

Gut & Anti-Inflammatory Reset Guide



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Welcome



Welcome! I'm Tamara Moreal, a Holistic Nutritionist specializing in gut health, energy optimization, and reducing systemic inflammation. If you've been struggling with bloating, fatigue, brain fog, or joint pain, your gut may be at the root of the issue. This Gut & Anti-Inflammatory Reset Guide is designed to help you:

- Reduce digestive discomfort & bloating
- Increase energy levels naturally
- Support a healthy inflammatory response

Following this simple plan'll nourish your body with supportive foods, remove common irritants, and implement small but powerful lifestyle shifts. Ready to start?

Tamara Moreal



GUT & INFLAMMATION SELF CHECK

Use this checklist to assess your current gut health and inflammation levels.

Symptoms of Gut Imbalance & Inflammation:

- Frequent bloating or gas
- Irregular bowel movements
- Unexplained fatigue or sluggishness
- Brain fog or difficulty concentrating
- Skin issues (acne, eczema, rashes)
- Joint pain or stiffness
- Sugar cravings or frequent hunger
- Sensitivity to certain foods

*Rate your digestion from 1-10: *(1 = Poor, 10 = Excellent)**

*Rate your energy levels from 1-10: *(1 = Low, 10 = High)**

*If you checked off multiple symptoms or rated yourself low,
this reset will be especially beneficial for you!*

Gut Health- Checks Ins

- 1** How's your digestion today? Any bloating, gas, or discomfort?
- 2** Are you having regular bowel movements? Ideally 1-2 times daily, well-formed, and easy to pass.
- 3** Are you chewing your food thoroughly? Digestion starts in the mouth!
- 4** How's your energy after meals? Sluggish or steady?
- 5** Are you experiencing cravings or blood sugar dips? Frequent sugar cravings can indicate gut imbalances.
- 6** How's your stress level? High stress impacts digestion and microbiome health.
- 7** Are you staying hydrated? Water supports digestion and detoxification.
- 8** Are you eating a variety of fiber-rich foods? Diverse plant foods feed good gut bacteria.
- 9** How's your skin? Acne, eczema, or rashes can be signs of gut inflammation.



RESET PLAN OVERVIEW

This simple reset focuses on **whole, nutrient-dense** foods that support digestion, balance inflammation, and restore energy.

Foods to **Focus** On:

- Leafy greens & non-starchy vegetables
- Lean proteins (wild-caught fish, organic chicken, eggs)
- Healthy fats (avocados, olive oil, nuts, seeds)
- Fermented foods (sauerkraut, kimchi, kefir, yogurt)
- Anti-inflammatory spices (turmeric, ginger, cinnamon)
- Hydrating herbal teas & bone broth

Foods to **Avoid**:

- Processed foods & refined sugars
- Dairy (except fermented sources if tolerated)
- Gluten & refined grains
- Vegetable oils & trans fats
- Excess caffeine & alcohol



DAILY MEAL PLAN EXAMPLE -WITH LIFESTYLE PRACTICES



Day 1 Example:

- Breakfast: Coconut, Chia Pudding with Almond Butter & Berries (supports gut microbiome and reduces inflammation)
- *Lifestyle Tip: Start your morning with a glass of warm lemon water to stimulate digestion.
- Lunch: Grilled Salmon with Quinoa & Steamed Greens (rich in omega-3s and fiber for gut health)
- *Lifestyle Tip: Take a 10-minute walk after meals to improve digestion and blood sugar balance.
- Dinner: Roasted Vegetables with Lemon-Herb Chicken (antioxidants + lean protein for gut repair)
- *Lifestyle Tip: Eat slowly and chew each bite thoroughly to enhance nutrient absorption.
- Snack:** Hummus & Cucumber Slices (fiber + probiotics to support healthy gut bacteria)

GUT-SUPPORTIVE LIFESTYLE PRACTICES



In addition to eating gut-friendly foods, these daily habits will **enhance digestion** and **reduce inflammation**:

- **Hydration & Detox Support:** Start each morning with warm lemon water or herbal tea to kickstart digestion and flush toxins.
 - **Quality Sleep for Gut Repair:** Aim for 7-9 hours of restful sleep to allow the gut lining to regenerate overnight.
 - **Mindful Eating for Optimal Digestion:** Chew your food thoroughly, eat without distractions, and practice deep breathing before meals.
 - **Stress Reduction for Lower Inflammation:** Engage in daily stress-management practices like meditation, deep breathing, or journaling.
 - **Movement & Gut Motility:** Incorporate gentle movements, like yoga or a post-meal walk, to stimulate digestion and prevent bloating.
 - **Reduce Toxin Exposure:** Switch to natural cleaning products, drink filtered water, and avoid processed foods with additives.
 - **Sunlight & Circadian Balance:** Get at least 20 minutes of natural sunlight daily to regulate digestion and improve energy levels.
- Implementing these lifestyle shifts alongside the 7-day reset will accelerate your results and create lasting benefits!
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CALL TO ACTION

Gut & Anti-Inflammatory Reset

You've started your journey toward better digestion, increased energy, and lower inflammation. Now, take it further:

- Book a FREE Gut Health Consultation [Alpine Nutrition and Wellness](#)
- Join my Online Community for tips & recipes on [Instagram](#)
- Follow me on Instagram for inflammation & gut-friendly advice.

Let's restore from the inside out!

....don't forget to visit my [website](#) for more!



I appreciate your time!

Kindly,

Tamara Moreal