

HOW DOES OUR GUT HEALTH AFFECT OUR MOOD?

INFLAMMATION

A Western diet (high in sugars, vegetable oils and processed food) can increase the permeability of the intestine ('leaky gut'). This causes an immune reaction and the release of pro-inflammatory cytokines which can lead to depression.

SYNTHESIS

A healthy gut microbiome that is diverse and balanced synthesises a number of essential vitamins (especially B12) and neurotransmitters, including serotonin, which is implicated in positive mood. Our gut bacteria also ferment fibre to produce short-chain fatty acids (SCFAs) which can help control blood sugar levels (avoiding 'hanger' = hunger + anger).

DEFICIENT NUTRIENTS, DEFICIENT SLEEP

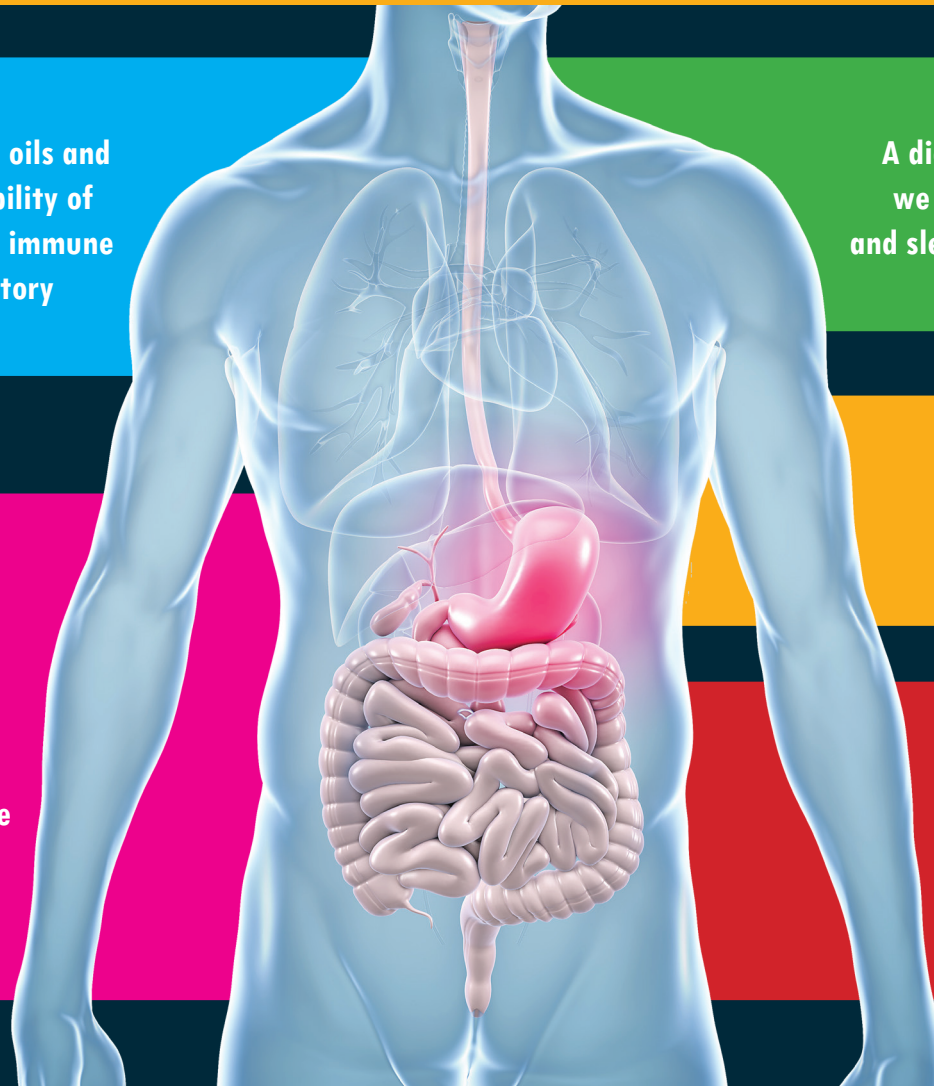
A diet lacking in key micronutrients means that we don't have what we need for positive mood and sleep: magnesium deficiency can reduce sleep, for example.

BAD BACTERIA

Studies suggest that an unhealthy microbiome is associated with increased anxiety and depression.

FASTING OR FEASTING

'Any time eating' has been shown to affect circadian rhythm and sleep, whereas 'time-restricted eating' (TRE or fasting) has been shown to decrease anxiety and depression.



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