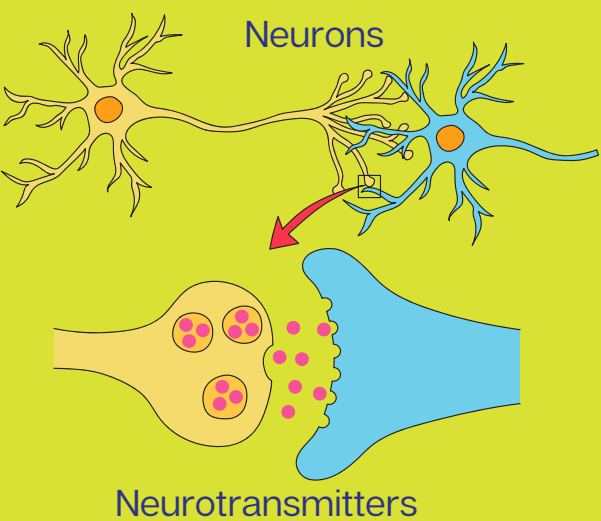
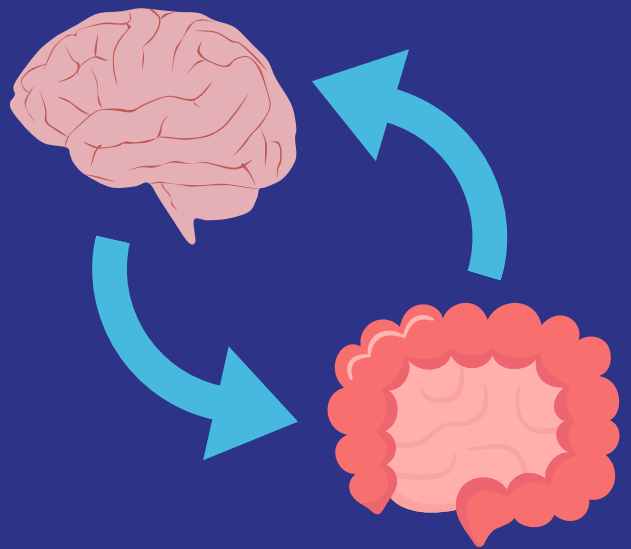


THE GUT-BRAIN AXIS

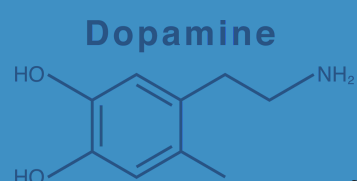
How Your Brain and Second Brain Interact



The cells in your brain and throughout your nervous system are called neurons. Neurons release signaling molecules called neurotransmitters that play a key role in the body performing tasks such as receiving external sensory inputs (touch, smell, pain, etc) and sending motor commands to your muscles. Most neurotransmitters are produced in your gut

Neurotransmitters produced in your gut:

- Gamma-Aminobutyric Acid (GABA) - Primarily responsible for providing calming effects, controlling anxiety, stress, and depression.
- Serotonin- Often referred to as the body's "feel good" chemical. Low levels are associated with depression
- Dopamine- Allows you to feel satisfaction and pleasure



Feelings such as stress and anxiety along with other mental health related conditions can be detrimental to your gut health. If these feelings persist, gut functionality can be disrupted which can lead to symptoms like constipation and stomach pain.

In order to promote a healthy brain-gut connection, try foods that are rich in:

- Omega-3 Fatty Acids- Increase diversity of healthy gut bacteria and decrease inflammation in the gut.
- Fermented Foods- Rich in probiotic which adds good bacteria to your gut and improves digestive health
- High Fiber Foods- Fiber cleans out your colon and also cleans out bacteria and other buildup in your intestines
- Polyphenol-Rich Foods- Considered a "prebiotic" which strengthens gut health, some polyphenols also have antioxidant properties that can aid in fighting against inflammation in the gut
- Tryptophan-Rich Foods- Tryptophan is a precursor to the neurotransmitter serotonin

Foods That Are Great Sources of:



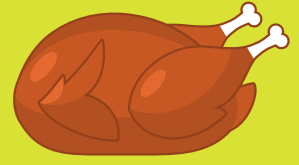
Omega-3's: Seaweed, Walnuts, and Salmon



Fiber: Fruits, Vegetables, and Whole Grains



Polyphenols: Coffee, Chocolate, and Green Tea



Tryptophan: Turkey, Eggs, and Sunflower Seeds

