

of probiotics on the brain in humans. Along with his colleague Kirsten Tillisch, Mayer gave healthy women yogurt containing a probiotic and then scanned their brains. He found subtle signs that the brain circuits involved in anxiety were less reactive, according to a paper published in the journal *Gastroenterology*. But Mayer and others stress that a lot more work will be needed to know whether that probiotic or any others really could help people feel less anxious or help solve other problems involving the brain. He says, "We're really in the early stages."

RENEE MONTAGNE, HOST: This is MORNING EDITION from NPR News. Good morning, I'm Renee Montagne.

STEVE INSKEEP, HOST: And I'm Steve Inskeep.

Today in Your Health: How the bacteria in your gut may affect your brain. Doctors have long had clues that there may be a connection between what's going on in our heads and what's going on in other parts of our bodies.

MONTAGNE: We all know, for example, that we can get pretty down when we're feeling sick and that our moods lift when we get better. Well, scientists are starting to think about this brain-body connection in a whole new way.