

THE 7-DAY GUT HEALTH & GOD-CONSCIOUSNESS RESET

**A Scientific & Biblical Approach to Digestive Healing,
Spiritual Clarity, and Nervous System Balance**

By Human Success Institute
Created by Edward Rucker

INTRODUCTION

Your gut determines how clearly you can think, feel, and spiritually perceive. Modern research shows the gut produces most serotonin, has its own nervous system, and influences mood, memory, and spiritual sensitivity.

Biblical truth confirms this connection: “As a man thinketh in his heart, so is he.” (Proverbs 23:7). The ancient understanding of the “heart” includes the inner core of a person — the seat of thought, emotion, and perception.

This 7-day reset is designed to gently reduce inflammation, support digestion, and calm your nervous system so your mind and spirit can operate in alignment with God's design.

THE GUT–BRAIN–GOD CONNECTION

A healthy gut supports mental clarity, emotional balance, and spiritual awareness.

- The gut communicates with the brain through the vagus nerve.
- A calm gut sends calming signals to the brain and nervous system.
- Reduced inflammation allows clearer thinking and greater spiritual sensitivity.

When your body is at peace, it becomes easier to focus on God, receive direction, and act in faith.

DAILY RHYTHM

MORNING

- 12 oz warm lemon water on an empty stomach.
- Gut-healing breakfast from the plan.
- 3-minute stillness activation (breathing + scripture).

MIDDAY

- Anti-inflammatory lunch from the plan.
- 10-minute walk or gentle movement.

EVENING

- Gut-soothing dinner from the plan.
- Short scripture meditation.
- 3–5 minutes of journaling reflection.

DAY 1

Breakfast – Green Gut Reset Smoothie

Ingredients:

- 1 generous handful spinach
- 1 green apple, cored
- 1 small piece fresh ginger (about 1 inch)
- Juice of 1/2 lemon
- 1 tbsp chia seeds
- 8–10 oz water or unsweetened almond milk

Directions:

Add all ingredients to a blender. Blend on high until completely smooth. If too thick, add a little more water. Sip slowly and notice how your body feels as you drink.

Lunch – Warm Sweet Potato & Greens Bowl

Ingredients:

- 1 medium sweet potato, cubed
- 1–2 cups chopped kale or spinach
- 1 tbsp olive oil
- Sea salt and black pepper to taste

Directions:

Steam or boil the sweet potato cubes until tender. In a pan, lightly sauté the greens in olive oil for 2–3 minutes until just wilted. Add sweet potato, season with salt and pepper, and toss gently. Serve warm.

Dinner – Lemon Garlic Salmon & Steamed Broccoli

Ingredients:

- 1 salmon fillet (4–6 oz)
- 1–2 cups broccoli florets
- 1 clove garlic, minced
- Juice of 1/2 lemon
- 1 tsp olive oil
- Sea salt and black pepper

Directions:

Preheat oven to 375°F (190°C). Place salmon on a baking sheet. Drizzle with olive oil, lemon juice, garlic, salt, and pepper. Bake 12–15 minutes until cooked through. Steam broccoli until bright green and tender. Serve together with extra lemon on top.

Scripture: “Create in me a clean heart, O God.” – Psalm 51:10

Activation: Sit still for 2 minutes. Place your hand on your stomach and take slow breaths into your belly. Thank God for cleansing and healing you from within.

DAY 2

Breakfast – Chia Seed Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract (optional)

Directions:

In a jar or bowl, mix chia seeds, almond milk, cinnamon, and vanilla. Stir well, then let sit 5 minutes and stir again to prevent clumping. Refrigerate at least 2 hours or overnight. Before serving, stir and add a splash of almond milk if too thick.

Lunch – Simple Lentil & Vegetable Soup

Ingredients:

- 1/2 cup dry lentils, rinsed
- 1 carrot, diced
- 1 celery stalk, diced
- 1/4 onion, chopped
- 3 cups water or low-sodium broth
- 1 tsp olive oil
- Sea salt, pepper, and herbs (thyme or basil) to taste

Directions:

In a pot, warm olive oil and sauté onion, carrot, and celery for 3–4 minutes. Add lentils and liquid. Bring to a boil, then reduce heat and simmer 25–30 minutes until lentils are tender. Season with salt, pepper, and herbs.

Dinner – Chicken & Zucchini Sauté

Ingredients:

- 4–5 oz chicken breast, sliced
- 1 small zucchini, sliced
- 1 tbsp olive oil
- Sea salt, pepper, and garlic powder or minced garlic

Directions:

Heat olive oil in a pan over medium heat. Add chicken slices and cook until no longer pink. Add zucchini and garlic and cook another 3–4 minutes until tender-crisp. Season with salt and pepper and serve warm.

Scripture: “Be still, and know that I am God.” – Psalm 46:10

Activation: After eating, sit quietly for 1 minute. Breathe slowly and repeat in your mind: "I am safe. I am held. God is with me."

DAY 3

Breakfast – Ginger Pear Smoothie

Ingredients:

- 1 ripe pear, cored
- 1 small piece fresh ginger
- 1 handful spinach
- 1 tbsp ground flaxseed
- 8–10 oz water

Directions:

Place all ingredients in a blender and blend until smooth. Add more water for a thinner consistency. Drink slowly and notice how your gut feels as you nourish it.

Lunch – Roasted Vegetable & Quinoa Bowl

Ingredients:

- 1/2 cup dry quinoa, rinsed
- 1 cup mixed vegetables (carrot, zucchini, bell pepper, etc.), chopped
- 1 tbsp olive oil
- Sea salt, pepper, and herbs

Directions:

Cook quinoa according to package instructions. Toss chopped vegetables with olive oil, salt, and pepper, then roast at 400°F (200°C) for 20–25 minutes until tender. Serve roasted vegetables over quinoa and sprinkle with herbs.

Dinner – Lemon Cod with Asparagus

Ingredients:

- 4–6 oz cod fillet
- 6–8 asparagus spears
- 1 tsp olive oil
- Juice of 1/2 lemon
- Sea salt and pepper

Directions:

Place cod and asparagus on a baking sheet. Drizzle with olive oil and lemon juice, and season with salt and pepper. Bake at 375°F (190°C) for 12–15 minutes until fish flakes easily and asparagus is tender.

Scripture: “My peace I give unto you.” – John 14:27

Activation: Place one hand over your heart and one over your belly. Breathe slowly and say: “Peace is flowing through my whole system.”

DAY 4

Breakfast – Warm Oats with Blueberries & Flax

Ingredients:

- 1/2 cup rolled oats
- 1 cup water or unsweetened almond milk
- 1/4 cup blueberries (fresh or frozen)
- 1 tbsp ground flaxseed
- Cinnamon to taste

Directions:

Cook oats with water or almond milk over medium heat, stirring occasionally, until soft and creamy. Stir in flaxseed and cinnamon. Top with blueberries before serving.

Lunch – Mixed Greens with Avocado & Lemon

Ingredients:

- 2 cups mixed greens (spinach, arugula, or spring mix)
- 1/2 avocado, sliced
- Juice of 1/2 lemon
- 1 tsp olive oil
- Sea salt and pepper

Directions:

Place greens in a bowl, top with avocado slices. Drizzle with olive oil and lemon juice, then season with salt and pepper. Toss gently and serve.

Dinner – Turkey & Vegetable Skillet

Ingredients:

- 4–5 oz ground turkey
- 1/4 onion, chopped
- 1/2 bell pepper, chopped
- 1 small zucchini, chopped
- 1 tbsp olive oil
- Sea salt, pepper, and Italian herbs

Directions:

Heat olive oil in a pan. Add onion and cook 2–3 minutes. Add ground turkey and cook until browned. Add chopped vegetables and cook another 5–7 minutes until tender. Season with salt, pepper, and herbs.

Scripture: “The kingdom of God is within you.” – Luke 17:21

Activation: Sit quietly and imagine a gentle light in your belly expanding with each breath, representing God's kingdom within.

DAY 5

Breakfast – Apple Cinnamon Gut Bowl

Ingredients:

- 1 apple, chopped
- 2 tbsp rolled oats (dry)
- 1 tbsp chopped walnuts or almonds (optional)
- 1 tbsp chia or flaxseed
- Cinnamon to taste

Directions:

In a small bowl, combine chopped apple, oats, nuts (if using), and seeds. Sprinkle with cinnamon and stir. Eat as a fresh, crunchy bowl, or warm briefly in a pan with a splash of water for a softer texture.

Lunch – Vegetable Stir Fry with Coconut Aminos

Ingredients:

- 1 cup broccoli florets
- 1/2 bell pepper, sliced
- 1/2 carrot, sliced
- 1 tbsp olive or avocado oil
- 1–2 tbsp coconut aminos (or low-sodium tamari)

Directions:

Heat oil in a pan over medium heat. Add vegetables and stir-fry 5–7 minutes until tender-crisp. Add coconut aminos and toss to coat. Serve warm.

Dinner – Baked Sweet Potato with Garlic Spinach

Ingredients:

- 1 medium sweet potato
- 2 cups fresh spinach
- 1 tsp olive oil
- 1 clove garlic, minced
- Sea salt and pepper

Directions:

Bake sweet potato at 400°F (200°C) for 40–45 minutes until very soft. Shortly before serving, sauté garlic in olive oil for 30 seconds, then add spinach and cook until just wilted. Serve spinach over or beside the sweet potato.

Scripture: “Let this mind be in you, which was also in Christ Jesus.” – Philippians 2:5

Activation: After dinner, place your hand on your head and then your belly. Say: “My thoughts and my body are coming into agreement with the mind of Christ.”

DAY 6

Breakfast – Celery & Apple Juice

Ingredients:

- 3–4 stalks celery
- 1 green apple
- Small piece ginger (optional)
- Water as needed if using a blender

Directions:

If using a juicer, run celery, apple, and ginger through and serve immediately. If using a blender, chop ingredients, blend with a little water, and strain through a fine mesh strainer or cheesecloth if you prefer less pulp.

Lunch – Creamy Avocado Soup

Ingredients:

- 1 ripe avocado
- Juice of 1/2 lemon
- 1 cup cool water or chilled vegetable broth
- Small handful fresh herbs (cilantro or parsley)
- Sea salt and pepper

Directions:

Add all ingredients to a blender and blend until smooth and creamy. Adjust thickness with more water or broth. Taste and adjust seasoning. Serve cool or at room temperature.

Dinner – Herbed Chicken with Green Beans

Ingredients:

- 4–5 oz chicken breast
- 1–2 cups green beans, trimmed
- 1 tbsp olive oil
- Sea salt, pepper, and dried herbs (rosemary, thyme, or Italian blend)

Directions:

Season chicken with salt, pepper, and herbs. Heat half the olive oil in a pan and cook chicken until browned and cooked through. In the same pan, add remaining oil and green beans and cook 4–5 minutes until tender-crisp. Serve together.

Scripture: “For as he thinketh in his heart, so is he.” – Proverbs 23:7

Activation: Take 5 slow breaths, imagining tension melting from your gut. Say: “My body is safe. My nervous system is calm. I am thinking in agreement with God's truth.”

DAY 7

Breakfast – Golden Gut-Healing Smoothie

Ingredients:

- 1/2 cup frozen mango or pineapple
- 1/2 banana (optional, for creaminess)
- 1/2 tsp ground turmeric
- Small piece ginger
- 1 tbsp chia or flaxseed
- 8–10 oz water or unsweetened almond milk

Directions:

Add all ingredients to a blender and blend until smooth and golden. If using turmeric, be careful with clothing or surfaces as it can stain. Drink slowly and notice the warmth and comfort in your belly.

Lunch – Salmon Salad with Lemon Dressing

Ingredients:

- 1 small cooked salmon fillet (leftovers work well)
- 2 cups mixed greens
- 1/4 cucumber, sliced
- 1 tbsp olive oil
- Juice of 1/2 lemon
- Sea salt and pepper

Directions:

Flake salmon into bite-sized pieces. Add greens and cucumber to a bowl, top with salmon. Whisk olive oil, lemon, salt, and pepper and drizzle over the salad. Toss gently before serving.

Dinner – Comforting Vegetable Stew

Ingredients:

- 1 carrot, chopped
- 1 celery stalk, chopped
- 1/4 onion, chopped
- 1 small potato or extra sweet potato, cubed
- 1 clove garlic, minced
- 3 cups water or low-sodium broth
- 1 tbsp olive oil
- Sea salt, pepper, and herbs

Directions:

In a pot, warm olive oil and sauté onion, carrot, celery, and garlic for 3–4 minutes. Add potato and liquid. Bring to a boil, then reduce heat and simmer 20–25 minutes until vegetables are

tender. Season with salt, pepper, and herbs.

Scripture: “Beloved, I wish above all things that thou mayest prosper and be in health...” – 3 John 1:2

Activation: Sit in silence for 3 minutes after your evening meal. Place your hands over your belly and whisper: “Thank You for designing my body to heal. I agree with Your will for my health.”

SHOPPING LIST (SUMMARY)

Produce:

Spinach, kale, mixed greens, apples, pears, bananas, lemons, limes (optional), celery, cucumber, carrots, zucchini, broccoli, asparagus, bell peppers, onions, garlic, ginger, turmeric, sweet potatoes, white potatoes (optional), mango or pineapple, blueberries, herbs (parsley, cilantro, basil, thyme, rosemary).

Proteins:

Salmon, cod, chicken breast, ground turkey, lentils.

Pantry:

Rolled oats, quinoa, chia seeds, flaxseed (ground), walnuts or almonds, coconut aminos, olive or avocado oil, low-sodium broth, sea salt, black pepper, cinnamon, Italian herbs or mixed dried herbs.

Liquids:

Unsweetened almond milk, herbal teas, bone broth (optional), plenty of clean water.

CONTINUE YOUR TRANSFORMATION

If this 7-day reset has helped you feel lighter, clearer, and more connected to God, the next step is the complete **30-Day Gene-Activated Meal Plan & Mind Architect Nutrition Guide**.

In it, you will go deeper into:

- Gut-healing recipes and rotations
- Foods that support mental and spiritual clarity
- Simple explanations of how your choices influence gene expression
- Practical steps to align your body, mind, and spirit every day.

Use this guide as a starting point. Your body is designed by God to heal, respond, and transform when you give it what it needs.