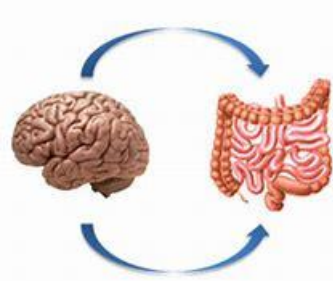




melmed center

# Nutri-Tip from Jan

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## **The Second Brain**

Cutting edge science is connecting our microbiome (3-5 pounds of bacteria in the intestines) to our mental health. The gastro-intestinal system house trillions of bacteria that have direct communication to the brain. This amazing microbiome produces and responds to neurochemicals such as GABA, serotonin (95% made in the gut), dopamine, acetylcholine, and melatonin the brain uses to regulate mood, sleep, and cognition.

Diet plays an integral part in balancing the good/bad bacteria contributing to gut health.

Boost healthy gut bacteria by eating - cruciferous vegetables, bananas, beans, Jerusalem artichokes, blueberries, polenta, Miso soup and tempeh.

Eating a diet high in sugar can promote unhealthy GI tract bacteria which interfere with serotonin (sense of well being, calmness) and dopamine (pleasure, reward system, attention) production, and elevates norepinephrine, the fight or flight hormone – increasing stress levels!

### **Want to Learn More?**

#### **Even the smallest nutritional change can improve physical and mental well-being.**

Our metabolisms are as unique as our fingerprints. If you are concerned about your child's nutrition (or your own), schedule an appointment with Jan Katzen, CN, our nutritional therapist, for a comprehensive nutritional evaluation and a sustainable, delicious food plan.

Complimentary 10-minute introductory phone consults with Jan are available.

Please contact the front office for details