

A 7 DAY GUIDE FOR WOMEN WHO ARE DONE FEELING STUCK

THE 7-DAY FLAT & REGULAR RESET

So 4pm does not wreck you anymore.

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Before we start

You wake up already backed up. You eat one normal meal, nothing strange, and by four o'clock you look five months pregnant. You are doing everything you think you are supposed to do: eating clean, walking your steps, getting your protein in, and the number on your jeans keeps climbing anyway.

You are not crazy, and your willpower did not disappear.

I know because I lived it. Thirty years as a nurse, plus a near death experience that put me in the ICU for three weeks, taught me that the body does not fail quietly. It tells you long before it screams. I spent four years rebuilding my own gut, blood sugar, and hormones after Western medicine had done everything it could and still had no real answers for me.

I am the only person most of my clients know who speaks fluent Western medicine and fluent functional medicine. I use both, because you deserve real answers, not "everything looks normal."

So if a doctor has told you your labs are fine and sent you home still bloated, still stuck, still asking what is wrong with you, hear this first: your digestion did not break because you turned forty or fifty. It slowed down. And slow can be moved.

You've got this!

Is your gut on strike?

Before day one, check off anything that sounds familiar. This is not a diagnosis, just a quick gut check to show you that what you are dealing with has a name and a real, physical cause, not a willpower problem.

- ☐ You wake up with a flat stomach, but by four in the afternoon you look pregnant.
- ☐ Unbuttoning your pants on the drive home has quietly become part of your routine.
- ☐ Your hands, knees, or ankles feel stiff first thing in the morning.
- ☐ A daily bathroom visit feels more like a rare event than a routine.
- ☐ A big raw salad for lunch leaves you gassy and uncomfortable by mid afternoon.
- ☐ A fiber powder or gummy you tried made the bloating worse, not better.
- ☐ You drink plenty of water, but your bowel movements are still hard or infrequent.
- ☐ You are eating clean and moving daily, but your midsection still feels stuck.
- ☐ You reach for looser clothes just to feel comfortable by evening.
- ☐ You feel heavy and backed up, even on a day you did not overeat.

If two or more of these sound like you, your gut has simply hit its slow motion button. It is not broken, it is stuck, and stuck can be moved. That is exactly what the next seven days are for.

Why “just get your protein in” never worked

Somebody told you to focus on protein. You did. You are still stuck, and some part of you has been wondering, there must be more to it.

There is. And it is not your fault for not knowing it.

Fiber, protein, and movement move together, like three legs of a stool. Pull one out and the whole thing wobbles. Protein alone was never the whole formula. It was one leg of three, and nobody handed you the other two.

This guide gives you the piece that was missing: real, soluble fiber, used the right way, so protein finally has something to work with instead of fighting your digestion on its own.

The three things quietly working against you

1. The salad trap

A big raw kale or broccoli salad feels like the healthy choice. But in a slow gut, raw, coarse fiber acts like gravel dropped into a sluggish river. It just sits there, ferments, and traps gas, which is exactly the four o'clock feeling you already know too well.

2. The powder problem

Chalky, synthetic fiber powders and gummies often make bloating worse, not better, because of the fillers and sugar alcohols packed into them. Fiber is not the problem. The wrong kind, taken the wrong way, is.

3. Eating too little

This one surprises almost everyone: across gut and metabolism research, eating too little, not too much, is one of the most common reasons midlife women get stuck. Cutting portions tells your body to slow everything down and hold on tighter, which is the opposite of what you need.

This is also why we build fiber up slowly across the week ahead instead of dumping it all on day one. Add too much too fast and you can feel more bloated before you feel better. Slow and steady is the whole point.

What is actually happening in your gut

Picture your gut as a river. Insoluble fiber, the kind in raw kale, bran, and tough raw vegetables, is like dumping gravel into a slow moving river. It just sits there. Soluble fiber, the kind in chia, ground flax, cooked vegetables, and oats, soaks up water and turns into a soft gel that glides through instead of clogging things up.

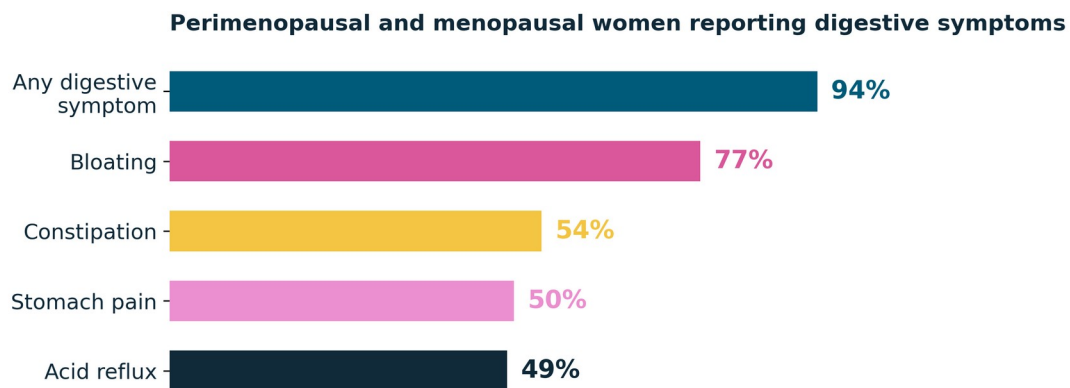
INSOLUBLE (THE GRAVEL)

Raw kale, raw broccoli, wheat bran, tough raw vegetables. Does not dissolve. In a slow gut it sits, ferments, and traps gas.

SOLUBLE (THE GLIDE)

Chia, ground flax, cooked vegetables, oats, lentils. Soaks up water and turns into a soft gel that glides through instead of clogging things up.

As hormones shift through your forties and fifties, digestion naturally slows down. You are not imagining it.



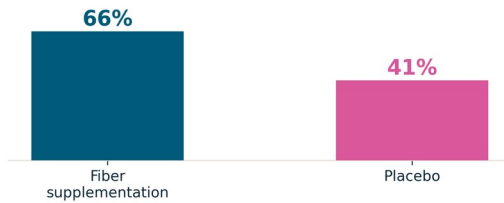
Source: The Menopause Society, 2025 annual meeting research (n ≈ 600)

You are nowhere near the only one dealing with this.

There is also a documented hormone piece behind it. A published clinical study (PMID 16961694, searchable directly on PubMed) found that withdrawing female hormones measurably changes gastrointestinal and colonic transit time in postmenopausal women. In plain terms: the hormone shift itself really does slow your gut down. This is not in your head, and it is not something you caused.

Fiber, in action

Real soluble fiber does two specific, measurable things. First, it moves things along.

Adults who responded to treatment for chronic constipation

Source: van der Schoot et al., *Am J Clin Nutr*, 2022;116(4):953-969 (meta-analysis of RCTs)

How much soluble fiber in a meal delays the next hunger signal

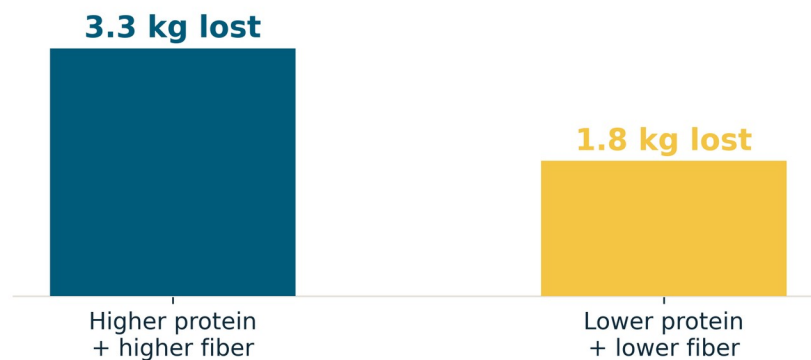
Source: Ye et al., *Nutrition Research*, 2015;35(5):393-400 (human RCT, Fibersol-2 soluble fiber)

Second, it triggers the fullness signals in your gut, a measurable effect shown in human research, not a marketing claim. That is the missing piece behind the cravings that never seem to let up.

And protein still matters, just not alone

Protein has not stopped mattering. Research in postmenopausal women shows added protein, paired with movement, gives a real, modest boost to strength and function. It is one leg of the stool, alongside fiber and movement, not the whole chair on its own. That is the honest answer to why protein alone left you stuck: it was never supposed to carry this by itself.

Here is what happens when fiber and protein are paired together instead of either one alone. In a twelve week trial, the group eating higher protein alongside higher fiber lost nearly double the weight of the group eating lower amounts of both.

Weight lost over 12 weeks: fiber and protein paired together

Source: Glynn et al., *The Journal of Nutrition*, 2022;152(6):1415-1425 (12-week RCT)

That is the real reason this guide never asks you to choose between them. Fiber and protein are doing two different jobs, and paired together they outperform either one carrying the weight alone.

This is not just theory to me

My own daughter is in her twenties. I taught her how to read a label for the ingredients that cause inflammation, how to hit her protein needs without overthinking it, how to use fiber to keep her own constipation moving, and exactly what to ask her doctor about her hormones.

My son came to me with ongoing bloating and stomach aches. Once we found his specific food and stress triggers, that resolved too.

If this is something I trust enough to hand to the two people I love most in the world, I trust it enough to hand it to you.

The Morning Fiber Ritual

Step one of the formula, and the fastest ritual in this whole guide. Two minutes, before your coffee, every morning.

What you need

8 to 10 oz warm water

1 tablespoon cold milled ground flaxseed (or 1 tablespoon chia seeds, soaked)

Juice of half a fresh lemon

How to make it

1. Stir the flaxseed, or your already soaked chia, into the warm water.
2. Add the fresh lemon juice.
3. Sip slowly, then wait about twenty minutes before your coffee.

Warm liquid wakes up digestive muscles that have been resting all night. Starting with fiber before caffeine means your gut gets the gel forming fiber first, not last.

Your 7 day formula

You do not need a system to sort through. You need one formula, repeated, that builds a little each day.

DAY 1 1	DAY 2 2	DAY 3 3	DAY 4 4	DAY 5 5	DAY 6 6	DAY 7 7
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The formula, every day

STEP ONE MORNING	Fiber Ritual: a warm glass of water with lemon and ground flax or soaked chia, before your coffee.
STEP TWO MIDDAY	Meals built on soluble fiber: warm, cooked vegetables, oats, lentils, and soups in place of big raw salads.
STEP THREE EVENING	The Gut Mover: the recipe on the next page, sipped one to two hours before bed.
STEP FOUR MOVEMENT	Steps and one purposeful movement session, whatever fits your day. This is your third leg, not an extra to squeeze in when there is time.

How it builds across the week

Fiber goes up gradually, on purpose, so you never feel the backfire the chalky powders gave you.

DAYS
1-2

Start the ritual

Begin the Morning Fiber Ritual. Swap one raw salad a day for a warm, cooked alternative. That is all.

DAYS
3-4

Add the mover

Bring in the Evening Gut Mover. Keep swapping raw for cooked at lunch or dinner, and start dialing in your protein number at each meal.

DAYS
5-7

Run it all

The full formula, every day: morning ritual, cooked meals, evening mover, protein at every meal, and movement on purpose. This is the rhythm you keep after day seven too.

The Evening Gut Mover

A two minute ritual, one to two hours before bed, so you wake up to a smooth, complete release instead of starting the day already behind.

What you need

8 oz warm water or caffeine free chamomile tea

1 tablespoon whole chia seeds (or 1 teaspoon acacia fiber powder)

1 teaspoon extra virgin olive oil

A squeeze of fresh lemon

How to make it

1. Stir the chia into your warm water or tea.
2. Let it sit undisturbed for a full 10 minutes. Do not skip this. This is what turns the seeds into a soft gel instead of a dry lump that pulls water from you overnight.
3. Stir in the olive oil and lemon, sip slowly, and head to bed.

A day on the reset

Here is what “warm and cooked over raw and cold” actually looks like on a plate. Three real meals built on the same fiber first formula.

Breakfast

1

Morning Gut Soothe Scramble

- 2 eggs scrambled in 1 tsp olive oil or butter
- 1 cup baby spinach, wilted in the pan
- 1/2 avocado on the side

Why it works: Wilted spinach gives you fiber without the raw green gas a big cold salad can cause, and protein at breakfast keeps your blood sugar steadier through the morning.

Lunch

2

The Mediterranean Bowl

- Warm roasted sweet potato cubes
- Warm cooked quinoa
- 3 to 4 oz grilled chicken or salmon
- Wilted baby spinach, sliced avocado
- Olive oil, lemon, sea salt, oregano

Why it works: Soluble fiber from sweet potato paired with real protein, the same pairing this whole approach is built on.

Dinner

3

Sheet Pan Salmon & Asparagus

- 4 to 6 oz wild salmon fillet
- 1 cup asparagus, roasted at 400F for 12 minutes
- Olive oil, lemon, sea salt

Why it works: An easy sheet pan dinner pairing protein with gently cooked vegetables, no big raw salad required.

This is one example day, not a rigid meal plan. Swap in whatever warm, soluble fiber meal sounds good to you, and keep protein on the plate at every meal.

Your grocery quick-start list

Typing “flaxseed” or “oats” into a delivery app brings up dozens of confusing choices. Search these clearer, more specific terms instead, so you land on the version that actually works for a slow gut. This is just enough to shop for day one, the full search-term list lives in your Kitchen Companion.

Soluble fibers and gut movers

Instead of “flaxseed”, search: **cold milled ground flaxseed, organic**

Whole flaxseeds pass through undigested. Cold milled opens up the fiber.

Instead of “chia seeds”, search: **organic chia seeds, whole**

Pure and organic, swells into a gel in warm water.

Instead of “oats”, search: **organic sprouted rolled oats**

Sprouting breaks down phytic acid, easier on sensitive digestion.

Healthy fats

Instead of “olive oil”, search: **cold pressed extra virgin olive oil**

High in polyphenols, gentle on the gut lining.

If you're eating out this week

This is not about restriction, and nothing here is off the table forever. Think of it as a shortcut to choices that steer you around the specific things that tend to make your body react, so you can enjoy dinner out without overthinking every bite.

Three golden rules

1. Ask for warm water or tea first. Ice cold water can slow down digestion right before your food arrives.
2. Order a side of cooked vegetables before the bread basket shows up. It fills you up on real fiber instead of empty starch.
3. Ask for olive oil and lemon instead of creamy dressings, which are often loaded with hidden sugar and inflammatory oils.

Asian and Sushi

Watch for: Tempura batter, heavy teriyaki glaze, dense white rice rolls.

Order instead: Start with warm miso soup, then sashimi, steamed salmon, or chicken teriyaki with sauce on the side, plus edamame or steamed brown rice.

Italian

Watch for: The warm bread basket, heavy cream sauces, raw iceberg salad in soybean oil.

Order instead: Start with minestrone, then grilled fish or chicken piccata with sauteed spinach or zucchini in olive oil.

Mexican

Watch for: Fried tortilla chips, heavy cheese dips, cold sour cream.

Order instead: A warm fajita bowl with beans, sauteed peppers and onions, grilled protein, and a scoop of guacamole.

The travel protocol

Sitting for hours, dry cabin air, and a shifted schedule can slow anyone's gut down. That is normal, and there is a fix. These four things matter more than anything else on a trip.

1

The Three Minute Stroll Rule

Every two hours on a flight or road trip, stand and walk for three to five minutes. Sitting compresses your colon and traps gas, and walking gently gets things moving again.

2

Warm Water and Lemon at the Gate

Skip the iced coffee at the terminal. A warm water with lemon does the same job your Morning Fiber Ritual does at home, and keeps things moving despite the schedule chaos.

3

Pack Your Fiber

A small travel container of ground flax or chia, plus a few single serve acacia fiber packets, means your Morning Fiber Ritual and your Evening Gut Mover travel with you. You do not need your own kitchen to keep your fiber steady.

4

The Magnesium Oxide Backup

If you are still not going by day two of a trip, a magnesium oxide supplement before bed can help draw water into the colon overnight for a gentle release by morning. Choose a simple, one ingredient product, and check with your own provider on the amount that is right for you.

I'm rooting for you!

If something feels off in the first few days

More gas on day one or two

This is your gut waking back up, and it is usually short lived, especially since this guide has you adding fiber gradually instead of all at once.

Still not going by day three

Add an extra glass of warm water alongside your morning ritual, and double check that your Evening Gut Mover sat undisturbed for the full ten minutes before you drank it. That gel window is what does the work.

It feels like nothing is happening yet

Most women notice the bathroom shift first, with the flatter stomach following a day or two behind it. Give the full seven days before deciding whether this is working for you.

What to expect by day seven

Less bloating and a bathroom routine you can count on, without a laxative anywhere in sight. That is the promise of these seven days, and it is a real one.

Cravings usually start easing too, because real fiber turns on the fullness signals that protein alone could not reach on its own.

Some women also notice their jeans fit differently, their skin looks smoother, or their joints feel less stiff in the morning. Those are not guaranteed in exactly seven days. They tend to show up over the following weeks as your gut keeps healing, and they are exactly why this is worth continuing past day seven.

Where to go from here

You did not need the whole plan today. You needed the next seven days, and you just finished them.

Keep the habits that felt good. Add back one thing at a time. Sleep is the accelerant underneath everything you just built, and blood sugar is its own piece of this same foundation, both waiting for you whenever you are ready to go deeper.

You started with one thing. Ready for your next win?