



Understanding the Link Between Gut Health and Mental Health

The Gut-Brain Connection

The brain and the gut talk to each other constantly through a system of nerves and chemical signals. This two-way connection is impacted by many things including the foods we eat, medications, supplements we take, medical conditions or issues, our stress levels, and our lifestyles.

HARMFUL TO THE GUT



POSSIBLE EFFECTS ON THE BRAIN



The gut is sensitive to emotions. When we're sad or anxious, it may trigger symptoms in the gut like inflammation. Likewise, when the gut is irritated, it can make us feel tired, depressed, or nervous.

HELPFUL TO THE GUT



POSITIVE EFFECTS ON THE BODY



Want to learn more about your brain-gut relationship? Make an appointment with your provider and discuss tips for keeping your gut healthy and your brain happy!

