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brain, fix your gut!

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The Brain Gut

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10 tips for a healthy
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Bacteria, \u0026
Brains\ " (Gut/ Brain
Summit #1) The
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Connection Chapter
1: Food As
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Mind-Gut
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affects the Brain
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The Mind-Gut

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Connection: A
Doctor Explains
How Your Mental
Health is Linked to
Your Digestive
System The Mind
Gut Connection
How
The Mind-Gut
Connection teaches
us how, with a few
simple changes to
our diet and
lifestyle, we can

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enjoy a happier
mindset, enhanced
immunity, a
decreased risk of
developing
neurological
diseases such as
Parkinson ' s and
Alzheimer ' s, and
even lose weight.
With a simple,
practical regimen
drawn from the
latest research, Dr.

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Mayer shows us
that paying
attention to the
mind-gut balance is
the key to unlocking
vibrant health.

~~The Mind Gut
Connection: How
the Hidden
Choices And
Conversation ...~~

Your brain and your
gut communicate
physically and

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Chemically. The
vagus nerve is the
physical connection
between your brain
and gastrointestinal
tract. It oversees
numerous bodily
functions, including
digestion, mood,
heart rate, and
immune response.
Having healthy gut
bacteria may
improve mood and

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anxiety by
stimulating the
vagus nerve.

~~What Is the Mind-
Gut Connection? |
UPMC HealthBeat
How Are the Gut
and Brain
Connected? The
Vagus Nerve and
the Nervous
System. Neurons
are cells found in~~

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your brain and
central nervous
system that tell
your...

Neurotransmitters.

Your gut and brain
are also connected
through chemicals
called

neurotransmitters.

Neurotransmitters...

Gut Microbes Make

...

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~~The Gut-Brain
Connection: How it
Works and The
Role of ...~~

The Mind-Gut
Connection: How
the Gut and Brain
Work Together

The gut-brain axis.
The gut-brain axis
is the two-way
communication
system between the
brain and belly.

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This axis... Anxiety
and bowel issues.

The link between
gut and brain

explains how
stressful situations

– such as giving a...

The ...

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“ Many of the gut

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signals reaching the brain will not only generate gut sensations, such as the fullness after a nice meal, nausea and discomfort, and feelings of well-being, but will also trigger responses of the brain that it sends back to the gut, generating distinct gut

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reactions. And the brain doesn't forget about these feelings, either. Gut feelings are stored in vast databases in the brain, which can later be accessed when making decisions." — 1 likes

~~The Mind Gut
Connection: How
the Astonishing~~

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~~Dialogue~~

Hidden in the walls of the digestive system, this “brain in your gut” is revolutionizing medicine’s understanding of the links between digestion, mood, health and even the way you think.

Scientists call this little brain the

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enteric nervous system (ENS). And it ' s not so little. The ENS is two thin layers of more than 100 million nerve cells lining your gastrointestinal tract from esophagus to rectum.

~~The Brain-Gut
Connection | Johns~~

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~~Hopkins Medicine~~

This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or

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depression. That's
because the brain
and the
gastrointestinal
(GI) system are
intimately
connected.

~~The gut-brain~~
~~connection –~~
~~Harvard Health~~
Meaning, your
stomach can send
signals to your

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Brain, causing an emotional shift, and your brain can send signals to your stomach, causing gastrointestinal distress symptoms such as cramps, gas, diarrhea, constipation, and the list goes on.

(Related: The Surprising Way Your Brain and Gut

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(Are Connected)

How The
~~Brain-Gut~~

~~Hidden~~
~~Connection: How~~
~~Emotions Affect~~

~~Your Gut | Shape~~
~~The Mind-Gut~~
~~Connection~~

~~describes: How~~ gut
~~microbes are active~~
~~participants in the~~
~~communications~~
~~between your brain~~
~~and your gut~~ How

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mode of delivery,
breastfeeding and
early life stress
interact to program
your gut brain axis
Why a diet that is
optimal for your gut
microbes is also
best for your brain
health

~~The Mind Gut
Connection Book
Emeran Mayer, MD~~

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This system of connections and communication between the gastrointestinal tract and the brain is referred to as the “gut-brain axis.”

Some researchers speculate that infections occurring in early life could negatively affect the mucosal

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membrane in the GI tract, disrupting the gut-brain axis, and interfering with normal brain development.

~~The Gut Brain Connection: How Gut Health Affects Mental Health~~

The gut brain greatly affects on how you body

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works. Your digestive system has a daily job to do as part of your metabolism, but it ' s also subject to fluctuations in functionality, and otherwise ...

~~Gut Brain Axis:
There's a Second
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~~Conversation...~~

Gut-Brain
Connection

Researchers have discovered that a lesser known nervous system in our guts (our "second brain") communicates with the brain in our head. Together, "our two brains" play a key role in

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Certain diseases in
our bodies and
overall health. For
example, anxiety
and stress are
psychological
concerns.

Bodies Impacts

Gut-Brain

Connection: What It
is, Behavioral
Treatments

Your gut feeling

The mind-gut

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connection is more than a collection of phrases though.

The microbes that live in your gut actually influence your feelings and behaviors. Your gut is home to trillions of bacteria and other microbes that directly

communicate with your brain along the

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gut-brain axis, also known as the vagus nerve.

~~The Mind-Gut Connection: How the Microbiome Affects the ...~~

~~Science is discovering that our gut-brain connection is connected to both disease prevention~~

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and emotional
expression. Find
out how improve
this connection.

Conversation

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An expert on the
brain-gut axis says
your trillions of gut
microbes are in
constant cross-talk

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with your brain, and there 's mounting evidence that they may affect how you feel — not just ...

~~'The Mind-Gut
Bodies Impacts
Your Gut Microbes
Be ...~~

An increasing body of literature looks at the gut-brain connection. More

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Specifically, the connection between adiposity and dementia, in particular Alzheimer ' s disease, continues to develop, providing support for a link between gut microbiota, neurodevelopment and neurodegeneration.

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~~The Gut-Brain
Connection |~~

~~Robard Corporation~~

I mean there's
always been this
very intricate by
directional
communication
between the brain
and the gut. There's
many interesting
cells in the gut, but
the microbes now

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play a role in using these various communication channels from the gut to the brain to be included in this dialogue.

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Our Mood Our
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