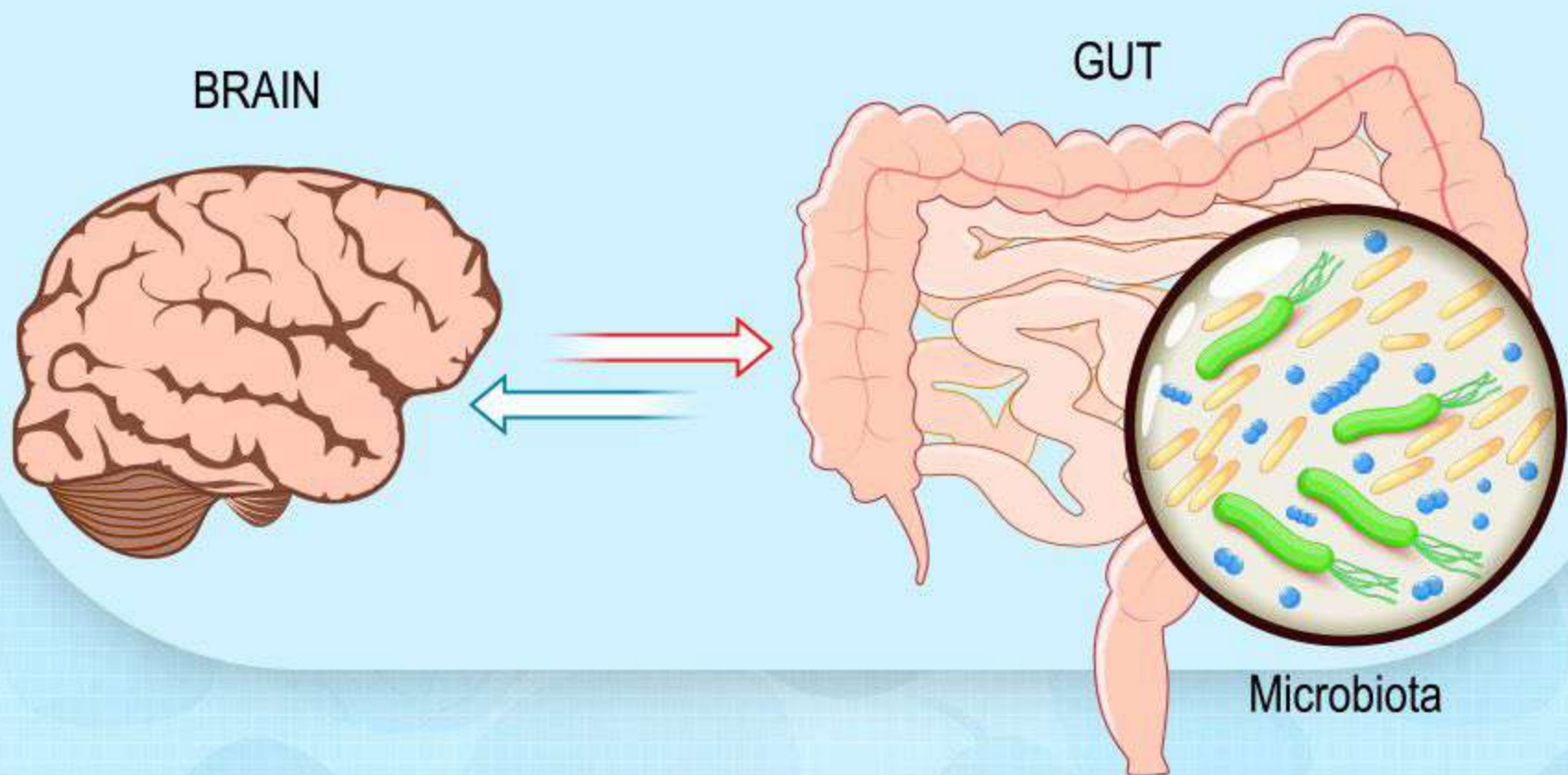




The Gut-Brain Axis

Your second **Brain** might be... your **Gut**?

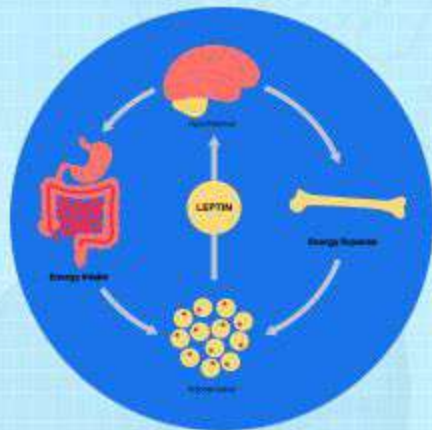
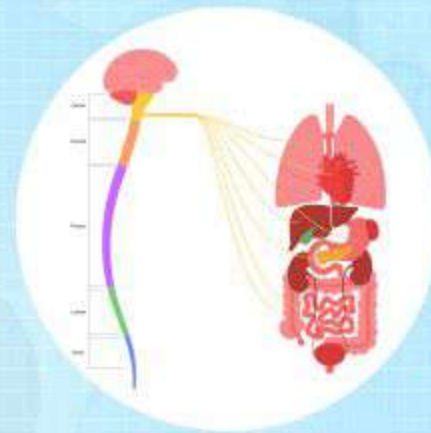


What Is the Gut-Brain Axis?

The Gut-Brain Axis is a two-way communication system between your brain & digestive system.

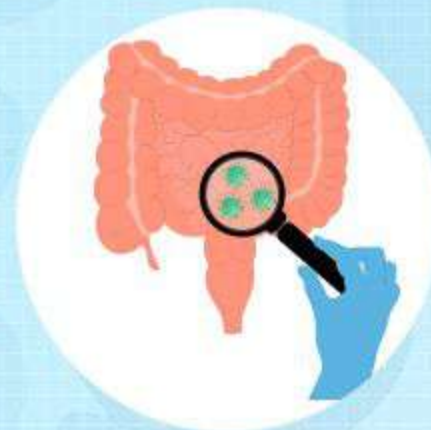
It includes:

- ▶ The vagus nerve



- ▶ Hormones & immune signals

- ▶ Your gut's ecosystem—
aka the microbiome



Your mood, cognition, and gut are always talking to each other.

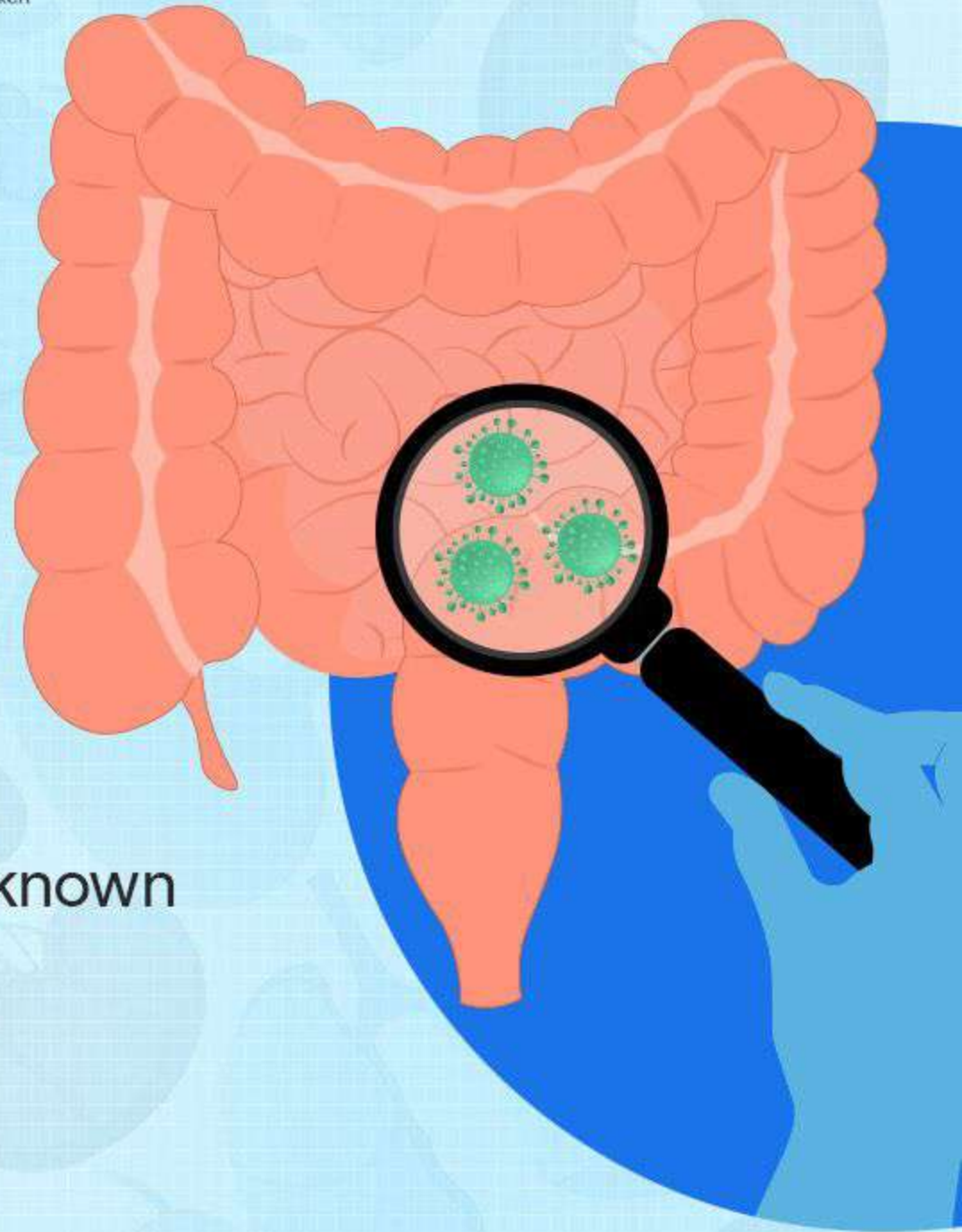
Meet the Microbiome

Your gut houses trillions of microorganisms—bacteria, viruses, fungi—collectively known as the microbiome.

They help with:

- Digesting food
- Regulating inflammation
- Producing neurotransmitters like serotonin (about 90% of it is produced in the gut), dopamine & GABA

You're not alone in there!



Gut Feelings Are Real

Changes in your microbiome can influence:

Sleep patterns

Mood
(e.g., anxiety, depression)

Memory and attention

How you respond to stress

That “gut feeling”? It’s real neurobiology.



Mental Health Connections

Research links gut imbalance (aka dysbiosis) to:



Depression & anxiety



ADHD & cognitive fog



Chronic fatigue



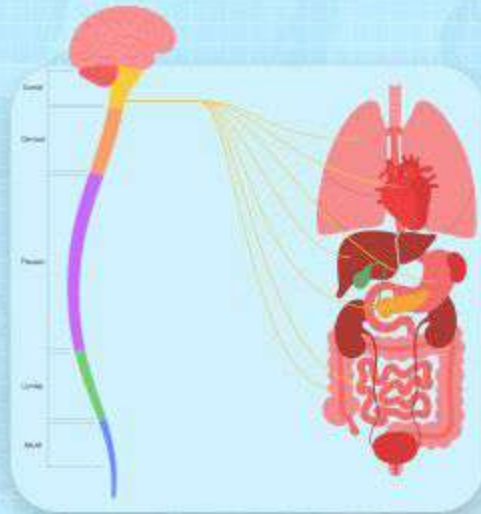
Stress-related disorders

A healthy gut may be protective for your mental health.



How the Gut & Brain Talk

Communication pathways include:



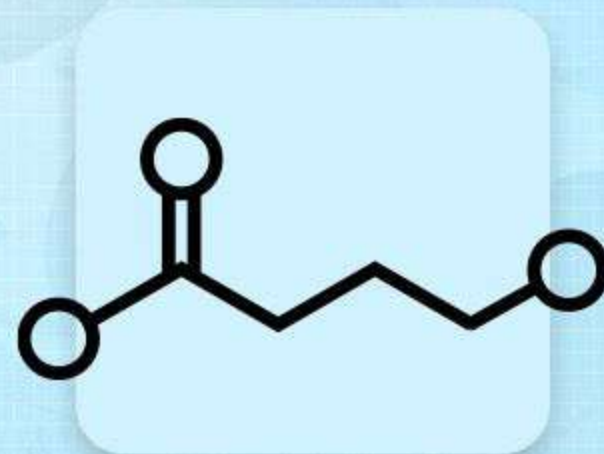
The vagus nerve
(direct brain-gut line)



The immune system



Hormones like cortisol



Microbes producing
neuroactive chemicals
(like GABA)

It's a whole-body conversation.



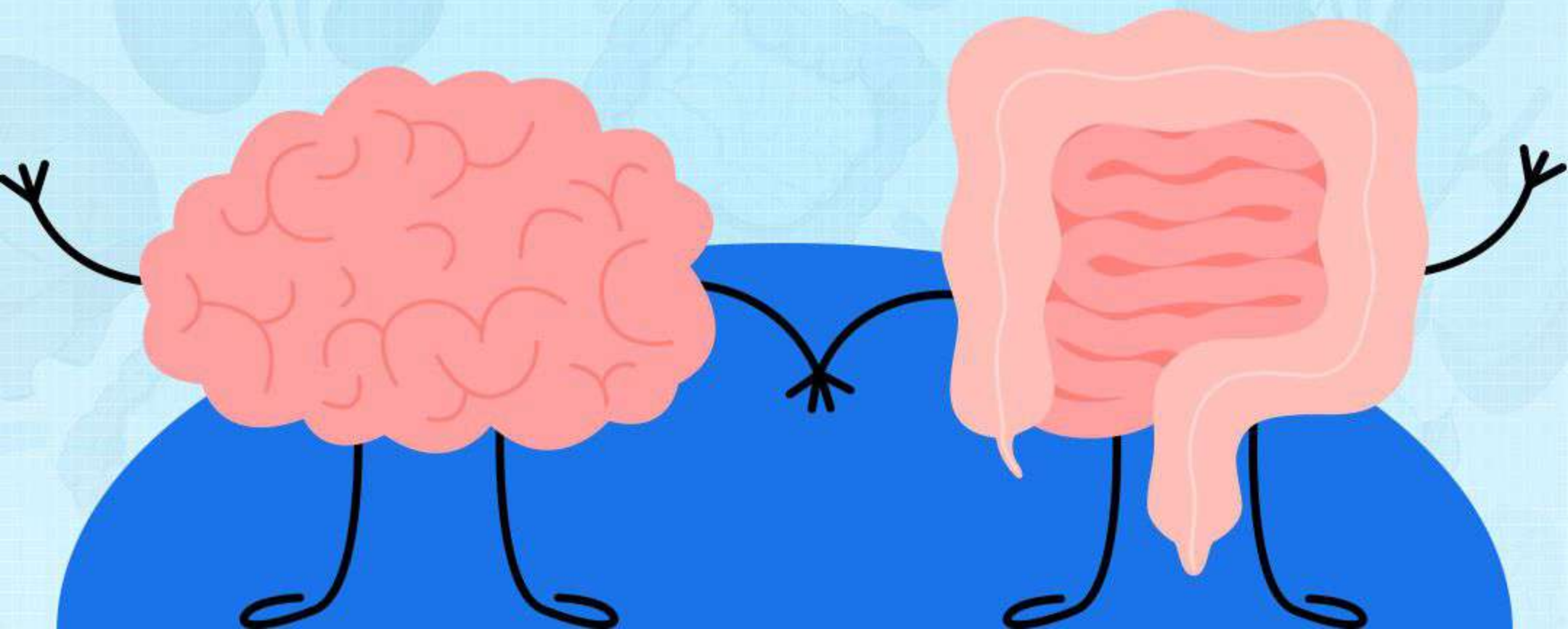
Can You Support the Gut-Brain Axis?

Yes! Here's how:

- Reduce chronic stress
- Prioritize quality sleep
- Limit processed food & sugar
- Eat fiber-rich & fermented foods (e.g., yogurt, kimchi)
- Stay physically active



Good gut = better mood, memory, & focus.



Early but Promising Science

The field is new—but powerful.

- Mood disorders
- Neurodevelopmental conditions
- Inflammatory-linked mental health issues

We're just beginning to understand the power of gut-brain science.



UPS Education
A Psychology Institute

UTSAAH PSYCHOLOGICAL
SERVICES
HEALTH — EDUCATION — RESEARCH

You're not just "in your head."

- You're a whole system—and your gut plays a surprisingly important role in how you feel, think, and cope.

Nurture your **gut**, and your **brain** will notice.



UPS Education **UTSAAH** PSYCHOLOGICAL SERVICES
A Psychology Institute HEALTH – EDUCATION – RESEARCH

**Like, Share & Follow UPS Education now,
To get latest updates about psychology:**

Follow us on :

    **@upseducation**