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The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health

Emeran Mayer

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Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of *The Second Brain*, and *The Good Gut* that conclusively demonstrates the inextricable, biological link between mind and the digestive system.

We have all experienced the connection between our mind and our gut—the decision we made because it "felt right"; the butterflies in our stomach before a big meeting; the anxious stomach rumbling we get when we're stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Ayurvedic and Chinese medicine, Western medicine has by and large failed to appreciate the complexity of how the brain, gut, and more recently, the gut microbiota—the microorganisms that live inside our digestive tract—communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, professor of medicine and executive director of the UCLA Center for Neurobiology of Stress, offers a revolutionary and provocative look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health and listen to the innate wisdom of our bodies.

The Mind-Gut Connection describes:

· Why consuming a predominantly plant-based diet is key for gut and brain health

· The importance of early childhood in gut-brain development, and what parents can do to help their children thrive

The role of excessive stress and anxiety in GI ailments and cognitive disorders

How to "listen to your gut" and pay attention to the signals your body is sending you

· and much more.

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