

THE 5-MINUTE MORNING FIBER FLUSH

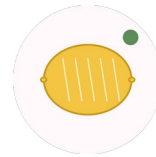
One simple ritual, before your coffee, so your body can start moving before your day does.

Why this works

As hormones shift in perimenopause, digestion naturally slows down. That is not something you caused, and it is not something you have to just live with.

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.

Warm liquid, real soluble fiber, and a little citrus, first thing, before coffee, gently wakes a slow gut back up. It is not a laxative, and it is not a detox. It is just giving your body the one thing it has been missing.



Your Morning Fiber Flush

What you need

- 8 oz warm water
- 1 tablespoon ground flaxseed (or 1 tablespoon chia seeds, soaked)
- A squeeze of fresh lemon

How to make it

- Warm the water, it should feel like tea, not scalding.
- Stir in the ground flax (or your soaked chia).
- Add the lemon, stir, and sip slowly, before your coffee.

If it feels like nothing yet: give it two to three mornings before deciding. This one ritual is the first step of your Fiber Power Pack, not the whole thing, and it builds.

This is just the first step

The Morning Fiber Flush is one piece of your **Fiber Power Pack**, fiber, protein, and movement, working together, plus your Power Boost, sleep, riding along underneath it.

If this one ritual felt good, The 7-Day Flat & Regular Reset walks you through the full formula, so 4pm does not wreck you anymore.

You've got this. I've got you.