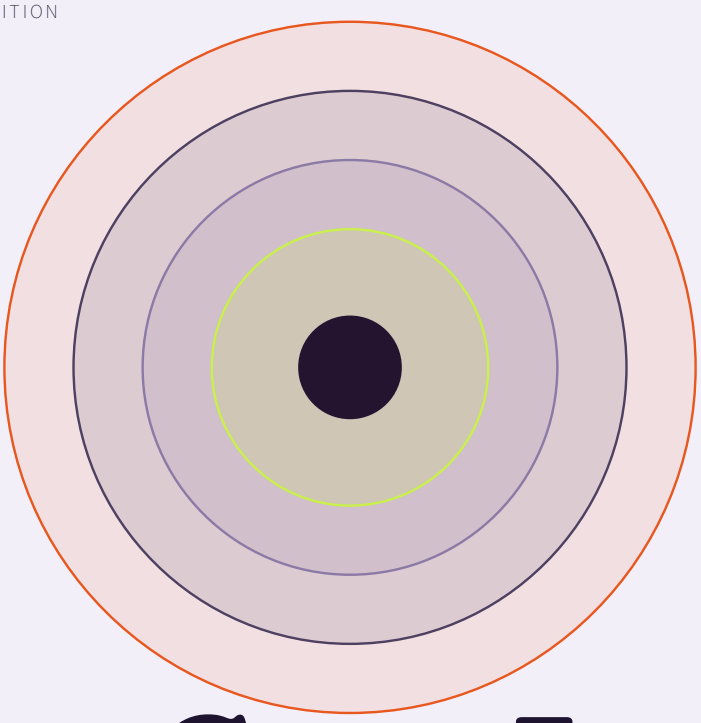
NOVEMBER 6, 2026



Super Gut: A Four-Week Plan to Reprogram Your Microbiome, Restore Health, and Lose Weight

A reading of the book by William Davis (2022)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Super Gut: A Four-Week Plan to Reprogram Your Microbiome, Restore Health, and Lose Weight, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

William Davis is an American cardiologist best known for Wheat Belly. In Super Gut he argues that processed food, sugar, antibiotics and other parts of modern life have stripped our guts of microbes people once carried. He blames bacteria that creep up into the small intestine (SIBO) and fungal overgrowth (SIFO) for problems that run from bloating and weight gain to poor sleep, low mood and skin trouble. His answer is a four-week programme told as gardening: prepare the soil, reseed, add water and fertiliser, then grow chosen strains. It leans on home-fermented yogurts made with specific bacteria such as Lactobacillus reuteri, a grain-free, low-sugar diet and more than forty recipes. The evidence comes from research summaries, many of them animal studies, along with patient stories and his own clinical experience.

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

Davis's core claim is that modern life has quietly emptied the gut of microbes humans used to carry.

He points to processed food, added sugar, repeated courses of antibiotics and pesticide residues as the main culprits. The result, in his telling, is a thinner, less varied microbiome that no longer does the jobs it evolved to do. That the microbiome matters is well supported; how much of it modern life has erased, and what follows, is still being worked out.

2

HOURLIFE TAKEAWAY

The problem, as Davis frames it, is often not too few bacteria but bacteria in the wrong place.

The small intestine should hold relatively few microbes. Davis argues that many people have bacteria that have climbed up from the colon (SIBO) and that this drives bloating, food intolerances and more. He believes it is far more common than doctors recognise. Gastroenterologists still debate how common SIBO is and how well breath tests detect it.

3

HOURLIFE TAKEAWAY

Clear the ground before you plant anything new.

The programme opens by preparing the soil: removing what Davis blames for the damage, such as added sugar, wheat and other grains, emulsifiers and artificial sweeteners. Only then does he add microbes. The order is the useful part even if you don't follow every rule, because new cultures land in whatever conditions you give them.

4

HOURLIFE TAKEAWAY

Prebiotic fibre is food for your microbes, not for you.

Week three is the water-and-fertiliser stage: fibres you can't digest yourself but gut bacteria can. Feeding microbes with fibre is one of the better-supported ideas in the book. Going from little fibre to a lot overnight tends to cause gas and cramps, so most clinicians suggest building up slowly.

5

HOURLIFE TAKEAWAY

A probiotic is not one thing: what a microbe does depends on the exact strain.

Davis names strains, not just species, such as two strains of Lactobacillus reuteri and one of L. gasseri. Researchers agree that effects are strain-specific, which is why a generic capsule may do little. The particular combinations Davis recommends have not been tested as a programme in trials.

6

HOURLIFE TAKEAWAY

Davis's signature move is fermenting your own yogurt with strains he picked, rather than buying a probiotic.

He argues that shop yogurt is fermented briefly with a few standard cultures, while a long home ferment lets chosen strains multiply. Home fermentation carries its own risks if something goes wrong, and it is not suitable for everyone. If you are pregnant, immunocompromised or seriously ill, ask your clinician before trying it.

7

HOURLIFE TAKEAWAY

The gut's mucus layer is a barrier worth protecting.

Davis gives the mucus lining a chapter of its own. He argues that a damaged microbiome and some food additives wear it thin, letting bacterial fragments into the bloodstream and stoking inflammation. Animal studies and early human work on emulsifiers support part of this, but the full chain he describes is not settled.

8

HOURLIFE TAKEAWAY

Treat the bolder promises as hypotheses, not results.

Claims that a yogurt can improve skin, deepen sleep or lift mood draw heavily on mouse studies and on stories from Davis's readers and patients. Mouse findings often fail to carry over to people. Try what is safe and cheap, notice what changes, and keep your expectations modest.

9

HOURLIFE TAKEAWAY

Measure what changes instead of guessing.

Davis encourages readers to track symptoms and discusses home breath-testing devices as a way to watch for overgrowth. Even a simple written baseline before you start makes it easier to tell a real change from a good week. Bring those notes to your doctor, who can rule out problems that look like SIBO but need other care.

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
- [ ] Write a one-week baseline
- [ ] Read five labels in your kitchen
- [ ] Buy one fermented food you'll actually eat
- [ ] Stock three fibre-rich plants

KEEP UP DAILY

- ◯ Have one fermented food a day
- ◯ Add fibre a little at a time
- ◯ Log three numbers each evening

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

Book a short appointment before you change your diet or start probiotics.

Mention any medication, especially for diabetes or blood pressure, and whether you are pregnant or have a weakened immune system. Ask whether symptoms like yours need tests first.

MY VERSION

DONE ON

- [ ] SETUP 2

Write a one-week baseline

For seven days before you change anything, note bloating, stools, sleep and energy on a 0 to 3 scale each evening.

That baseline is what you compare against later.

MY VERSION

DONE ON

- [ ] SETUP 3

Read five labels in your kitchen

Pick five packaged foods you eat often and look for added sugar and emulsifiers such as polysorbate 80 or carboxymethylcellulose.

Choose one to replace this week rather than clearing the whole cupboard at once.

MY VERSION

DONE ON

- [ ] SETUP 4

Buy one fermented food you'll actually eat

Choose a plain kefir, live yogurt, sauerkraut or kimchi labelled as containing live cultures.

Pasteurised jars and vinegar pickles don't count. Start with a spoonful or two a day.

MY VERSION

DONE ON

- [ ] SETUP 5

Stock three fibre-rich plants

Put onions or leeks, garlic and one more plant such as asparagus or a slightly green banana on this week's shopping list.

These are common sources of the fibres gut bacteria feed on.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Have one fermented food a day

Keep a small daily serving of your fermented food with a meal you already eat.

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

Add fibre a little at a time

Add one fibre-rich food every few days instead of all at once, and drink water with it.

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 ○
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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

Log three numbers each evening

Spend a minute noting bloating, energy and sleep from 0 to 3.

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 ○
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30 ○						

December 2026

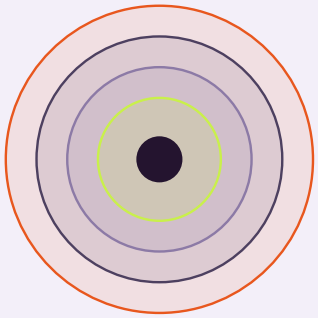
MON	TUE	WED	THU	FRI	SAT	SUN
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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Tend the soil before you plant, watch what actually changes, and let your doctor read the results with you.

HOURLIFE NOTE AFTER WILLIAM DAVIS

Read it online, and vote on the take-aways: hourlife.com/books/super-gut
Made November 6, 2026 · HourLife, hourlife.com

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