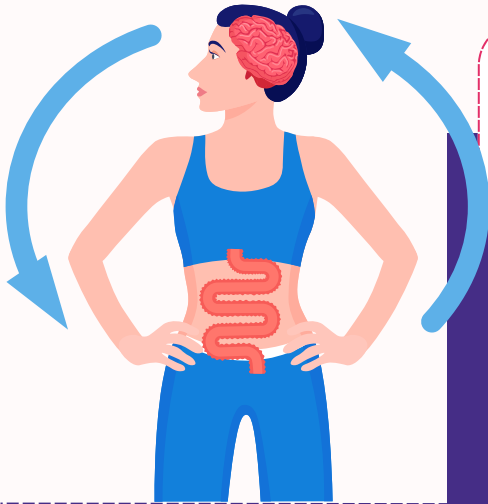


# The Connection Between Gut, Mood and Behaviour



The gut and brain communicate with each other in a constant, two-way direction, known as the **gut-brain axis**.

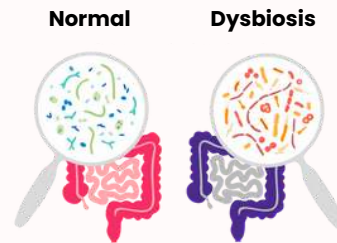
The gut is considered to be the **second brain!**

Up to **95%** of the body's serotonin (the "happy" hormone) is produced in the gut!<sup>1</sup>

## The "Microbiota-Gut-Brain" Axis

A growing body of evidence indicates that the gut microbiota plays a key role in how the gut and brain communicate.<sup>2</sup>

It appears that disturbances of microbiota balance (dysbiosis) may lead to not only gut issues, but also to neurological ones.<sup>3</sup>



Several studies have reported that patients with depression or anxiety have an altered gut microbiota.<sup>4</sup>

## We Can Shape Our Gut Microbiota to Help Support Gut-Brain Communication by:

1

**Having a healthy & diverse diet**



Diet is one of the key factors that influence the composition of the gut microbiota.

A diverse diet includes: fibre-rich foods like vegetables, fruits, legumes, whole grains as well as probiotic-containing foods like probiotic yogurt.

2

**Managing Stress**



Including mindfulness, seeking support and movement.

3

**Maintaining proper sleep**



7 to 9 hours of good-quality sleep is recommended for adults!

Our brain and gut are in constant communication, and we can all benefit from a healthy lifestyle to support our gut microbiota!



References:

- 1. Kim DY and Camilleri M. Serotonin: A mediator of the brain-gut connection. Am J Gastroenterol 2000;95(10):2688-709.
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- 3. Saito YK et al. Gut microbiome-brain alliance: A landscape view into mental and gastrointestinal health and disorders. ACS Chem Neurosci 2022;14(10):1717-1763.
- 4. Bastiaansen TFS et al. Gutbed! Unravelling the role of the microbiome in major depressive disorder. Harv Rev Psychiatry 2020;28(1):26-39.

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