

A SABLE + SAND PROTOCOL

The Gut Reset Protocol

Twelve weeks. Three phases.
Built from the evidence.

Researched. Practical. Honest.

SECTION 01

Before you begin

Diversity beats supplementation. Thirty different plants a week beats any probiotic pill, because the microbiome is built from variety, not capsules.

What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): the food side first, an irritant audit and a plant diversity target before any supplement enters. Recalibration (weeks five to eight): the targeted supplements with the strongest evidence layered onto a calmer gut, with the GP conversation if testing is warranted. Sustain (weeks nine to twelve): build the diversity target you keep, careful reintroductions, the routine the gut actually responds to.

Who it is for

Women with persistent bloating, irregular digestion, skin breakouts, mood reactivity, or unpredictable energy patterns that trace back to the gut. The cohort whose tests come back normal but whose body does not feel right. Anyone who has been told 'you have a sensitive stomach' and left without a plan.

Who it is not for

Anyone with a diagnosed gut condition (IBS, IBD, coeliac, SIBO) should work with their clinician and use this Protocol as the lifestyle and supplement work that runs alongside. Pregnancy and breastfeeding require clinician input on any new supplementation. The Protocol is educational and is not a substitute for medical care.

What is included

The full Protocol PDF you are reading. A seven day quick start companion to begin tomorrow morning. A GP conversation letter ready to take to a consultation. A printable symptom tracker including the plant count. Brand free supplement guidance with the doses the trials actually used.

How long it takes

Twelve weeks. Most women notice less bloating and steadier afternoon energy within the first ten days on the food work alone. The supplement work in phase two compounds across weeks five to eight. The microbiome shifts measurably across three months when the plant variety holds.

Read it once before you start. Then return to week one and follow the structure week by week.

SECTION 02

The science in one page

Diversity beats supplementation. Thirty different plants a week beats any probiotic pill, because the microbiome is built from variety, not capsules.

The gut is two things at once. It is a barrier, a single cell thick lining that has to keep bacteria, food particles, and toxins on the right side of the bloodstream. And it is a habitat, home to roughly thirty nine trillion microbes that ferment fibre, make short chain fatty acids, regulate immunity, produce neurotransmitters, and instruct your hormones in ways scientists are still mapping. When either the barrier or the habitat is in trouble, the symptoms show up everywhere. Skin. Mood. Cycle. Energy. Inflammation. Weight.

What changes the habitat fastest is not a supplement; it is the diversity of plant matter you eat. The microbes that live in your gut feed on fibre, and different microbes feed on different fibres. The more variety of plants you eat, the more diverse your microbial community becomes, and the more resilient your gut is to whatever comes next. Studies measure this in plants per week. Above thirty, diversity climbs. Below ten, it falls. A daily probiotic pill, no matter how branded, contains a small handful of strains and never matches what a varied diet builds.

The trap is that the standard story sells the supplement first. Take this probiotic, drink this prebiotic, swallow this glutamine, wait for the bloating to lift. Some of these supplements are useful, and the Protocol uses the four with the strongest evidence. But they are layered on top of the diversity work, not instead of it. A probiotic without plants in your diet is feeding a thin garden. A probiotic with thirty plants a week is feeding a forest.

That is what this Protocol does. Each of the twelve weeks adds one small intervention. Plant diversity, fermented foods, the four supplements with the strongest evidence, the foods to remove for the first eight weeks, the lifestyle work that lowers gut inflammation independently of what you eat. None of them on their own is dramatic. Stacked over twelve weeks, they reshape both the barrier and the habitat together.

The gut moves quickly when you let it. Measurable shifts in microbial composition appear within two to three days. Meaningful, stable improvements in diversity show up at four to six weeks. By week twelve, most women feel the gut they had in their twenties, running on the food they eat in their forties.

WEEK 1 . PHASE 1

Symptom baseline and the plant count

This week

Score where you start. Begin counting plants per week from day one.

What you do

- Fill in the symptom tracker. Score every line one to ten as you feel today. You will compare at weeks four, eight, and twelve.
- Start counting plants. Vegetables, fruits, nuts, seeds, herbs, spices, legumes, whole grains. Each unique plant counts once per week regardless of how often you ate it. Note the total at the end of the week.
- Aim for ten this first week if your usual count is well below it. Aim for twenty if you already eat reasonably varied. Thirty is the medium term target, not the week one target.
- Use a notes app or a printed list on the fridge. Small wins. Cinnamon counts. Coriander counts. The single courgette in a stir fry counts.

Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start sheet is included so you can begin tomorrow morning.

Available at sableandsand.com/protocols/gut-reset-protocol. One payment of nineteen pounds. Lifetime updates included.