

AURA & ASH WELLNESS

The 6-Day Gut Reset Guide

start your gut glow

Simple, holistic practices to calm your gut, restore your energy, and start feeling like yourself again.

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For educational purposes only. Not intended to diagnose, treat, or cure any condition.



Hey, I'm so glad you're here.



If you've been dealing with bloating, unpredictable digestion, skin that won't cooperate, or that constant exhaustion no amount of sleep seems to fix, I want you to know I've been there too. That experience is what led me to become a certified holistic nutritionist and create AURA & ASH.

This 6-day guide is a gentle reset, six simple daily practices rooted in holistic nutrition that give your gut a chance to breathe, heal, and recalibrate. Each day builds on the last, so by Day 6 you'll have a routine that actually supports you.

Keep in mind that everyone is different, and what works beautifully for one person might not feel right for another. Use this guide as a starting point, listen to your body, and take what resonates with you. There's no one-size-fits-all approach to gut health.

How to use this guide:

- Read each day the morning of, or the night before.
- Focus on that day's practice only. Don't jump ahead.
- Be gentle with yourself. This is a reset, not a punishment.

■ Small, consistent shifts create lasting change.

"Your body isn't broken. It's asking for a little more love."

Ashlyn, AURA & ASH

Remove the Noise

Give your gut a break from the things that irritate it most.

Before we can add anything good in, we need to create some space. Today is about pausing the most common gut irritants, not forever, just for 5 days. Think of it as clearing the static so your gut can finally hear itself.

The most common culprits are gluten, dairy, alcohol, processed sugar, and excess caffeine. These don't cause problems for everyone, but when your gut is already inflamed or sensitive, they can keep the cycle going without you realizing it. Removing them temporarily gives your digestive system a genuine chance to calm down. By Day 3, most people notice a real difference in how they feel.

TODAY'S PRACTICE

Look at what you're eating today and swap out one or two common irritants. Focus on whole foods: vegetables, fruits, quality proteins, rice, oats, and plenty of water. You don't have to be perfect, even reducing them helps.

TODAY'S CHECKLIST

- Skip or reduce gluten, dairy, and alcohol today
- Cut back on processed sugar and excess caffeine
- Eat at least 2 whole-food, plant-rich meals
- Drink a glass of warm water first thing in the morning

"Healing begins the moment you give your body the space to breathe."

Hydrate

Water is one of the most underrated gut health tools there is.

Most of us are chronically dehydrated without even knowing it, and that alone can slow digestion, worsen bloating, and leave you feeling foggy and fatigued. Today is about making hydration a real, intentional practice.



Water keeps things moving through your digestive tract and supports your gut lining. Warm water in the morning, especially with a squeeze of lemon, may help gently wake up your digestive system and is a simple, nourishing way to start your day. It's one of the easiest habits to build and many people find it makes a real difference. Hydration needs vary from person to person, but aiming for around 8 glasses throughout the day is a helpful general starting point. Notice how your gut responds and adjust from there.

TODAY'S PRACTICE

Before anything else this morning, drink a glass of warm water with lemon. Before coffee, before breakfast, before your phone. Set a water goal for the day and track it. Many people notice a real difference in how their gut feels when they're consistently hydrated.

TODAY'S CHECKLIST

- Warm lemon water first thing in the morning
- Aim for around 8 glasses of water throughout the day, adjust to what feels right for you
- Swap one coffee or soda for herbal tea or water
- Notice how your digestion feels by evening

"Hydration is one of the simplest acts of love you can give your gut."

Move

Gentle movement is one of the best things you can do for digestion.

You don't need an intense workout to support your gut. In fact, gentle, consistent movement is far more beneficial than sporadic high-intensity exercise when it comes to digestive health. Today is about getting your body moving in a way that feels good.



A 10 to 15 minute walk after meals is one of the most effective things you can do for bloating and regularity. It literally helps move food through your system, reduces gas and discomfort, and signals to your body that it's safe to digest. Avoiding long stretches of sitting also makes a real difference. Even standing up and walking around for a few minutes every hour keeps things moving.

TODAY'S PRACTICE

Take at least one short walk after a meal today. It doesn't have to be long, even 10 minutes counts. If you can, do a gentle stretch or yoga flow in the morning to wake up your digestive system before the day begins.

TODAY'S CHECKLIST

- Take a 10 to 15 min walk after at least one meal

- Avoid sitting for more than 90 minutes at a stretch
- Try a gentle morning stretch or yoga flow
- Notice any change in bloating or energy after moving

"Movement is medicine, especially for your gut."

Feed Your Gut Bacteria

Your microbiome is the foundation of everything. Let's nourish it.

Now that we've cleared some space (Day 1) and gotten things moving (Day 2), it's time to actively feed the good bacteria in your gut. Your microbiome, the trillions of bacteria living in your digestive tract, influences nearly every system in your body, from immunity to mood.



Two things feed a healthy microbiome: prebiotics (fiber-rich foods that feed good bacteria) and probiotics (fermented foods that introduce beneficial bacteria). Think sauerkraut, kimchi, plain yogurt, kefir, miso, and kombucha for probiotics. For prebiotics, focus on garlic, onion, leeks, asparagus, bananas, and oats. Adding just one or two of these daily creates a meaningful shift, no expensive supplement required.

TODAY'S PRACTICE

Add one probiotic-rich food and one prebiotic-rich food to your meals today. Even a small serving of sauerkraut alongside dinner and some garlic in your cooking counts. If you take a probiotic supplement, take it consistently with a meal.

TODAY'S CHECKLIST

- Add one fermented/probiotic food to a meal today

- Include a prebiotic-rich food (garlic, oats, banana, leek)
- Aim for a variety of colorful vegetables, diversity matters
- Limit ultra-processed foods which disrupt the microbiome

"A thriving gut grows from what you consistently give it."

Calm the Gut-Stress Connection

Your nervous system and your digestion are deeply connected.

This is the day most people don't expect, because it has nothing to do with food. The gut-brain connection is real and powerful. Your gut has its own nervous system (sometimes called the second brain), and stress is one of the most significant triggers for bloating, cramping, and irregular digestion.



When you're stressed or rushing, your body shifts into fight or flight mode, and digestion is one of the first things it deprioritizes. Today's practice is about activating your rest and digest mode so your body feels safe enough to actually digest properly. Simple breathwork before meals, slowing down while eating, chewing thoroughly, and putting your phone down at the table are all small acts with a surprisingly large impact on your gut.

TODAY'S PRACTICE

Before your largest meal today, take 5 slow, deep breaths before you pick up your fork. Chew each bite more thoroughly than usual, slowing down gives your digestive system more time to do its job. Sit down, eat slowly, and notice how your body responds. This is not small, it's foundational.

TODAY'S CHECKLIST

- 5 deep breaths before your main meal today
- Eat sitting down, without your phone or screens
- Chew slowly and put your fork down between bites
- Try 5 to 10 min of gentle breathwork or meditation

"When you slow down, your body finally has space to heal."

Build Your Reset Routine

The goal was never just a reset. It was the life you build after.

You made it to Day 5, and I hope you're already noticing some shifts, whether that's less bloating, more energy, clearer skin, or simply feeling more in tune with your body. Today isn't about adding something new. It's about taking stock of what you've done and making it sustainable.

Healing your gut isn't a quick project. It's a lifestyle you build gradually, one small habit at a time. The goal isn't perfection, it's consistency over time. The practices from this reset are the same ones holistic nutritionists recommend long-term. You don't have to do all of them perfectly every day. Pick the two or three that felt most impactful and start there. That's your foundation.

TODAY'S PRACTICE

Write down the two or three practices from this week that made the biggest difference. Then decide: what's one morning ritual you can commit to going forward? That simple choice is your gut reset routine, and it belongs to you.

TODAY'S CHECKLIST

- Reflect: which day's practice had the most impact?
- Choose 2 to 3 habits to carry forward long-term
- Plan one gut-friendly meal for next week
- Consider working with a holistic nutritionist for deeper support

"This is just the beginning. Your gut and your glow are worth it."

You did it.

Five days of showing up for your gut, and for yourself. That's not small. Real, lasting change starts exactly like this: one gentle practice at a time.

If you noticed even a small shift this week, less bloating, more energy, skin that feels a little calmer, that's your body responding. Keep going.

What's next?

Keep exploring on the blog
auraashwellness.com, new gut health content every week.

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With love, Ashlyn, AURA & ASH