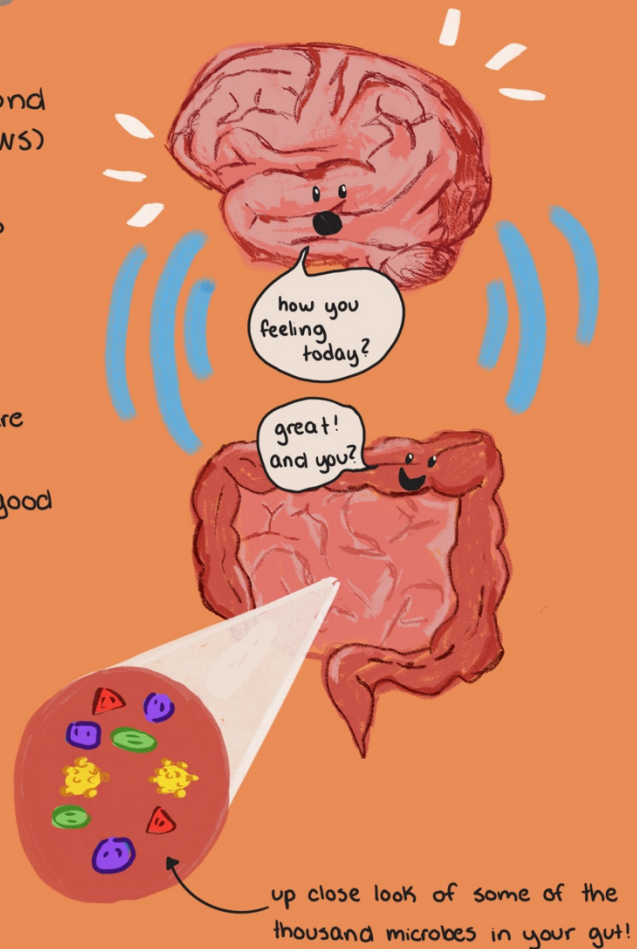


What is The Enteric Nervous System (ENS)?

Often referred as our body's "second brain," the enteric nervous system (ENS) regulates our gut using the same chemicals and cells our brain uses to help us digest and alert the brain when something is wrong.

Our gut has thousands of microbes in its lining. Our gut and its microbes are in constant communication with the brain. This is why whenever we eat good food, the brain signals the gut to prepare for incoming food.

Likewise, when we eat something bad, we feel stressed and tend to avoid these foods.

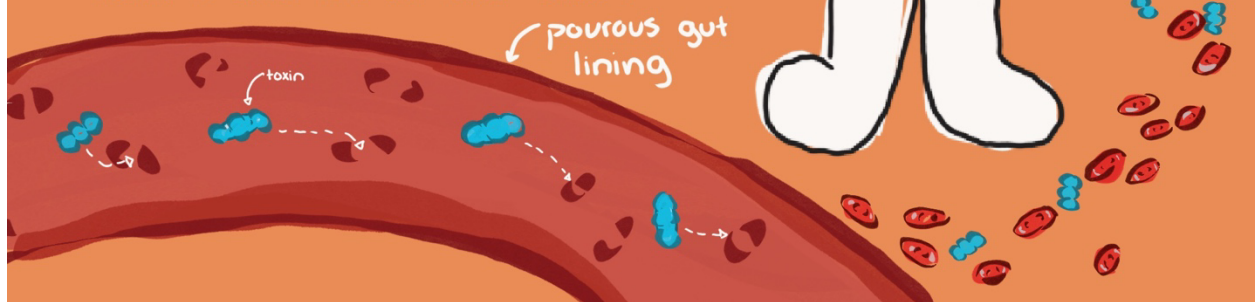


How Does the Enteric Nervous System (ENS) Affect Your Overall Health?

Since our brain, our gut, and all the microbes in our gut are in constant communication, this can affect our emotions, sleep, metabolism, and overall health.

While we are still learning about gut health, we know that an unhealthy/unbalanced gut (AKA dysbiosis) can increase your risk of obesity, illnesses like diabetes, depression, and even colon cancer.

Scientifically, it is thought that an unbalanced gut microbes can lead to your gut walls becoming more porous, which allows toxins to enter into the blood stream.



How to Improve Your Gut Health

To maintain a healthy gut, it is best to have a diversity of bacteria in your gut. Here are some tips on

1) eat leafy greens how to achieve this!



Eating a mix of leafy, green vegetables as well as omega-3s can promote a healthy and diverse microbiome

and
omega-3
fatty acids



2) eat more probiotic-rich food



Eating foods with probiotics (good bacteria) can help boost your immune system

5) Quit Smoking



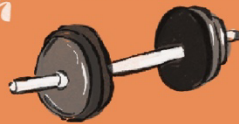
Smoking can disrupt the immune system and the gut microbiome

3) Limit high fat foods



Your gut doesn't like lots of red meats + processed, fatty sugary foods. Everything in moderation!

4) Exercise Regularly



Exercise promotes good bacteria by reducing stress + promoting endorphins

6) Take A Daily Probiotic



Look for a probiotic that includes bifidobacteria and lacto-bacilli to strengthen your digestive and immune system