



## The Gut-Brain Connection

Research leans into the notion that the health of your gut biome influences the health of your brain:

- The **enteric nervous system**, also known as the “**second brain**,” is a meshy layer of neurons that rules over the function of the gut.
- Research is underway to better understand the role **gut health** plays in the development of neurological conditions including **Alzheimer’s Disease** and **dementia**.
- The **inflammatory immune response in the gut** to the Standard American Diet (SAD) and its role in **reducing optimal brain health** is also being studied.
- Much research consistently demonstrates that good **sleep hygiene** and regular exercise benefits the brain and the gut.
- A primarily **Mediterranean** or **plant-based diet** can aid in the reduction of **neurological disease** risk.

