

# HEALTHY GUT = HEALTHY MIND

Our brains and guts are closely linked. Studies have found that the bacteria living in our digestive tract can have a significant impact on our physical and mental health.



Consuming prebiotics and probiotic can help reduce the effects of anxiety and depression.



An imbalance of gut bacteria has been shown to alter brain development.



Omega 3 Fatty acids have been linked to making a positive impact on depressive symptoms.



Having a healthy gut can not only have a positive impact on our immune system but can improve our mood.



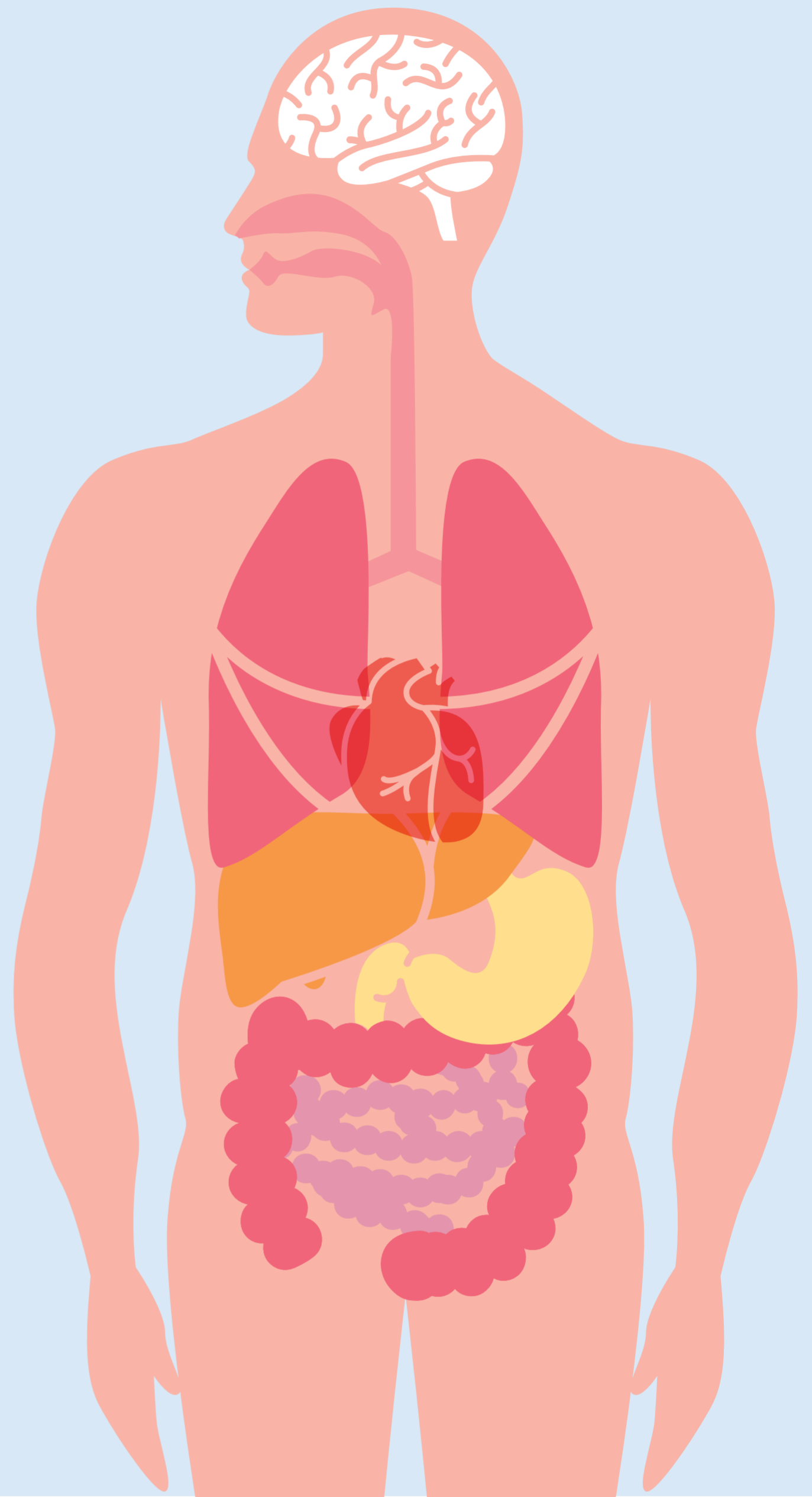
A healthy gut promotes the production of the feel-good hormones serotonin, dopamine, and oxytocin, increasing your overall mood.



Gut health can impact your sleep. An unbalanced or bad gut health can perpetuate sleep problems.



Diet affects the gut microbiota and mental health so eat a balanced diet with all the usual good stuff.



## FOODS TO FOCUS ON



Probiotic foods and drinks: like yoghurt, kombucha, kefir and fermented foods like sauerkraut



Fruit such as berries and avocado



High Fibre foods; Peas, beans and pulses, wholegrains, nuts and seeds



Vegetables such as broccoli, kale, spinach and mushrooms



Omega-3 fatty acid-rich foods such as salmon, herring, sardines and mackerel



LOVE ME  
LOVE YOU