

YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The Fermented-Foods Gut Plan

For anyone who wants the gut-diversity and lower-inflammation benefit the Stanford trial found, from food rather than a supplement. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST STANFORD MEDICINE, HARVARD HEALTH, CLEVELAND CLINIC

~19

Inflammatory proteins dropped

In the fermented-foods group over 10 weeks.

5

Everyday foods

Yogurt, kefir, kimchi, kombucha, miso.

Daily

How often

Probiotic foods only help when regular.

1

Add One Live-Culture Food a Day

Start with the easy one

WHY IT WORKS

Begin with yogurt or kefir at breakfast. The one rule that decides whether it counts: the label must say **live and active cultures**, and it must be refrigerated. Heating or shelf-stable processing kills the cultures.

COACH'S NOTE

Yogurt was a staple of the Stanford diet and is the simplest place to build a daily habit.

☐ Choose refrigerated yogurt or kefir

☐ Check the label for live and active cultures

☐ Eat it every day, not occasionally

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2

Kimchi, Sauerkraut, and a Rotation

Add the vegetables and the variety

WHY IT WORKS

Keep unpasteurized, refrigerated **kimchi or sauerkraut** as a cold topping, and rotate in kombucha, miso, or tempeh. Breadth of organisms, arriving through food, is what raised gut diversity in the trial, more than any single strain.

COACH'S NOTE

A shelf-stable, vinegar-brined jar is a pickle, not a probiotic. Buy it cold and eat it cold.

☐ Buy refrigerated, unpasteurized kimchi or sauerkraut

☐ Add it cold, do not cook it in

☐ Rotate kombucha, miso, or tempeh for variety

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Go Daily, and Build Up Slowly

Make it stick

WHY IT WORKS

Harvard is clear that probiotic foods have to be a **regular** habit to help. Stanford participants built up gradually toward several servings a day, with larger servings bringing bigger gains.

COACH'S NOTE

A sudden jump can cause temporary bloating. Start with one serving a day and add from there.

- ☐ Start at one serving a day ☐ Increase gradually over a few weeks ☐ Stir miso in at the end, off the boil

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THE EVIDENCE, AT A GLANCE

WHAT RAISED GUT DIVERSITY

- ✓ Yogurt and kefir with live cultures
- ✓ Fermented vegetables (kimchi, sauerkraut)
- ✓ Kombucha, miso, and tempeh
- ✓ Regular, gradually larger servings

WHAT DOES NOT COUNT

- ✗ Shelf-stable, pasteurized jars with no live cultures
- ✗ Fermented foods that are cooked or canned
- ✗ A single-strain pill in place of varied food
- ✗ One big serving after weeks of none

FULL SOURCES

Stanford Medicine, Fermented-food diet increases microbiome diversity, decreases inflammatory proteins (med.stanford.edu, 2021). Harvard Health, Fermented foods for better gut health (health.harvard.edu, 2024). Cleveland Clinic, 19 foods high in probiotics (health.clevelandclinic.org, 2024).

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You received this because you asked for the plan from "Fermented Foods Beat Probiotic Pills: The Stanford Study." The Ageless Brief arrives weekly: one study, translated, no hype.

This plan is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider before making changes to your diet, exercise, or health routine.