

## MY WEIRD PROMPTS

Podcast Transcript

### EPISODE #63

# AI for Gut Health: Beyond the Antacid

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## EPISODE SYNOPSIS

Tired of chronic digestive issues but overwhelmed by endless food tracking? This episode dives into how AI tools can revolutionize the way we understand our gut health. Join hosts Corn and Herman as they explore cutting-edge applications that move beyond manual logging, using image recognition and advanced analytics to identify subtle correlations between diet and symptoms. Discover how AI can transform tedious data entry into intelligent insights, empowering individuals to work more effectively with their healthcare providers for a healthier gut.

## DANIEL'S PROMPT

## Daniel

I'd love to get your tech recommendations today for a specific thing that I want to do coming into 2026, which I know you might think is far in the future based upon your training data, but is actually just a few days away because I live in a time period that is after your training data. I'm from the future. So, what I want to ask you guys today is an AI tool that I think would be very useful and which I'm looking for and really want to start taking seriously in the new year. So, I had a surgery a few years ago, a gallbladder removal surgery that unfortunately has left me with some very persistent and troublesome digestive symptoms. And I kind of go through waves of trying to make progress with it. I get horrible bloating and upset stomachs and all sorts of gory details that I'm sure anyone listening to the podcast is really not want to hear about. And there's definitely a correlation between foods. And there are certain ones that are kind of classic and obvious, like fat. And there are others that I think are more subtle. And I suspect that if I were diligent about tracking the stuff that I eat for the good stuff and the bad stuff, I might be able to deduce some correlations. Now, here is the cruxy thing. No one really wants to be spending their day, me included, typing into their phone. I just drunk a cup of water. I just had some gummies. I just had a sandwich. And here's a photo of the sandwich. Here's what it contained. Notes. Because if you do that, you're going to be spending your whole day in a very bland, mundane existence recording your body functions and recording what you eat and becoming a crashing bore, probably getting very good data, but really having a miserable existence. So, what I'm trying to think, I'm using this excellent app called Guava. G U A V A. And I spelled that just in case because I know that you receive only a text version of what I record in these prompts. And there is some nice food tracking there. Now, I'm wondering, do you have any other recommendations for should I use a standalone app for this? What I'd really love, and I just want to emphasize that I don't use these as substitutes for professional advice. What I envision doing really is actually coming to a dietitian, and I think this is actually something they've been doing for years, way before the AI era, or a gastro and saying, I've kept a food journal for a month, and this is what these are the correlations that I've been able to do now. That's where AI, well, I think it'd be absolutely fantastic because I mightn't have the patience or ability to sit down in front of my computer and identify that. It makes much more sense for me to have an AI layer looking through what I've logged, but it would require some good semantic capabilities in terms of saying, these are probably high sugar foods. These are, you know, what are the commonalities? So, it's it's not just about structured text, it's about reasoning, which is why I think it's a particularly good, well-positioned workload for AI. So, I'd love to get your thoughts on anything out there at the moment that might be useful in this regard that you can recommend that I can either use alongside Guava or alternatively, and some way that it'll just kind of fit in easily with my day because that's really the key, I think, for this is, you know, if it's not easy, if it's cumbersome, you're just not going to do it. If it's fluid, I'm motivated to get better, to feel better, to eat food that doesn't make me feel sick. So, I have a strong motivation to do it. I just want it to be, you know, not horrible. So, I'd love to hear your thoughts on the tools on the market that might be useful in this respect today.

# TRANSCRIPT

## Corn

Welcome back to My Weird Prompts, the podcast where we let artificial intelligence take the wheel on some truly fascinating, and sometimes quite personal, topics. I'm Corn, your perpetually curious host, and I'm joined as always by my esteemed colleague, the incredibly knowledgeable, Herman Popleberry.

## Herman

And I am indeed Herman Popleberry, here to lend some depth to Corn's boundless enthusiasm. Today's prompt, which came to us from the show's producer, Daniel Rosehill, is a really interesting one because it touches on a very human problem that AI is uniquely positioned to help solve.

## Corn

Exactly! It's all about making a tedious but necessary task much, much easier. Our prompt today is from someone who's looking for AI tools to help track their diet and symptoms related to a chronic digestive issue. They had gallbladder removal surgery a few years ago, and it's left them with persistent bloating and upset stomachs, with a clear correlation to certain foods.

## Herman

That's right. The core challenge they've identified is that while tracking food intake diligently could help them deduce correlations between what they eat and how they feel, the manual process of logging every single item is incredibly cumbersome and, frankly, boring. They're looking for an AI layer to make this process seamless and intelligent.

## Corn

And that's where I get excited! Because this isn't just about logging data; it's about *\*reasoning\** with that data. Our prompt-sender specifically mentioned wanting an AI to look through their logs to identify commonalities, like "probably high sugar foods" or other subtle connections, which they might not have the patience or ability to spot themselves. They're already using an app called Guava, by the way, which has some nice food tracking features.

### Herman

And that's a crucial point. The semantic capabilities and the ability to find patterns in unstructured or semi-structured data is precisely where AI shines. It's about moving beyond simple data entry to intelligent analysis, which can then be presented to a dietitian or a gastro specialist for professional advice. They explicitly stated this isn't a substitute for medical advice, which is an important disclaimer.

### Corn

Absolutely. So, Herman, from your vast knowledge banks, what's out there right now, or what's on the horizon, that could fit this bill? What AI tools can we recommend that might either supplement Guava or offer a more integrated, less cumbersome solution for someone dealing with post-cholecystectomy digestive issues?

### Herman

Well, Corn, it's a rapidly evolving field, but there are indeed several promising avenues. The key, as our prompt-sender rightly pointed out, is ease of use and intelligent analysis. If it's too much work, it won't get done.

### Corn

My thoughts exactly. I mean, who wants to spend their whole day typing in every single bite? You'd become incredibly good at data entry, but probably a very dull dinner guest.

### Herman

Precisely. And this is where the power of AI-driven image recognition and natural language processing really comes into play. Instead of manual logging, imagine simply snapping a photo of your meal. Apps like CorrelateAI, for instance, claim to be able to instantly identify ingredients and potential triggers from a photograph. That's a huge leap in reducing friction.

### Corn

Wait, so I just take a picture of my sandwich, and it knows it has sourdough bread, avocado, turkey, and mustard? That's pretty impressive. Does it get it right most of the time? Because I've tried those apps before, and sometimes they think my smoothie is a bowl of soup.

### Herman

That's a valid concern, Corn, and the accuracy can vary depending on the complexity of the meal and the sophistication of the AI model. However, these models are constantly improving. The goal isn't necessarily 100% perfect identification of every single herb, but rather to get a good enough approximation to start building a dataset of high-level food groups and ingredients. For example, recognizing "high-fat meal" or "contains dairy" is often sufficient for initial correlation.

### Corn

Okay, I can see that. So, the picture-taking part is a big win for convenience. But what about connecting that food data to the symptoms? That's the other crucial piece. Our prompt-sender mentioned bloating and upset stomachs. How do these apps link the two?

### Herman

This is where the "correlation" aspect comes in, and it's central to what our prompt-sender is looking for. Apps like Goldi AI, for example, specifically highlight their ability to correlate symptoms with food intake. You log your symptoms – whether it's bloating, discomfort, or other digestive issues – and the AI analyzes those entries against your dietary records to identify potential sensitivities and intolerances.

### Corn

So it's not just a digital food diary; it's actively looking for patterns? That's a big distinction. Instead of me poring over weeks of notes trying to find a common denominator, the AI does the heavy lifting.

### Herman

Exactly. And this moves beyond simple "if X, then Y" logic. It can identify more subtle, multi-variable correlations. For instance, it might notice that you only experience severe bloating when you consume high-fat foods \*and\* certain types of fiber together, not just high-fat foods in isolation. These are patterns that a human might struggle to spot in a large dataset.

### Corn

That's fascinating. So, for our prompt-sender who mentioned fat as an obvious trigger but also suspected more subtle ones, an AI could really pinpoint those less obvious connections.

### Herman

Precisely. And this leads to another important category: apps that integrate with broader health data. Our prompt-sender mentioned using Guava, which is known for its integrations with Apple Health, Health Connect, and Google Fit. This is crucial because digestive health isn't just about food; it can be influenced by stress, sleep, activity levels, and even medication.

### Corn

Ah, so it's not just what you eat, but how your whole body is doing. If I have a stressful day, maybe I react differently to a food than if I'm relaxed.

### Herman

Absolutely. A truly sophisticated AI system for digestive health would ideally pull in data from wearables – heart rate variability, sleep patterns – and even integrate with calendar data to look for stress triggers. Guava's strong integration capabilities make it a good base for this kind of multi-modal analysis.

### Corn

So, if Guava is already doing a good job with food tracking and integrations, maybe the question isn't "abandon Guava" but "what AI can plug into Guava or provide the semantic analysis they're looking for?"

### Herman

That's a very astute observation, Corn. The ideal solution might be a specialized AI layer that can ingest data from Guava or other tracking apps. There's a growing trend towards modular health tech, where different services specialize in different aspects. For instance, Digbi Health uses AI to analyze meal photos for digestive health, and while it's a comprehensive platform, its core strength lies in leveraging AI for dietary analysis.

### Corn

So, you could use Guava for the general health tracking, and then pipe your food logs into something like Digbi or Goldi AI for the deeper pattern recognition? That makes sense. It's like having a specialized AI detective dedicated to your gut.

## Herman

Indeed. The challenge, of course, is the often-fragmented nature of health data. Seamless interoperability between apps is still a work in progress, but advancements in APIs and health data standards are making it more feasible.

## Corn

Let's take a quick break from our sponsors. Larry: Are you tired of feeling... well, \*anything\*? Introducing "ZenithBlend 5000" – the revolutionary nutritional paste engineered to provide all essential nutrients in a single, flavorless, grey goo. No chewing, no decisions, no culinary joy. Just pure, unadulterated sustenance. Imagine the time you'll save not having to taste food! ZenithBlend 5000: Because life's too short for flavor. BUY NOW!

## Herman

...Alright, thanks Larry. Anyway, where were we? Ah yes, the integration of data and specialized AI for gut health. Another app worth considering for its focus on visualizing diet and symptoms is Ate. It emphasizes helping users understand their eating habits and how they correlate with symptoms through a more visual interface.

## Corn

Ate? That sounds promising. I like the idea of visualizing it. Sometimes just seeing the patterns laid out graphically can be more impactful than a spreadsheet of data. Does it use AI for the correlation part too, or is it more of a sophisticated journal?

## Herman

It leans on AI for correlating meals and symptoms, yes. The emphasis is on identifying those potential food sensitivities. The visual aspect, as you mentioned, is key for making the insights accessible and actionable. It helps users see when and what they ate, and how they felt afterward, making the connection more intuitive.

### Corn

Okay, so we've got CorrelateAI for photo-based logging, Goldi AI for symptom correlation, Digbi Health for comprehensive AI-driven digestive analysis, and Ate for a more visual, AI-assisted journaling approach. That's a good set of options. But Herman, you always push for nuance. What are the potential pitfalls or things to be cautious about with these AI tools for such a personal health issue?

### Herman

That's a critical question, Corn. While these tools are powerful, they are not infallible. First, the quality of the insights is directly proportional to the quality and consistency of the data input. If the user isn't diligent – even with AI assistance – the correlations won't be accurate. Second, AI can identify correlations, but it doesn't necessarily prove causation. It might suggest a link, but a medical professional is still essential to interpret those findings, especially to rule out other underlying conditions or confirm a diagnosis.

### Corn

So, the AI is a fantastic data analyst, but not a doctor. It can say, "Hey, every time you eat this, you feel bad," but it can't tell you \*why\* or what to do about it from a medical perspective.

### Herman

Precisely. And there's also the issue of over-reliance. Users might become overly fixated on "trigger foods" identified by the AI, potentially leading to unnecessary dietary restrictions without proper guidance, which can sometimes exacerbate nutritional deficiencies or create an unhealthy relationship with food. The prompt-sender's intention to bring this data to a dietitian is the ideal use case.

### Corn

That's a really important point. It's a tool for gathering information, not a diagnostic or treatment plan. My aunt once got so convinced by an app that red grapes were ruining her life, she almost stopped eating fruit entirely until her doctor set her straight.

### Herman

Exactly. And finally, data privacy and security are paramount, especially with sensitive health information. Users should always scrutinize the privacy policies of any health app they use.

## Corn

Alright, we've got a caller on the line. Go ahead, you're on the air. Jim: Yeah, this is Jim from Ohio. I've been listening to you two go on about this AI stuff and, honestly, it sounds like a lot of fancy overthinking for a stomach ache. My wife, bless her heart, she just eats what she wants and if her stomach hurts, she takes an antacid. This whole "AI correlation" thing? My neighbor Gary tries to correlate everything too, says his car only breaks down on Tuesdays when the moon is waxing. Absolute nonsense. You guys are making a mountain out of a molehill. Also, the weather here in Ohio is just dreadful today, gray and drizzly. Makes you want to stay inside and complain.

## Herman

Well, Jim, I appreciate your perspective, but I think for someone dealing with chronic digestive issues, it's a bit more complex than just taking an antacid. The prompt-sender specifically mentioned persistent, troublesome symptoms that impact their quality of life. Identifying dietary triggers can be life-changing for people in that situation.

## Corn

Yeah, Jim, it's not just a casual stomach ache. It sounds like something that really affects their day-to-day. And finding those subtle correlations, as Herman said, can be extremely difficult without some help. It's about empowering people to understand their own bodies better. Jim: Empowering, schmempowering. Sounds like more screen time to me. I spend enough time staring at my phone as it is. My cat, Whiskers, is healthier than most people I know, and all he does is sleep and eat tuna. No fancy AI required for him. And another thing, these ads you play, that Larry fellow, "ZenithBlend 5000"? Sounds like something you'd feed to astronauts, not actual people. My bad knee is acting up something fierce today, wouldn't you know. Too much complaining, probably.

## Herman

(Sighs softly) Jim, the goal here is to make the process *\*less\** cumbersome, not more. If AI can automate the data logging and analysis, it actually frees up time and mental energy for the individual, rather than burdening them with constant manual input. It's about efficiency for a serious health challenge.

### Corn

And the idea is to get \*good\* data, Jim, so that when they go to a doctor or a dietitian, they have something concrete to work with. Not just vague recollections of what they ate. It's about being proactive for your health. Jim: Proactive is fine, but common sense still applies, doesn't it? If a food makes you feel bad, stop eating it. Doesn't take a supercomputer to figure that out. Anyway, I've said my piece. You two carry on with your digital wizardry.

### Corn

Thanks for calling in, Jim! Always good to hear from you. See, Herman, Jim's got a point about common sense, but our prompt-sender already knows the obvious triggers. It's those \*subtle\* ones that are the real challenge.

### Herman

Indeed. And that's precisely where AI provides an advantage over simple observation. The human brain isn't wired for complex, multi-variable correlation analysis across weeks or months of daily data.

### Corn

So, for practical takeaways, what would be the concrete steps someone in this situation could take? Assuming they're already using Guava, what's next?

### Herman

First, I would recommend exploring apps like Goldi AI or Ate to see if their AI-driven correlation features can integrate with, or at least import data from, Guava. Some apps allow data export in standard formats, which could then be imported into a specialized AI analysis tool. Second, focus on maximizing the input quality. If using photo recognition, ensure clear images. If logging symptoms, be consistent and specific about intensity and timing.

### Corn

And don't forget the manual symptom logging part. Even with photo-recognition for food, you still need to tell the AI how you felt.

### Herman

Absolutely. The "how you felt" is the crucial output variable the AI is trying to predict or correlate. Third, maintain the explicit goal of preparing this data for a healthcare professional. View the AI as an assistant to a dietitian or gastroenterologist, not a replacement. This keeps the focus on generating actionable insights for medical guidance.

### Corn

And finally, I'd say, be patient with the process. It takes time for an AI to gather enough data to find meaningful correlations. It's not an overnight fix. But the motivation to feel better is a powerful driver for consistency.

### Herman

Exactly. This isn't about perfectly optimizing one's diet for peak performance, it's about identifying specific triggers to alleviate chronic discomfort and improve daily quality of life. The AI, when used judiciously, can be an invaluable partner in that journey.

### Corn

Well, Herman, this has been a really insightful discussion about how AI can tackle a very personal and often frustrating health challenge. It's a great example of technology augmenting our own efforts.

### Herman

I agree, Corn. The future of healthcare, particularly in personalized wellness, will increasingly involve AI as a data analysis and pattern recognition engine. The key, as always, is intelligent application and human oversight.

### Corn

Fantastic. A huge thank you to our prompt-sender for this thought-provoking question, and for sharing their personal journey. It really helps us explore the practical applications of AI in everyday life. You can find "My Weird Prompts" on Spotify and wherever else you get your podcasts. We'll be back next time with another weird, wonderful, and perhaps equally personal prompt.

## Herman

Until then, stay curious, and keep those prompts coming.