

The HSI Gut Restoration Sequence

Six evidence-informed stages · a one-page reference for Lesson 2.4

Not a rigid prescription — a sequencing logic for thinking through gut cases systematically rather than jumping straight to supplements. Myth: gut restoration starts with adding the right supplements. Reality: it starts with understanding and removing what works against the gut.

1 Identify

Before intervening, identify likely contributing factors from the history (antecedents/triggers): recent antibiotic use, high stress load, dietary pattern, possible SIBO.

2 Investigate

Decide whether targeted testing (Lesson 2.3) would actually change the plan — and if so, order it. A clear history alone is a legitimate outcome of this stage, not a skipped step.

3 Reduce burden

Address identifiable irritants or overgrowths first: reduce highly processed/inflammatory foods, address a confirmed SIBO overgrowth, reduce alcohol. Remove before you add.

4 Rebuild

Support the gut lining and digestive function directly: adequate protein for tissue repair, chewing and eating pace, digestive support where appropriate.

5 Reintroduce

Rebuild fibre and plant diversity — not simply more fibre, but more different fibres, feeding a broader range of SCFA-producing bacteria. Introduce fermented foods gradually, watching tolerance.

6 Reinforce

Address the sustaining factors that decide whether gains hold: sleep quality, stress management, a consistent dietary pattern rather than a short-term reset. Links to the Regimen and Mind domains.