

3 Day Fast for Gut Healing

URGENT RELIEF (Today–Next Few Days)

These steps are aimed at releasing gas, relieving bloating, and supporting breathing and abdominal pain.

1. Fast for 24–72 hours (if you feel stable doing so)

- You can **start with 24 hours**: drink only herbal teas, coconut water, and warm spring water.
- Add **arrowweed tea** if you have it (2–3x during fast), otherwise peppermint, fennel, or chamomile tea.
- **Greasewood tea** (if part of your spiritual plant medicine path) is strong—only during a 3-day cleanse once a month. 1/2 tsp.
- **Avoid all food, oils, salt, and cannabis** during this period to let the gut completely reset.

2. Natural Anti-Gas + Bloat Relief Herbs

Take any of the following (alone or in combination):

- **Activated charcoal** – absorbs gas and toxins fast.
- **Fennel seeds** (chew or make into tea).
- **Ginger tea** – calms the gut and helps gas move.
- **Peppermint tea** – relieves pain and spasms in the digestive tract.
- **Licorice root** (DGL form) – calms and coats the gut lining.

3. Stomach Massage for Gas Release

Lie on your back, knees bent, feet flat. Using gentle pressure:

- Rub clockwise in a circle around your belly button.
- Move in large circles toward your colon (down the left side).
- Breathe deeply, even if it's hard. Try belly breathing: inhale into your belly for 4 seconds, hold 4, exhale 6–8.

MEDIUM-TERM STRATEGIES (This Week–Next Few Weeks)

These help strengthen digestion, reduce pain, and begin to flatten the stomach safely.

1. Daily Herbal Tea Support

- **Arrowweed (2–3x/week)** 1/2 tsp
- **Greasewood (monthly 3-day cleanse only)** 1/2 tsp
- **Peppermint + Chamomile** – daily
- **Add: Mullein** (for lung healing and gentle detox)

2. Low-Inflammation Gut Healing Diet

- **Eat only 2–3 meals daily, in an 8-hour window** (intermittent fasting).
- **Base meals around**: quinoa, steamed or sautéed greens, avocado, squash, and coconut-based broths.
- **Avoid all**: wheat, dairy, soy, fried food, processed oils, sugars, coffee, and excess spices.

3. Natural Digestive Healers

- **Slippery elm bark** or **marshmallow root tea** – coat and rebuild the gut lining.
- **Probiotic-rich foods** (if you can tolerate them): sauerkraut, coconut kefir.
- **Digestive bitters or enzymes** before meals (artichoke, dandelion).

ROOT HEALING STRATEGIES (Long-Term, But Life-Changing)

Here's what you should consider as you stabilize:

1. Breath + Core Therapy

Breathing trouble, shallow chest breathing, and bloating can be connected to **diaphragm tension**, **vagus nerve imbalance**, and **abdominal wall weakness**.

Start with **daily breathing exercises**:

5 minutes of deep belly breathing: Inhale 4, hold 4, exhale 6–8.

Lion's breath or *alternate nostril breathing* can also reduce anxiety and release tension.

2. Gut–Lung–Back Connection

If you have **back pain**, difficulty standing, and **gut inflammation** may be linked via the **psoas** and **abdominal fascia**.

Try **gentle yoga** like:

Legs-up-the-wall pose

Knees to chest

Supine twists

Use a **castor oil pack** on your abdomen or lower back 3x/week to reduce inflammation.

Suggested Fast Schedule (3-Day Reset)

Day 1

- **Wake**: Warm water with lemon
- **Mid-morning**: Peppermint or fennel tea (Greasewood if your able, but pair with milk thistle for liver support. Since greasewood is strong and affects the liver a bit. I recommend using on the third day)
- **Midday**: Arrowweed tea
- **Afternoon**: Coconut water
- **Evening**: Chamomile + mullein tea
- Light stretching + belly massage

Day 2

- Same as above + add slippery elm or ginger tea
- Short walks, minimal talking
- Journaling, spiritual focus

Day 3

- Greasewood tea if you're doing your monthly cleanse
- Reintroduce light foods in the evening: steamed zucchini, avocado, coconut broth

Breathing + Gut Pressure

When your **gut is bloated and inflamed**, it can **push upward against your diaphragm**, restricting your **ability to take full breaths**. The **pain when pressing on your belly** is a sign of:

- Trapped gas
- Inflammation
- Possibly slowed digestion or irritation of the gut lining

What You Can Do Today

Reset

- Stop all **raw veggies**, **fruits**, and **cruciferous veggies** until your stomach is flat and calm again.

Eat/Drink ONLY:

- **Steamed zucchini, squash, or carrots** (well-cooked until soft)
- **Coconut broth or veggie broth** (no oil, salt, or seasoning)
- **Chamomile, peppermint, or fennel tea**
- **Warm spring water with lemon or chlorophyll drops**
- Optionally: **Activated charcoal** (1–2 capsules) if very gassy

Support Your Body:

- Do **belly-down child's pose** (knees wide, belly on floor) and **left-side lying** to move trapped gas.
- Try **breathing slowly into your belly**, even if tight.
- Do **gentle clockwise belly massage** with warm hands or a warm herbal compress.