

# Mind Gut Connection Summary

Uma Naidoo

**The Mind-Gut Connection** Emeran Mayer, 2018-06-05 Cutting-edge neuroscience combines with the latest discoveries on the human microbiome to inform this practical guide that proves once and for all the inextricable, biological link between mind and body. We have all experienced the connection between our mind and our gut—the decision we made because it “felt right;” the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we’re stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Aryurvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and more recently, the microbiome—the microorganisms that live inside us—communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, Executive Director of the UCLA Center for Neurobiology of Stress, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. *The Mind-Gut Connection*, shows how to keep the communication brain-gut communication clear and balanced to:

- Heal the gut by focusing on a plant-based diet
- Balance the microbiome by consuming fermented foods and probiotics, fasting, and cutting out sugar and processed foods
- Promote weight loss by detoxifying and creating a healthy digestion and maximum nutrient absorption
- Boost immunity and prevent the onset of neurological diseases such as Parkinson’s and Alzheimer’s
- Generate a happier mindset and reduce fatigue, moodiness, anxiety, and depression
- Prevent and heal GI disorders such as leaky gut syndrome; food sensitivities and allergies; and IBS; as well as digestive discomfort such as heartburn and bloating
- And much more.

Supplemental enhancement PDF accompanies the audiobook.

[The Mind-Gut Connection](#) Emeran Mayer, 2016-07-05 Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of *Wheat Belly* and *Grain Brain* that conclusively demonstrates the inextricable, biological link between mind and body. We have all experienced the connection between our mind and our gut—the decision we made because it “felt right”; the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we’re stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Ayurvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and more recently, the microbiome—the microorganisms that live inside us—communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, executive director of the UCLA Center for Neurobiology of Stress, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. *The Mind-Gut Connection* shows how to keep the brain-gut communication clear and balanced to:

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Summary & Study Guide - The Mind-Gut Connection Lee Tang, 2019-03-30 This simple lifestyle change can help you lose weight and decrease the risk of chronic illnesses and neurodegenerative disorders. This book is a summary of "The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health," by Emeran Mayer, MD. For many years, doctors looked at the human body as a complex machine with independent parts. Disease was a breakdown of a single organ or gene that can be fixed through medication or surgery. There was no need to understand its cause. This model has worked for certain acute diseases but failed in treating many chronic and neurodegenerative disorders. Today, we realize that the complex regulatory mechanisms that keep us healthy do not operate independently. Our brain, our gut, and the gut microbes communicate with one another constantly to keep us healthy. When this communication channel is out of whack, major health problems can result. In *The Mind-Gut Connection*, Dr. Emeran Mayer offers a cutting-edge view of the emerging science of gut-brain communication. He teaches us how, with a few changes to our diet and lifestyle, we can lose weight, develop a happier mindset, and reduce the risk of neurological diseases such as Parkinson's and Alzheimer's. This book redefines what it means to be healthy and provides practical steps to achieve that goal. This guide includes: \* Book Summary—helps you understand the key concepts. \* Online Videos—cover the concepts in more depth. Value-added from this guide: \* Save time \* Understand key concepts \* Expand your knowledge

The Mind-Gut-Immune Connection Emeran Mayer, 2023-11-07 Cutting-edge neuroscience combines with the latest discoveries on the human microbiome to inform this practical guide that proves once and for all the inextricable, biological link between mind and body. We have all experienced the connection between our mind and our gut—the decision we made because it “felt right;” the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we’re stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Aryurvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and more recently, the microbiome—the microorganisms that live inside us—communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, Executive Director of the UCLA Center for Neurobiology of Stress, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. *The Mind-Gut Connection*, shows how to keep the communication brain-gut communication clear and balanced to:

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- Prevent and heal GI disorders such as leaky gut syndrome; food sensitivities and allergies; and IBS; as well as digestive discomfort such as heartburn and bloating
- And much more. Supplemental enhancement PDF accompanies the audiobook.

*The Psychobiotic Revolution* Scott C. Anderson, John F. Cryan, Ted Dinan, 2017-11-07 Written by the leading researchers in the field, this information-rich guide to improving your mood explains how gut health drives

psychological well-being, and how depression and anxiety can be relieved by adjusting your intestinal bacteria. This groundbreaking book explains the revolutionary new science of psychobiotics and the discovery that your brain health and state of mind are intimately connected to your microbiome, that four-pound population of microbes living inside your intestines. Leading medical researchers John F. Cryan and Ted Dinan, working with veteran journalist Scott C. Anderson, explain how common mental health problems, particularly depression and anxiety, can be improved by caring for the intestinal microbiome. Science is proving that a healthy gut means a healthy mind—and this book details the steps you can take to change your mood and improve your life by nurturing your microbiome.

[This Is Your Brain on Food](#) Uma Naidoo, 2020-08-04 Eat for your mental health and learn the fascinating science behind nutrition with this must-read guide from an expert psychiatrist (Amy Myers, MD). Did you know that blueberries can help you cope with the aftereffects of trauma? That salami can cause depression, or that boosting Vitamin D intake can help treat anxiety? When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains. And recent studies have shown that diet can have a profound impact on mental health conditions ranging from ADHD to depression, anxiety, sleep disorders, OCD, dementia and beyond. A triple threat in the food space, Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In *This Is Your Brain on Food*, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues. Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, *This Is Your Brain on Food* is the go-to guide to optimizing your mental health with food.

**Gut** Giulia Enders, 2018-02-17 AN INSTANT NEW YORK TIMES BESTSELLER  
“Everything you ever wanted to know about the gut (and then some).” –SELF  
Discover the secrets of your digestive system—and how to hone a healthy gut—plus new research on the mind-gut connection. With quirky charm, science star and medical doctor Giulia Enders explains the gut’s magic, answering questions like: What’s really up with gluten and lactose intolerance? How does the gut affect obesity? What's the connection between our microbiome and mental health? Why does acid reflux happen? In this revised edition of her beloved bestseller, Enders includes a new section on the brain-gut connection, and dives into groundbreaking discoveries of psychobiotics—microbes with psychological effects that can influence mental health conditions like depression and even stress. For too long, the gut has been the body’s most ignored and least appreciated organ. But it does more than just dirty work; it’s at the core of who we are, and this beguiling book will make you finally listen to those butterflies in your stomach: they’re trying to tell you something important.

*The Biological Mind* Alan Jasanoff, 2018-03-13 A pioneering neuroscientist argues that we are more than our brains To many, the brain is the seat of personal identity and autonomy. But the way we talk about the brain is often rooted more in mystical conceptions of the soul than in scientific fact. This blinds us to the physical realities of mental function. We ignore bodily influences on our psychology, from chemicals in the blood to bacteria in the

gut, and overlook the ways that the environment affects our behavior, via factors varying from subconscious sights and sounds to the weather. As a result, we alternately overestimate our capacity for free will or equate brains to inorganic machines like computers. But a brain is neither a soul nor an electrical network: it is a bodily organ, and it cannot be separated from its surroundings. Our selves aren't just inside our heads--they're spread throughout our bodies and beyond. Only once we come to terms with this can we grasp the true nature of our humanity.

*The Body Keeps the Score* Bessel A. Van der Kolk, 2015-09-08 Originally published by Viking Penguin, 2014.

**Heal Your Body, Cure Your Mind** Ameet Aggarwal, 2019-08-01 Voted as one of the Top 43 therapists in the world, 5-times bestselling author, naturopath and psychotherapist Dr. Ameet easily helps you with gut health, mental health, liver cleanse & detox, adrenal fatigue, depression, anxiety, skin, hormones, inflammation, health and sexual issues using holistic healing, supplements, nutrition, healthy foods, natural remedies, holistic therapies & mental health trauma healing. Your gut, liver, adrenal and mental health are the most valuable gifts you have. Reading this holistic healing and mental health book will quickly improve your gut health, liver health, adrenal fatigue, trauma and mental health by helping you treat the root causes of dis-eases in your mind and body, which are: Leaky gut health, Inflammation & LIVER HEALTH Adrenal Fatigue, Thyroid & hormonal imbalance Mental Health Trauma, Negative Beliefs & Family Trauma With the top herbs, homeopathic remedies, foods, acupuncture points, Bach flower remedies and mental health trauma healing exercises that most successful holistic therapists use. Get this book to quickly feel amazingly well with clear instructions on powerful holistic therapies from world renowned naturopathic doctor, psychotherapist & teacher. Know: What the best low inflammatory foods, probiotics and supplements for digestive problems, leaky gut health, IBS and inflammation are Why your thyroid, hormones, mental health and brain heal when you improve your liver health with the best gallbladder and liver cleanses Which herbs, amino acids, homeopathic remedies and supplements to use for stress, burnout, anxiety, depression, gut health, mental health, gallbladder and liver cleanses The most helpful nutrients for holistic and mental health and what foods they're found in. Powerful exercise to heal mental health trauma, change negative beliefs and feel confident. Highly effective meditation, breathing, journaling, gratitude and positive psychology techniques for mental health. Energy medicine therapy to increase happiness, clarity, emotional resilience and mental health. Acupuncture points for mental health issues like anxiety and depression and liver health And so much more - Read all the topics for free by clicking Look Inside at the top of this page Doctors, therapists and nurses around the world are using this book to help people quickly recover from difficult chronic health and mental health trauma issues. Here's what they say: "Dr. Ameet gives simple steps to help you recover from mental health issues, anxiety, depression, stress, trauma and burnout, and with long-lasting results" - Dr. Hyla Cass MD, Bestselling Author and Holistic Psychiatrist. "There's amazing details on holistic therapies, foods and specific exercises to release emotional stress and trauma to optimize your emotions and health." - Geeta K, Master Reiki Healer "I learnt how to fix inflammation, my mood and detox my liver with the most effective herbs, foods and supplements." R.K. "I love the list of homeopathic

and Bach flower remedies that go into very specific emotions. Not everyone has the same type of anxiety or depression, and that's clear with Dr. Ameet's book." - Sandra, Anxiety Survivor "What I love about this book is that I feel more in control of my life and my health, especially after releasing emotions and fixing inflammation..." Jacqueline R, Therapist Volume 1 in my series Heal Your Body Cure Your Mind

**10% Human** Alanna Collen, 2015-05-05 Now in paperback, evolutionary biologist and science writer Alanna Collen's stunning alarm call concerning the widely-ignored role our gut microbes play in our health and well-being.

"Fascinating... Everything you wanted to know about microbes but were afraid to ask."— Kirkus Reviews (starred review) You are just 10% human. For every one of the cells that make up the vessel that you call your body, there are nine impostor cells hitching a ride. You are not just flesh and blood, muscle and bone, brain and skin, but also bacteria and fungi. Over your lifetime, you will carry the equivalent weight of five African elephants in microbes. You are not an individual but a colony. Until recently, we had thought our microbes hardly mattered, but science is revealing a different story, one in which microbes run our bodies and becoming a healthy human is impossible without them. In this riveting, shocking, and beautifully written book, biologist Alanna Collen draws on the latest scientific research to show how our personal colony of microbes influences our weight, our immune system, our mental health, and even our choice of partner. She argues that so many of our modern diseases—obesity, autism, mental illness, digestive disorders, allergies, autoimmunity afflictions, and even cancer—have their root in our failure to cherish our most fundamental and enduring relationship: that with our personal colony of microbes. The good news is that unlike our human cells, we can change our microbes for the better. Collen's book is a revelatory and indispensable guide. Life—and your body—will never seem the same again.

*The Good Gut* Justin Sonnenburg, Erica Sonnenburg, 2016-05-03 This book offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. The authors show how we can strengthen the community that inhabits our gut and thereby improve our own health. They look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbe? and the nourishment of your own individual microbiome.

*The Twenty-four Hour Mind* Rosalind D. Cartwright, 2012-08-16 In *The Twenty-four Hour Mind*, sleep researcher Rosalind Cartwright brings together decades of research into the bizarre sleep disorders known as 'parasomnias' to propose a new theory of how the human brain works consistently throughout waking and sleeping hours, based upon research showing that one of the primary purposes of sleep is to aid in regulating emotions and processing experiences that occur during waking hours.

**Biohack Your Brain** Kristen Willeumier, 2020-12-29 A neuroscientist's groundbreaking, science-driven plan for revitalizing, nourishing and rejuvenating your most essential asset—your brain. Your brain is the most essential organ in your body. The brain and spinal cord are intimately connected to every bodily system and organ, so when it is balanced everything in your body and mind will function more efficiently. It's vitally important to take proactive steps now, or you risk losing everything, including your ability to think clearly, be creative, remember details, solve problems and

retain your memory. In *Biohack Your Brain*, leading neuroscientist Dr. Kristen Willeumier reveals how you can change your brain by making simple and easy modifications to your lifestyle. Combining clinical experience with revolutionary science, she details how biohacking your brain can boost your cognitive performance and so much more. Dr. Willeumier's essential guidebook shows you the most effective techniques to prevent memory loss and neurodegenerative disorders like Alzheimer's disease—and even how to overcome negative thoughts and stress. Through research and case studies, you'll learn how to upgrade your nutritional choices along with the effective use of supplements, brain games, and physical activity to overcome cognitive damage, whether it's from previous injuries, such as a concussion or a bad fall or from the effects of living in modern day times. Dr. Willeumier shares her own story alongside those from the NFL players and other clients she has worked with to help you leverage the latest research to find personal solutions. *Biohack Your Brain* teaches you how to take better care of your brain, and also how to enhance your memory, lose excess weight, increase your energy and vitality in order to create the best health and life possible.

**The Second Brain** Michael Gershon, 2019-05-21 "Persuasive, impassioned. . . hopeful news [for those] suffering from functional bowel disease." – New York Times Book Review Dr. Michael Gershon's groundbreaking book fills the gap between what you need to know—and what your doctor has time to tell you. Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This second brain can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from butterflies to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. *The Second Brain* represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or it's all in your head.

**Brain Changer** Felice Jacka, 2019-02-26 'This is a fascinating book, by a leading researcher, covering one of the most exciting areas of modern nutritional research - how what we eat impacts our gut and brain. The combination of personal stories and cutting edge science is a real winner.' Michael Mosley You feel how you eat. We accept that the quality of our diet affects the health of our heart and liver. So why wouldn't diet - good or bad - affect the health of our brain? This is the question that Australian scientist Felice Jacka set out to answer. Having suffered depression and anxiety as a young woman, she wanted to understand the role diet plays in our overall mental and brain health. What she found through her own research and that of other eminent scientists worldwide will revolutionise the way we think about what we eat and how we care for our brains. \* Obesity and depression are two major causes of disease and disability across the globe, and each influences the other. \* Food does affect mood: highly processed foods increase depression risk, while a balanced, whole-food diet can prevent depression and improve mood. \* A healthy diet improves gut health, and in turn health microbiota (gut bacteria) promote brain health and keep our weight in check. \* A healthy diet improves brain performance at all ages, from school-

age kids to their work-stressed parents. \*The Mediterranean diet is linked to lower rates of Alzheimer's disease and general cognitive decline in older people. Professor Jacka, who leads the field of Nutritional Psychiatry research globally, provides not just the most recent scientific evidence but also a range of simple, practical solutions for improving the way we eat on a daily basis, including meal plans and a range of delicious recipes. This is not a diet book. This is a guide to the good habits that will protect your most precious organ, improve your quality of life and optimise mental and brain health across your lifespan. PRAISE FOR BRAIN CHANGER 'Jacka is leading the way in providing evidence-based approaches that are rooted in cutting-edge science to transform how we think about mental health.' Professor John Cryan

**Brain Maker** David Perlmutter, 2015-04-28 The bestselling author of Grain Brain uncovers the powerful role of gut bacteria in determining your brain's destiny. Debilitating brain disorders are on the rise—from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem: Astonishing new research is revealing that the health of your brain is, to an extraordinary degree, dictated by the state of your microbiome - the vast population of organisms that live in your body and outnumber your own cells ten to one. What's taking place in your intestines today is determining your risk for any number of brain-related conditions. In Brain Maker, Dr. Perlmutter explains the potent interplay between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on lifestyle choices, how it can become sick, and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, Brain Maker opens the door to unprecedented brain health potential.

Good Reasons for Bad Feelings Randolph M. Nesse, MD, 2019-02-12 A founder of the field of evolutionary medicine uses his decades of experience as a psychiatrist to provide a much-needed new framework for making sense of mental illness. Why do I feel bad? There is real power in understanding our bad feelings. With his classic Why We Get Sick, Dr. Randolph Nesse helped to establish the field of evolutionary medicine. Now he returns with a book that transforms our understanding of mental disorders by exploring a fundamentally new question. Instead of asking why certain people suffer from mental illness, Nesse asks why natural selection has left us all with fragile minds. Drawing on revealing stories from his own clinical practice and insights from evolutionary biology, Nesse shows how negative emotions are useful in certain situations, yet can become overwhelming. Anxiety protects us from harm in the face of danger, but false alarms are inevitable. Low moods prevent us from wasting effort in pursuit of unreachable goals, but they often escalate into pathological depression. Other mental disorders, such as addiction and anorexia, result from the mismatch between modern environment and our ancient human past. And there are good evolutionary reasons for sexual disorders and for why genes for schizophrenia persist. Taken together, these and many more insights help to explain the pervasiveness of human suffering, and show us new paths for relieving it by understanding individuals as individuals.

**This Is Your Brain On Parasites** Kathleen McAuliffe, 2016-06-07 "Engrossing ... [An] expedition through the hidden and sometimes horrifying microbial



domain.” –Wall Street Journal “Fascinating—and full of the kind of factoids you can't wait to share.” –Scientific American Parasites can live only inside another animal and, as Kathleen McAuliffe reveals, these tiny organisms have many evolutionary motives for manipulating the behavior of their hosts. With astonishing precision, parasites can coax rats to approach cats, spiders to transform the patterns of their webs, and fish to draw the attention of birds that then swoop down to feast on them. We humans are hardly immune to their influence. Organisms we pick up from our own pets are strongly suspected of changing our personality traits and contributing to recklessness and impulsivity—even suicide. Germs that cause colds and the flu may alter our behavior even before symptoms become apparent. Parasites influence our species on the cultural level, too. Drawing on a huge body of research, McAuliffe argues that our dread of contamination is an evolved defense against parasites. The horror and revulsion we are programmed to feel when we come in contact with people who appear diseased or dirty helped pave the way for civilization, but may also be the basis for major divisions in societies that persist to this day. This Is Your Brain on Parasites is both a journey into cutting-edge science and a revelatory examination of what it means to be human. “If you’ve ever doubted the power of microbes to shape society and offer us a grander view of life, read on and find yourself duly impressed.” –Heather Havrilesky, Bookforum

*The Food Mood Connection* Dr Uma Naidoo, 2020-09-10 Did you know that blueberries can help you cope with the after-effects of trauma? That salami can cause depression, or that boosting Vitamin D intake can help treat anxiety? When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains. And recent studies have shown that diet can have a profound impact on mental health conditions ranging from ADHD to depression, anxiety, sleep disorders, OCD, dementia and beyond. Dr. Uma Naidoo is a board-certified psychiatrist, nutrition specialist, and professionally trained chef. In *The Food-Mood Connection*, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues. Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, *The Food-Mood Connection* is the go-to guide to optimizing your mental health with food.

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## Introduction

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