

Let's get your digestion going in the morning

Morning Gut Cleanse Juices

@FertilitybyErika



Hello, I'm Erika

I'm a woman's hormone health practitioner, fertility awareness instructor and reproductive biologist helping individuals and couples optimize their fertility and hormones to take charge of their reproductive health.

My own journey with hormone health began when I faced menstrual health challenges at a young age, inspiring me to combine my scientific expertise with a compassionate approach to help others navigate their own paths.

I believe that while we may not be able to fully change the genetic and biological foundations we are born with, we can make meaningful improvements to our reproductive health through evidence-based strategies and mindful daily habits.

In working with me, you'll gain personalized guidance to feel empowered, make informed decisions, and take actionable steps toward your fertility goals.

Let's work together to preserve and optimize your fertility, one step at a time.



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Welcome

Why I created this list?

A morning gut cleanse is just a great way to start your day. It will reset and prepare your digestion for the foods ahead meaning that all the important nutrients will get a better chance to be absorbed properly.

Goal of this protocol

- Support optimal digestion for healthier GI tract + immune function
- Reducing gut inflammation
- Supporting nutrient absorption

Types of gut cleanse juices included:

- Hot ginger lemon
- Cold ginger chia lemon
- Ginger Cinnamon tonic
- Gut electrolyte boost
- Anti-inflammatory morning tonic
- Lemon orange cubes

Signs your digestion may need this support :

- Heartburn / acid reflux
- Burping, bloating, gas
- Nausea after eating
- Irregular bowel movements
- Diarrhea or constipation
- Abdominal pain
- Signs of poor digestion that may contribute to nutrient deficiencies

Hot Ginger Lemon

Drink before any food or coffee

Ingredients

- hot water
- 2-3 lemon slices
- 1 tbsp grated ginger
- chia seeds soaked (optional)



Cold Ginger Chia Lemon

Drink before any food or coffee

Ingredients

- ice cubes
- water
- 2-3 lemon slices
- 1 tbsp grated ginger
- 1 tsp chia seeds



Ginger Cinnamon Tonic

Drink before any food or coffee

Ingredients

- hot water
- 2-3 lemon slices
- 1 tsp chia seeds
- ½ tsp black pepper
- ½ cinnamon



Gut Electrolyte Boost

Drink before any food or coffee

Ingredients

- coconut water
- ice cubes (optional)
- 2 lemon slices
- 2 lime slices
- 1 tsp chia seeds
- 1tsp honey
- ½ tsp high quality salt



Anti-inflammatory tonic

Drink before any food or coffee. Made in batch

Ingredients

- 1-2 peeled lemons
- 1 peeled ginger
- 2 tsp honey
- 1tsp turmeric powder
- 1 tbsp extra virgin olive oil

Method

- blend all ingredients together and sieve through



Lemon Orange Cubes

Drink before any food or coffee. Made in batch

Ingredients

- 1-2 peeled lemons
- 1 peeled orange
- 2 tsp honey
- 1 big piece of peeled ginger
- 1tsp turmeric powder
- 1 tsp black pepper
- water/coconut water

Method

- blend all ingredients together and sieve through, store in freezer cube mold, for use put 1-2 cubes in hot water



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