

The 60-Second Kitchen Counter & Desk-Drawer Cheat Sheet

Printable Quick-Reference Cards for Home, Handbag, and Office

Card 1: The Kitchen Counter / Refrigerator Card

(Print this page and tape it to your kitchen cabinet or fridge)

CARD 1 · KITCHEN COUNTER

The 3-Ingredient Valve Primer Formula

WHEN TO TAKE: Exactly 8 to 10 minutes BEFORE lunch and dinner.

INGREDIENTS

- 2 oz (1/4 cup) Lukewarm Water (Never ice-cold)
- 1 Tablespoon Raw Apple Cider Vinegar (with “The Mother”) OR Fresh Lime Juice
- 1 Teaspoon Freshly Squeezed Ginger Juice (Ata-Ile / Citta)
- 1 Tiny Pinch of Natural Sea Salt / Rock Salt

DIRECTIONS

- 1 Mix all ingredients in a small glass.
- 2 Stir for 5 seconds until salt dissolves.
- 3 Drink in 2-3 sips.
- 4 Wait 10 minutes, then enjoy your meal!

PLATE RULE Eat your fish/meat/vegetables **FIRST**. Eat your starches **SECOND**.

LIQUID RULE No cold water with meals. Wait 45 minutes after eating.

Card 2: The Emergency Desk-Drawer Cheat Sheet

(Keep these 3 items in your office desk drawer or handbag)

When you are stuck at work or in a long meeting and feel sudden tightness in your waistband:

CARD 2 · DESK DRAWER

Emergency Bloat Relief Kit

Item 1: Whole Cloves (*Kanafuru*) in a Small Tin

- **Action:** Pop 2 whole cloves into your mouth and gently chew them, swallowing the aromatic juices, or drop them into a mug of hot office tea.
- **Why:** The natural essential oil (*eugenol*) stops gut wall spasms and releases trapped air within minutes.

Item 2: A Travel Bottle of 100% Pure Peppermint / Fennel Tea Bags

- **Action:** Steep 1 tea bag in hot water for 3 minutes. Sip slowly during afternoon work hours.
- **Why:** Immediately relaxes the upper digestive tract and stops bloating before meetings.

Item 3: The 2-Minute Seated Decompression Posture

- **Action:**
 - 1 Sit upright with your back flat against your office chair.
 - 2 Place your right hand over your belly button.
 - 3 Inhale deeply through your nose for 4 seconds, letting your belly push your hand forward.
 - 4 Exhale through your mouth for 6 seconds, gently drawing your navel back to your spine.
 - 5 Repeat 8 times silently at your desk.

Card 3: The Mobile Phone Lock-Screen Reference

(Save this page as an image and set it as your phone wallpaper)

DAILY ZERO-BLOAT REMINDER

10 MINS BEFORE MEAL

Drink 3-Ingredient Kitchen Primer

ON YOUR PLATE

1st: Greens & Proteins (Fish/Meat/Eggs)

2nd: Starches (Rice/Yam/Plantain/Swallow)

DURING MEAL

NO ice-cold water — room-temp sips only

AFTER MEAL

Wait 45 minutes before a full glass of water

EMERGENCY GAS RELIEF

Hot clove / peppermint water + deep breathing