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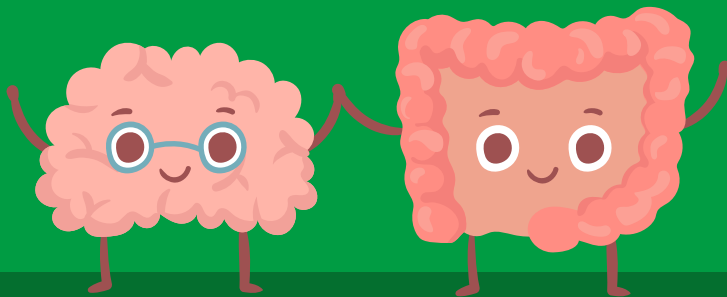


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Healthy Brain and Gut Relationship

There are many studies indicating the relationship between your brain and gut and its influence on your mood.

Here are a few diet tips to support your brain and gut relationship. Which in turn can help support your mental health. Lack of the foods listed could lead to an increase in stress, anxiety and depression.



Vitamin B12

Fish, meat, poultry, eggs and breakfast cereal.



Butyrate bacteria

Beans, Museli, unripe bananas, cooked potatoes and cooked rice.



Bacteroidetes bacteria

Apples, artichokes, blueberries, almonds, fruit and vegetables.



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