

FROM MICROBES TO MIND:

Optimizing The Gut-Brain Axis

Protocol

The gut-brain connection is vital to maintaining overall health and wellbeing, and it is important to establish a foundation of good nutrition and effective lifestyle practices to support this connection. This protocol offers comprehensive advice on nutrition, lifestyle habits, and strategic supplement use to support overall health and quality of life.†

Nutrition

Incorporate Foods That Support Your Mood

Supporting your gut-brain axis with food is vital to maintaining mental health. B vitamins are essential precursors to neurotransmitters, which can modulate stress response and support mood regulation. Incorporate whole grains, eggs, legumes, avocados, beef, poultry, and fish into your diet to increase your intake of B vitamins. Additionally, magnesium is a critical nutrient that supports nerve transmission, vascular tone, and enzymatic processes. These contribute to cognitive functions and mental health. Nuts and seeds, legumes, fiber-rich whole grains, and dark chocolate are excellent sources of magnesium that can support a healthy gut-brain connection.

Fortify Your Microbiota With Fermented Foods

Fermented and cultured foods contain some of the same live microorganisms found in a healthy gut microbiota. They have health benefits when you consume them in adequate amounts. Enjoying fermented foods such as low-sugar yogurt, sauerkraut, tempeh, kimchi, kefir, aged cheese, kombucha, and miso, can add to your beneficial microbes and help rebuild your microbiota. That may be especially helpful if your gut-brain connection needs a boost.

Feed Your “Second Brain” With Fiber

Consuming foods high in fiber, such as whole grains, fruits, vegetables, nuts, and seeds, provide your gut microbiome with prebiotics that support the production of short-chain fatty acids. These short-chain fatty acids, produced by bacteria in your gut, can impact brain activity and neural signaling. Therefore, incorporating fiber into your diet can help feed the gut bacteria responsible for modulating these processes, potentially leading to improved brain function.†

Add Polyphenols for Gut-Brain Health

Polyphenol-rich foods, such as fruits (especially berries), vegetables, grains, beans, cocoa, green tea, olive oil, and coffee, contain plant compounds that act as antioxidants and support a healthy gut microbiome balance. These compounds are digested by gut bacteria and have been shown to positively impact the gut-brain axis, potentially leading to improvements in brain health.

Focus on Omega-3 Fatty Acids

Omega-3 and omega-6 polyunsaturated fatty acids (PUFAs) are crucial for brain health, as they are the most abundant fatty acids found in brain cell membranes. Additionally, omega-3s have prebiotic properties, meaning that they can support the growth and maintenance of healthy gut bacteria. While both omega-3s and omega-6s are important, a high ratio of omega-6s (often found in red meat and processed foods) can have pro-inflammatory effects. In contrast, diets rich in omega-3s (found in cold-water fish like salmon, herring, and sardines, as well as nuts and seeds) and omega-9s (found in olive oil, almonds, and avocado oil) can help reduce inflammation in the body and positively impact the gut-brain axis by supporting a healthy gut microbiome.†

Lifestyle

Keep Moving!

Regular physical activity is crucial to supporting the gut-brain axis, as it has been shown to impact both the microbiome and brain neurochemistry positively. Various forms of exercise, including dancing, gardening, walking, and hiking, can help boost mood by increasing endorphin levels while promoting gut health and maintaining muscle mass and bone density. Incorporating a mix of aerobic activity, strength training, stretching, and play for at least 30 minutes daily can provide numerous benefits for both physical and mental wellbeing.

Sleep is key

Adequate sleep is essential for supporting the gut-brain axis, as it has been shown to significantly impact the microbiome and overall mental health. Most adults require at least 7-8 hours of sleep to maintain optimal health. Disrupting your natural sleep-wake-eat cycle can negatively affect the regular oscillations and composition of the microbiota. To support a healthy gut-brain axis, it's important to establish a regular and relaxing bedtime routine and maintain consistency with your sleep and wake times. Creating a cool and dark environment in your sleeping area, as well as removing electronics with visible lights, can help promote better sleep. Additionally, powering down all devices 1-2 hours before bedtime can further enhance the quality of your sleep and support overall wellbeing.

Limit Environmental Toxins

Limiting exposure to environmental toxins is crucial for supporting a healthy gut-brain axis. Exposure to chemicals such as cigarette smoke, bisphenols, phthalates, heavy metals, and pesticides can disrupt the microbiome and negatively impact digestive health. To minimize potential disruptions to the microbiota caused by pesticides, fertilizers, and other chemical additives, it's recommended to consume organic whole foods as much as possible. The Environmental Working Group (EWG) provides an updated list of organic foods to prioritize, making it easier to make informed choices about foods and minimize exposure to harmful toxins.

Carve Out Time to Quiet Your Mind

Carving out time to quiet your mind is crucial to supporting a healthy gut-brain axis. Mindful relaxation helps regulate the body's stress response, suppressing chronic inflammation and promoting healthy gut barrier function. It's important to set aside specific times to disconnect from the busy world around you and engage in activities such as walking in nature, practicing yoga, or meditating. These practices promote mindfulness and relaxation, allowing the body to manage stress better and maintain a healthy gut-brain connection.

Practice Vagal Exercises

Practicing vagal exercises that promote vagal tone helps improve the connection between the gut and brain. Deep breathing, inhaling slowly for five and exhaling slowly for 5, activates the parasympathetic nervous system, reducing anxiety. Additionally, cold water exposure, such as putting your face in cold water or taking alternating warm and cold showers, can also stimulate the vagus nerve and improve vagal tone. Always listen to your body and start slowly.



Personalized Support Options:

Your healthcare practitioner can guide you on additional supportive products based on your wellness goals.

For me	Product Options	Primary Support Function†
	Brain Vibrance Supreme™	Mental focus and acuity
	Methyl Balance™	Physical energy and stamina
	Acumen™	Memory retention and recall
	Stress Support Complex™	Restful and restorative sleep
	Magnesium Citrate	Positive mood and emotional wellbeing
	Dual Detox™	Natural detoxification processes
	MitoThera™	Healthy cellular longevity

Core Protocol:

Target gb-X™

Healthy Barrier Function†

Target gb-X™ with Ecologic BARRIER is a probiotic blend that targets the gut-brain axis through strengthening gut barrier function, regulating cytokines and inflammatory response, and producing potentially neuroprotective metabolites, and HPA regulation.† The probiotic strains are carefully selected for their synergistic influence on the gut-brain axis, and the formula has been clinically shown to support a healthy mood.†



Cortisol Management

Healthy Stress Response†

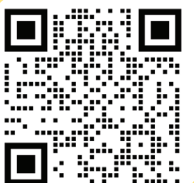
Cortisol Management combines two patented stress management ingredients, Relora® and Sensoril®. Relora® is a blend of botanical extracts traditionally used to support healthy stress response and control stress-related eating.† Sensoril® is a proprietary Ashwagandha extract that helps the body cope with stress and promote relaxation, without causing drowsiness.†



Eicosamax® 1000

Healthy Cellular Function†

A once-daily 1,000 mg of omega-3 EPA and DHA from fish oil to support a balanced inflammatory response, healthy triglyceride metabolism, and your heart, joint, skin, brain, and nerve function.† Additionally, omega-3 fatty acids have been shown to increase the diversity of healthy gut bacteria, decrease gut permeability, and lower inflammation, which means good things not just for your gut, but for your overall health.†



†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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