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Chapter 10: The Road
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Mental Health is
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Choices And
The Mind-Gut
Connection teaches
us how, with a few
simple changes to our

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diet and lifestyle, we can 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. Mayer

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

~~The Mind Gut
Connection: How the
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~~Choices And
Our Overall
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Your brain and your gut communicate physically and chemically. The vagus

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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 anxiety by stimulating the vagus nerve.

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~~What Is the Mind Gut
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How Are the Gut and
Brain Connected?
The Vagus Nerve and
Bodies Impacts
the Nervous System.

Our Mood Our
Choices And
Our Overall
Health

Neurons are cells
found in your brain
and central nervous
system that tell your...
Neurotransmitters.

Your gut and brain

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are also connected
through chemicals
called
neurotransmitters.

Neurotransmitters...
Gut Microbes Make ...

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

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

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Together ↑ The gut-brain axis. The gut-brain axis is the two-way communication system between the brain and belly. This axis... Anxiety and bowel issues. The link between gut and brain explains how stressful situations ↓ such as giving a... The ...

Health

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Page 19/43

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~~Connection: How the
Gut and Brain Work
Together~~

□ Many of the gut 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

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that it sends back to the gut, generating distinct gut 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

Health

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~~Connection: How the
Astonishing 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

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little brain the 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
Hopkins Medicine~~

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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 depression. That's because the brain and

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the gastrointestinal
(GI) system are
intimately connected.

~~The gut-brain
connection – Harvard
Health~~

Meaning, your
stomach can send
signals to your brain,
causing an emotional
shift, and your brain
can send signals to
your stomach,

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causing connection
gastrointestinal
distress symptoms
such as cramps, gas,
diarrhea, constipation,
and the list goes on.
(Related: The
Surprising Way Your
Brain and Gut Are
Connected)

~~Brain Gut Connection:
How Emotions Affect
Your Gut | Shape~~

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The Mind-Gut

Connection describes:

How gut microbes are
active participants in

the communications

between your brain

and your gut How

mode of delivery,

breastfeeding and

early life stress

interact to program

your gut brain axis

Why a diet that is

optimal for your gut

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microbes is also best
for your brain health

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

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

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

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~~Health~~

The gut brain greatly affects on how you body 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 ...

~~Health~~

~~Gut Brain Axis:~~

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~~There's a Second
Brain in Your Gut -
How ...~~

The Mind-Gut
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Mayer, Emeran.

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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 certain diseases in our bodies and overall health. For example,

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anxiety and stress are
psychological
concerns.

~~Gut-Brain Connection:
What It is, Behavioral
Treatments~~

Your gut feeling The
mind-gut connection
is more than a
collection of phrases
though. The microbes
that live in your gut
actually influence your

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feelings and behaviors. Your gut is home to trillions of bacteria and other microbes that directly communicate with your brain along the gut-brain axis, also known as the vagus nerve.

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

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~~the ...~~ connection

Science is discovering
how the
hidden
conversation
within our
bodies impacts
our mood &
our overall
health. Find out
how improve this
connection.

~~The Gut Brain
Connection: What
Remedies Heal &~~

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~~Improve It...~~

An expert on the brain-gut axis says your trillions of gut microbes are in constant cross-talk with your brain, and there's mounting evidence that they may affect how you feel — not just ...

~~'The Mind-Gut~~

~~Connection': Could~~

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~~Your Gut Microbes Be~~

...

An increasing body of literature looks at the gut-brain connection. More specifically, the connection between adiposity and dementia, in particular Alzheimer's disease, continues to develop, providing support for a link between gut microbiota,

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neurodevelopment
and
neurodegeneration.

~~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

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

The Mind-Gut
Connection The Mind-
Gut Connection The

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The Gut-Immune

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Revolution Let Them

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