

Are you eating your feelings?

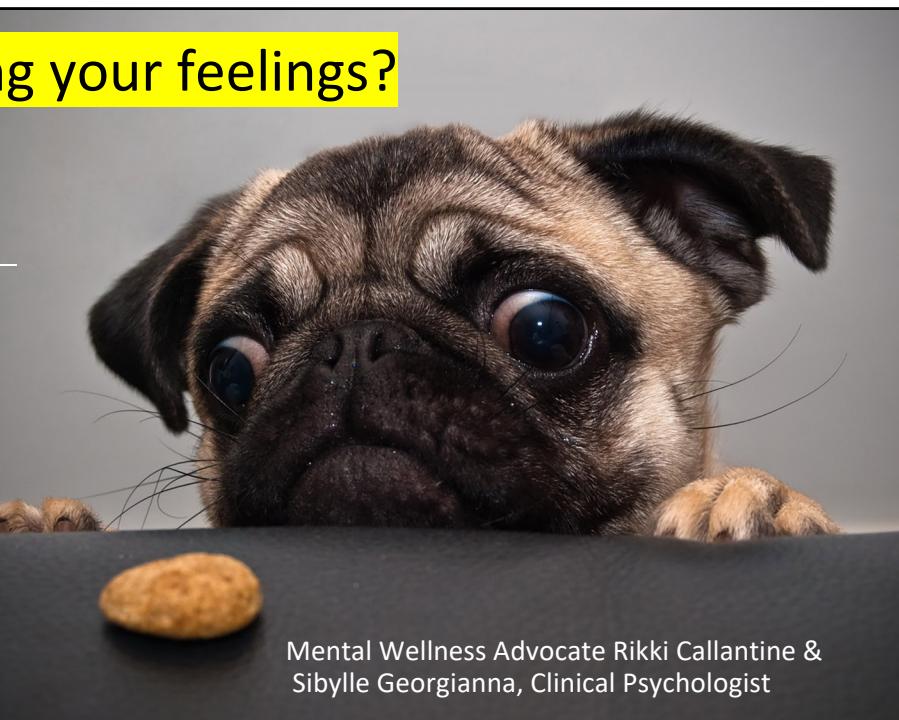
03/18/2021 at 2 p.m. Pacific

Join us on Zoom:
Meeting ID: 874 5103 0614
Passcode: 7777

03/22/2021 at 1PM MT

Mental Health Talk Mondays with Rikki

<http://www.toolsforvitality.com>



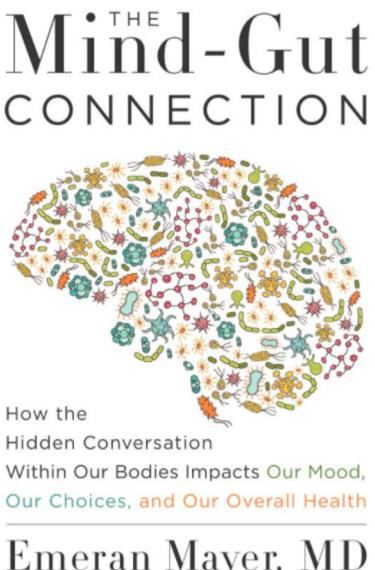
Mental Wellness Advocate Rikki Callantine & Sibylle Georgianna, Clinical Psychologist

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Rikki's passion about this topic

Sibylle's passion about this topic

Q & A based on research on the mind-gut connection



THE
Mind-Gut
CONNECTION

How the
Hidden Conversation
Within Our Bodies Impacts Our Mood,
Our Choices, and Our Overall Health

Emeran Mayer, MD
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Q 1: Are We Eating Our Feelings?

YES:

As we pay attention to what we eat
=> change gut-brain interactions
=> Less sensitivity to stress



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Positive Emotions:

Happiness (Endorphins)
Closeness (Oxytocin)
Longing (Dopamine)

=> gut reactions
Microbial diversity
(may protect us from disease)



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Q 2: Can We Eat in a Way to Become Less Reactive?

Probiotics (as found in yogurt) for 4 weeks, twice a day

- => changes metabolites that gut produces
- => changing gut-brain signaling
- => changing serotonin levels

Dampened reactivity (instead of overreacting)

Plus: positive changes to:

- Mood
- Pain sensitivity
- Sleep

Tillich (2013)



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Q 3: Can We Eat in a Way to Become Less Anxious and Depressed?

Meyer (2013): European studies:

Daily probiotic bacteria

- => altered cytokines (stress)
- => reduced anxiety and depression as much as Lexapro

Aria Drexler:

- Getting enough healthy fats
 - olive oil,
 - avocados,
 - nuts and seeds, and
 - omega-3 fats at least twice a week from seafood, ground flaxseed and chia seeds.
- Staying hydrated will lubricate the brain



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Q4: Can Food Influence Complex Diseases, e.g., ASD?

Balanced diet: Fruits, vegetables, fermented products
 (fermented dairy products, Sauerkraut, Kimchi, probiotic enriched drinks, cheeses)

Lactobacilli, Bifido bacteria

+

Rhubarb root, aloe vera (to decrease constipation)

+

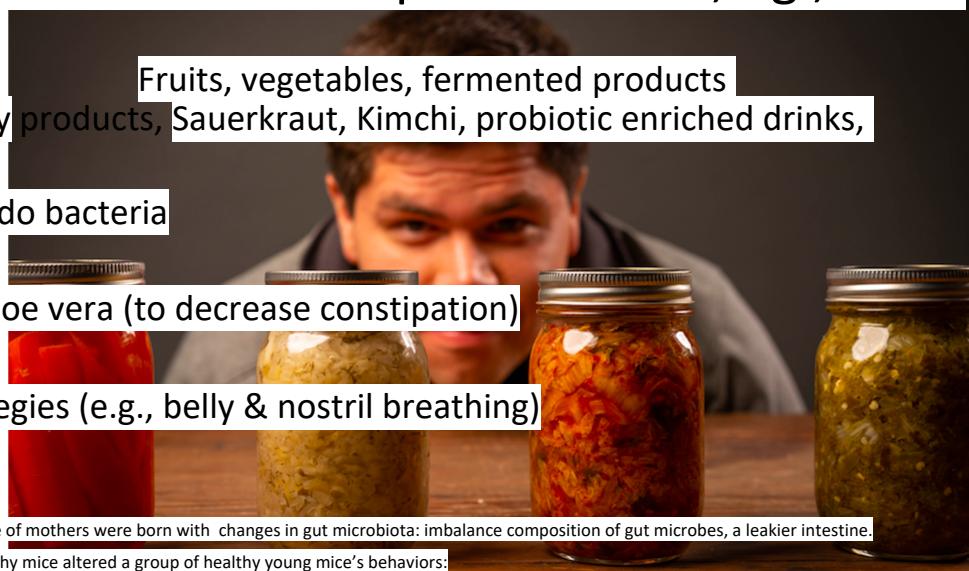
Relaxation strategies (e.g., belly & nostril breathing)

CalTech Study:

Young mice with stress response of mothers were born with changes in gut microbiota: imbalance composition of gut microbes, a leakier intestine.

Transplanted stool from unhealthy mice altered a group of healthy young mice's behaviors;

=>vice versa: planting healthy microbes into not yet healthy gut to change ASD symptoms .



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Q 5: Can Food Influence Your Overall Brain Health?



YES! Recommendations by dietitian Aria Drexler

Excess sugars can "gunk up" the brain, and may contribute to the development of dementia.

- Focusing on building a plate with mostly proteins with healthy fats, vegetables and whole grains,
- Limiting sugary drinks and treats to once or twice a week,
- Drinking at least 8 cups of fluids daily

- + Low-impact exercise
- + Mental challenges (e.g., puzzles, sudoku, etc).

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The screenshot shows the homepage of Tools for Sustainable Vitality Inc. The header features a purple navigation bar with the logo 'VITALITY TOOLS' on the left and links for HOME, ABOUT, SERVICES, THRIVE Zoom Call, FAQS, SHOP, and CONTACT. Below the header is a teal banner with the title 'How to Be Inspired to Pursue Meaningful Nutrition' and a sub-link 'Home / How to Be Inspired to Pursue Meaningful Nutrition'. The main content area contains a photograph of several dietary supplement capsules (B6, B12, B1) spilling out onto a surface.

Tools for Sustainable Vitality Inc.

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Read the full interview here:
<http://www.toolsforvitality.com>

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