Fear or sadness makes us feel stomach "sick to our stomach." When we're in love or anxious, butterflies in our stomach form – Results in food poisoning and diarrhea to life-threatening bowel conditions. acute stress can suppress our appetite (short-term), while chronic stress can increase appetite and cravings for comfort foods (stress-eating). Did you know that we have two brains? One in our head and one in our gut – the 2nd brain. Inadequate or poor hormone exposure increases stress and anxiety, and mental function can interfere with mood.

Probiotic foods contain live "good bacteria" which support mental wellness and aid digestion. Examples include fermented foods such as yogurt, kefir, kimchi, kombucha, and sauerkraut, miso, tempeh, and prebiotic supplements. Prebiotic foods contain fibers and carbohydrates that can be fermented and digested by gut bacteria to serve as a fuel source and encourage growth of beneficial bacteria. Examples include asparagus, bananas, green leafy vegetables, garlic, leeks, onions, chicory, artichokes, ginger, and prebiotic supplements.

Just like weeds compete with flowers in a garden, "bad" bacteria compete with "good" bacteria within our gut. In a healthy and balanced microbiome, "bad" bacteria struggle to flourish. Microbiome supports: protection, balance, and robust immune system. Microbiota – including the immune system, interact with the gut microbiota via nerves and cytokines transmit signals through the bloodstream and cytokines transmit signals – including biochemicals, hormones, neurotransmitters, and cytokines transmit signals – including biochemicals, hormones, neurotransmitters, and cytokines transmit signals.