



OUR BRAIN IS MAGIC?



HAVE YOU EVER HAD THAT FEELING OF DREAD DEEP DOWN IN YOUR TUMMY WHEN WHATEVER IS GOING ON JUST FEELS... OFF?
THE FEELING THAT YOU ARE GETTING IN YOUR GUT, IS YOUR INTUITION AND, BELIEVE IT OR NOT, YOU CAN TRUST IT!

THE AUTHORS OF
THE GOOD GUT: TAKING CONTROL OF YOUR WEIGHT, YOUR MOOD, & YOUR LONG TERM HEALTH



OUR BRAIN & OUR GUT ARE LINKED BY AN EXTENSIVE NETWORK OF NEURONS THAT ARE CONSTANTLY PROVIDING FEEDBACK



THE SIGNALING BETWEEN THE GASTROINTESTINAL TRACT & THE BRAIN WORKS SIMILAR TO A HIGHWAY WITH CARS (SIGNALS) GOING IN BOTH DIRECTIONS

“THE BRAIN GUT AXIS” HELPS TO PHYSICALLY MANIFEST YOUR INTERNAL STRESS.



NEUROSCIENTIST - ANTONIO DAMASIO



GUT FEELINGS



‘SOMATIC MARKERS’



Somatic: comes from the body, separate from the mind



HELP US DISTINGUISH BETWEEN RIGHT & WRONG



Our intuition is powered by hundreds of neurochemicals produced by the gut to regulate & maintain basic human functions like memory, learning, & mood.