

BRAIN ISSUES AND GUT HEALTH



Brain-Gut

- There are many issues of the brain that have a gut connection.
- This means that new strategies exist to help with conditions
- There is still a lot of research to be done to find all the pieces but a few interesting facts have been discovered that can help with these conditions.



Migraines

- Migraines have been associated with both IBS and celiac disease
- Food allergies may also be connected
- Slower emptying of the stomach has been linked to migraines
- Inflammatory products produced by bad bacteria has also been linked.
- More importantly, in one study, 60 % of people with migraines, who took specific strains of good bacteria along with vitamins, minerals and herbs saw a total remission



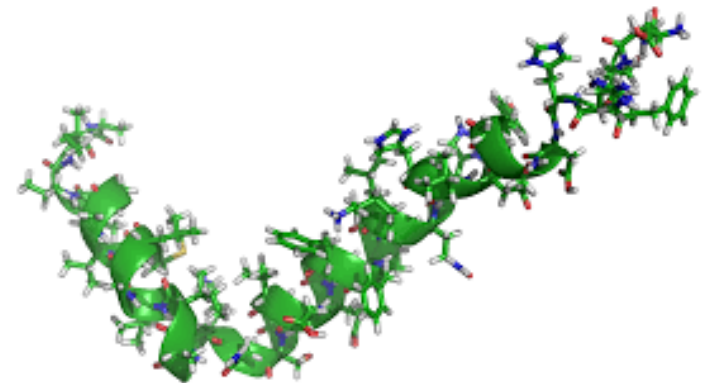
Autism



- It has been linked to an excess of pathogenic bacteria creating dangerous toxins that alter the brain-gut connection and brain function
- One toxin LPS lowers glutathione which is need for detoxing heavy metals
- Autistic kinds also have an altered ratio of glutamate and glutamine in the brain
- Other research shows that autistic kids have excess the SCFA propionate (increases when there is too much bad bacteria)
- All of this indicates a gut health problem as the area of focus

Alzheimers

- Beta amyloid plaque in the brain is a key factor in the development of the condition – may be immune related
- The precursor needed for the development of beta amyloid is found in the gut lining tissue
- Beta amyloid is linked to irregular sleep and lack of sleep and may be related to fighting bad bacteria or viruses in the brain
- Gut bacteria regulates circadian rhythms necessary for sleep and disruption of gut bacteria can have a negative effect on sleep – sleep also helps balance the gut bacteria



And So

- This is just a snapshot of the information on the brain conditions but it is worth noting the connection
- Developing an overall strategy for gut health is key – fermented foods, probiotics, prebiotics and prebiotic foods, glutamine, steps to good digestions,
- This is the plan for prevention and a strategy for aiding recovery from a condition
- Everyone needs to find what works for them but it is worth it.

