

Calm Your Gut

A gentle 5-day guide to happier digestion



When your digestion feels calm, the whole body feels lighter and more comfortable. This gentle 5-day guide uses simple food, drink and habit changes to help your stomach settle and feel its best — one easy step at a time.

A few everyday friends for your gut

- Ginger — warming and settling, traditionally enjoyed after meals.
- Mint — cooling and refreshing; helps ease a heavy, full feeling.
- Warm water — a simple glass first thing gently wakes up digestion.
- Fibre-rich foods — vegetables, fruit and whole grains keep things moving comfortably.
- Fermented foods — a little yoghurt or fermented porridge adds friendly bacteria.

Your 5-day gentle reset

Day 1 — Hydrate

Start the day with a glass of warm water. Sip water through the day and slow down at meals — chew well and eat calmly.

Day 2 — Add ginger

Enjoy a cup of fresh ginger tea after your main meal. Notice how your stomach feels afterwards.

Day 3 — More plants

Add an extra handful of vegetables or fruit to two meals for gentle, natural fibre.

Day 4 — Friendly foods

Include a small serving of yoghurt or a fermented food to support friendly gut bacteria.

Day 5 — Rest & rhythm

Eat at regular times, avoid eating late at night, and take a short walk after dinner.

Gentle daily habits that help

- ☐ Eat slowly and chew your food well
- ☐ Drink water between meals, not only during them
- ☐ Take a short walk after eating
- ☐ Eat your last meal a little earlier in the evening
- ☐ Manage stress — a calm mind means a calmer gut

A note on wellness

Herbs and gentle habits are a beautiful part of a healthy lifestyle, but they are not medicines and do not cure, treat, or prevent any disease. This guide is for general information and encouragement only. Always speak to a qualified health professional before starting anything new — especially if you are pregnant, breastfeeding, taking medication, or managing a health condition.

Support your natural balance

If you would like extra support for a fresh, balanced feeling, explore our gentle cleansing and wellness programs at herbsimpact.com. Questions? WhatsApp us at +255 754 281131 and we will guide you.