



THE WINTER WELLNESS ROADMAP

A GENTLE RESET FOR THE SEASON YOUR GUT
WORKS THE HARDEST. FROM THE TEAM
AT KUYU COLONICS

KUYU

WHAT YOU'LL FIND INSIDE

Five short chapters – a founder's note, a closer look at why winter slows the gut, the principle the studio is built on, your seven-day reset, and when to come and see us.

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A NOTE FROM KIRBY

Hi, I'm Kirby.

I founded KUYU Colonics – out of a chronic constipation story of my own – and I built it around one idea: drain first, then heal.

Most wellness conversations skip this part. We're told to eat better, sleep better, move more, supplement smarter – and all of that matters. But if the body has nowhere to put what it's carrying, everything else has to work twice as hard. And winter is the season when that catches up with us.

This guide is something I've wanted to put together for a long time. It's not a detox plan. It's not a diet. It's a soft, doable seven-day rhythm to help you feel a little lighter, a little warmer, a little more like yourself again – at the exact time of year when most people start to feel the opposite.



With love and energy,

FOUNDER, KUYU COLONICS

WHAT CHANGES IN YOUR GUT IN WINTER

Your gut doesn't experience the seasons the way you do – but it absolutely feels them. In the cooler months, three things shift quietly and at the same time. Add them together and you have a body that's carrying more, processing less, and looking for somewhere to put the slack.

THE THREE WINTER SHIFTS



YOU MOVE LESS

Cold mornings and dark evenings keep us inside. Less walking, less stretching, less of the everyday movement that helps the bowels stay regular. Even small dips in activity slow the transit time of food through your gut.



YOU DRINK LESS WATER

Almost everyone does this in winter. Cold water doesn't feel as appealing, and we're less likely to feel thirsty in cool air. Less water means a harder, slower-moving stool – and a microbiome that's less able to do its job.



YOU EAT DIFFERENTLY

Comfort foods are heavier – more dairy, more bread, more sugar, fewer raw vegetables and prebiotic fibres. Your gut bacteria are remarkably responsive to what you feed them, and a winter pantry shifts the population fast.

This is why so many people notice the same things in winter. Heavier mornings. Bloating by lunch. Skin that looks tired no matter what they put on it. Mood that feels harder to settle. None of it is dramatic – it just adds up. The good news: the gut also responds remarkably quickly to small, consistent shifts.

DRAIN FIRST. THEN HEAL

Everything KUYU does starts here. It's the principle our work is built on, and it's the framework we want you to use for your winter reset.

WHY DRAIN FIRST

Your gut and your lymphatic system are your body's two great drainage networks. When one slows, the other has to work harder. Open the gut first and lymph flows more easily. Move the lymph and the gut clears more easily. They work together – and they need flow more than they need anything else.

When the colon is sluggish, transit slows, the microbiome shifts, and waste sits longer than it should. That state – gentle but chronic – is what gets in the way of everything else. Energy, digestion, skin, hormones, mood. They all run downstream of it.

WHY THEN HEAL

Because draining alone isn't the whole picture. Once the body has space again, you want to refill it well – with foods that nourish the gut lining, with hydration that supports digestion, with movement that keeps lymph flowing, with sleep that lets cells repair.

At KUYU, the colonic is the drain-first moment. What you do in the days afterwards – and ideally in the days leading up to it – is the heal. The two together create the reset. One without the other is half the work.

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**DRAIN FIRST, THEN HEAL.
THE BODY CAN'T FILL
A SPACE IT HASN'T YET
CLEARED.**

– THE KUYU PRINCIPLE

YOUR 7-DAY WINTER WELLNESS RESET

A GENTLE, DOABLE RHYTHM. YOU DON'T NEED TO DO ALL OF IT PERFECTLY – EVEN HALF OF THIS, DONE CONSISTENTLY, WILL SHIFT HOW YOU FEEL BY THE END OF THE WEEK.

DAY BY DAY, FOR ONE WEEK.

Each day stacks on the one before. By day five your body is gently primed – hydrated, lightly moved, less burdened – and ready for the drain-first moment. By day seven, you'll feel the difference.

DAY ONE

01

HYDRATE

Start by drinking a glass of warm water with a squeeze of lemon as soon as you wake. The aim isn't to detox – it's to gently signal to your digestive system that the day has begun. Through the day, aim for 3 litres of water. Add a pinch of good sea salt if plain water doesn't appeal or sip on herbal teas throughout the day.

DAY TWO

02

ADD ONE WARMING MOVE A DAY

You don't need a workout plan. Twenty minutes of brisk walking, a short yoga flow, ten minutes of stretching – anything that warms the body and gently moves the lymph counts. Movement is one of the most underrated things you can do for your bowels.

DAY THREE

03

SOFTEN THE LOAD IN YOUR GUT

Step away from the heaviest winter foods for a few days – alcohol, refined sugar, lots of bread, lots of dairy. Lean into warm soups, broths, slow-cooked vegetables, gentle proteins. The goal isn't restriction. It's giving your gut less to digest so it has more energy to clear what's already there.

DAY FOUR

04

EAT FOR YOUR MICROBIOME

Add prebiotic and fibre-rich foods that your gut bacteria love – cooked and cooled potatoes, oats, onions, leeks, garlic, kiwi, berries. Even one of these per meal can shift things by the end of the week. Warm them where you can; raw can feel like too much in cold weather.

THE DRAIN-FIRST MOMENT

DAY FIVE

05

This is the day where, if you can, you book in for your colonic. By now your body has been gently primed and a session lands far better when you've done a few days of softening beforehand. If a colonic isn't on the cards this week, a long bath, a sauna, lymphatic massage or a magnesium-supported night of deep sleep all serve a similar nervous-system reset.



DRAIN
FIRST

DAY SIX

06

REST AND REFILL

The day after any kind of reset, treat your body the way you'd treat a guest. Warm food, slow mornings, plenty of fluids, an early night. Skip the high-intensity exercise and the rich restaurant dinner. Refilling well is just as important as draining well.

DAY SEVEN

07

NOTICE THE SHIFT

At the end of the week, check in with yourself. How is your digestion? Your sleep? Your skin? Your mood? Most people notice at least one or two real, measurable shifts – usually less bloating, more regular bowels, clearer skin or better sleep. Write them down. They're your reasons to keep going.

YOU'RE WELCOME HERE!

A Kuyu colonic is the drain-first moment in a week like the one inside. If you've already started softening the load on your gut and gently moving your body, a session lands beautifully – and you'll feel the difference in the days that follow. We see a wide range of clients in winter. Whatever brings you in, we'll meet you where you are.

THE PACKAGE

01

THE WINTER WELLNESS PACK

Five colonics in six weeks – the rhythm that creates real, measurable change. Each session builds on the last, with a thoughtful add-on we've curated for the season. Our most-loved package and the one most clients return to in winter.

AVAILABLE
ALL CAMPAIGN

FOR FRIENDS

02

BRING A FRIEND, WINTER.

Bring someone you love through the door for the first time and you both receive 25% off your session. Our way of welcoming new faces into the clinic during the season we know they need it most.

PROMO CODE: FRIENDS25

JUNE
ONLY

FIRST VISIT

03

NEW CLIENT INTRO PACK

New to KUYU? Begin with our intro pack – your first session plus two follow-ups for \$399. The ideal way to experience the Drain First, Then Heal™ rhythm and feel what consistent care can do.

PROMO CODE: INTRO10

JUNE
ONLY



KUYU



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