

A SABLE + SAND PROTOCOL

The Probiotic Protocol

Twelve weeks. Three phases.
Built from the evidence.

Researched. Practical. Honest.

SECTION 01

Before you begin

Most people take the wrong probiotic for their condition. Strain specificity matters more than CFU count, and probiotics cannot colonise a gut that has not been prepared.

What this Protocol is

A twelve week plan in three phases. Foundation (weeks one to four): prepare the gut environment so probiotics can actually colonise. This means barrier repair, removal of dietary triggers, and establishing the prebiotic substrate that beneficial bacteria need to thrive. Recalibration (weeks five to eight): introduce strain specific probiotics matched to your primary concern, supported by targeted supplementation that addresses inflammation and immune function. Sustain (weeks nine to twelve): build the permanent microbial maintenance practice, assess what has shifted, and decide what stays.

Who it is for

Adults 25 to 55 with persistent bloating, digestive irregularity, frequent illness, or hormonal symptoms that correlate with gut health. People who have tried probiotics before without lasting improvement. People who want to stop guessing and start using probiotics strategically.

Who it is not for

Anyone with diagnosed inflammatory bowel disease should work with a gastroenterologist before beginning this Protocol. Anyone on immunosuppressant medication. Active small intestinal bacterial overgrowth (SIBO) requires clinical management before probiotic supplementation begins. Pregnancy and breastfeeding (some supplements in this Protocol are not suitable). This 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. Brand free supplement guidance with the doses the trials actually used.

How long it takes

Twelve weeks. Digestive improvements often appear within two to three weeks. Immune and hormonal benefits take six to twelve weeks. The microbiome shifts measurably within days of intervention, but stable colonisation requires sustained support. The full picture takes the full twelve weeks.

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

Your gut was not missing a probiotic. It was missing the conditions that let one work.

Your gut hosts roughly 38 trillion microorganisms. These bacteria are not passengers. They synthesise B vitamins, regulate inflammation, produce neurotransmitters (90% of serotonin is made in the gut), support immune function (80% of the immune system is gut based), and influence how the body processes hormones including oestrogen and cortisol. When microbial diversity drops, every one of those functions is compromised.

The probiotic industry is worth billions, and most of it is guesswork. The fundamental problem: most probiotic supplements are not strain specific. They contain generic *Lactobacillus* or *Bifidobacterium* species at arbitrary CFU counts, without matching the strain to the condition. A probiotic that supports vaginal health (*Lactobacillus crispatus*, *Lactobacillus rhamnosus* GR-1) is not the same as one that reduces bloating (*Bifidobacterium infantis* 35624) or strengthens immunity (*Lactobacillus rhamnosus* GG). Taking a generic probiotic for a specific problem is like taking a random antibiotic for a specific infection.

The second problem is colonisation. Probiotics cannot take hold in a gut that is still under assault. If the gut barrier is damaged (increased intestinal permeability), the environment is too inflamed for beneficial bacteria to establish themselves. If there is no prebiotic substrate, the strains pass through without colonising. The bacteria that do colonise produce short chain fatty acids, including lactic acid and butyrate, that maintain barrier integrity and fuel the cells lining the colon. Without the fibre, there is no fuel.

This Protocol solves both problems. Phase one prepares the gut: barrier repair, trigger removal, prebiotic foundation. Phase two introduces strain specific probiotics matched to your primary concern. Phase three builds the maintenance practice. Probiotics are a powerful tool. But like any tool, they only work when used correctly.

WEEK 1 . PHASE 1

The first dietary intervention

This week

The single dietary category that most directly damages the gut barrier and prevents probiotic colonisation. Removing it is the first step toward a gut environment that can actually host beneficial bacteria.

What you do

- The specific category of processed ingredients that directly damages the gut barrier and prevents probiotic colonisation.
- A practical audit of what to remove from your diet this week, with whole food replacements.
- What to expect as the gut begins to respond to the reduced inflammatory load.
- How this single change prepares the environment for everything that follows across the twelve week plan.

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/probiotic-protocol. One payment of nineteen pounds. Lifetime updates included.