**Gut-Plasticity: Microbiome Adaption Gut-Brain Axis, Neuroplasticity**

**Brief Description:**

Explore the transformative potential of gut plasticity and neuroplasticity in health. This course looks into the adaptive power of the microbiome, the gut-brain connection, and immune system interactions.

Explore practical strategies, actionable insights, and case-based learning to enhance gut and brain resilience. Includes self-assessments and references for impactful clinical application.

**Learning Objectives:**

* Understand the concept of gut plasticity and its role in health and disease.
* Explore how the microbiome adapts to environmental, dietary, and lifestyle factors.
* Examine the gut-brain axis and neuroplasticity in gut-brain communication.
* Learn the immune system's interactions with gut health and microbiome balance.
* Develop practical strategies to enhance gut and brain resilience in clinical practice.
* Apply insights from case studies to real-world patient care.
* Utilise self-assessments and references to reinforce learning and improve outcomes.