

# A Happy Brain Starts With A Healthy Gut

## How Are The Brain and Gut Connected?

The vagus nerve which runs from brain stem down to your abdomen connects the two systems. This nerve is the primary route your gut bacteria use to transmit information to your brain. Your gut bacteria have been proven to influence gut-brain communication.

## So How Does Our Gut Bacteria Influence Our Mood?

The microorganisms that make up our gut bacteria secrete a profound number of chemicals. Among the chemicals secreted are that same substances used by our neurons to communicate and regulate mood, like dopamine, serotonin and GABA . Therefore if there is an overgrowth of bad bacteria due to poor diet or antibiotics use, certain prescription medications, and other influential factors, the necessary bacteria for optimum brain health will not thrive.

A diet high in carbohydrates, sugar and processed foods are linked to an increased risk of depression

Over 85% of serotonin production takes place in the gut

Serotonin can affect mood and social behavior, appetite and digestion, sleep, memory and sexual desire and function.

Because fermented foods promote healthy gut bacteria, they have been linked to reduced social anxiety.

***"Maintaining optimal gut health is paramount when trying to address your mental state"***

- Dr.Mercola DO

## Promotes Healthy Bacteria



- Healthy Fats
- Bone Broth
- Garlic
- Fiber
- Fermented Foods
- Probiotic Supplements
- Apple Cider Vinegar
- Healthy Greens

## Destroys Healthy Bacteria

- Sugar
- Antibiotics
- Processed Foods
- Wheat/Gluten
- Certain Prescription Medications
- Soft Drinks
- Artificial Sweeteners

For more about the relationship between diet and mental health contact

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