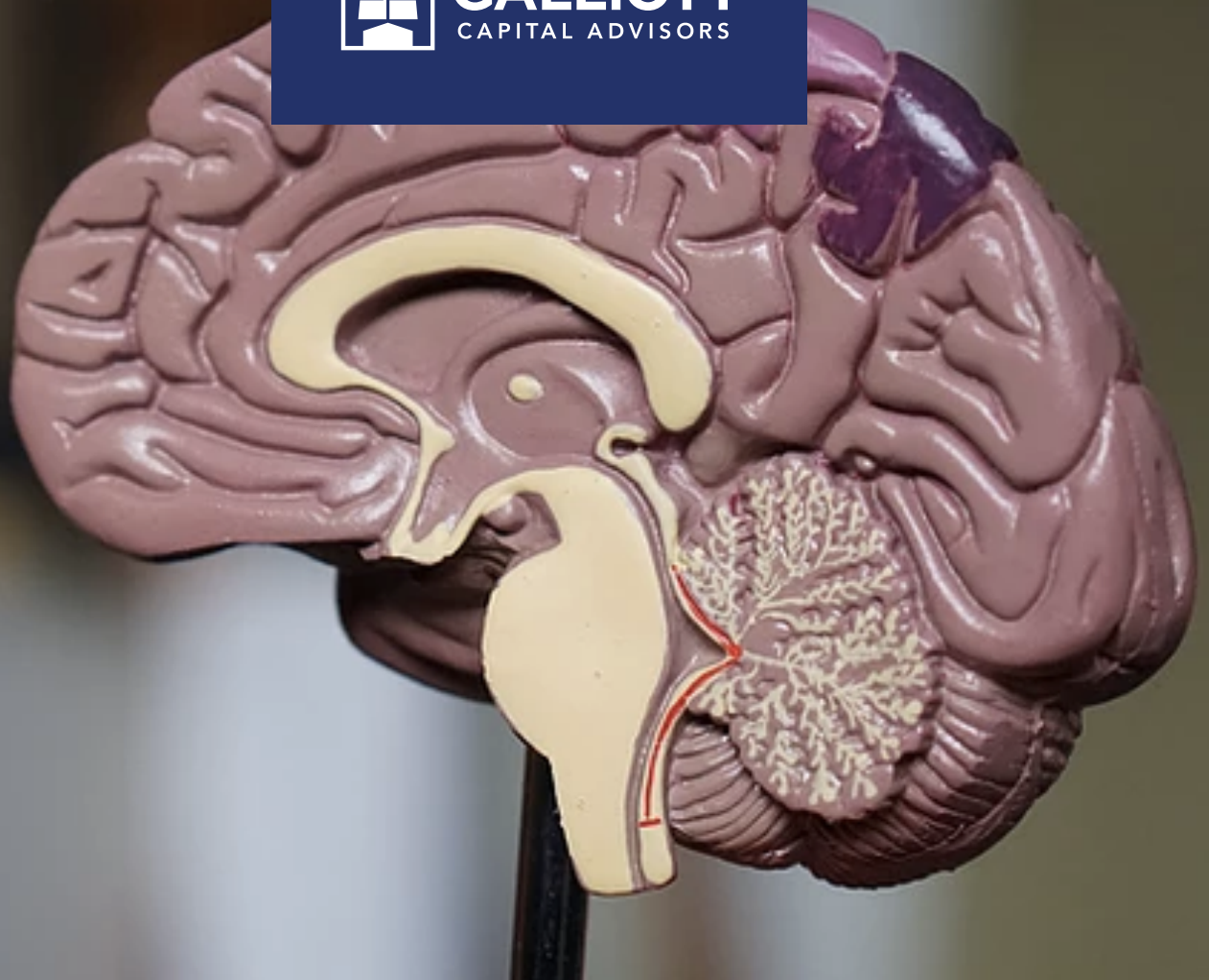




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# **The Gut-Brain Connection (aka the Gut-Brain Axis)— Why does it matter?**



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# What is the "gut-brain" connection aka the "gut-brain axis"?

Simply put, there is part of your body's nervous system in the lining of your gut, called the Enteric Nervous System (ENS). Your ENS is made of hundreds of millions of nerve cells in your gut. The ENS communicates with your brain to control digestion.



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# Why is the "gut-brain" connection aka the "gut-brain axis" important?

Your brain can send messages to your gut, but your gut can also send messages to your brain. As a result, we need to look at digestive diseases and mental disorders with a whole new perspective.



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# What does this mean for the treatment of GI disorders?

Now that scientists know more about the ENS-CNS connection, antidepressants or therapy are being looked into as potential treatment methods for IBS and other bowel disorders.

# How can I improve my brain health?

A healthy microbiome means a healthy mind, and an unhealthy microbiome is associated with stress, depression, and anxiety. Luckily, changing your gut bacteria can help your gut health tremendously. Some steps you can take include:

- Eating a well-balanced diet
- Managing and reducing your stress
- Exercising regularly
- Getting enough sleep



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