



Mental Health: Gut–Brain Axis

The gut and brain communicate constantly through nerves, hormones, and immune signals. Disruption in gut health affects mood and cognition. Supporting the gut-brain axis improves mental and metabolic health simultaneously.

Gut bacteria produce neurotransmitters such as serotonin and GABA. Poor diet, stress, and antibiotics disrupt microbial balance and increase inflammation.

Lab trends often show inflammatory markers elevated alongside anxiety or depression.

Restoring gut health improves emotional resilience and metabolic stability.

01 Is This Your Story?

A patient with anxiety also reports digestive discomfort. When fiber intake and fermented foods are added, digestion improves and anxiety symptoms decrease. Over time, sleep and metabolic markers improve as well.

02 Try This Today

Measure: Track digestive symptoms and mood together this week.

Do: Add one fermented or prebiotic food today.

Reflect: Ask whether your gut may be influencing your mental state



Select a plan:

<https://tinyurl.com/healthyu-amaze>

