

The Gut Changes Plan

For anyone whose digestion started behaving differently while their diet stayed the same. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST JOHNS HOPKINS MEDICINE · HARVARD HEALTH PUBLISHING · NIH OFFICE OF DIETARY SUPPLEMENTS

1

Three systems shifted

The main drivers of gut health change are shifts in stomach acid, gut immunity and gastrointestinal flora. (Johns Hopkins)

2

The fiber gap is large

Americans' fiber intake is 40 to 50 percent of what it should be, and fiber is what builds the good bacteria. (Johns Hopkins)

3

Diversity tracks with aging well

Older adults whose gut microbes changed most over time lived longer, though the study did not prove cause. (Harvard Health)

1. Close the fiber gap first

This is the step that feeds everything else.

WHY THIS WORKS

Johns Hopkins puts American fiber intake at 40 to 50 percent of what it should be, and says a balanced diet rich in fruits and vegetables provides the fiber that builds good bacteria and gut health. Harvard adds that fiber passes through to the gut where microbes feed on it, giving them a good environment to grow.

SOURCE: JOHNS HOPKINS MEDICINE, HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Put a plant source of fiber at every meal, not just dinner
- ☐ Favor legumes, whole grains, fruit and dark leafy greens
- ☐ Add water alongside any increase in fiber

2. Add fermented food a few times a week

Cheap, ordinary, and named by Hopkins directly.

WHY THIS WORKS

Johns Hopkins lists kefir and other fermented or pickled foods such as kimchi, sauerkraut and pickled ginger among the foods that build a healthy digestive system.

SOURCE: JOHNS HOPKINS MEDICINE

DO THIS WEEK

- ☐ Pick two you actually like and keep them in the fridge
- ☐ A few forkfuls counts, this is not a daily obligation
- ☐ Choose refrigerated versions where the label says live cultures

3. Fix the three nobody links to digestion

Sleep, movement and stress.

WHY THIS WORKS

Johns Hopkins ties short sleep to conditions that set you up for digestive disorders, calls reducing stress fundamental to reducing heartburn with no magic diet that does the same job, and notes mood and digestive health are closely linked through the brain-gut connection.

DO THIS WEEK

- ☐ Protect a consistent sleep window for two weeks
- ☐ Walk after your largest meal
- ☐ Treat anxiety as a digestive variable, not a separate problem

4. Know when a probiotic will not help

The honest limit, in Harvard's own words.

WHY THIS WORKS

Harvard Health states that if you already have a diverse gut microbiome, adding more of one species probably is not going to promote any significant change, and names the clearest case as re-establishing diversity after antibiotics.

DO THIS WEEK

- ☐ Try the food version for two weeks before buying anything
- ☐ If you recently took antibiotics, that is the strongest case for a capsule
- ☐ New, severe or bloody symptoms go to a doctor, not a supplement aisle

SOURCE: HARVARD HEALTH PUBLISHING

5. If you do add one, read four things on the label

This is the whole screen.

WHY THIS WORKS

The NIH Office of Dietary Supplements states that a probiotic product's benefit is determined by both the specific strains it contains and the number of CFUs, and notes CFU counts can decline over the product's shelf life.

DO THIS WEEK

- ☐ Named strains, not just a genus
- ☐ A count guaranteed to the expiration date, not at manufacture
- ☐ A capsule designed to survive stomach acid
- ☐ Third-party testing

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Johns Hopkins Medicine, Your Digestive System: 5 Ways to Support Gut Health · <https://www.hopkinsmedicine.org/health/wellness-and-prevention/your-digestive-system-5-ways-to-support-gut-health>

Harvard Health Publishing, Healthy gut, healthier aging · <https://www.health.harvard.edu/healthy-aging-and-longevity/healthy-gut-healthier-aging>

NIH Office of Dietary Supplements, Probiotics Fact Sheet for Consumers · <https://ods.od.nih.gov/factsheets/Probiotics-Consumer/>

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