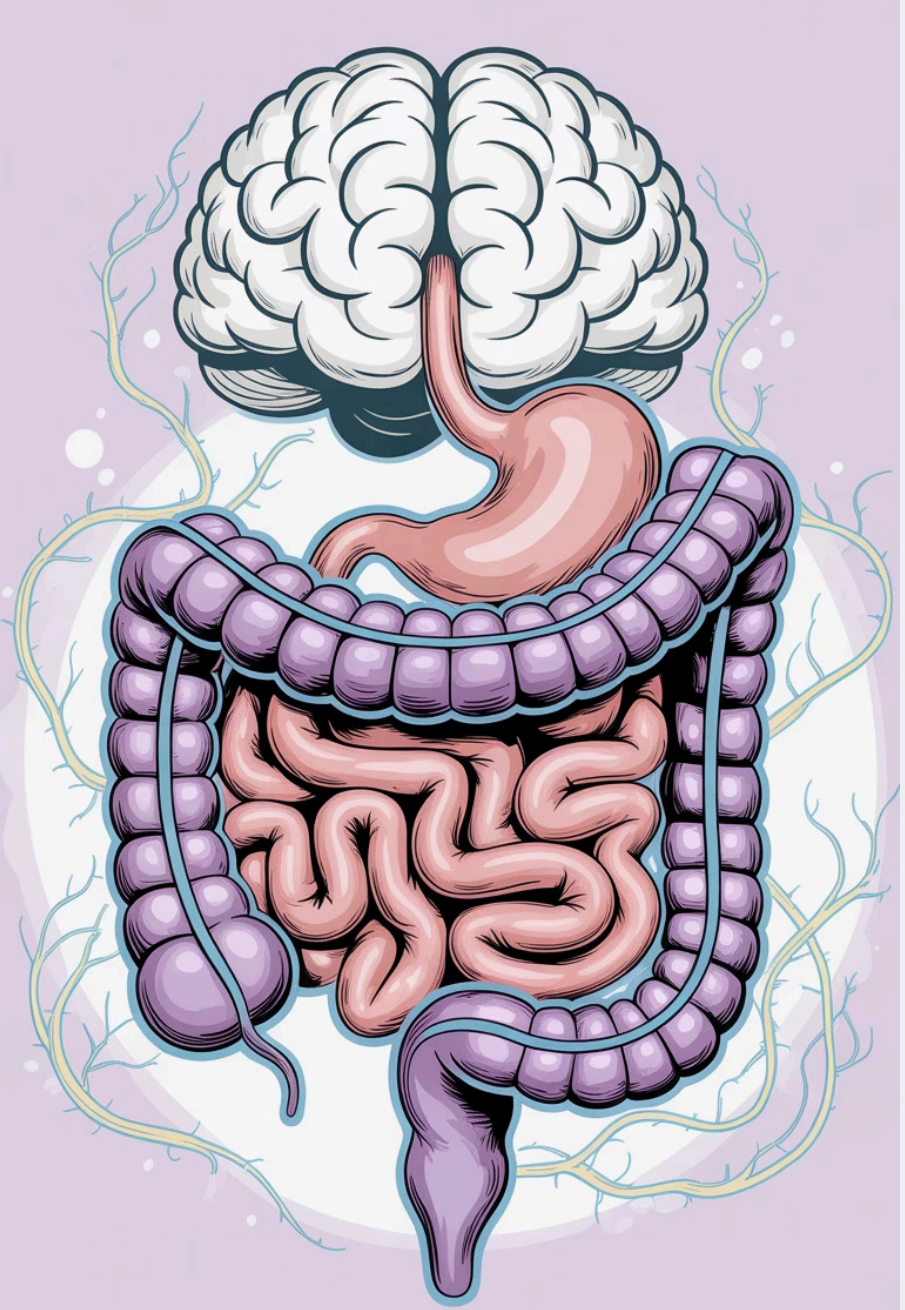


Super Gut Code

A free digital book exploring the fascinating connection between your gut, memory, and cognitive function. Discover how your gut microbiome may be the key to a sharper mind.

Why the Gut Matters

The gut is home to over 100 trillion bacteria, considered a "forgotten organ" with vital roles in the body's functioning.

This complex ecosystem not only digests food but also:

- Influences brain health
- Regulates the immune system
- Produces essential neurotransmitters
- Affects mood and behavior

Author: Dr. William Davis

Renowned Credentials

- Cardiologist and microbiome specialist
- Author of the bestseller "Wheat Belly"
- Pioneer in research on the gut microbiome
- Over 25 years of clinical experience
- International speaker on gut health

Dr. Davis dedicates his career to exploring how gut health impacts multiple systems of the body, especially the brain.

What is the Super Gut Code?

Free Digital Compilation

A comprehensive guide available at no cost to anyone interested in optimizing their gut and cognitive health.

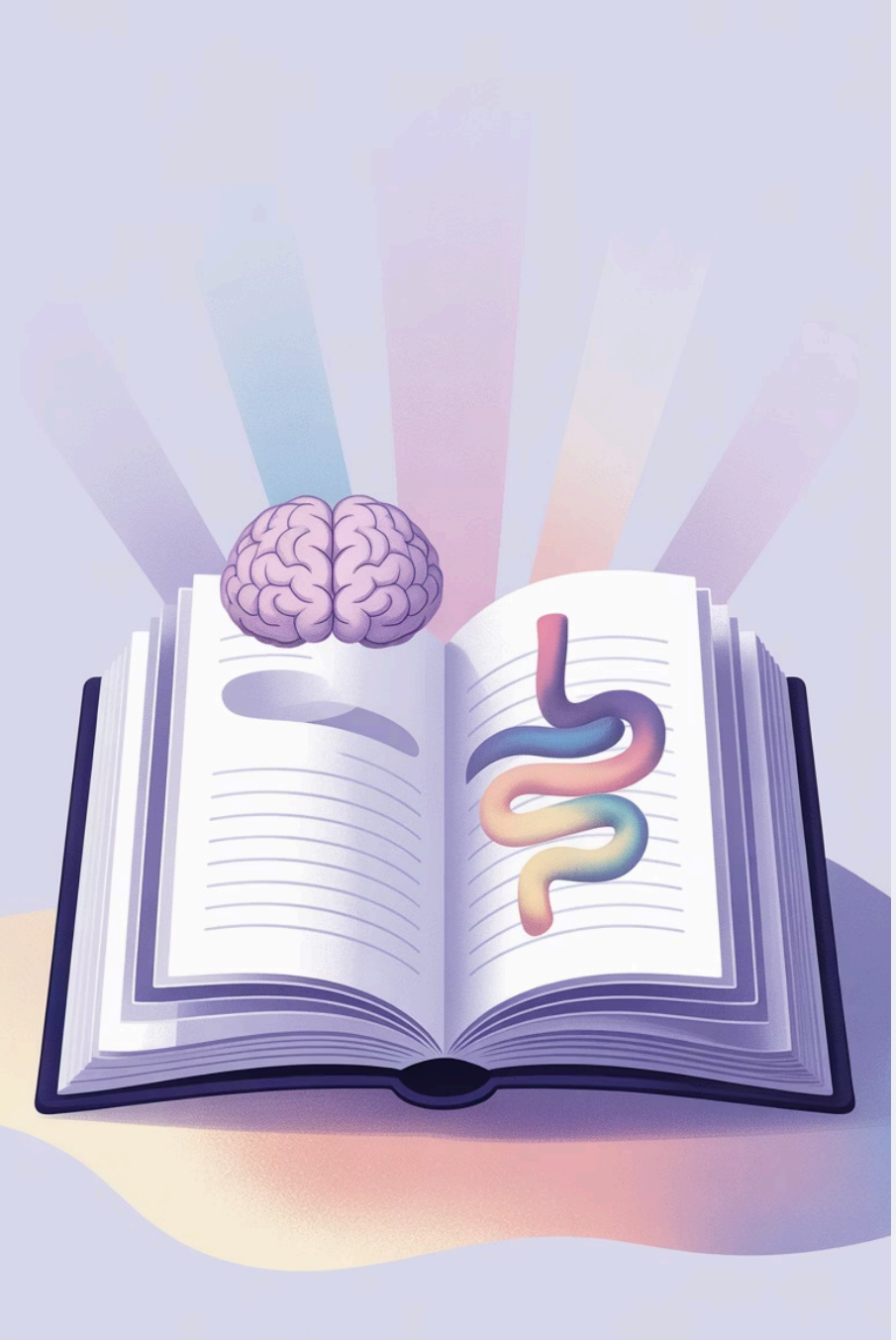
Recent Research

Incorporates the latest scientific findings on the microbiome and cognitive health from 2024.

Accessible Information

Translates complex science into practical strategies that anyone can implement in their daily routine.

The Super Gut Code bridges the gap between cutting-edge science and practical applications to improve gut and brain health simultaneously.



Agenda: What You Will Learn

Microbiome Fundamentals

Understand the intestinal ecosystem and its role in the body

Gut-Brain Axis

How the gut communicates and influences the brain

4-Week Protocol

Practical strategies to optimize both systems

Resources and Tools

Guides, recipes, and tracking systems for implementation

The Human Microbiome 101

Our guts are home to a complex universe of microorganisms:

- Over 1000 species of bacteria coexist in the gut
- Microbial genes outnumber human genes by a ratio of 100:1
- 2-3 kg of our body weight is made up of microorganisms
- This microbial community is unique like a fingerprint

This vast microbial community plays critical functions affecting the entire body, including cognition, metabolism, and immunity.

Gut-Brain Axis: The Basics

Brain

Sends signals to the gut via nerves and hormones

Vagus Nerve

Main route of two-way communication

Circulation

Transports microbial metabolites to the brain

Gut

Produces neurotransmitters and metabolic signals

This constant two-way communication means that the state of your gut directly influences brain function and vice versa.

Cognitive Functions Linked to the Gut

1

Memory

Gut bacteria produce compounds that affect the formation and retrieval of memories in the hippocampus.

2

Focus

Gut dysbiosis is linked to neuroinflammation that impairs attention and concentration.

3

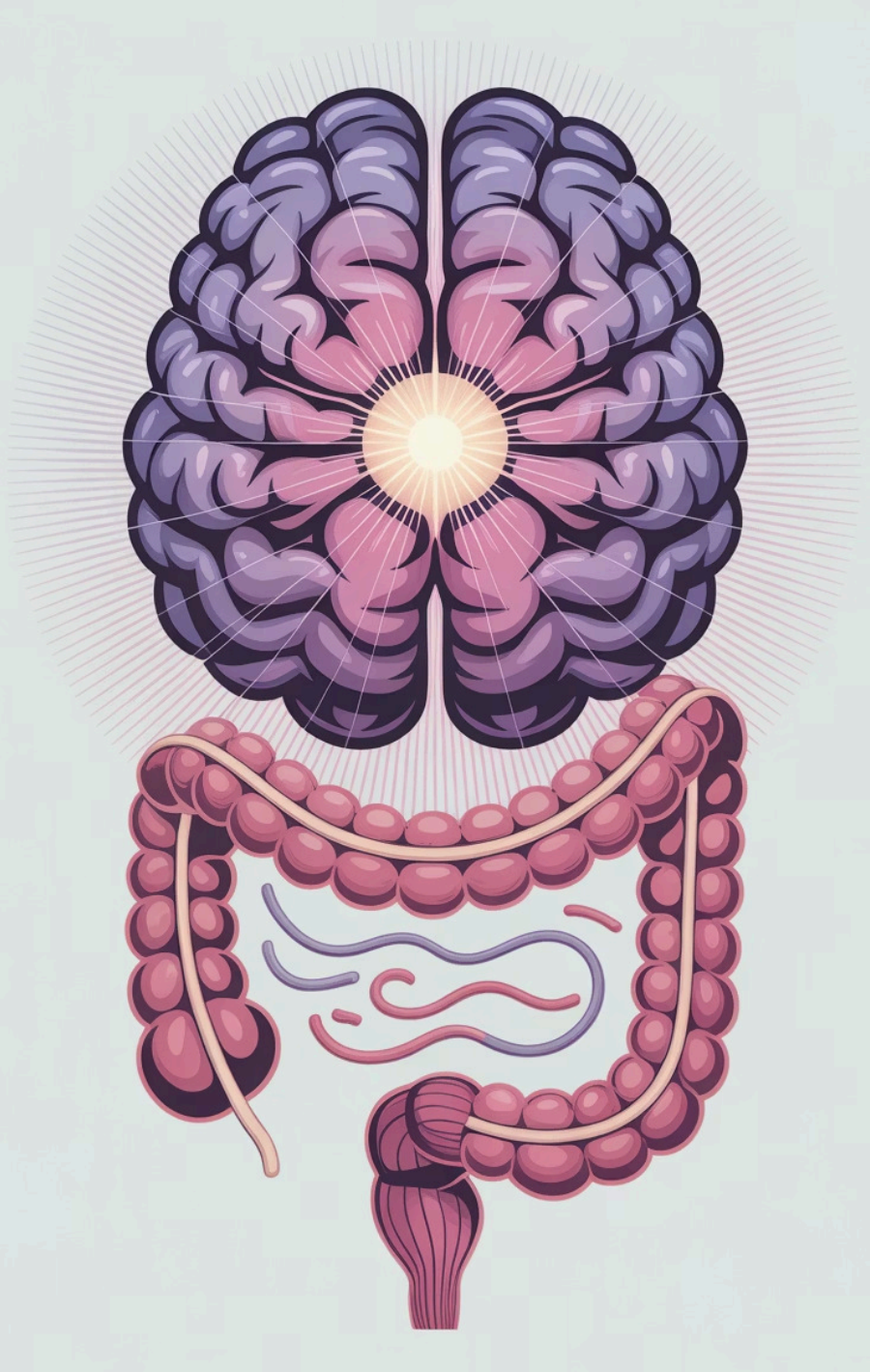
Mood

90% of serotonin is produced in the gut, directly influencing emotional well-being.

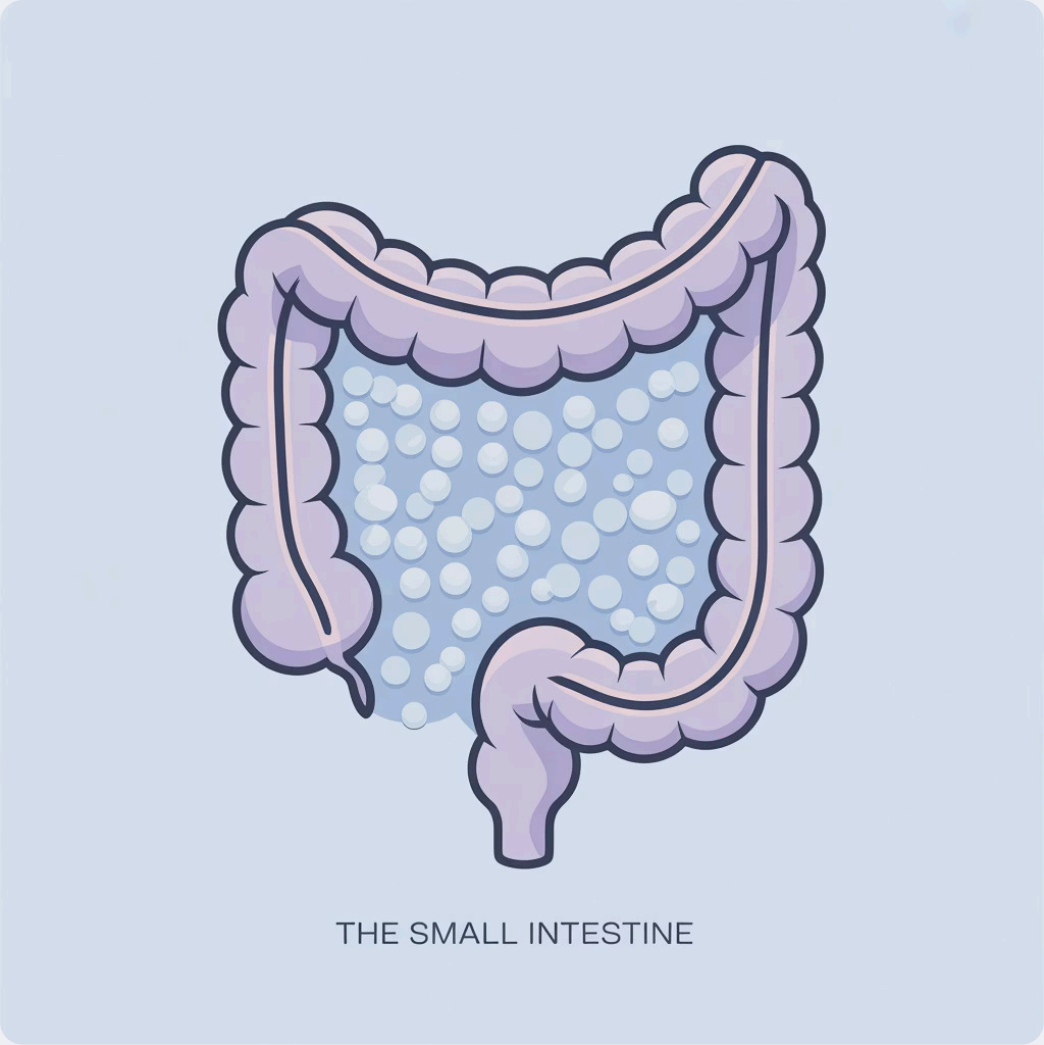
4

Learning

Microbial short-chain fatty acids support neuroplasticity and the ability to learn.



Small Intestinal Bacterial Overgrowth (SIBO)



A Hidden Epidemic

SIBO affects 1 in 3 people worldwide but is frequently undiagnosed.

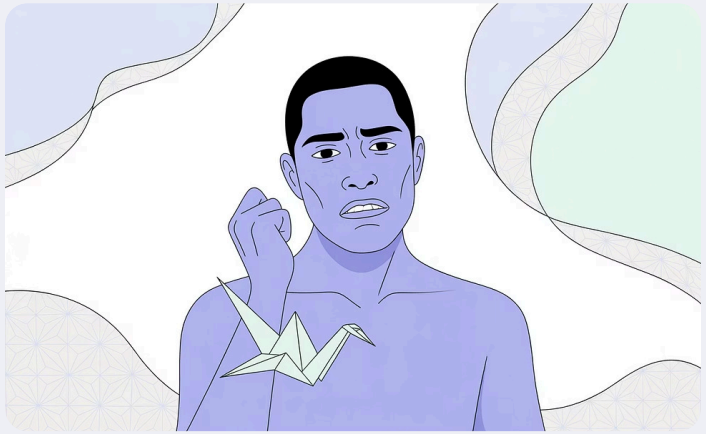
- Bacteria improperly colonize the small intestine
- Produce gases, toxins, and inflammatory compounds
- Interfere with nutrient absorption
- Create inflammation that spreads systemically
- Penetrate the blood-brain barrier

This condition represents a significant, yet often overlooked, cause of chronic cognitive and intestinal problems.

SIBO and Brain Fog

Mental Fatigue

Difficulty maintaining concentration and a constant feeling of mental exhaustion even after adequate rest.



Compromised Memory

Frequent forgetfulness, difficulty recalling recent information, and problems with working memory.

Digestive Symptoms

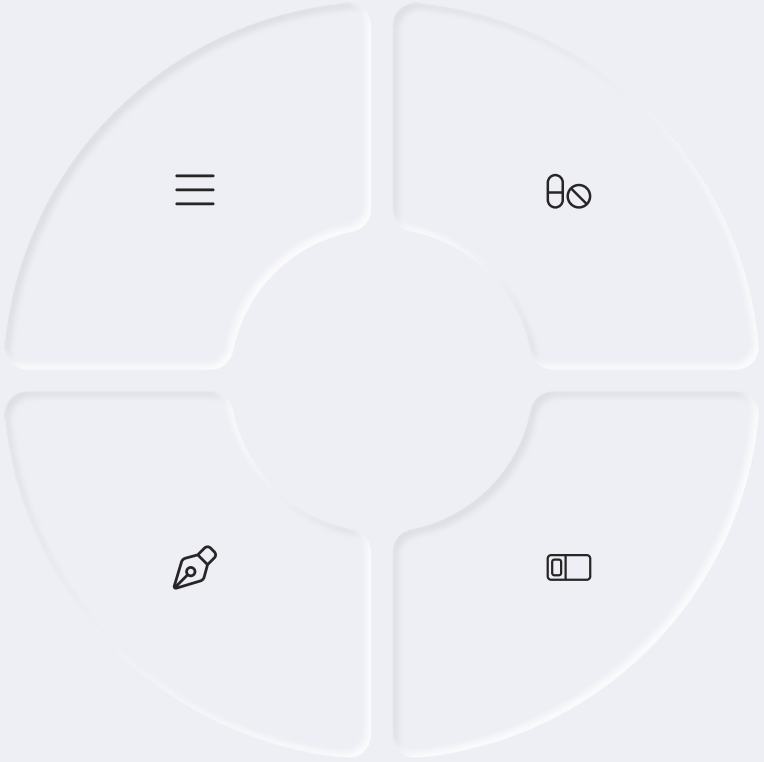
Bloating, abdominal distension, gas, and intestinal discomfort that seem to coincide with periods of worse cognitive performance.

Studies show that 78% of people with SIBO report symptoms of brain fog that improve significantly after successful treatment of the intestinal condition.

Intestinal Imbalance: Common Causes

Processed Foods

Rich in sugars, refined oils, and additives that damage healthy gut flora and feed harmful bacteria.



Antibiotics

Eliminate beneficial bacteria along with pathogenic ones, creating opportunities for uncontrolled growth.

Sedentary Lifestyle

Reduces microbial diversity and impairs healthy intestinal function.

Chronic Stress

Alters intestinal motility and microbiome composition through stress hormones.

The Silent Epidemic of Gut Loss

Missing Ancestral Bacteria

Microbial species that co-evolved with humans for millennia are disappearing from our modern guts at an alarming rate.

- Lactobacillus reuteri: reduced in 96% of the population
- Bifidobacterium infantis: absent in 93% of American babies
- Oxalobacter formigenes: lost in over 80% of adults

Causes of Microbial Erosion

- Diets low in fiber and high in additives
- Cesarean section vs. vaginal birth
- Less breastfeeding and more formula
- Overly sterilized environment
- Reduced exposure to nature and animals

Lost Microbes: Cognitive Impact

Loss of Key Species

Specific strains that produce neuroactive compounds are disappearing from modern intestines

Reduced Chemical Production

Lower synthesis of neurotransmitters, short-chain fatty acids, and bioactive peptides

Impaired Brain Signaling

Compromised gut-brain communication and suboptimal neurological responses

Dr. Davis has identified 12 specific bacterial species whose absence is strongly correlated with cognitive decline and memory problems in patients of all ages.

How Microbes Impact Memory

Neurotransmitter Production

Gut bacteria synthesize and regulate neurotransmitters essential for memory formation:

- **Serotonin:** Regulates mood and memory consolidation
- **GABA:** Reduces neural excitation for mental focus
- **Dopamine:** Essential for motivation and attention
- **Acetylcholine:** Critical for memory formation

Studies in neuroscience show that the introduction of certain probiotic bacteria can improve memory formation in just 14 days.

Brain Chemicals Produced in the Gut

90%

Serotonin

Produced by enterochromaffin cells in the gut, not in the brain as many think

50%

Dopamine

Half of the body's dopamine is synthesized in the gastrointestinal tract

70%

GABA

Produced by Lactobacillus and Bifidobacterium in the gut

Oxytocin, the "bonding hormone," is also regulated by specific gut bacteria, affecting not only cognition but also behavior

The Four-Week Gut Plan (Overview)

Week 1: Elimination

Remove harmful foods and microbial disruptors

Week 2: Restoration

Reintroduce beneficial microbial species that have been lost

Week 3: Nourishment

Focus on foods that nourish healthy microbiomes

Week 4: Lifestyle

Incorporate habits that sustain long-term gut health

Week 1: Eliminating Gut Disruptors

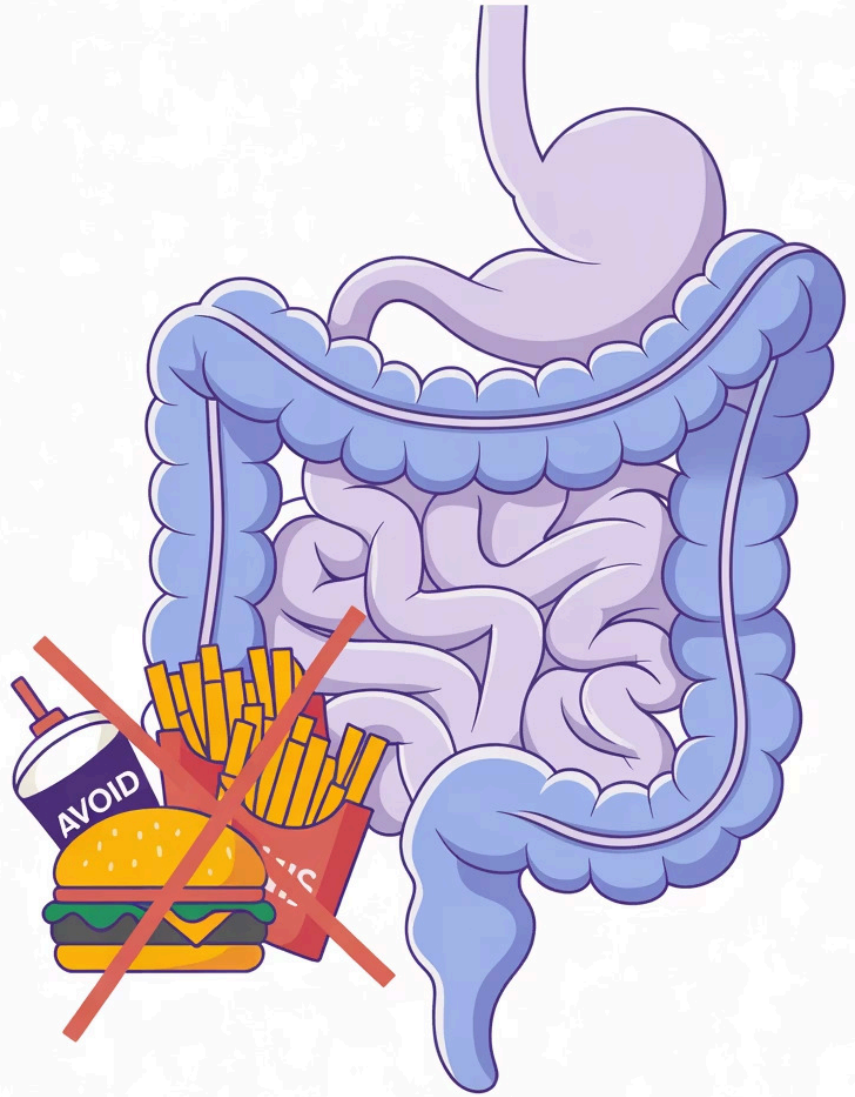
Foods to Avoid

- Refined sugars and artificial sweeteners
- Processed grains and refined flours
- Industrialized vegetable oils
- Ultra-processed foods with additives
- Alcohol (especially beer and spirits)

Medications to Review

- Unnecessary antibiotics
- Frequent non-steroidal anti-inflammatory drugs
- Proton pump inhibitors
- Metformin (discuss alternatives)

Important: Never discontinue medications without consulting your doctor. The book includes a guide for medical discussion about alternatives.



Week 2: Restoring Key Microbes

1

Specific Probiotics

Supplements containing specific ancestral strains such as Lactobacillus reuteri DSM 17938 and Bifidobacterium longum.

Dosage: 5-10 billion CFUs daily, preferably before meals.

2

Fermented Foods

Daily consumption of kefir, kimchi, sauerkraut, and other traditionally fermented foods.

Goal: 1-2 servings daily, starting with small amounts.

3

Enhanced Homemade Yogurt

Dr. Davis' exclusive recipe for L. reuteri-rich yogurt that has been proven to increase oxytocin levels.

36-hour fermentation process for maximum bacterial count.

Week 3: Nutrition for the Microbiome

Dietary Fiber

Foods rich in dietary fiber feed beneficial bacteria:

- Cruciferous vegetables (broccoli, kale, cauliflower)
- Dark leafy greens
- Legumes and beans
- Seeds (chia, flaxseed, sunflower)

Polyphenols

- Red berries (blueberries, raspberries)
- Green tea
- Dark cocoa (70%+ cocoa)
- Herbs and spices

Goal: 40g of fiber and 200mg of polyphenols daily to optimize microbial production of short-chain fatty acids that protect the brain.

Week 4: Lifestyle and Habit Changes

Optimized Sleep

7-8 hours of quality sleep per night maintains the healthy circadian rhythm of gut microbes. Establish consistent sleep and wake times.

Moderate Exercise

30 minutes of daily physical activity, with an emphasis on aerobic exercise and resistance training that has been shown to increase microbial diversity.

Stress Management

15 minutes daily of meditation or deep breathing reduces stress hormones that impair the intestinal barrier and microbial diversity.

Exposure to Nature

Regular time outdoors in natural environments for exposure to diverse microbiomes that enrich our own intestinal ecosystem.

Real World Results: Case 1

> "After years of struggling with forgetfulness and brain fog, I implemented the Super Gut protocol. Within four weeks, I noticed a drastic improvement in my working memory and mental clarity. My colleagues commented on how I seemed 'present' again in meetings."
>
> — Mariana, 42, Teacher

Measurable Results:

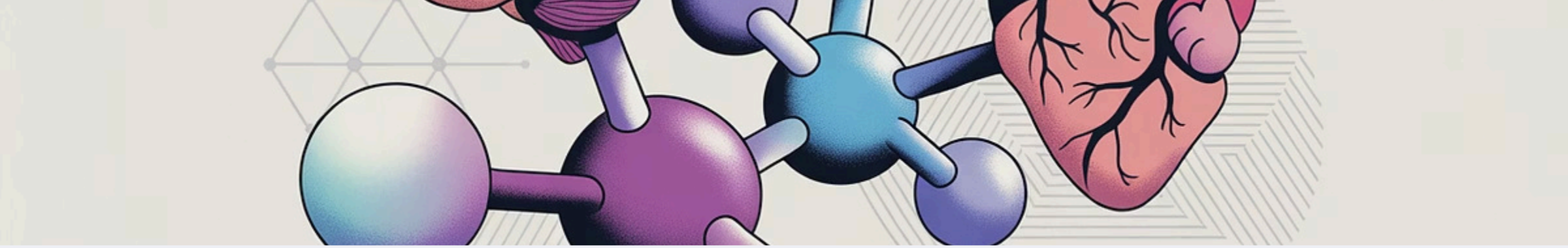
- 48% improvement in working memory tests
- 67% increase in word recall ability
- 82% reduction in the frequency of "forgetfulness"
- Near complete elimination of intestinal bloating

Real World Results: Case 2

> "As a 58-year-old executive, I started to notice I was falling behind in quick meetings. The SIBO diagnosis was a surprise. After following the Super Gut protocol, my mental clarity returned along with an energy I hadn't felt in decades."
>
> — Carlos, 58, CFO

Measurable Results:

- Negative SIBO test after 6 weeks
- 72% improvement in cognitive reaction time
- 91% reduction in brain fog episodes
- 54% increase in retention of new information



Oxytocin: Beyond Mood

Social Connection

Elevated oxytocin levels improve the ability to recognize facial emotions and strengthen social bonds.

Empathy

Participants with restored microbiomes demonstrated greater empathetic behavior and understanding of others' perspectives.

Trust

Increased oxytocin production promoted by strains such as L. reuteri is linked to higher levels of interpersonal trust.

Research from MIT and the Karolinska Institute demonstrates that specific Lactobacillus strains increase oxytocin production by up to 200%, with notable effects on social behavior and social cognitive abilities.

Anti-Aging Effects

Prevention of Cognitive Decline

A healthy gut microbiome is strongly correlated with preserved cognitive function during aging. Studies show that microbial diversity may be a stronger predictor of brain health than traditional genetic factors.

Protective Mechanisms

- Reduction of systemic neuroinflammation
- Improved blood-brain barrier integrity
- Efficient clearance of beta-amyloid proteins
- Promotion of ongoing neurogenesis

A 2023 study of 1,100 elderly individuals demonstrated that those with the healthiest microbial profiles had "functionally 11-15 years younger brains" than their peers with gut dysbiosis.

Immune System and Brain

70% of Immune Cells

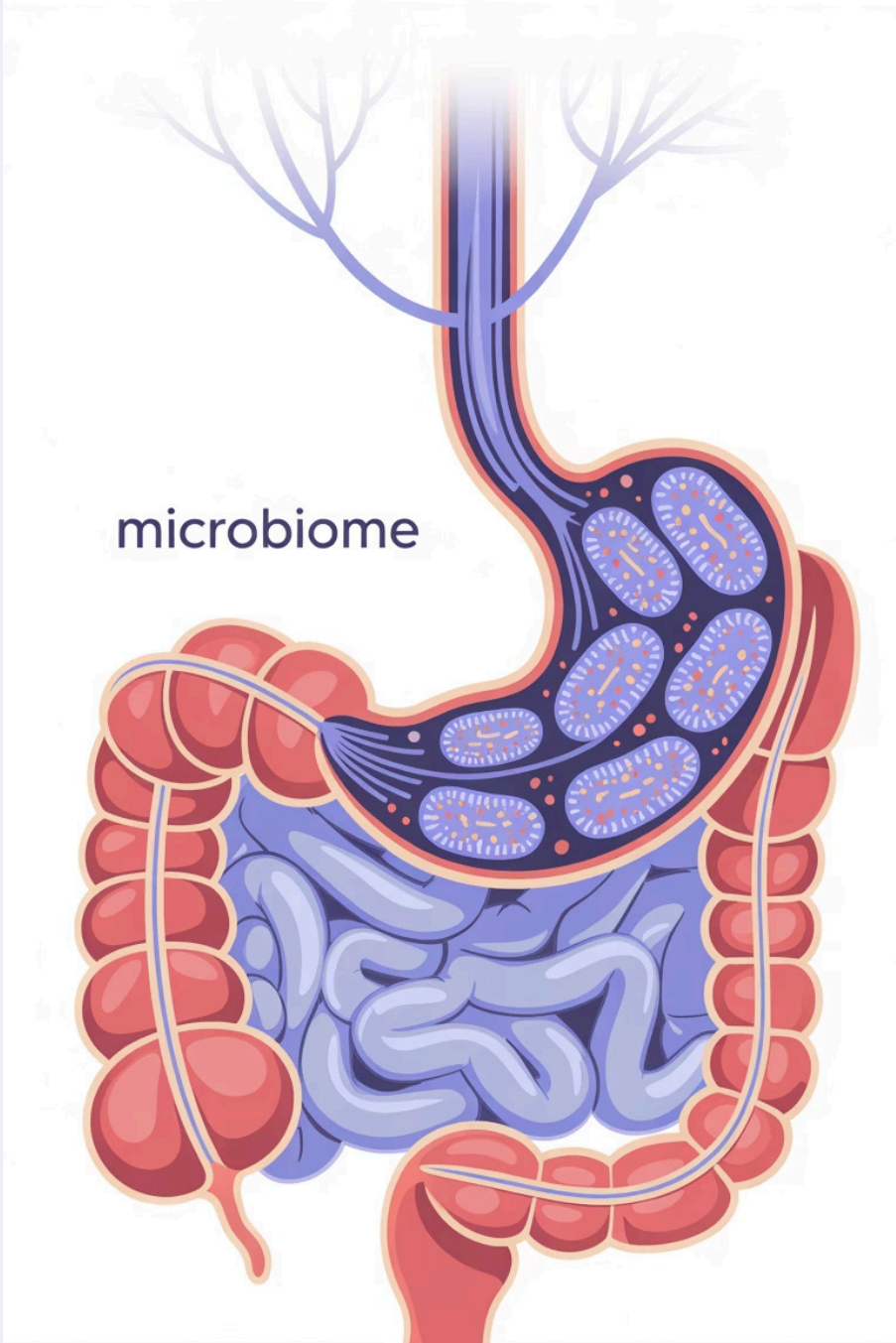
Most of the immune system's cells reside in the gut-associated lymphoid tissue (GALT), making the gut the body's immune command center.

Systemic Inflammation

Gut dysbiosis triggers inflammation that spreads throughout the body and crosses the blood-brain barrier, impairing cognition.

Immune Tolerance

Beneficial bacteria educate the immune system to distinguish between true threats and harmless substances, reducing harmful inflammatory reactions.

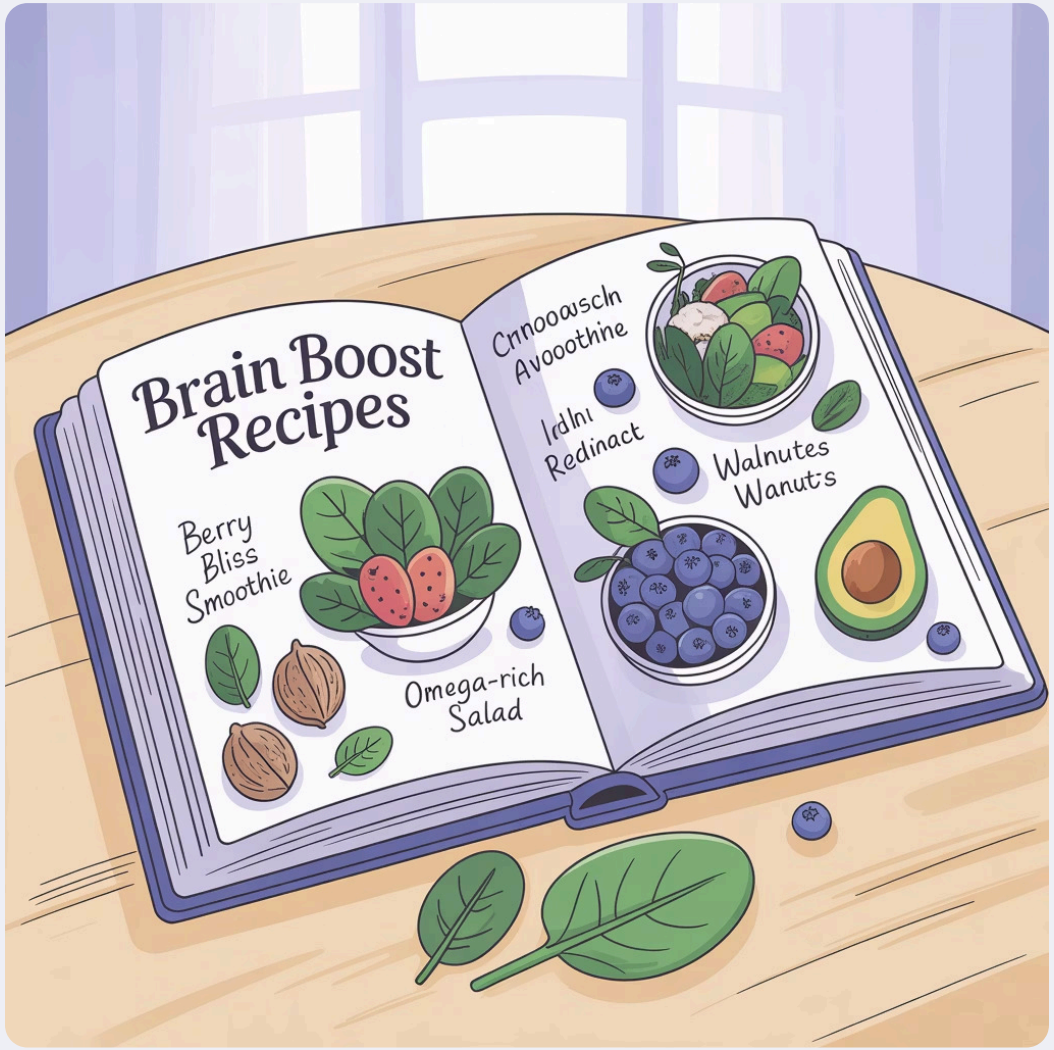


Recipes for the Brain

The Super Gut Code guide includes over 40 practical, brain-boosting recipes specifically developed to:

- Maximize nutrients that promote brain health
- Nourish beneficial gut bacteria
- Eliminate ingredients that cause inflammation
- Be easy to prepare on a daily basis

Each recipe includes information on which bacterial species it benefits and which cognitive functions are supported by the specific nutrients.



Fermented Foods: Superfoods

Kefir

Rich in multiple strains of Lactobacillus and Bifidobacterium that produce GABA and serotonin. Regular consumption is linked to better spatial memory.

Sauerkraut

Contains L. plantarum which reduces inflammatory markers and improves intestinal barrier function, protecting the brain from circulating toxins.

Kimchi

Combines probiotics with neuroprotective sulfur compounds. Studies show better cognitive performance in regular consumers.

Traditional fermentation increases the bioavailability of nutrients and creates bioactive compounds absent in the original non-fermented foods.

Polyphenols: Brain Nutrition

Rich Sources of Polyphenols

- **Red fruits:** Blueberries, strawberries, blackberries
- **Teas:** Green, black, white, oolong
- **Cocoa:** Dark chocolate (minimum 70% cocoa)
- **Herbs:** Rosemary, thyme, oregano
- **Spices:** Turmeric, cinnamon, clove
- **Olive oil:** Extra virgin, first cold pressing

Polyphenols act as selective prebiotics, specifically feeding bacteria that produce neuroprotective and anti-inflammatory compounds.

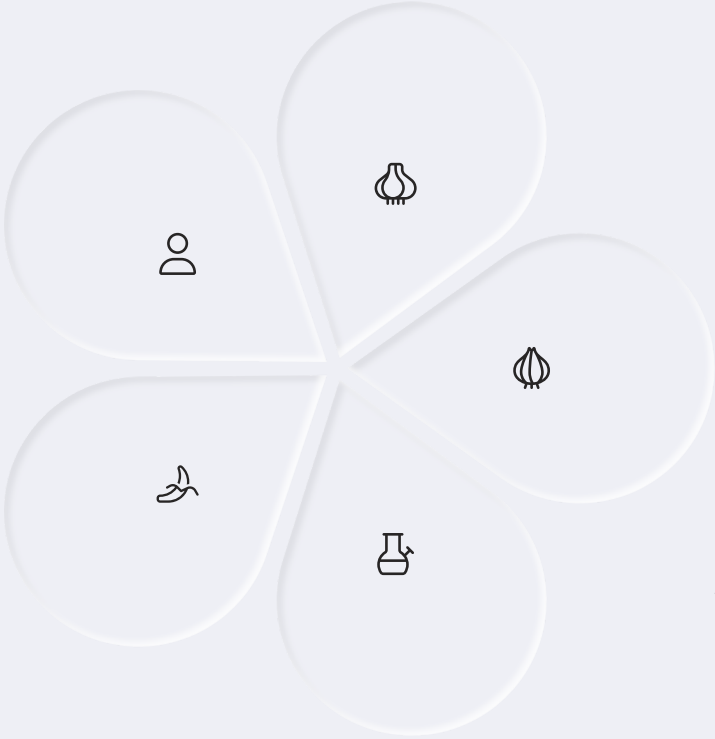
Prebiotics: Intestinal Fertilizer

Chicory Root

Rich in inulin, which promotes the growth of butyrate-producing Bifidobacteria

Green Banana

Source of resistant starch that increases the production of brain-protective butyrate



Garlic

Contains fructooligosaccharides that feed neurotransmitter-producing bacteria

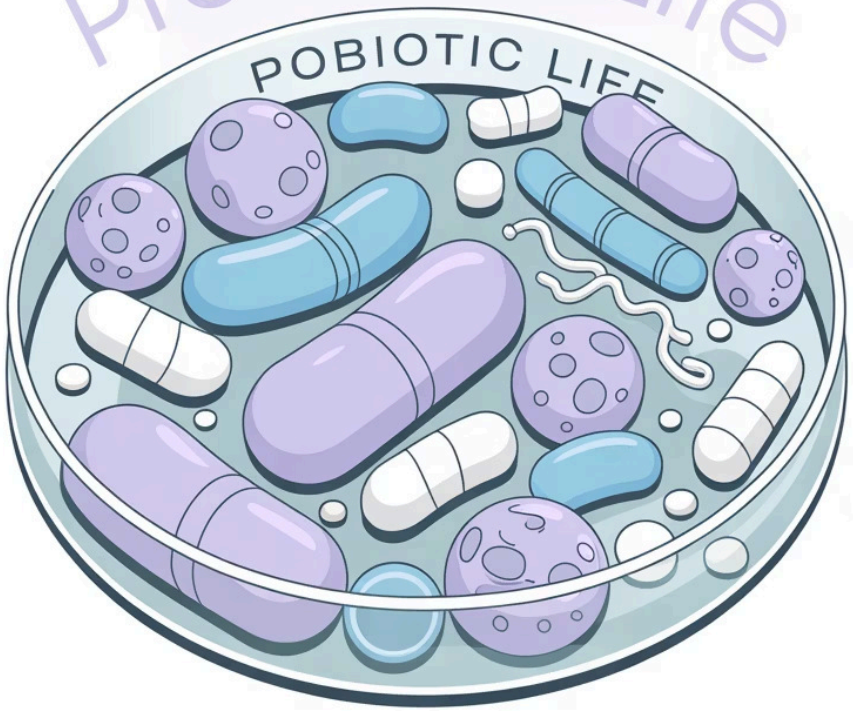
Onion

Rich in prebiotics that stimulate the production of short-chain fatty acids

Asparagus

Contains inulin and FOS that promote beneficial microbes for the brain

Prebiotics selectively feed beneficial bacteria that produce short-chain fatty acids (SCFAs), especially butyrate, which strengthens the blood-brain barrier and supports cognitive function.



Probiotics: Targeted Benefits

1. **Lactobacillus reuteri**

   Increases oxytocin levels by up to 200%, improving social learning and emotional memory formation. Specific strain: DSM 17938 or ATCC PTA 6475.

2. **Bifidobacterium longum**

   Reduces anxiety and improves working memory. Studies show improvement in executive function in just 4 weeks. Specific strain: 1714.

3. **Lactobacillus plantarum**

   Decreases intestinal permeability, reducing neuroinflammation and improving mental clarity. Specific strain: 299v.

4. **Lactobacillus acidophilus**

   Supports the production of serotonin and GABA, positively influencing mood and cognition. Specific strain: NCFM.

Common Gut Assassins

Alcohol

Even moderate consumption can reduce microbial diversity by 20% and increase intestinal permeability, allowing toxins to reach the brain.

Processed Seed Oils

Oxidized soybean, corn, and canola oils promote intestinal inflammation and microbiota imbalance that affects cognition.

Artificial Sweeteners

Sucralose, aspartame, and saccharin drastically alter the composition of the microbiome and interfere with cerebral glucose metabolism.

Sleep and the Microbiome

Bidirectional Relationship

Sleep and the gut microbiome influence each other in a complex cycle:

- Inadequate sleep reduces microbial diversity by up to 50% in just two nights
- Gut dysbiosis interferes with the production of melatonin and serotonin
- The circadian rhythm regulates feeding cycles and microbial activity
- Beneficial bacteria produce GABA and other compounds that promote restful sleep

Chronic sleep deprivation is associated with a microbiome that resembles that of people with mild cognitive impairment.

Stress: A Gut-Brain Saboteur

Chronic Stress

Activates the hypothalamic-pituitary-adrenal axis, releasing cortisol

Intestinal Damage

Elevated cortisol increases permeability and reduces motility

Dysbiosis

Reduction of beneficial bacteria and increase of opportunistic pathogens

Mental Confusion

Resulting neuroinflammation impairs cognition and mood

Inflammation

Increased production of inflammatory cytokines

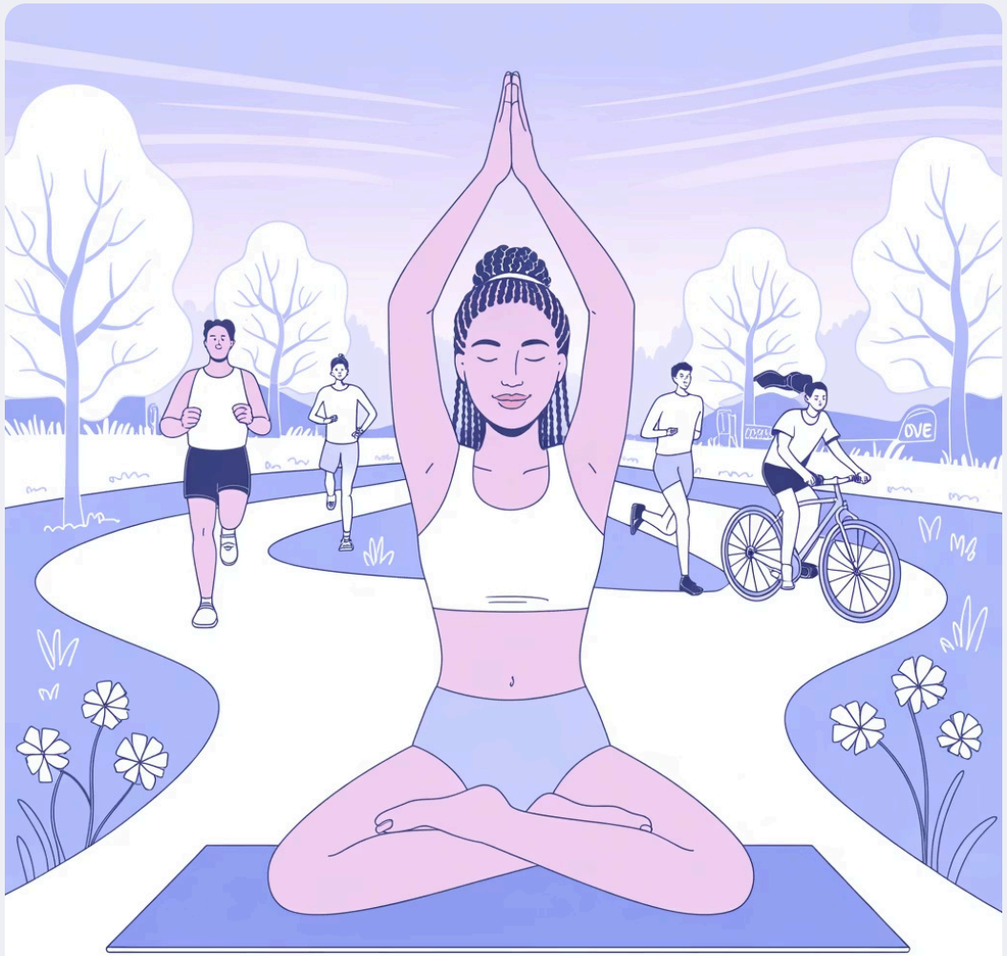
Stress reduction techniques such as meditation, deep breathing, and yoga can interrupt this cycle, restoring intestinal balance and mental clarity.

Exercise and Gut Health

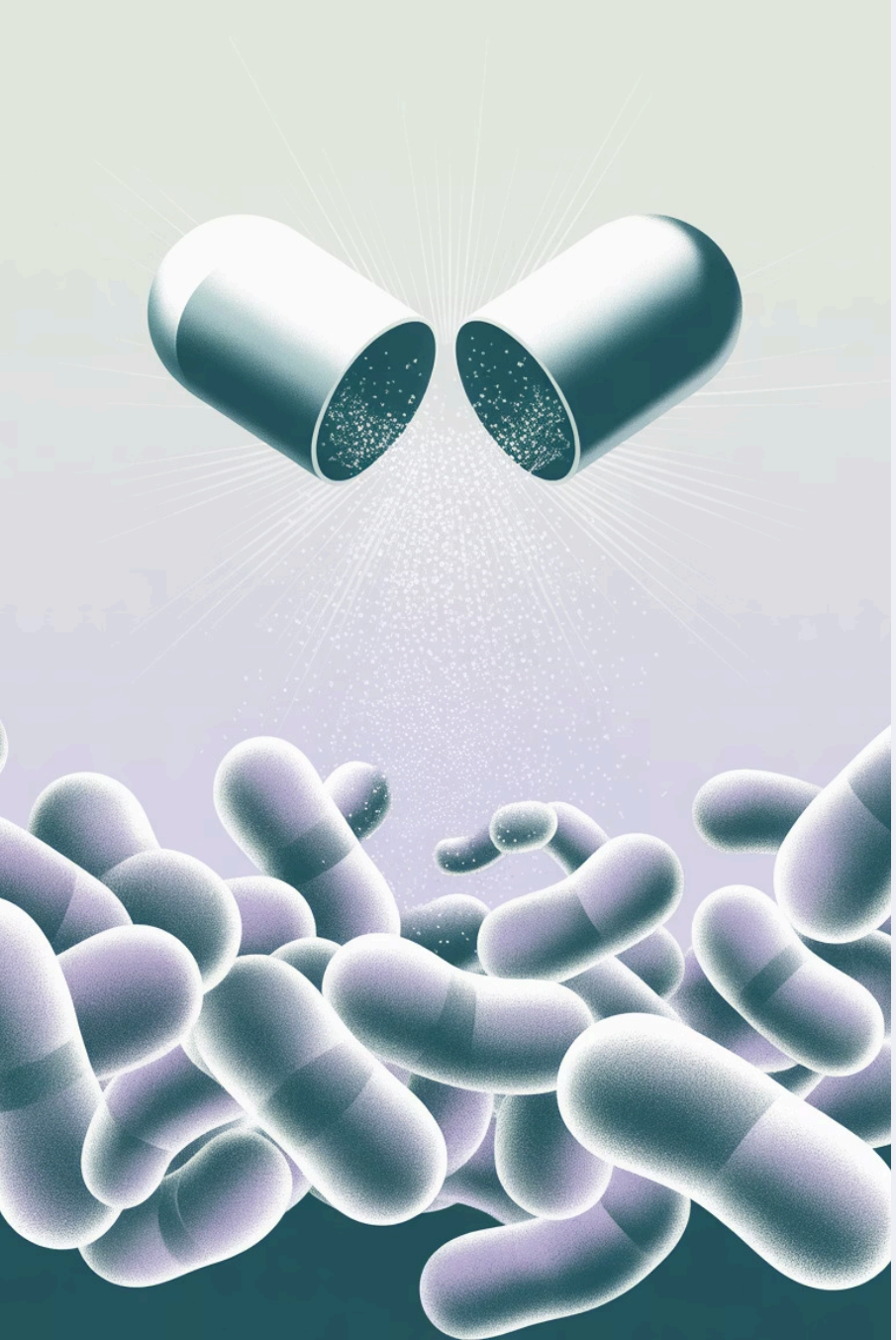
Benefits of Moderate Exercise

- Increases microbial diversity by 25-30%
- Elevates the proportion of butyrate-producing bacteria
- Improves intestinal transit and motility
- Reduces intestinal inflammation
- Stimulates the production of beneficial myokines

Studies show that 30-40 minutes of moderate aerobic exercise 3-5 times per week optimizes microbial composition for better cognition.



⚠ Excessively intense or prolonged exercise can temporarily increase intestinal permeability. Find the right balance for your body.



Excessive Use of Antibiotics: A Warning

Prolonged Damage

A single course of broad-spectrum antibiotics can eliminate up to 30% of intestinal microbial diversity, with some microbes never recovering even after years.

Cognitive Impact

Longitudinal studies show a correlation between frequent antibiotic use and an increased risk of memory problems, with some antibiotics such as fluoroquinolones having a direct link to cognitive problems.

Prudent Use

When antibiotics are necessary, always combine them with microbiome protection strategies, including specific probiotics and a high-fiber diet during and after treatment.

Children, Guts, and Learning

Critical Development

The first 1000 days of life are crucial for establishing a healthy microbiome that will shape cognitive development throughout life.

Microbiome Formation Factors

- Type of delivery (vaginal vs. C-section)
- Exclusive breastfeeding
- Introduction of solid foods
- Exposure to nature and animals
- Early use of antibiotics

Children with diverse microbiomes show better outcomes in memory, attention, and learning skills in longitudinal studies.

Aging, Gut, and Mental Speed

Reduced Diversity

Older adults exhibit lower microbial diversity, correlated with slower cognitive processing

Essential Species

Decrease in Akkermansia and Bifidobacterium associated with worse performance in memory tests

Chronic Inflammation

Unbalanced microbiome promotes a pro-inflammatory state that accelerates brain aging

Targeted Interventions

Age-specific protocols partially restore microbial composition and improve mental agility

Studies show that older adults following the Super Gut protocol experience improvements in cognitive processing speed similar to people 10-15 years younger.

Women's Health: Special Considerations

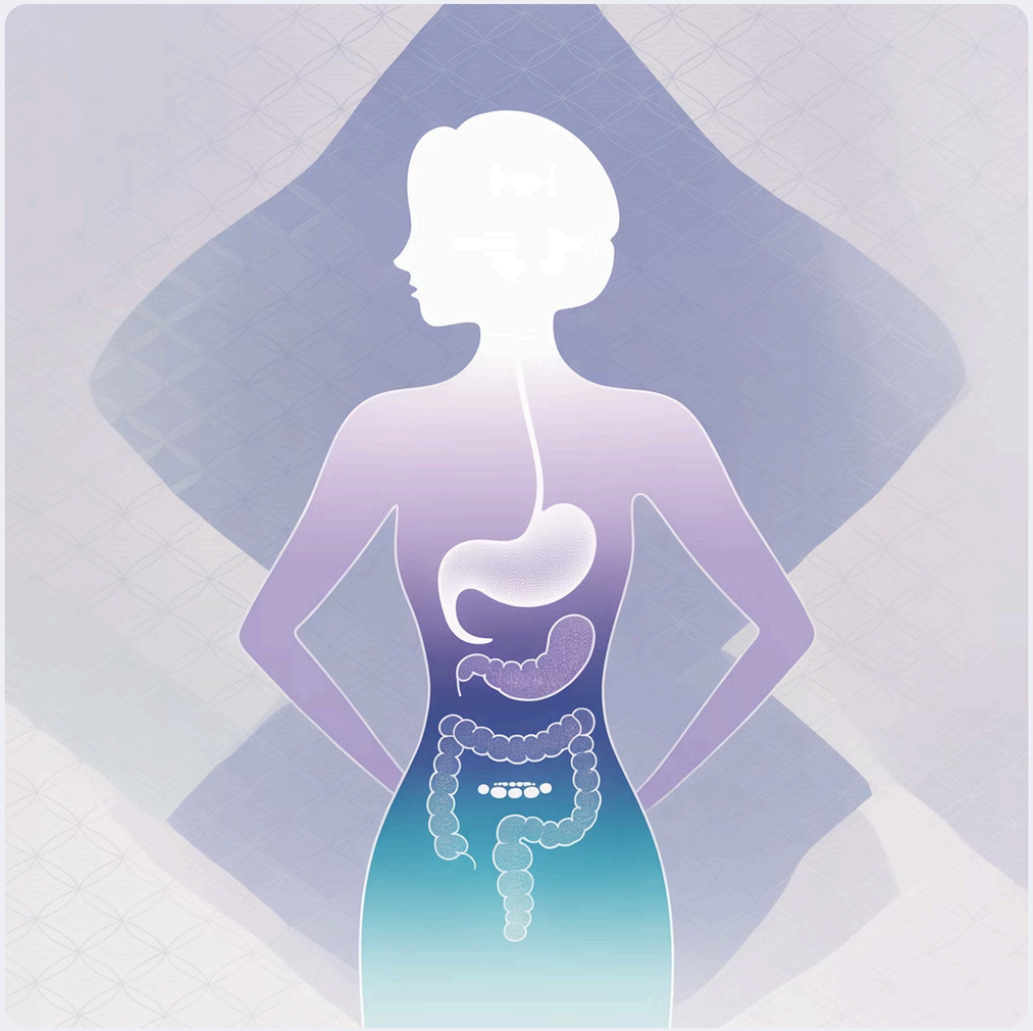
Hormones and Microbiome

The female gut microbiome has unique characteristics that interact with hormonal cycles:

- Estrogen fluctuations affect bacterial composition
- Gut bacteria metabolize and recycle hormones
- Microbial variation occurs during the menstrual cycle

Critical Periods

- Pregnancy: Dramatic changes in the microbiome
- Postpartum: Associated with brain fog
- Menopause: Reduction in microbial diversity



The Super Gut Code includes specific recommendations for women in different phases of life, addressing the unique needs of each period.

Hormones, Memory, and Microbes

1

Estrogen

Interacts with gut bacteria that produce beta-glucuronidase, affecting its bioavailability. Adequate estrogen levels promote verbal memory and executive function. Certain probiotics such as L. rhamnosus can help optimize estrogen metabolism.

2

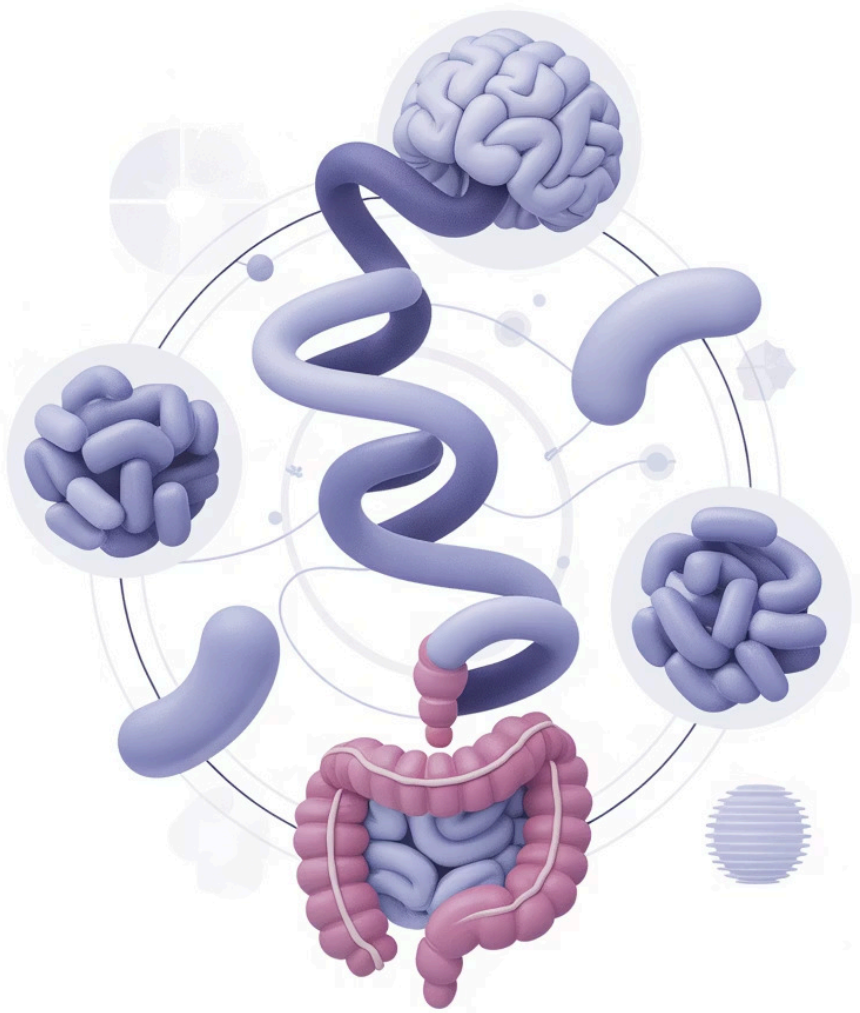
Testosterone

Influenced by specific microbial species, affects spatial memory and visuospatial processing. Gut dysbiosis is associated with reduced testosterone levels in men and women, impacting cognitive function.

3

Cortisol

Chronically elevated levels of this stress hormone damage the intestinal barrier and alter microbial composition. This negative cycle impacts memory formation and emotional processing in the hippocampus.



Hormone harmony

Gut Tests: Digital Tools

At-Home Microbiome Analysis

Modern sequencing kits allow for detailed analysis of gut microbial composition:

- Identification of bacterial diversity and abundance
- Comparison with healthy populations
- Detection of opportunistic pathogens
- Assessment of microbial metabolic functions

Tracking Apps

Complementary digital tools allow for:

- Monitoring of daily symptoms
- Correlation between diet and cognitive function
- Assessment of progress with cognitive tests

Interpreting Your Gut Results

Microbial Diversity

The Shannon index measures the richness and evenness of species. Values above 2.5 generally indicate a healthy microbiome associated with better cognitive function.

Signs of SIBO

Elevation of bacteria normally found in the large intestine appearing in samples that reflect the small intestine, such as Klebsiella and certain Enterococci.

Key Species

Presence and abundance of butyrate-producing bacteria such as Faecalibacterium prausnitzii and Akkermansia muciniphila, essential for brain health.

The Super Gut Code includes a detailed guide to interpreting results from common commercial tests, with specific reference values and recommendations for addressing identified imbalances.

Personalized Interventions

Data-Driven Approach

The Super Gut Code provides personalized recommendations based on specific microbial profiles:

- **Low diversity:** Intensive dietary diversification protocol
- **Identified SIBO:** Specific eradication and restoration strategies
- **Butyrate deficiency:** Targeted supplementation and dietary interventions
- **Elevated inflammation:** Intensive anti-inflammatory protocols

Implementation Plan

- Personalized four-week schedule
- Shopping list specific to your profile
- Guide to priority supplements
- Digital progress trackers
- Recommended adjustments based on results

Supplements That Support Gut-Brain Health

1

Magnesium

Most effective form: glycinate or threonate. Supports neuronal function and reduces intestinal inflammation. Typical dosage: 300-400mg daily.

Ω

Omega-3

DHA/EPA from marine sources reduce inflammation and support the integrity of the intestinal and brain barrier. Dosage: 1000-2000mg combined daily.

3

Vitamin D

Regulates intestinal immune function and the expression of tight junction proteins. Target level: 50-80 ng/mL, generally requiring 2000-5000 IU daily.

4

Specific Probiotics

Selected strains with evidence for cognition, such as L. reuteri ATCC PTA 6475 and B. longum 1714, in therapeutic doses.

Warning Symptoms

Concerning Cognitive Signs

- Recurring memory lapses that interfere with daily life
- Persistent inability to find familiar words or names
- Confusion about location or passage of time
- Difficulty completing everyday tasks
- Impaired judgment or poor decision-making

Concerning Intestinal Signs

- Persistent and unexplained bloating
- Significant changes in bowel habits
- Recurrent abdominal pain
- Blood in the stool
- Unexplained weight loss
- Extreme fatigue not relieved by rest

⚠ Always consult a healthcare professional if you experience these symptoms. While the Super Gut protocol can complement medical treatment, it does not replace proper professional diagnosis and care.

Foods to Add Immediately

Asparagus and Leeks

Rich in prebiotics that feed butyrate-producing bacteria, these vegetables help strengthen the intestinal barrier and reduce neurological inflammation.

Fermented Vegetables

Sauerkraut, kimchi, and other fermented vegetables introduce live probiotics and postbiotics that support gut-brain communication and cognitive clarity.

Nuts, Seeds, and Chocolate

These sources rich in polyphenols, essential fatty acids, and antioxidants nourish beneficial microbes and offer direct neurological protection.

Common Mistakes to Avoid

Generic Probiotics

Buying low-quality probiotics or "broad-spectrum" formulations without specific strains proven for cognitive health. The specific strains mentioned in the Super Gut Code were selected for their documented neurological effects.

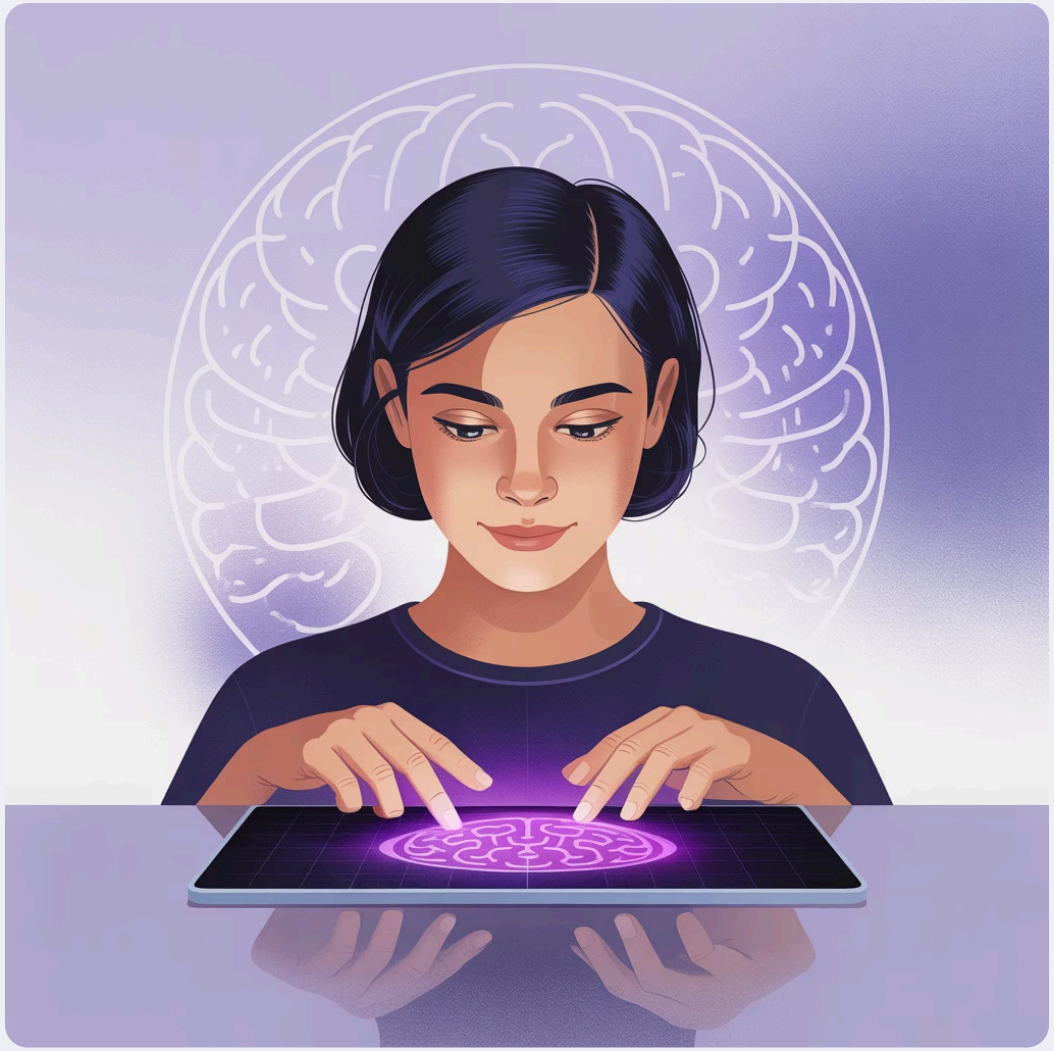
Short Trial Periods

Abandoning interventions after only a few days without seeing results. Microbiome remodeling is a gradual process that requires consistency. Initial signs of improvement may appear in 1-2 weeks, but substantial changes take at least 4-6 weeks.

Neglecting Diversity

Focusing only on one or two "superfoods" instead of broadly diversifying plant intake. Dietary diversity is the strongest predictor of a healthy microbiome, with studies showing that consuming 30+ types of plants per week optimizes cognitive function.

Monitoring Cognitive Progress



Free Digital Tools

The Super Gut Code includes access to resources to track cognitive improvements:

- **Calibrated brain games:** Measure processing speed, working memory, and executive function
- **Memory trackers:** Document changes in recall and retention
- **Mood diaries:** Correlate emotional changes with gut interventions
- **Mental clarity assessments:** Quantify the reduction of brain fog

All of these tools sync with the Super Gut Code app to visualize connections between gut health and cognitive performance over time.

Sharing Your "Super Gut Code"

Community Forums

Access to support groups where members share experiences, tips, and recipes. These forums are moderated by nutritionists and microbiome experts.

Group Challenges

Structured 30-day programs where participants follow the protocol together, with weekly Q&A sessions with Dr. Davis and his team.

Access to the Digital eBook

All members can share the free eBook with friends and family, expanding the impact of gut-brain health information.

Testimonials: Memorable Transformations

Ana, 52 years old

"After decades of struggling with what doctors called 'anxiety,' I discovered it was my gut. Eight weeks on the Super Gut protocol and my mind is clearer than it has ever been. My brain has finally 'woken up.'"

Marcos, 34 years old

"As a programmer, I need constant mental clarity. Brain fog was ruining my career. The gut protocol not only eliminated the fog, but improved my ability to solve problems in ways I didn't expect."

Helena, 71 years old

"I was resigned to accepting cognitive decline as part of aging. After three months focused on gut health, my memory and energy improved so much that I went back to college to finish my degree!"

Mindfulness and Meditation

Mind-Gut Connection

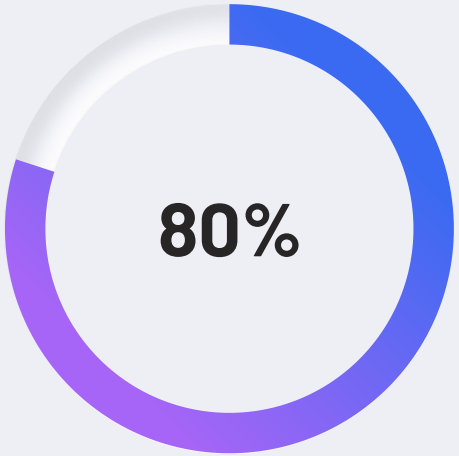
Contemplative practices demonstrate powerful benefits for the gut-brain axis:

- Reduction of intestinal inflammatory markers
- Modulation of vagus nerve activity
- Reduction of cortisol, which protects the intestinal barrier
- Support for brain neuroplasticity

Studies using brain imaging show that 8 weeks of daily meditation increase gray matter density in regions associated with memory and learning.

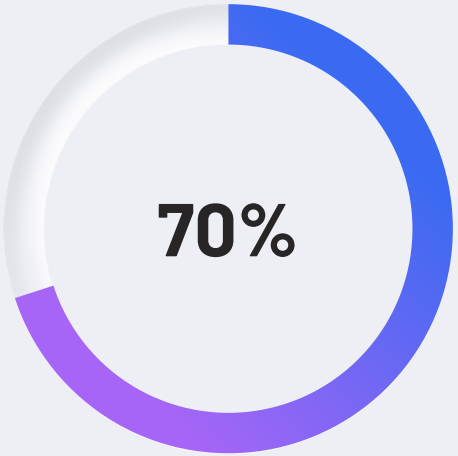
The Super Gut protocol recommends starting with just 5 minutes of daily mindfulness meditation, gradually increasing to 15-20 minutes for optimal benefits to the gut-brain axis.

Beyond Memory: Emotional Health



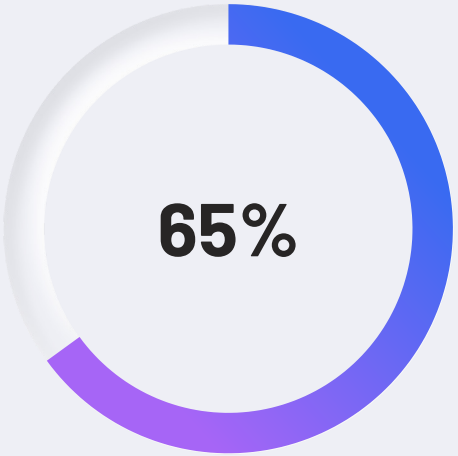
Depression

Percentage of patients with depression who have significant intestinal dysbiosis, with specific patterns of bacterial depletion.



Anxiety

Proportion of people with anxiety disorders who show altered intestinal GABA production and abnormal vagus nerve signaling.

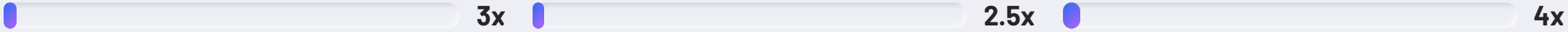


Improvement

Average rate of improvement in mental health symptoms after implementation of the complete intestinal protocol for 12 weeks.

The gut-brain axis profoundly influences our emotional well-being. Optimizing the intestinal microbiome can serve as a powerful complementary intervention for mental health conditions.

Neurological Risks of Ignoring the Gut



Alzheimer's

Increased risk in people with chronic gut dysbiosis and long-term intestinal inflammation.

Parkinson's

Greater risk associated with specific patterns of intestinal permeability and altered microbial composition.

ADHD

Increased likelihood in children with early gut dysbiosis and excessive antibiotic use.

Growing evidence suggests that many neurological conditions start in the gut, sometimes decades before brain symptoms manifest. Proactive intervention in gut health represents a key preventive strategy.

FRESH PRODUCE

Reprogramming the Gut: Key Lessons

Sustainable Change vs. Quick Fixes

True gut balance doesn't come from 3-day "detoxes" or miracle products. Microbiome reprogramming requires consistent commitment to dietary patterns and lifestyle that promote microbial diversity.

Continuous Dietary Diversity

A thriving microbiome requires constant nutritional diversity. After the initial protocol, maintain consumption of 30+ different types of plants weekly and regular rotation of fermented foods.

Holistic Approach

The best results come from combined attention to diet, supplementation, stress management, sleep quality, and exercise - all working in synergy to optimize gut-brain communication.

Your Action Plan

1. Remove Irritants

Eliminate processed foods, refined sugars, artificial sweeteners, and reduce alcohol. Review medications that may be harming your microbiome.

2. Restore Flora

Introduce fermented foods daily and probiotics specific to cognition. Gradually increase dietary fiber and foods rich in polyphenols.

3. Reinforce Habits

Integrate supportive practices such as adequate sleep, stress management, regular exercise, and time in nature to sustain a healthy microbiome.

This three-step process forms the foundation of the Super Gut Code protocol, designed to gradually optimize your gut-brain axis and improve cognitive function over time.

Free Digital Resources Included

Complete Digital Content

- **40+ Recipes:** Dishes optimized for gut and brain health, with step-by-step instructions
- **Printable Trackers:** Tools to monitor digestive and cognitive progress
- **Checklists:** Shopping guides, food substitutes, and quick references
- **Audiobook:** Complete narrated version of the guide for learning on the go
- **PDF Guides:** Resources formatted for digital reading or printing
- **Updates:** Ongoing access to new research and protocols

All these resources are accessible through the Super Gut Code online portal after free registration.

Further Learning: Book Summaries

Super Gut

Condensation of Dr. Davis's bestseller that explores how to recover the lost microbiome to transform your digestive, immune, and cognitive health.

Wheat Belly

Summary of the groundbreaking book that exposes how modern grains negatively affect our microbiome and, consequently, our brain function.

Selected Scientific Articles

Accessible summaries of recent scientific studies on the gut-brain axis, explained in simple language.

For Healthcare Professionals

Clinical Implications

Specialized section of the Super Gut Code intended for doctors, nutritionists, and other healthcare professionals:

- Evaluation protocols for patients with cognitive complaints
- Recommended laboratory tests and interpretation
- Treatment algorithms based on clinical presentations
- Dosage and safety considerations
- Detailed case studies with results

Resources for Practice

Ready-made tools for clinical implementation:

- Educational materials for patients
- Worksheets for progress evaluation
- Intestinal-cognitive history forms
- Annotated scientific references
- Slides for educational presentations

Continuing education accreditation available for qualified professionals.

Next Steps: Joining the Movement

1. **Sign Up**

   Register on the SuperGutCode.com website for immediate access to the free eBook and complementary digital resources.

2. **Access Forums**

   Join the online community to connect with other participants and share experiences and tips.

3. **Participate in Challenges**

   Sign up for the next 30-day challenge with expert guidance and group support during implementation.

4. **Become an Ambassador**

   After completing the protocol, consider sharing your story and helping others on their gut-brain health journey.

Q&A and Contact

Frequently Asked Questions

- How long does it take to see cognitive results?
- Is the protocol suitable for children?
- Can I follow the plan with dietary restrictions?
- How does this complement medical treatments?
- Is the book available in other languages?

Detailed answers to these and many other questions are available in the FAQ section of the website.

Send Your Questions

Do you have a question that is not covered in the FAQ? Send it directly to the team through the online form.

Free Download

Access the complete eBook and supplementary resources at:

www.SuperGutCode.com/download

No credit card required, just an email address to send the materials.

Thank You: Your Super Gut Journey Starts Here

Healthier Gut, Sharper Memory, Better Life!

The Super Gut Code represents a new frontier in understanding cognitive health through gut care. By implementing these strategies, you're not just improving your digestion – you're transforming your brain function, memory, and mental clarity.

Stay tuned for regular updates with the latest research and resources as our understanding of this powerful connection continues to evolve.

www.SuperGutCode.com