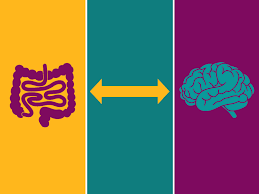
**Gut with a Mind: Navigating the Intricate Connections between Microbiome and Mental Health**

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The microbiome is all the microorganisms in the human body in a particular location, such as the GI tract or skin. The state of your microbiome can affect your risk of mental health issues. Your gut plays a huge role in how you experience, the health of your gastrointestinal tract (GI) tract - additionally referred to as intestine microbiome - can at once have an effect on your mind chemistry and temper.

It seems odd that our gut and mental state affect us so much but our mental state is affected. Your brain and gut are intrinsically connected, also known as gut-brain axis (GBA), like think about the time when you feel anxious about something, there is a literal gut feeling, like butterflies.

The GBA involves: your nervous system, neurotransmitters and gut microbes and chemical substances. “All the body’s commands come from neurons, which are found in the brain and the gut,” says health expert Mahmud Kara, MD (Psychcentral, n.d.). Neurons in the gut microbiome impact your gut health, along with other parts of body too – like your brain.

A very good instance of ways GBA connection works is whilst you feel anxious. When anxiety hits, your body produces some neurotransmitters – it is a part of fight-or-flight mechanism, which can lead to some physical symptoms related to anxiety, such as nausea, diarrhea, or abdominal discomfort.

An imbalance in the gut microbiome, disrupts the standard manufacturing of hormones and neurotransmitters that impact our mood and country of thoughts. The imbalance leads to anxiety and depression, other mental disorders which have been linked to changes and imbalances in microbiome are: Alzheimer’s disease, Attention-deficit/hyperactivity disorder, Autism, Bipolar disorder, Dementia, Obsessive-compulsive disorder, Post-traumatic stress disorder, Schizophrenia.

Symptoms related to negative intestine fitness normally related to mental fitness conditions include: difficulty concentrating, brain fog, low energy, headaches, memory issues, etc.

This same gut-brain-axis can work in our favor, just by improving our gut health. The main way to do this is by changing your diet. Every meal or snack gives you a chance to help improve your mental health.

* Tap to power of plants:

Awareness on consuming fruits and vegetables, whole grains, and nuts and seeds. You can also include plant foods which promote GABA, the neurotransmitter that many mental health medications work on.

These foods include: almonds, banana, broccoli, brown rice, green tea, lentils, oats, oranges, spinach, walnuts, and whole grains.

* Eat foods that contain probiotics:

Probiotics are live microorganisms that benefit your gut, and they’re found discovered in fermented foods such as: Kimchi, Sauerkraut, Tempeh, and yogurt.

* Eat foods that contain prebiotics:

Prebiotics are plant fibres that serve as food to develop proper microorganism on your gut. These include: cabbage, chicory, garlic, Jerusalem artichokes, and onions.

There is however work to be finished in terms of mastering gut-unique remedies for mental fitness conditions, however the acknowledge link between brain and gut shows a promising street for mental health treatment.