

DEEPER THAN SYMPTOMS

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GUT HEALTH · THE PROTOCOL

# The Gut Reset Starter Guide

*A week-by-week walkthrough of the 5 R's — with food lists and the mistakes that stall real healing.*

## Inside this guide

The full 5R framework at a glance, a realistic week-by-week starting path, an eat-this / pause-that food list, a grounded healing timeline, and the three mistakes that stall progress.

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A free resource from

**Dr. Pooja, PharmD**

Clinical Research Coordinator & founder, Deeper Than Symptoms

[deeperthansymptoms.com](https://deeperthansymptoms.com)

## The 5R Framework — Why Order Is Everything

A gut healing protocol works because of its *sequence*, not its speed. You can't rebuild a wall while someone's still swinging a hammer at it. Remove the assault first, restore basic digestion, *then* repopulate and repair. The 5 R's — popularized by the Institute for Functional Medicine — are the backbone of nearly every serious gut plan.

Phase	What you do	Typical window
1. Remove	Calm daily irritation — a temporary elimination of common triggers (added sugar, alcohol, and often gluten & dairy) to quiet the system.	4–6 weeks
2. Replace	Give digestion what it's missing — support for stomach acid and enzymes so food actually breaks down.	Ongoing
3. Reinoculate	Rebuild a diverse microbiome with fermented foods and prebiotic fibers that feed the good bacteria.	Ongoing
4. Repair	Heal the gut lining with targeted nutrients (L-glutamine, zinc, omega-3s, vitamins A & D). This is the months-long part.	Months
5. Rebalance	Protect the progress — sleep, circadian rhythm, stress recovery, and regular movement. The maintenance plan.	For life

## A Realistic Week-by-Week Starting Path

*This is an orientation, not a prescription. Supplement specifics (and their doses) belong with your practitioner — the FDA doesn't regulate supplements like medication, and quality varies.*

- **Weeks 1–2 · Remove.** Pick one or two daily irritants to pull (start with added sugar and alcohol). Add one calming, fiber-rich food. A short “die-off” rough patch is normal and usually mild.
- **Weeks 2–4 · Remove + Replace.** Hold the elimination. Support digestion with easy-to-digest proteins and mindful eating. Many notice less bloating and steadier energy here.
- **Weeks 4–8 · Reinoculate.** Layer in fermented foods daily and prebiotic fibers to feed them. Don't seed before you've weeded.
- **Weeks 6–12+ · Repair.** With irritants gone and digestion supported, focus on gut-lining nutrients from food (oily fish, colorful produce, quality protein, bone broth).
- **Ongoing · Rebalance.** Protect sleep, build real stress recovery, move regularly. This is where most relapses get prevented.

### A realistic timeline

Early wins (less bloating, steadier energy, clearer thinking) often show in weeks 1–4. Deeper healing takes 3–6 months. Two steps forward, one step back is normal — it is **not** failure. If someone promises a fixed gut in two weeks, they're selling you something.

## Gut Healing Foods — What to Eat, What to Pause

### Lean into

- Colorful vegetables
- Fermented foods: yogurt, kefir, kimchi, sauerkraut
- Prebiotic fibers: onion, garlic, asparagus, leeks
- Bone broth & omega-3-rich fish
- Proteins that are easy to digest

### Pause for now

- Added sugar and alcohol
- Ultra-processed food
- Common triggers like gluten & dairy during the elimination window (reintroduce later to test your response)

## The Mistakes That Stall Real Healing

- **Starting with probiotics and skipping Remove** — seeding before weeding is the single most common mistake.
- **Quitting around week three** — early die-off gets misread as failure, right before the real gains kick in.
- **Ignoring Phase 5** — no amount of glutamine outruns chronic stress and four hours of sleep a night.

### Your next step

Start with Phase 1 this week: pick one irritant to remove and one fiber-rich food to add. That's a real beginning. Full protocol at [deeperthansymptoms.com](https://deeperthansymptoms.com).