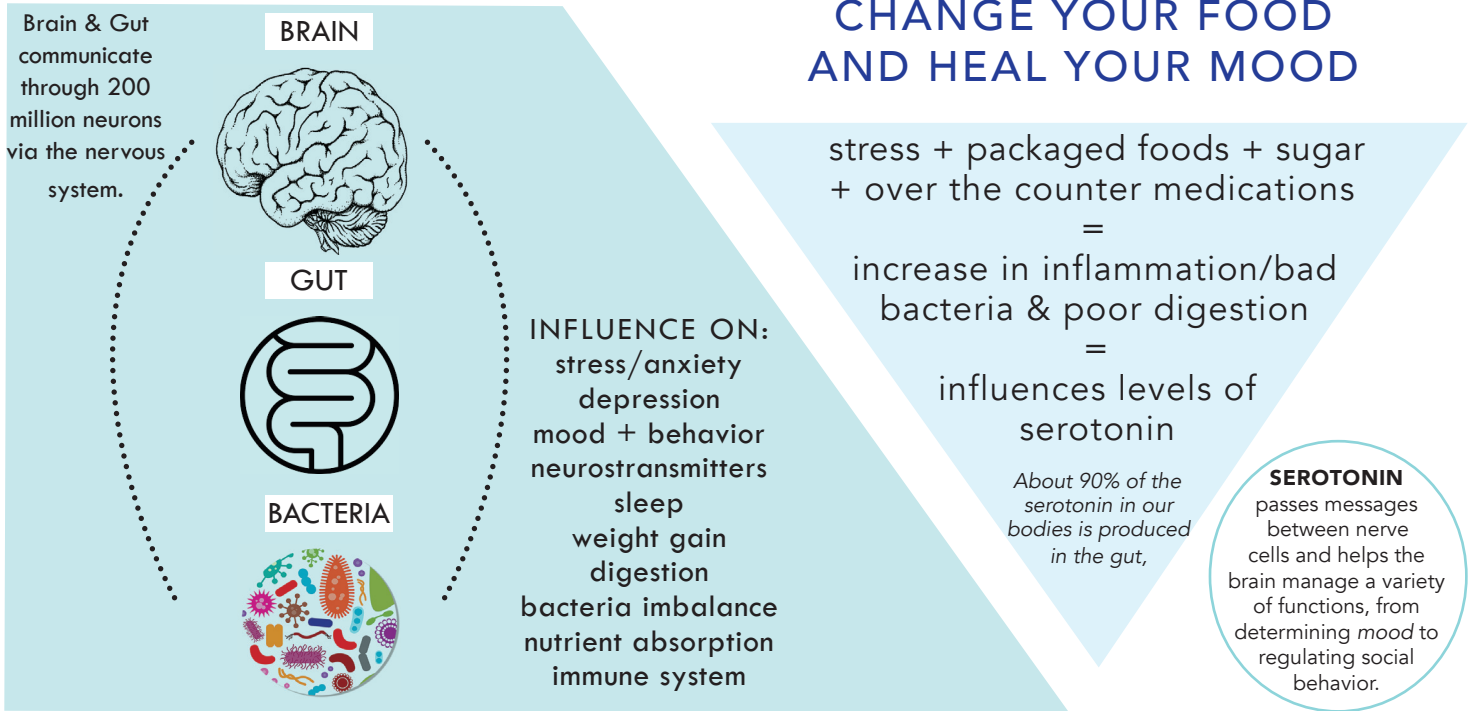


health
starts
in the
GUT

FOOD + MOOD

did you know there is a direct correlation between the food you eat and how you feel?

the gut-brain connection



friday inspiration
OCTOBER 13, 2017

OUR DIET HAS A HUGE IMPACT ON OUR HEALTH

A healthy gut microbiota is linked to a *healthy brain*.

PROBIOTICS

(live bacteria) treatments in mice have been shown to reduce cortisol, an important stress hormone, and decrease anxious and depressive behaviours, and increase good bacteria.

FEEL GOOD FOODS

- bananas
- mangoes
- spinach
- kale
- raw pumpkin seeds
- oatmeal
- 70% dark chocolate
- turkey
- broccoli
- avocados
- aspargaus
- almond/cashews/walnuts
- coconut
- pineapple

FOODS THAT CAN ALTER MOOD

- caffeine
- sugar
- gluten
- dairy
- GMO foods (corn, soy, wheat)
- fast food
- high glycemic foods
- antibiotics decrease good bacteria + create scar tissue in the gut



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