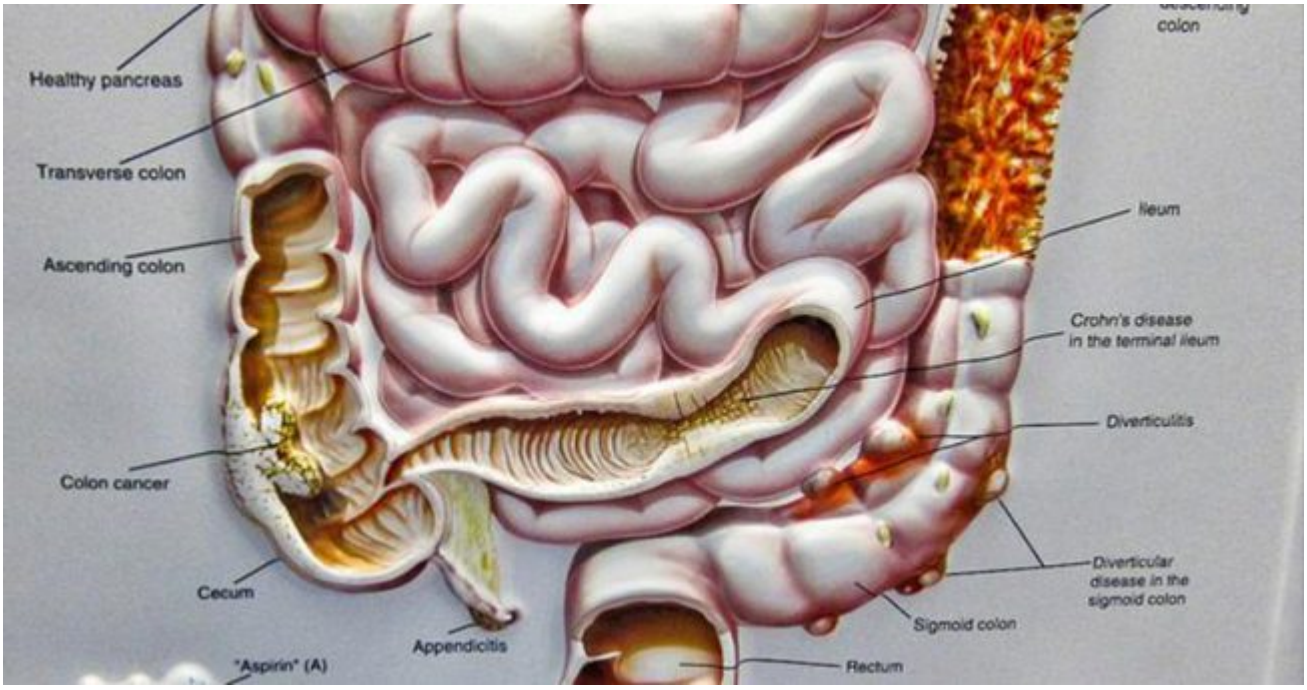
HEALTHY TIPS

How the Bacteria in Our Gut Influences Our Minds

By bestfolkmedicine · 23/12/2018 · 2 min read



Nowadays, a lot of research is directed towards the exploration and the understanding of the gut bacteria impact on our overall mood and anxiety levels. According to the Anxiety and Depression Association of America, this is the most common mental health issue in the U.S. Believe it or not, 40 million adults, i.e. 18 percent of the world population experiences anxiety symptoms.

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Therefore, scientists are trying to discover the relationship between the gut bacteria and our mood, feelings, and brain health. Namely, as Elephant Journal point out, out gut is considered by many experts to be our "second brain" and there are anatomical reasons for this.

This "second brain" or the enteric nervous system is comprised of neuron sheaths which are found in the gut's walls. The vagus nerve goes from the esophagus to the anus and it is approximately 9 meters long.

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Important Gut Bacteria & Brain Relationship Facts

- 95% of the serotonin in the body is in the bowels
- Our gut has more than 100 trillion bacterial cells
- The gut sends more information to the brain than the other way around

Leaky Gut & Its Effect on the Body

When the balance in the gut is disrupted, the risk of IBS symptoms and other gastrointestinal issues is much higher. Some of the major ones include gas, constipation, diarrhea, and bloating.

They may also indicate leaky gut syndrome or a condition during which the permeability of the gut wall reduces and as a result, parts of food begin to leave the digestive and GI tract. When the gut is not balanced and because of the brain and nervous system connection, we become more prone to emotional discomfort filled with a lot of anxiousness and depression.

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Contributing Factors to Unbalanced Gut Bacteria

- ***Continues and unaddressed stress***
- ***Excessive use of antibiotics***
- ***Prolonged steroid usage***
- ***Intestinal infections***
- ***Diet high in sugar and low in fiber***
- ***Too much alcohol intake***

How to Restore Gut Balance

- *Exercise on a regular basis*
- *Remember to drink sufficient amounts of water through the day*
- *Opt for fermented foods (abundant in probiotics)*

- *Consult your physician about probiotic supplements*
- *Do your best to eat only organic animal protein or reduce the consumption of animal foods*
- *Enrich your diet with foods abundant in omega-3s, including salmon, flaxseed, walnuts, etc.*
- *Try to follow a plant-based diet*
- *Exclude or minimize the consumption of processed and sugar-filled foods*
- *Lower the intake of baked goods, ice cream, and cookies because they are filled with refined sugars and unhealthy sweeteners*

Sources:

ELEPHANT JOURNAL

HEALTHY FOOD HOUSE

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