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NEUROINFLAMMATION & MENTAL HEALTH



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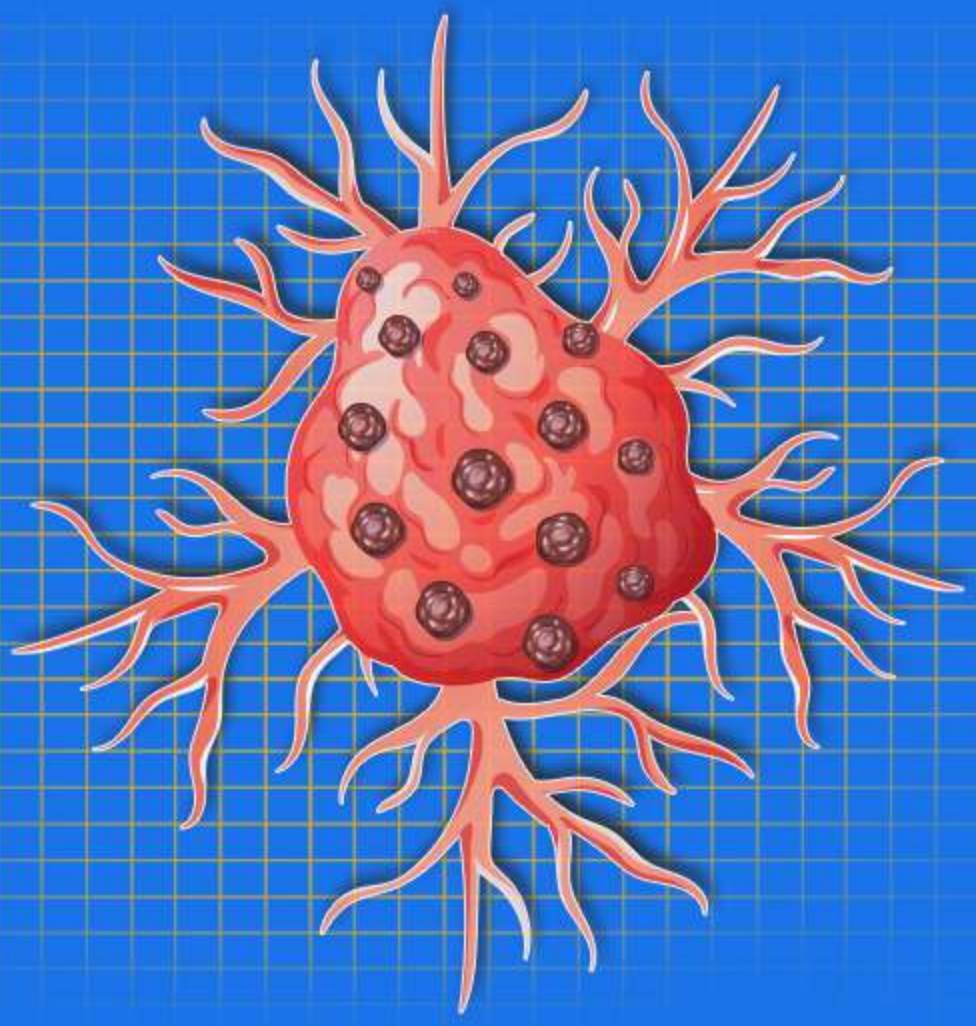


How the immune system could be shaping your thoughts and emotions.

Chronic stress, low mood, brain fog? It might not be “just in your head” — but in your immune response.

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What Is Neuroinflammation?

Neuroinflammation is your brain's **immune response** to stress, infection, or injury.

It activates **microglia** (immune cells in the brain) and releases **cytokines** like IL-6 & TNF-α.

Short-term = helpful

Long-term = may disrupt brain function

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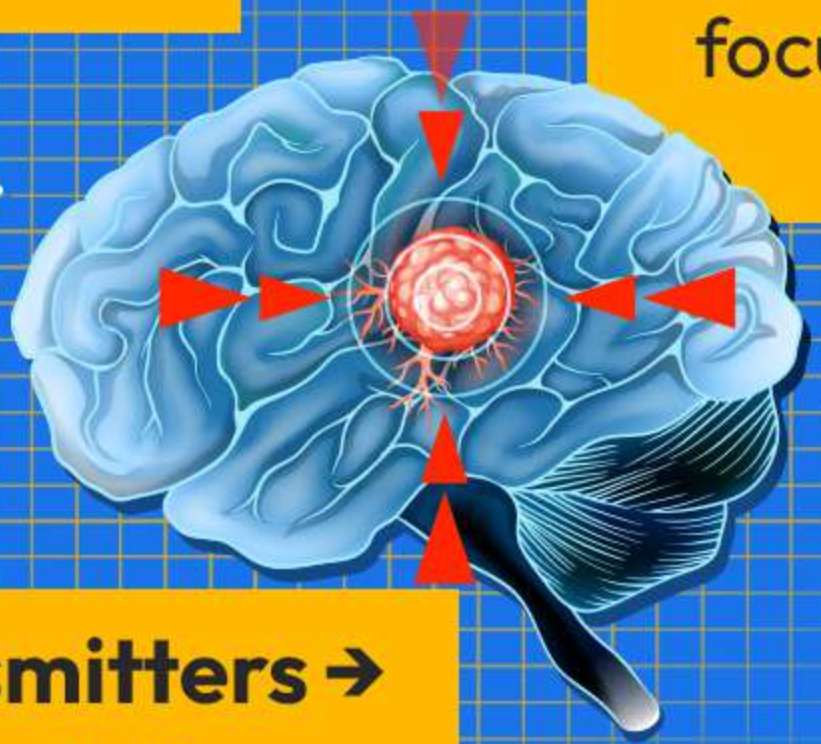
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How It Affects the Brain

Chronic inflammation impacts:

Hippocampus →
memory & learning

Prefrontal cortex →
focus & decision-making



Neurotransmitters →
mood regulation (e.g., serotonin, dopamine)

The result? Emotional imbalance, foggy thinking, and low motivation.

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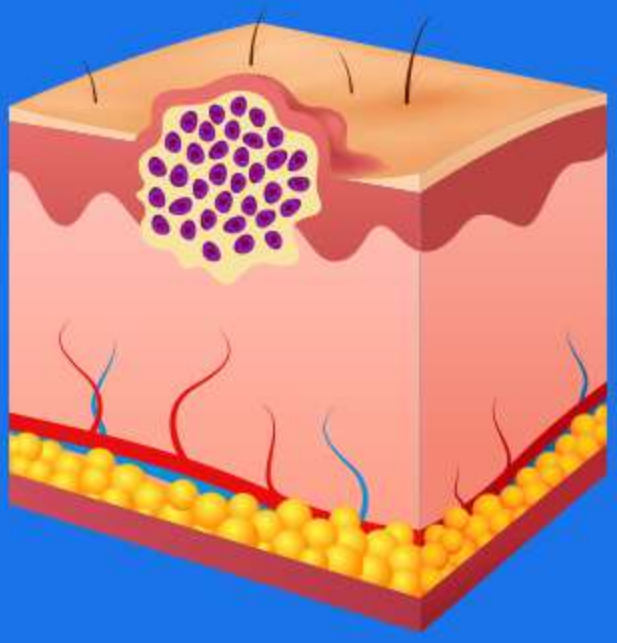
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Depression & Inflammation

Studies show people with **treatment-resistant depression** often have elevated inflammatory markers.

- Antidepressants may be less effective
- Inflammation can mimic depression symptoms

→ fatigue, sadness, mental slowing







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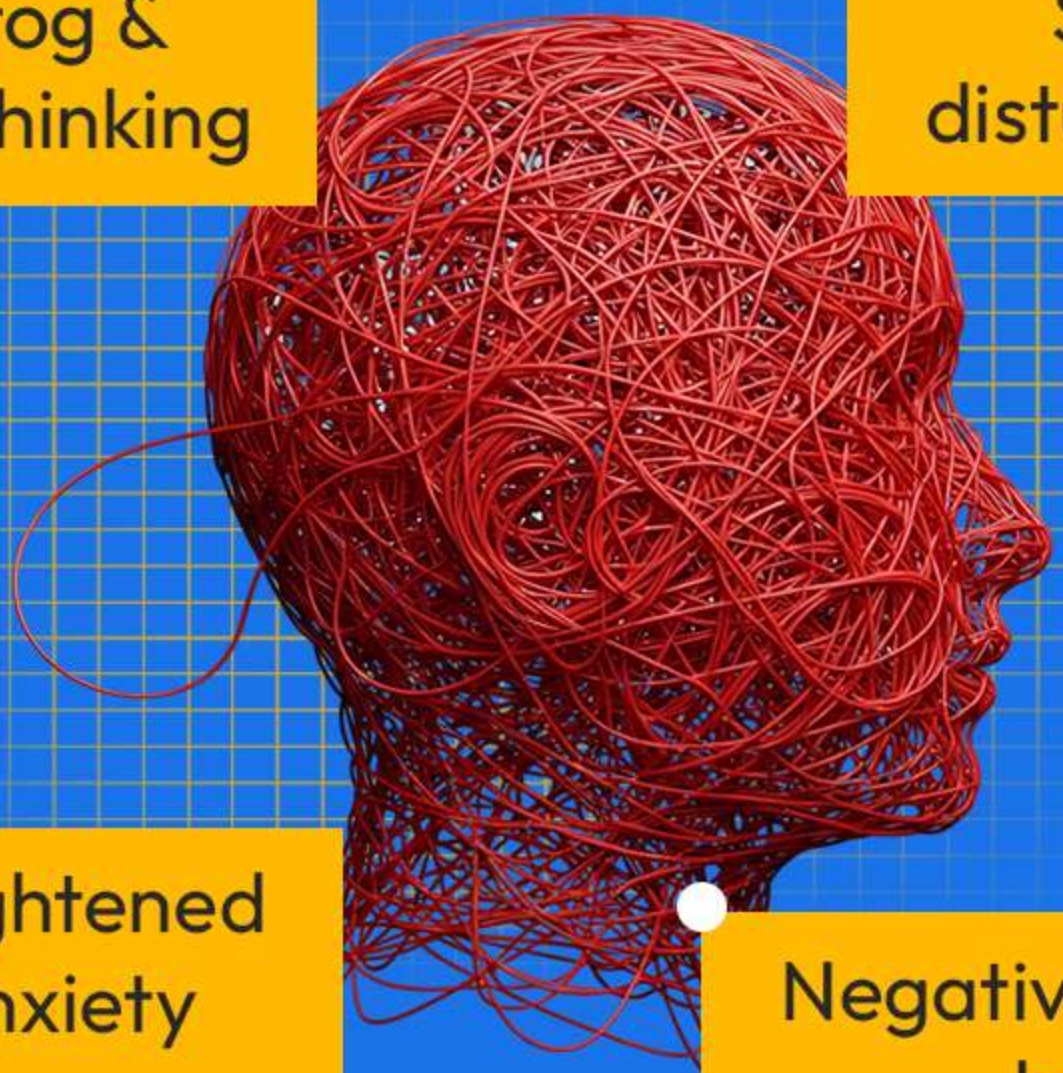
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Cognitive & Emotional Impact

Neuroinflammation has been linked to:

Brain fog & slowed thinking

Sleep disturbances



Heightened anxiety

Negative thinking loops

It's not "just stress." The brain's chemistry is being altered.

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Can We Treat Neuroinflammation?

New research explores:

- Anti-inflammatory meds & probiotics
- Exercise & meditation (↓ inflammation!)
- Gut-brain axis → microbiome health = brain health

These approaches may help when traditional therapy falls short.



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Why This Matters

Neuroinflammation could be the missing link in:

- Mood disorders
- Cognitive decline
- Treatment resistance

Understanding it bridges psychology and immunology — for better care, earlier intervention, and more effective healing.

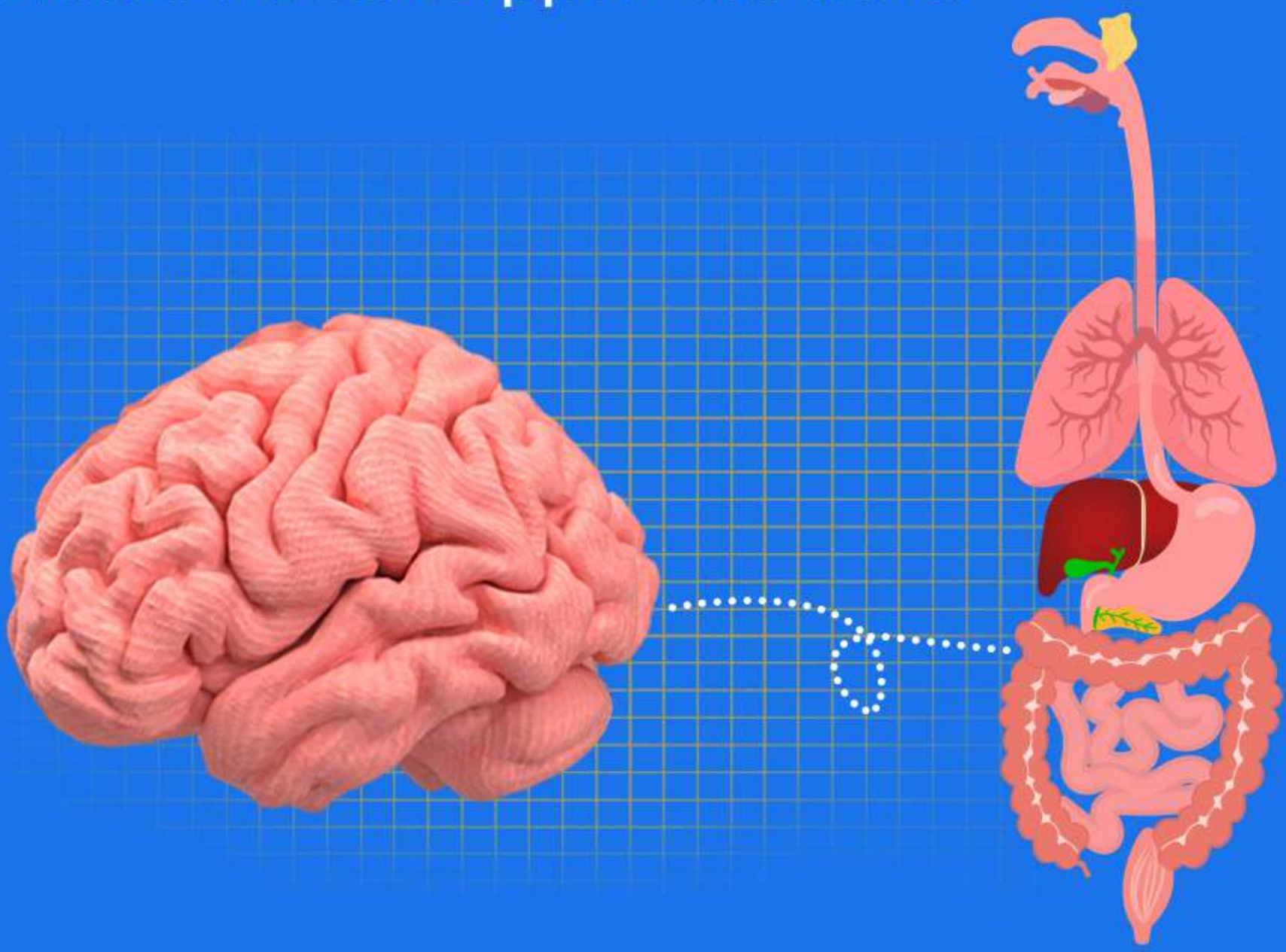
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The Brain & Immune System Are Teammates.

They're constantly communicating — and sometimes, inflammation gets too loud.

The more we listen to the body's signals, the more we can support the mind.



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