



The Gut-Brain Connection

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Studies have shown that ancient medicinal practices have always recognized the important connection between your gut and your brain. Modern medicine, until recently, had often neglected that connection when treating patients who suffer from ailments pertaining to their gut and mental health.

The gut and brain have a special connection. It's called the gut-brain axis. "Butterflies in your stomach" is a perfect example of your brain and gut communicating with each other through this axis. Your gut has its own, lesser-known nervous system called the Enteric Nervous System. This system of nerves begins in your esophagus and runs all the way through to the rectum and communicates directly with your brain. The ENS also creates neurotransmitters which can affect several of your bodily functions. These neurotransmitters are sent to the brain through the vagus nerve.

One very important neurotransmitter your gut is responsible for producing is *serotonin*. Serotonin is one of the most important neurotransmitters in your body. It is known best for regulating mood, sleep, and digestion. Studies have shown that our gut, not our brain, is responsible for producing **over 90%** of the serotonin in our bodies! When we are suffering from things such as anxiety or depression, often our bodies do not have enough serotonin. Since serotonin helps regulate our stress levels, low levels of serotonin can lead to adrenal fatigue. Adrenal fatigue puts our body in a state of constant stress. Serotonin levels can also affect melatonin production which can lead to insomnia. Serotonin is also crucial in the movement of food through our digestive tract. Our gut is also responsible for producing GABA, which controls fear and anxiety.

Often, when patients are suffering from the above-named problems the gut is overlooked. Issues in your digestive system such as IBS, Small Intestinal Bacteria Overgrowth (SIBO), Candida overgrowth, or leaky gut can dramatically affect the production and absorption of serotonin in your body. This in turn can lead to issues with anxiety, depression, and mood imbalances.



HEALING FOODS

PROBIOTIC-RICH FOODS

Foods such as yogurt, kefir, sauerkraut, and kimchi are rich in probiotics which support gut health and in turn support brain health.

HEALTHY FATS

Our brains are estimated to be around 60% fat. Consuming healthy fats such as olives, avocados, and their oils can assist with memory, focus, and clarity. Taking an Omega-3 supplement is also a great way to assure you are getting enough healthy fats. Walnuts, flax seeds, pumpkin seeds, and wild caught fish are also high in Omega-3 Fatty Acids.

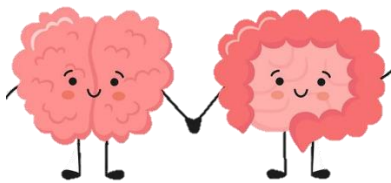
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Healthy gut bacteria require fiber to thrive. Organic, pesticide-free fruits and veggies are a great, natural source of dietary fiber. Chickpeas, black beans, quinoa, and unprocessed whole grain oats are also great sources of fiber!

Our guts are home to billions of microscopic bacteria that assist in food and nutrient absorption. These bacteria are crucial not only to digesting food and keeping our gut in check, but they also aid in producing serotonin. If our gut is suffering, there's a strong chance our brains might be too. Studies have shown low to no levels of certain gut flora in those suffering from depression.

It is important to consume a healthy, well-balanced diet to keep your gut healthy and happy. Supplementing with a good probiotic is a great way to be sure to keep your gut full of good bacteria. Exercise is also a great way to increase levels of healthy bacteria in your body.

If you feel yourself suffering from symptoms of anxiety or depression and you're unsure why, it might be a good idea to look at your gut health. If you're suffering from digestive issues as well, it's likely your gut might need some TLC.



Probiotics We Offer



Sacro B: This probiotic contains a yeast species known to aid in immune support and the growth of healthy bacteria. This is the strongest probiotic we offer.

FloraMend: This probiotic includes a blend of bacteria that are known to also aid in immune support (including seasonal allergies) and digestive support, as well as neurotransmitter production and even weight loss.

Probiotic G.I.: Probiotic G.I. is used to protect the mucosa in your intestines from allergens and other toxins. This in turn helps boost your immune function. It also supports cell health within your digestive system.

Flora Maintenance: This is a blend of prebiotics AND probiotics. It can block pathogens in the gut. Not only does it aid in digestive and immune health, but it also aids in urinary tract health and is known to help those who suffer from lactose intolerance.