

Fairy Gutmother's

3-DAY GUT RESET



Get to the root cause of your symptoms and heal your gut!

My simple plan to send a little extra love to your guts, reduce bloating and belly discomfort, and help restore the microbiome in just three quick days!

www.fairygutmother.com



Meet Me, Your Fairy Gutmother

Hi! I am Carley, a gut health coach and public speaker. I'm a Certified Nutritional Therapy Practitioner (NTP) and Certified Gut & Psychology Syndrome (GAPS) Practitioner (CGP) as well as a 200-hour Registered Yoga Instructor (RYT). I am excited to help you in your gut healing journey!

I became interested in health and nutrition after being diagnosed with Lyme disease. You can learn more about my story on my [YouTube](#) channel. The negative effects of Lyme disease coupled with long-term antibiotic use completely destroyed my body.

I have made appearances on the Dr. Oz show, Channel 2 News Denver, Good Day Colorado, River City Live, News 4 Jax, NBC Miami, Arizona Family TV, and Better Connecticut. Additionally, my articles have been featured in worldwide publications such as Newsmax, Paleo Magazine, MindBodyGreen, and Yoga Life Magazine.

As a public speaker, I present on the significance of gut health and also discuss its connection to soil health. I provide individual support to improve gut health and facilitate various gut health and wellness programs.



If you'd like to work with me one-on-one to restore your gut health, please visit my [website](#) for more information on my services and to get in touch!

I truly believe the words of Hippocrates that "All disease begins in gut" and once you begin to heal the gut, you can start to heal the body.

Welcome Letter

Thank you for expressing your interest in my 3-Day Gut Reset Program. As someone who has personally experienced the difficulties of battling Lyme Disease and struggling with gut health, I understand how much it can impact your life. I've devoted myself to developing this program, combining my own journey with extensive research analyzing the connection between diet and the microbiome, which has helped many clients achieve success. I am passionate about helping others feel better, and I am confident that my program can help you regain your health, vitality, and passion for life. I appreciate your trust in me as someone to guide you through your gut healing journey, and I look forward to working with you all to help restore optimal gut health.

Love your guts,
Carley



Table of Contents

- 05** **The Basics of Gut Health**
A brief overview of gut health and what creates a healthy microbiome.
- 07** **The 3-Day Gut Reset**
My plan to help reduce bloating and digestive discomfort in 3 short days, plus recipes to guide you through your journey.
- 27** **Supplements**
Supplements you might consider incorporating during the reset to help support digestion and a healthy microbiome.
- 28** **Troubleshooting Guide**
“What to do if...” troubleshooting guide to help answer your questions.

“

All disease begins
in the gut.

- *Hippocrates*

The Basics of Gut Health

A healthy gut consists of a diverse collection of beneficial bacteria and fungi, along with a healed and sealed gut lining.

- ♥ **The Gut Microbiome**

A collection good bacteria and fungi that reside in the gut.

- ♥ **The Gut Lining**

A healed gut has a strong, healed, and sealed gut lining. An excess of pathogens (harmful bacteria and fungi) in the gut can lead to gut issues and various illnesses.

- ♥ **Diet, stress, and medications** are three major contributors toward a compromised gut.





Restoring gut
health involves
replenishing
beneficial
organisms in the
gut and repairing
the gut lining.



3-Day Gut Reset

3-Day Gut Reset was designed to help ease bloating and digestive discomfort by incorporating easier to digest foods that also help support a health microbiome and gut lining.

While this reset is only marketed for three days, you can incorporate it longer, and it is a great segway into more of a gut healing protocol diet.

Things to know:

- ♥ You can extend longer if you want more support.
- ♥ You can customize, these are suggestions but if you'd like to have more soups and broths you can stick to that as well.
- ♥ Everything can made vegetarian/vegan, simply substitute veggie broth in the recipes and olive oil or coconut oil for cooking fat and choose an accommodating protein option at dinner.

This reset includes:

- ♥ Easy to digest foods to help ease bloating.
- ♥ Foods and nutrients that help optimize the microbiome and repair the gut lining.
- ♥ Supplements that offer additional support to the gut.

Why should I incorporate the 3-day Gut Reset?

Digestive Troubles: My 3-Day Gut Reset helps ease bloating and digestive discomfort by incorporating foods that are much easier on the gut to digest, such as blended soups as well as healing the gut. Plus, I encourage supplementing with a digestive enzyme to help break down foods so they're more easily absorbed and to reduce digestive distress.

Gut Cleanse: Sometimes the best cleanse is simply supporting the gut, the body's own natural elimination and detox pathway.

Post-Travel: My 3-Day Gut Reset is my go-to plan after I travel or even after the holidays because it helps get things back on track when you're off your normal diet and routine.

Immune Boost: Nearly the entire immune system is located in the gut, so what better way to help boost the immune system by sending a little love to the digestive tract.



An Introduction to Healing the Gut: If you're thinking of implementing a more restrictive gut healing protocol, starting here is always a great place as you're including foods that are more supportive of the gut and will get the body familiar with more gut healing nutrients, such as broths and digestive enzymes for additional support - two things that might be recommended in a gut healing protocol.

Eat Clean: Now and then it helps to dedicate some time to simply eating clean. Cutting out the junk and instead incorporating more nutrient-dense, nourishing foods.

Overview of the 3-Day Gut Reset

For three days, this plan encourages consuming more easily digestible foods, such as smoothies, fresh juices, soups, bone broth, and if you opt for a meal, go for a protein source with cooked vegetables. For a gut-friendly reset, steer clear of alcohol, sugar, and processed goodies as they can really stir up trouble in your tummy!

Fresh Juice: A beneficial way to kick off the day, as it aids in incorporating fiber in a more digestible manner and can cleanse the GI tract.

Smoothies: Another excellent morning option for integrating fiber in an easily digestible way. You can also incorporate lots of different sources of fiber into a smoothie which is a great way to help add extra gut-healthy nutrients. For example, I like to add L-glutamine into my smoothies to help support a healthy gut lining. I also like to add collagen powder which also helps with a healthy gut lining. Protein powder, flax seeds, and chia seeds also help increase fiber.

Broth: Are rich in nutrients and proteins that can aid in reducing inflammation and promoting a healthy gut lining. Enjoy sipping on it between meals or throughout the day, or use it in your soup recipes. Get creative by cooking your rice in bone broth for added flavor and nutrition.

Blended Soups ('Predigested'): I refer to blended soups as predigested because they are cooked and blended, making them gentler on the digestive system. It offers a soothing break for the gut while providing essential gut-healing nutrients such as broth and fiber to nourish the beneficial bacteria.



Protein and Cooked Veggies: When including a meal in your gut reset plan, go for a protein source and cooked vegetables, as they are simpler for the gut to process. Moreover, having some broth while eating can help aid in digestion.

Food to Avoid: Alcohol, sugar, processed foods, seed oils, soda, and fast food should all be avoided. For oils, I recommend using olive oil, coconut oil, ghee, or grass-fed butter instead. Try to also avoid raw fruits and veggies unless blended into a smoothie, juice, or soup. Additionally, try to avoid nuts, seeds, beans, and legumes as these are harder to digest. If you're trying to incorporate beans, try to do so into the soup recipes as it will be easier on the gut.



SAMPLE 3-DAY GUT RESET DAILY DIET



BREAKFAST

Start your day with a fresh juice or smoothie loaded with gut healthy nutrients.



SNACK

Sip on bone broth or a blended soup.



LUNCH

Incorporate more soup made with bone broth or you can also add cooked veggies and a protein.



SNACK

Sip on bone broth, blended soup, or another smoothie.



DINNER

Incorporate more soup made with bone broth or you can also add cooked veggies and a protein.



SNACK

Sipping on a cup of bone broth before bed or hot tea sweetened with local honey.



3-Day Gut Reset Recipes

I've curated eight of my recipes here to help you get started with your 3-Day Gut Reset! For more recipes and information, visit the recipes page on my website.

Smoothies

Kombucha Piña Colada Smoothie
Chocolate Peanut Butter Smoothie

Soups

Creamy Tomato Soup
Chicken & Sweet Corn Chowder
Pumpkin Ginger Soup

Broths

Chicken Bone Broth
Vegetable Bone Broth
Coconut Curry Bone Broth





Kombucha Piña Colada Smoothie

Kombucha is a fermented tea and a tremendous food-as-medicine approach to a probiotic that can help populate the GI tract with beneficial bacterial. Smoothies are a great way to incorporate other gut-healing nutrients, so feel free to play around with the recipe and add various fruits, kombuchas, or even gut-healthy nutrients, such as flax seed powder for added fiber or L-glutamine to support a healthy gut lining.

Ingredients

1 Cup Ice
1 Cup Fresh Pineapple
One Can Coconut Cream (5.4oz)
1/2 Cup Coconut Yogurt
1/2 Cup Mother Kombucha Pineapple
Coconut Kombucha

Directions

- 1.** Place all ingredients into a blender and blend on high until smooth.
- 2.** Enjoy!



Chocolate Peanut Butter Smoothie

Smoothies are a great way to get your daily dose of nutrients since you can throw in different powders and supplements that help optimize health. My chocolate peanut butter smoothie is designed to help support our hormones. Hormone health can be traced back to the gut as certain types of bacteria in the gut, like estrobolome, can help synthesize estrogen in the body. When there's an overgrowth of bad bacteria, it can throw off hormone balance. Making sure to support the gut while at the same time consuming nutrients that benefit hormone health is key.

A few ingredients in my smoothie known to help support hormone health:

- Camu camu: Super high in vitamin C, which is also helpful for low progesterone, a key component of balancing estrogen and thyroid health.
- Maca: Great for women's health in supporting healthier menstrual cycles and has been known to ease menopause symptoms.
- Ashwaganda: An adaptogenic herb, ashwaganda supports our adrenals, the tiny

almond-shaped glands that sit on top of our kidneys. In times of increased stress, our adrenals may become overworked and need a little extra support.

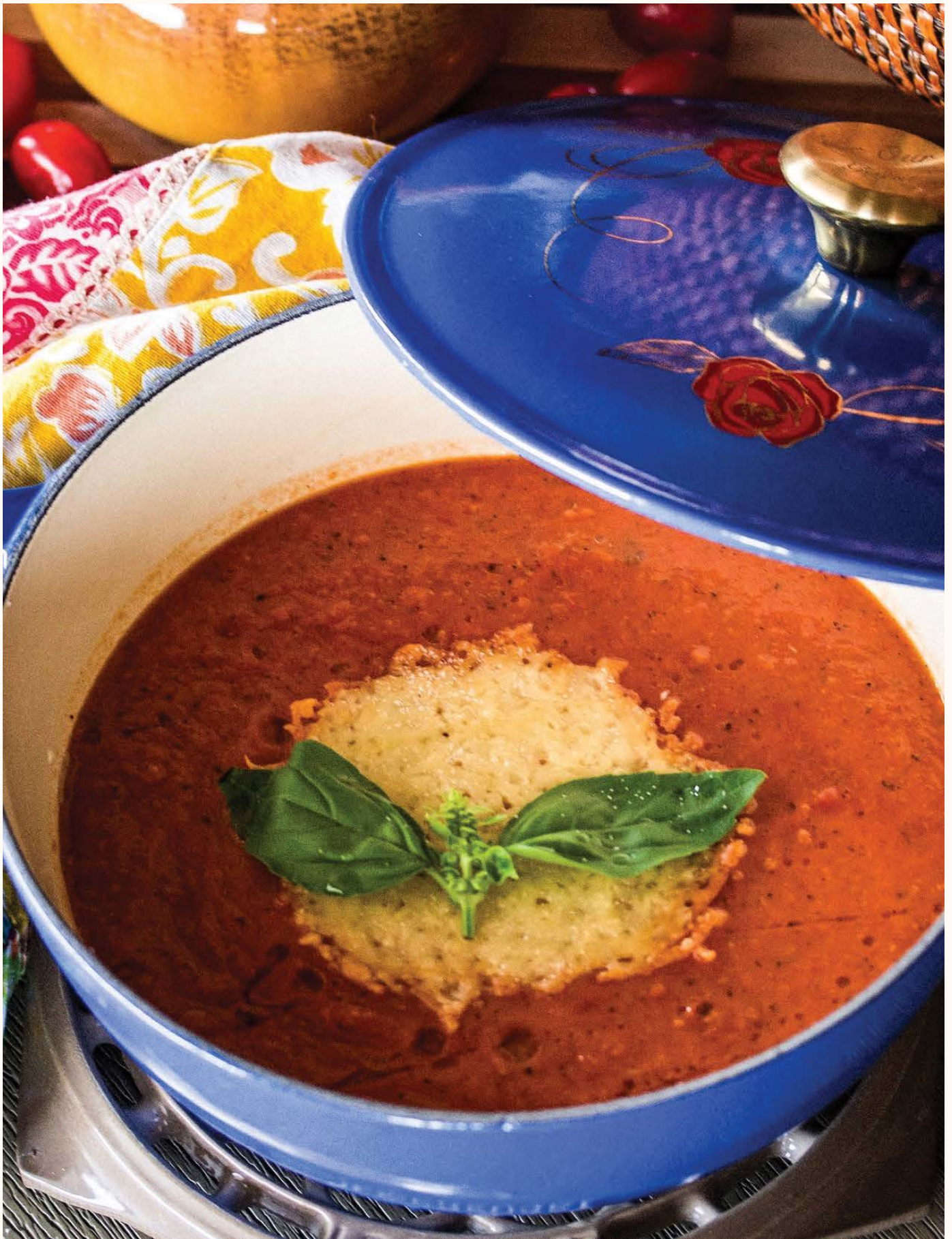
- Flax: Rich in fiber, flax helps feed the good bacteria in the gut, which can also support healthy bacteria like estrobolome, needed to synthesize estrogen in the body.
- Brazil Nuts: High in selenium, an important nutrient in supporting thyroid health.

Ingredients

- 1 Large Banana
- 2 Dates (Pitted)
- 1 Tbsp Cocoa Powder
- 1 Tsp Maca Powder
- 1 Tsp Camu Camu Powder
- 1 Cup Coconut Milk
- 1/4 Cup Peanut Butter
- 1/2 Tsp Ashwaganda
- 2 Tbsp Flax Seed
- 1/2 Tsp Cinnamon
- 3 Brazil Nuts
- 1 to 2 Cups of Ice

Directions

- 1.** Place all ingredients into a blender and blend on high until smooth.
- 2.** Enjoy!



Creamy Tomato Soup

There is something so comforting about a bowl of creamy tomato soup, don't you agree? But most tomato soups leave you feeling heavy and sluggish since they are made with loads of heavy cream. Not my recipe. First, we start by adding bone broth so not only is it especially tasty but nutrient dense and nourishing for the gut as well! Then, I added a sweet potato which is my secret ingredient in most of my blended soups because they add a little sweetness but also make for an incredibly creamy soup, just as if you had added heavy cream! This particular recipe is so light and refreshing, it is a perfect soup for summer months paired with a seasonal mixed greens salad.

As for the little Parmesan fritter on top, these are SO easy to make! Just preheat your oven to 400°F, line a baking sheet with parchment paper, add a few pinches of Parmesan spacing about a couple inches apart (like you're making cookies) and bake for 4-7 minutes depending on level of crispiness. Parmesan is also an excellent cheese for gut health because it is generally an aged cheese so is higher in probiotic content. YAY!

Ingredients

6 Garlic Cloves, Mashed
3-4 Tbsp Ghee
1 Medium/Large Sweet Potato, Diced
1 Tbsp Sea Salt
1/2 Tbsp Black Pepper
Pinch of Red Pepper Flakes
3-4 Cups Turkey Bone Broth
2 Cans Fire Roasted Diced Tomatoes

Directions

- 1.** Heat ghee in dutch oven. Once melted, add garlic and seasonings.
- 2.** Add sweet potato and allow flavors to combine for 3-4 minutes.
- 3.** Add bone broth and diced tomatoes. Bring to a boil and then allow to simmer until potatoes soften for about 20-30 minutes.
- 4.** Once veggies have softened, allow them to cool. Blend with an immersion blender (or in a Vitamix) until smooth and creamy.
- 5.** Garnish with Parmesan, basil, avocado oil, and sea salt.
- 6.** Enjoy!



Chicken & Sweet Corn Chowder

My new favorite recipe on rotation this year! Seriously, so incredibly delicious and gut healthy, of course! I love a good chowder but unfortunately most are made with such heavy ingredients and fillers that you end up feeling totally bloated and sluggish. Not this one. First, I used coconut milk (the canned, full fat version) to give it the added creaminess. You don't taste the coconut at all because I also added chicken bone broth to create the most dreamy broth. Side note—if you are looking for other ways to consume your broth, adding coconut milk in with chicken broth is a great idea to sip on throughout the day! Then, I added potatoes that were boiled and cooled so are super high in resistant starch, another important factor in gut health.

I also added fresh, local Colorado sweet corn and fresh herbs for an extra comfort feel. Topped this with crispy sage which is super tasty and easy to make. Simply heat oil or ghee in a pan then add pieces of sage and fry a few min each side and top with sea salt.

Ingredients

2 Tbps Ghee
1 Yellow Onion, Chopped
1 Medium Leek, Sliced (discard top and bottom)
2-3 Celery Stalks, Chopped
3 Carrots, Chopped
2 Ears of Fresh Sweet Corn, Shaved
1/2 Tsp Himalayan Sea Salt
1/4 Tsp Black Pepper
1/2 Tbsp Oregano, Chopped
1/2 Tbps Thyme, Chopped
6 Small Red Potatoes, Cooked and Cooled
1 Can Full-Fat Coconut Milk
2-3 Cups Chicken Broth
1-2 Cups Shredded Chicken
Crispy Sage for Garnish

Directions

- 1.** Heat ghee in Dutch oven. Once melted, add onion and leek and cook for about 1-2 min.
- 2.** Add remaining veggies and seasonings and saute for 2-3 minutes or until veggies begin to sweat.
- 3.** Add broth, coconut milk, and chicken, bring to a boil then reduce to a simmer for about 30 min or until veggies softened.
- 4.** Serve garnished with crispy sage and enjoy!



Pumpkin Ginger Soup

This gorgeous pumpkin received its nickname “Cinderella Pumpkin” because it was used as inspiration for the carriage pumpkin in the classic movie Cinderella, how fitting for the Fairy Godmother! I’ll admit, I was a little skeptical cooking this large of a pumpkin and not really knowing much about its flavor and texture, but my farm friends at Field to Fork gave me a few reassuring cooking tips (and a much bigger knife) so I felt more comfortable. The taste of this pumpkin is slightly sweet almost like a butternut squash but very mild which makes it super versatile. You can use in soups like my recipe here or used in a creamy coconut curry, mixed in with sweet potatoes for a twist on traditional mashed potatoes, or even in smoothies! Feel free to substitute canned pumpkin for this recipe or something more familiar to your liking like butternut squash or acorn squash.

Ingredients

2 Tbsp Ghee or Grass-Fed Butter
2 Cups Cooked Pumpkin
1 Sweet Potato, Chopped
1 Red Onion, Chopped
3 Cloves Garlic, Chopped
2 Carrots, Chopped
4-6 Cups Chicken Broth
1 Tbsp Ginger, Chopped
1 Tbsp Sea Salt
1/2 Tsp Black Pepper
1/4 Tsp Cinnamon
1/2 Tsp Nutmeg
1/2 Tsp Paprika

Directions

To Roast the Pumpkin:

1. Preheat oven to 375°F.
2. Cook pumpkin by cutting into pieces (remove any seeds) and placing face down in a baking dish with 2-3 inches of water.
3. Roast for about 20 minutes until soft and tender.
4. Remove pumpkin from oven and allow to cool. Then using a knife, trim away the outer edges discarding the skin.

To Make the Soup:

1. In a large pot, heat ghee until melted then add potato, onion, garlic, and carrots. Saute

for about 3 to 5 minutes until veggies begin to sweat.

2. Add spices and mix well then add pumpkin and broth until liquid reaches about two inches from top of pot.
3. Bring to a boil then reduce to simmer until veggies are soft (about 20 minutes), stirring occasionally.
4. Once veggies are soft, allow soup to slightly cool then blend with an immersion blender until smooth and creamy.
5. Serve garnished with pumpkin seeds and a drizzle of oil. Enjoy!

To make the pumpkin seed topping:

1. Scoop out seeds from inside pumpkin and rinse well, removing most of the fibrous material.
2. Pat seeds dry with a towel and scatter on baking sheet lined with parchment paper.
3. Coat with olive oil and seasonings of choice (I use Redmond Real Salt Natural Seasoning, chili powder, red pepper flakes, sea salt).
4. Place in oven at 375°F for about 12 minutes, stirring occasionally to avoid burning.
5. Remove from oven and allow to cool slightly then enjoy as a delicious snack or use as soup topping.



Chicken Bone Broth

This is my staple bone broth! The one I usually have on hand at all times since it is so versatile and neutral in flavor I can add this to many recipes, like my Apple Cider Bone Broth or even as a dressing in my Greek Salad.

There are a couple ways I like to make this. My most favorite is by first making my oven roasted chicken and then using the carcass in the broth as it adds a tremendous amount of flavor. The other way is just to take the entire chicken (thawed or frozen) and throw it into a slow cooker or large pot, add your fix-ins, fill with water, and cook on low for about 24-42 hours. In a few hours, you can remove the meat from the bone and use that in your recipes throughout the week then return the carcass to the pot for the remainder of time. Either way will yield a delicious, nutrient dense and nourishing broth!

Ingredients

1 Chicken Carcass or Whole Chicken
(Thawed or Frozen)
6 Carrots, Chopped
4 Celery Stalks, Chopped
1 Yellow Onion, Chopped, Skins On
1 Small Sweet Potato, Chopped
6 Black Peppercorns
3 Bay Leaves
1 Tsp sea salt
(Optional) Splash of Apple Cider Vinegar

Directions

- 1.** Add all ingredients to slow cooker and fill with filtered water about 2-inches from top.
- 2.** Cook on low for 24-42 hours, stirring occasionally.
- 3.** Strain and store in air-tight containers or Mason jars. The broth generally stays fresh for about a week in the fridge or can be frozen for up to a year. You can also freeze in ice cube trays and pop a few whenever you need!



Vegetable Broth

One of the most common questions I get is if there are any vegetarian or vegan options for broth and if so, does you lose the integrity and gut healing benefits versus a regular bone broth? My answer is yes, you can still make a broth without the bones, although with any alterations to ingredients this yields a different nutrition profile. However, you can still maintain some of the gut healing properties in a vegan/vegetarian broth. First, try to source the most nutrient-dense veggies as possible so that you can replenish any vitamin/mineral deficiencies. I love throwing in mushrooms because they contain antibacterial properties to help maintain a healthy microbiome while also are anti-inflammatory and full of vitamins. I also love vegetables that are high in L-glutamine, a building block of protein, because they are super helpful in healing the gut lining. A few of my favorite veggies high in L-glutamine are carrots, cabbage, beets, and celery. Another suggestion is to add in miso. Not only will this add a tremendous amount of flavor, but it will also help boost the probiotic content of the broth since miso is made from fermented soy beans. I also love adding Jerusalem artichokes when I can find them because they are high in fiber that helps in promoting healthy bacteria in the gut.

I encourage you to play around with ingredients, adding in things you love or maybe taking out things you don't. This is your broth so fill it with vegetables that and flavors that you will enjoy! This particular broth has a hint of spice from the ginger and jalapeno but nothing overwhelming. I think it balances out the kombu and wakame seaweed and also the sweetness from the sweet potato.

Ingredients

1 Leek, Chopped
1 Yellow Onion, Quartered, Skins On
1 Red Onion, Quartered, Skins On
6-8 Garlic Cloves, Mashed, Skins on
4-6 Carrots, Roughly Chopped
4-6 Celery Stalks, Roughly Chopped
1 Large Sweet Potato, Coarsely Chopped
1 Head of Bok Choy, Halved
1/2 Cups Shiitake Mushrooms
6 Slices of Ginger (or about 1-inch cut)
1 Small Jalapeño, Sliced (add to taste)
1 Lemon, Juice and Zest
1 Lime, Juice and Zest
1/4 Cups Wakame Seaweed
1/4 Cups Kombu (or about 4 slices)
1 Tbsp Oregano
1 Tsp Sea Salt
1 Tsp Black Pepper
3-4 Bay Leaves

Directions

- 1.** Add all ingredients to a stockpot or slow cooker.
- 2.** Cover with filtered water until about two inches from the top of the pot.
- 3.** Bring to boil then reduce to simmer for 24 to 48 hours, stirring occasionally.



Coconut Curry Bone Broth

My Coconut Curry Bone Broth makes a delicious base for a curry recipe and with ingredients like turmeric it's anti-inflammatory and helps support a strong immune system.

Ingredients

1 Chicken Carcass
4 Carrots, Chopped
2 Sweet Potatoes, Chopped
1/2 Red Onion, Skins On
1 Tsp Turmeric
2 Tsp Curry Powder
1/2 Tsp Salt
Pinch of Black Peppercorns
1/4 Tsp Coriander
1/8 Tsp Cayenne
1/4 Tsp Garam Marsala
1 Can Full-Fat Coconut Milk
3 Slices Fresh Ginger, Cut to 1 Inch

Directions

- 1.** Add all ingredients into a large pot over stove or slow cooker.
- 2.** Fill with filtered water until about 2-inches from top of pot.
- 3.** Bring to boil then reduce to simmer for 24 hours or set slow cooker to medium/low for 24 hours.
- 4.** Strain and sip!



Supplements

Sometimes your belly needs a little support! Here are some supplements to guide you along the path to a successful reset.

Digestive enzymes: These help break down your foods so they're more easily absorbed as nutrients into the body. Most of us have too little stomach acid as compared to too much plus enzymes decrease as we age (starting at the age of 20!) so it can be helpful to supplement.

My favorite enzyme is **No Bloat from Zenwise Health** that contains several enzymes needed to break down fats, proteins, and carbs. Plus, it contains herbs that help reduce bloating and digestive discomfort.

Probiotics: These help populate the gut with beneficial bacteria and fungi, restoring overall balance to the microbiome.

My favorite probiotic is **BIOHM Total Probiotic** as it contains a few beneficial strains of bacteria and fungi as well as an enzyme that helps fight digestive plaque.

I also recommend switching up your probiotic after a few months to diversify the microbiome. My other favorite probiotic is **Mega Spore** which is a spore-forming probiotic, meaning it comes alive in the large intestine so is able to make it the entire digestive tract.

L-glutamine: This amino acid, or building block to protein, helps strengthen the gut lining and can easily be added into smoothies or dissolved in water.

Troubleshooting

It's been 3 days and I still have bloating

You may consider extending the diet for a week or use this as a Segway to more of a gut healing protocol diet like the GAPS Diet which is an elimination and reintroduction diet. You might also think about working more closely with a practitioner to address GI issues more closely.

Can I eat/drink these on the 3-Day Gut Reset?

Coffee: Yes but try to limit the amount and opt for an organic blend.

Alcohol: Try to avoid alcohol as it can feed the pathogens in the gut.

Sugar: Similar to alcohol, sugar feeds the pathogens in the gut and is best to avoid for best results in supporting the gut.

Raw salads: I am a huge fan of fruits and veggies but for the Reset, it's best to try to eat all foods cooked as the point is to give the gut a bit of a break and cooked veggies are much easier on the gut to digest.

Nuts/Seeds: These are harder for the gut to digest so try to avoid throughout the Reset.

What should I order if I go out to eat?

Try to plan around the time when you will be home and in more control over the quality of foods you consume. If you must dine out, try a blended/pureed soup, fish, and steamed or cooked veggies.

What can I snack on?

Sipping on broths throughout the day will help control the appetite while also adding nutrients into your diet that support the gut. I also like baking apples with a little raw

honey and cinnamon for a tasty treat or snack! Smoothies are another great option and a great way to incorporate added gut healthy supplements and fiber.

I am still hungry on the 3-Day Gut Reset!

This diet is not meant to restrict, rather, incorporate all of the nutrients that are means to help support a healthy gut while at the same time reduce belly discomfort. Feel free to add as much bone broth and blended soups throughout the day as needed. You can always incorporate meals if you'd like, just making sure the veggies are cooked.



Need More Support?

Check out my website for more information on working with me to help restore your gut health as well as additional services that might be helpful.

I offer customizable approaches that help you get to the root cause of your gut issues. Whether you're dealing with digestive issues like gas, bloating, or constipation, or you want to feel better in your body, I'm here to support you!

All of my packages include an initial complimentary 15-minute phone consultation so I can learn more about you and determine if you are a candidate for our programs.

You can also order Fairy Gutmother approved meals directly from my website. These meals are shipped across the USA and delivered directly to your door. They are perfect for my 3-Day Gut Reset or just to help make eating gut-healthy foods easier and tastier!



Scan the QR code with your mobile device or visit me at www.fairygutmother.com

Find me on social media!



Fairy Gutmother



fairygutmother



@fairygutmother



@fairygutmother



