



You are what you eat

The mind-gut connection and wellbeing

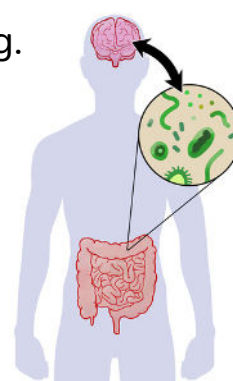


The Gut

Research suggests our gut acts as a second brain and holds a profound influence over our moods, decision-making, mental health, and overall sense of wellbeing.

How does this work? It all happens via what's called the 'gut brain axis' (the physical and chemical connections between your gut and brain).

The neurotransmitters and microbes produced in your gut play a significant role in the information that feeds into your brain to control the way you think, feel, and behave.



In simple terms, this means that the food you put into your body is directly related to your thought patterns, behaviours, and overall well-being, which can have a significant impact on your work performance.

So, what can you do to help your mind-gut connection? Ultimately, **you get out what you put in** and research suggests gut bacteria can either help or hinder this connection. Below are some foods that can help promote healthy gut bacteria and in turn a stronger mind-gut connection:

Foods for thought

Omega 3 Fats

Can increase good bacteria in the gut and reduce risk of brain disorders. Fish is a great source of omega 3.



Fermented Foods

Yoghurt, kefir, sauerkraut and cheese all contain healthy microbes such as lactic acid bacteria. Fermented foods have been shown to alter brain activity.

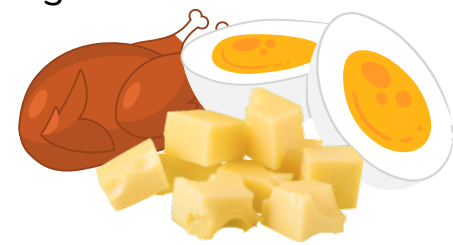


High-Fibre Foods

Whole grains, nuts, seeds, fruits and vegetables all contain prebiotic fibres that are good for your gut bacteria. Prebiotics can reduce stress hormones in humans.

Polyphenol-rich foods

Cocoa, green tea, olive oil and coffee all contain polyphenols, which are plant chemicals that are digested by your gut bacteria. Polyphenols increase healthy gut bacteria and may improve cognition.



Tryptophan-rich foods

Tryptophan is an amino acid that is converted into the neurotransmitter serotonin. Foods that are high in tryptophan include turkey, eggs and cheese.

Probiotics and Prebiotics

Have been shown to improve gut health and in turn, symptoms of stress, anxiety and depression



Want to know more? Here are some resources you can dive into!



If you have any questions or would like to know more, we are here to help! Illuminate Minds is your Employee Assistance Program (EAP) provider and offer free and confidential counselling services both in person or over the phone. Feel free to give one of our friendly team members a call on (08) 6118 2684 to book an appointment.

