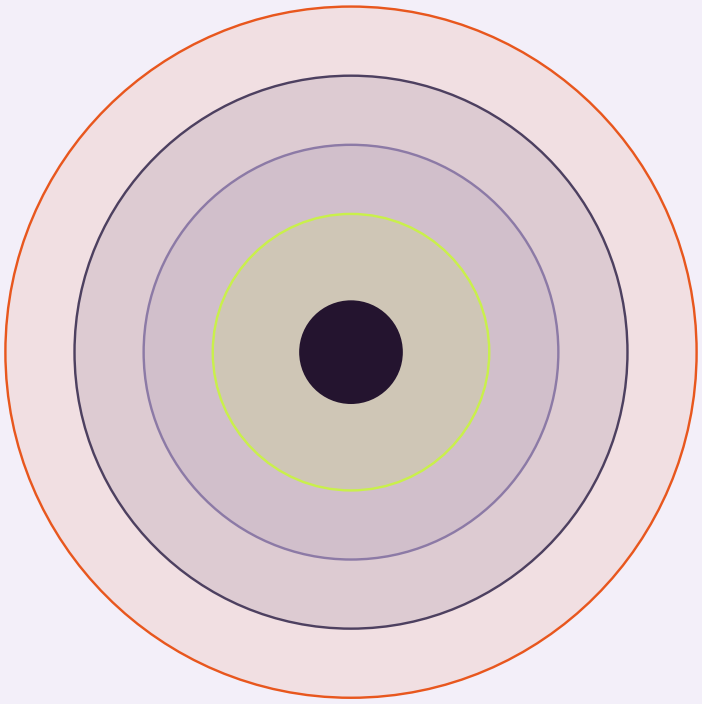


Plant Powered Plus: Activate the Power of Your Gut to Tame In-flammation and

Reclaim Your Health

A reading of the book by Will Bulsiewicz (2026)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 4

The takeaways 5

Your action book 7

Before you go 8

PART TWO · THE ACTION BOOK

The setup checklist 10

Add one plant to a meal you already eat 11

Raise fiber slowly, with water 12

Run a four-pillar check at dinner 13

ABOUT THIS EDITION

This is HourLife's reading of Plant Powered Plus: Activate the Power of Your Gut to Tame Inflammation and Reclaim Your Health, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Will Bulsiewicz is a board-certified gastroenterologist and the author of Fiber Fueled. In Plant Powered Plus he argues that chronic inflammation is a shared root behind many conditions that look unrelated, from IBS and autoimmune disease to allergies, skin trouble and low mood, and that the gut sits at the center of it. He describes the body's defense as three layers: the gut microbes, the gut barrier and the immune system beneath it. From the world's healthiest eating patterns he draws four pillars of an anti-inflammatory diet: fiber, polyphenols, healthy fats and fermented foods, and he adds sleep, daily rhythm, connection and purpose as the plus. The book ends in the P3 Protocol, a three-phase plan with weekly meal plans and recipes, and it opens with the patients in his clinic who came in for gut trouble and mentioned much more.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1

HOURLIFE TAKEAWAY

Bulsiewicz reads inflammation as the thread running through dozens of complaints that seem to have nothing in common.

He starts from his clinic, where people who came in for constipation or IBS often also mentioned allergies, low mood or thyroid trouble. His case is that a strained gut keeps the immune system on alert, and that this low, steady inflammation feeds many conditions at once. Chronic inflammation is linked to many diseases in research, but how much it drives each one is still debated, so treat this as the author's framing.

2

HOURLIFE TAKEAWAY

Your gut defends you in three layers: the microbes, the barrier and the immune system just behind it.

This is the book's map of the gut. The microbes are the first layer, the single sheet of cells lining the gut is the second, and the immune cells waiting under that lining are the third. When the first two are in good shape, the third has less reason to react.

3

HOURLIFE TAKEAWAY

Fiber is food for your microbes first, and what they make from it feeds your gut lining.

Gut bacteria ferment the fiber you can't digest into short-chain fatty acids such as butyrate, which the cells lining the colon use for fuel. That is why a plant-heavy diet sits at the base of the whole plan. The point is variety of plants, not one fiber supplement.

4

HOURLIFE TAKEAWAY

The anti-inflammatory diet stands on four pillars: fiber, polyphenols, healthy fats and fermented foods.

Bulsiewicz builds the pillars from what the world's healthiest eating patterns, such as the Mediterranean diet, have in common. Each pillar does a different job, so a day of salad alone, or nuts alone, leaves gaps. The planner on this page checks a week against all four.

5

HOURLIFE TAKEAWAY

The color in plants is chemistry your microbes can use.

Polyphenols are the compounds behind much of the color and bitterness in berries, greens, herbs, spices, tea, coffee and good olive oil. Many of them reach the colon, where gut bacteria break them down further. A rough rule that follows: more colors on the plate, more kinds of polyphenol.

6

HOURLIFE TAKEAWAY

Fat isn't the enemy; the kind of fat is the question.

The healthy-fats pillar leans on whole plant fats: extra virgin olive oil, nuts, seeds and avocado, with flax, chia and walnuts for plant omega-3s. These come packaged with fiber and polyphenols too. The book's plan is plant-forward, and the author's protocol notes leave room for fish or eggs if you choose them.

7

HOURLIFE TAKEAWAY

Fermented foods bring live microbes to the table, and a little every day beats a lot once a week.

Sauerkraut, kimchi, miso, tempeh and live-culture yogurt or kefir are the fourth pillar. Check the label: pasteurized jars and vinegar pickles have no live cultures left. Start with a forkful if you are new to them.

8

HOURLIFE TAKEAWAY

Go slow: a gut that hasn't seen much fiber needs time to learn the work.

Extra gas or bloating early on is common when fiber goes up, and it usually settles as the microbes adapt. The P3 Protocol runs in three phases, Baseline, Growth and Mastery, and the first leans on soups, smoothies and cooked or blended food to make the start gentler. Pain, bleeding or symptoms that don't settle are a reason to see a doctor, not to push on.

9

HOURLIFE TAKEAWAY

The plus is the life around the plate: sleep, daily rhythm, people and purpose.

Bulsiewicz gives time to what food can't fix alone: syncing your body clock, sleeping well, managing stress, staying connected and finding moments of awe. He treats these as part of the same immune story, not as extras. It is also where the book reaches past diet into how a whole week is lived.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Talk to your clinician first
- [ ] Stock one shelf with all four pillars
- [ ] Batch a pot of vegetable broth
- [ ] Try two live-culture foods
- [ ] Set your daily anchors

KEEP UP DAILY

- ◯ Add one plant to a meal you already eat
- ◯ Raise fiber slowly, with water
- ◯ Run a four-pillar check at dinner

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Talk to your clinician first

If you have a gut condition such as IBD or IBS, take regular medicines, are pregnant, or are thinking about any supplement, raise the change with your doctor or a dietitian before you start.

Take this page's planner with you.

MY VERSION

DONE ON

- [ ] SETUP 2

Stock one shelf with all four pillars

Clear one shelf and fill it with one food per pillar: a bag of lentils, frozen berries, a bottle of extra virgin olive oil and a jar of live sauerkraut.

Make it the first place you reach when you cook.

MY VERSION

DONE ON

- [ ] SETUP 3

Batch a pot of vegetable broth

The protocol's first phase leans on a big pot of vegetable broth for its soups.

Make one this weekend, freeze it in portions, and you have a base for gentle meals all week.

MY VERSION

DONE ON

- [ ] SETUP 4

Try two live-culture foods

Buy two from sauerkraut, kimchi, miso, tempeh and live yogurt or kefir.

Keep the one you would happily eat again and drop the other.

MY VERSION

DONE ON

- [ ] SETUP 5

Set your daily anchors

Pick a wake time and a last-meal time you can hold on most days, and put both in your calendar.

A steady rhythm is the easiest part of the plus to start.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Add one plant to a meal you already eat

Don't rebuild your diet.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Raise fiber slowly, with water

Add one extra serving of beans, whole grains or vegetables every few days rather than all at once, and drink more water as you go.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Run a four-pillar check at dinner

Before dinner, ask which of the four pillars today has had.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

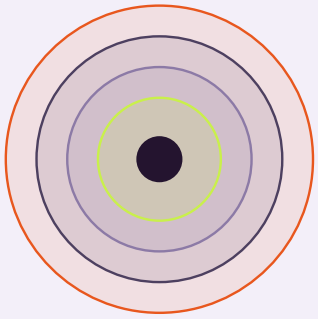
MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Feed the gut well, slowly and often, then give the rest of your life the same care.

HOURLIFE NOTE AFTER WILL BULSIEWICZ

Read it online, and vote on the takeaways: hourlife.com/books/plant-powered-plus

Plant Powered Plus: Activate the Power of Your Gut to Tame Inflammation and Reclaim Your Health · The reader's edition

Made November 6, 2026 · HourLife, hourlife.com