONS

Place nut milk, banana, strawberries then protein powder in blender. Add 3-4 ice cubes. Blend until smooth

MEDICAL MEDIUM DETOX SMOOTHIE

INGREDIENTS

1 cup wild blueberries
 1/2 cup cilantro
 1 banana
 Juice of 1 orange
 1/2 - 1 cup water or coconut water
 1/2 tsp ginger
 Additional detox: 1/2 tsp barley grass juice powder, 1/2 tsp spirulina

INSTRUCTIONS

Place all ingredients in a blender, add 2-3 cups of ice, blend.



CHICKEN & GINGER SOUP

(Also called Chicken Tinola - a filipino soup my mom always made me when I wasn't feeling good)



INGREDIENTS

- 1 lb chicken (mix of chicken breast and thighs for more flavor) - cut into cubes or slices
- 1/4th cup sliced ginger (cut into strips, note: **the more ginger the BETTER!**)
- 2 cups spinach
- 1-2 Chayote (this can be found at Ralph's) - cut into small 1/2" cubes
- 1 32-oz chicken broth (not low sodium)
- Steamed and cooked rice
- 1 stalk green onion

INSTRUCTIONS

Heat oil in a large stock pot over medium heat. Add onion and cook for 1-2 mins stirring consistently. Add chicken and ginger and cook until chicken is no longer pink. Add chicken broth and chayote. Cook until chayote is soft. This may take 5-8 minutes. Then add spinach at the end. Garnish with chopped green onion and serve.

Additional: add 1/4th - 1/2 cup of rice and top with a thin slice of jalapeno to add a spicy kick!

CHICKEN ZOODLE SOUP

Serves 4

INGREDIENTS

- 1 tbsp olive oil
- 1 small yellow onion, diced
- 2 stalks celery, diced
- 2 carrots, diced
- 6 cups organic chicken bone broth
- 2 cups cooked chicken, shredded or cubed
- 1 large zucchini, spiralized (Trader Joes and Whole Foods sell fresh spiralized zucchini in a packet)
- Sea salt and pepper to taste

INSTRUCTIONS

Heat oil in a large stock pot over medium heat. Add onion, celery, carrot. Saute until soft. Add chicken and bone broth. Bring to a boil and lower heat. Allow to simmer for 25 minutes. Add zoodles and cook until soft. Remove from the heat and season with salt and pepper. Serve.



DETOX SALAD



INGREDIENTS

2 cups Spring mix
 1 cup Arugula (arugula is a great digestive bitter!)
 1 roma tomato - diced
 1/2 Avocado
 1 Grilled cooked chicken breast
 Dressing: premade - Sir Kensington Dijon Balsamic or make your own - (olive oil, balsamic vinegar, dijon mustard, salt and pepper to taste)
 Additional: 3 beets diced (I recommend using pre-cooked beets from Love Beets), can also add 1 hard boiled egg chopped

INSTRUCTIONS

Add ingredients to bowl and toss with dressing. Serve.

FOODS TO INCLUDE TO SUPPORT ANTI-INFLAMMATORY NUTRITION AFTER THE CLEANSE:

- | | | |
|------------------|----------------------|--------------------------------|
| Blueberries | Cabbage | Extra virgin olive oil |
| Blackberries | Scallions | Walnuts |
| Butternut squash | Sweet potato | Pistachios |
| Acorn squash | Leeks | Pine nuts |
| Zucchini | Broccoli | Almonds |
| Cherries | Onions | Turmeric |
| Dark red grapes | Garlic | Ginger |
| Kale | Green tea | Cinnamon |
| Spinach | Avocado | Dark chocolate |
| Cauliflower | Coconut | Fish rich in omega fatty acids |
| Brussels sprouts | (also coconut water) | Spices |
| Mustard greens | Olives | |

After a cleanse, I always like to recommend my patients follow a Paleo Anti-Inflammatory Nutrition Plan to feel their best moving forward. Try to limit grains and pseudograins as they can lead to leaky gut. Once in a while you can enjoy a naughty meal, but I promise you there are tons of paleo friendly treats that are just as yummy! Your body will thank you!



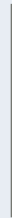
I want to hear how your cleanse went! Do you have less bloating? More energy? Were there parts of the cleanse that were tricky? Let me know!

EMAIL DRGORDON@LIVVNATURAL.COM

Do you want to dive deeper into your gut health? Book a consultation at LIVV Natural to speak with a naturopathic doctor to discuss microbiome testing, nutrition plans, supportive supplement protocols, and more.



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