

Mind Meets Microbiome

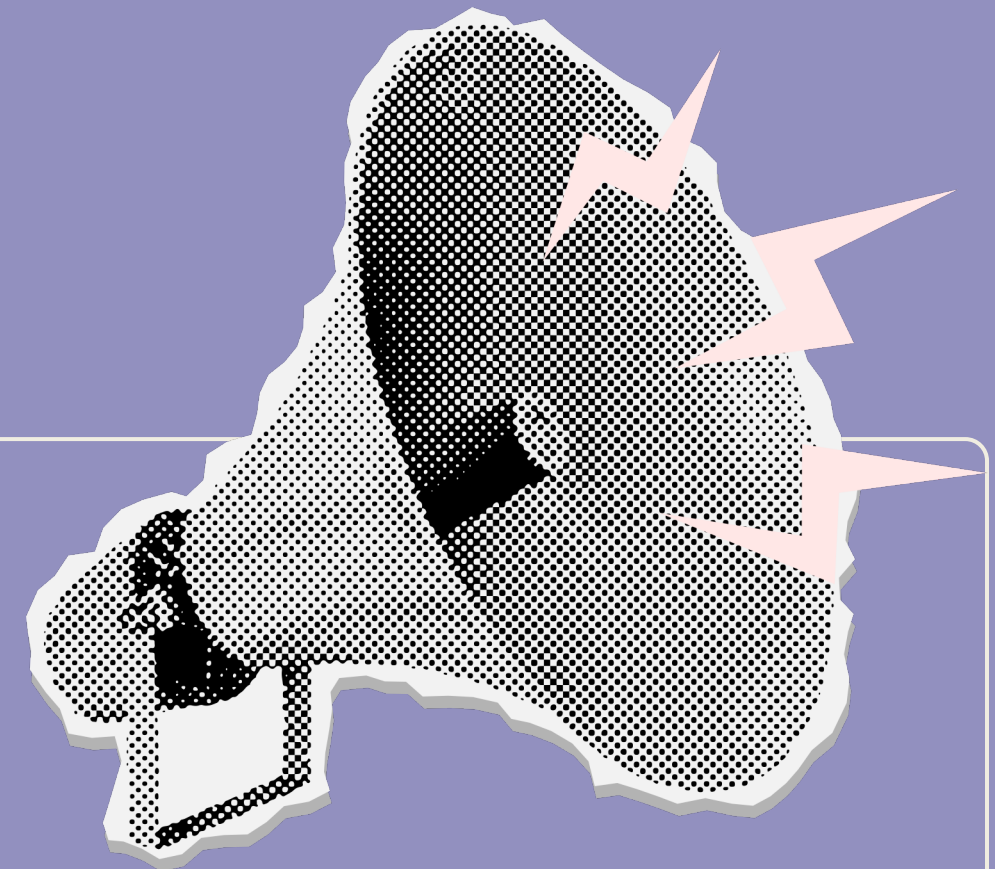
THE GUT - BRAIN AXIS AND VASCULITIS



Disclosure

Non-financial— Board of Directors:
Vasculitis Foundation

I receive no compensation as a member of the board of directors.



Who am I not



A medical doctor.



I am not here to provide medical advice or treatments.



Someone who claims to have all the answers or a one-size-fits-all solution.



I am not someone who underestimates the complexity and individuality of each person's journey with vasculitis.



I'm not here to promise that gut health alone will solve everything. While it's a crucial piece of the puzzle, it's just one part of a much bigger picture!



Who I am

- 🌸 Board-Certified Health and Wellness Coach with training from Duke University.
- 🌸 Living with vasculitis since 2018.
- 🌸 Co-Founder of the BrightlyThrive App, a membership based app dedicated to supporting those with autoimmune conditions.
- 🌸 I am passionate about empowering individuals through education, support, and community.
- 🌸 I am a lifelong learner who values authenticity, support, and holistic well-being.

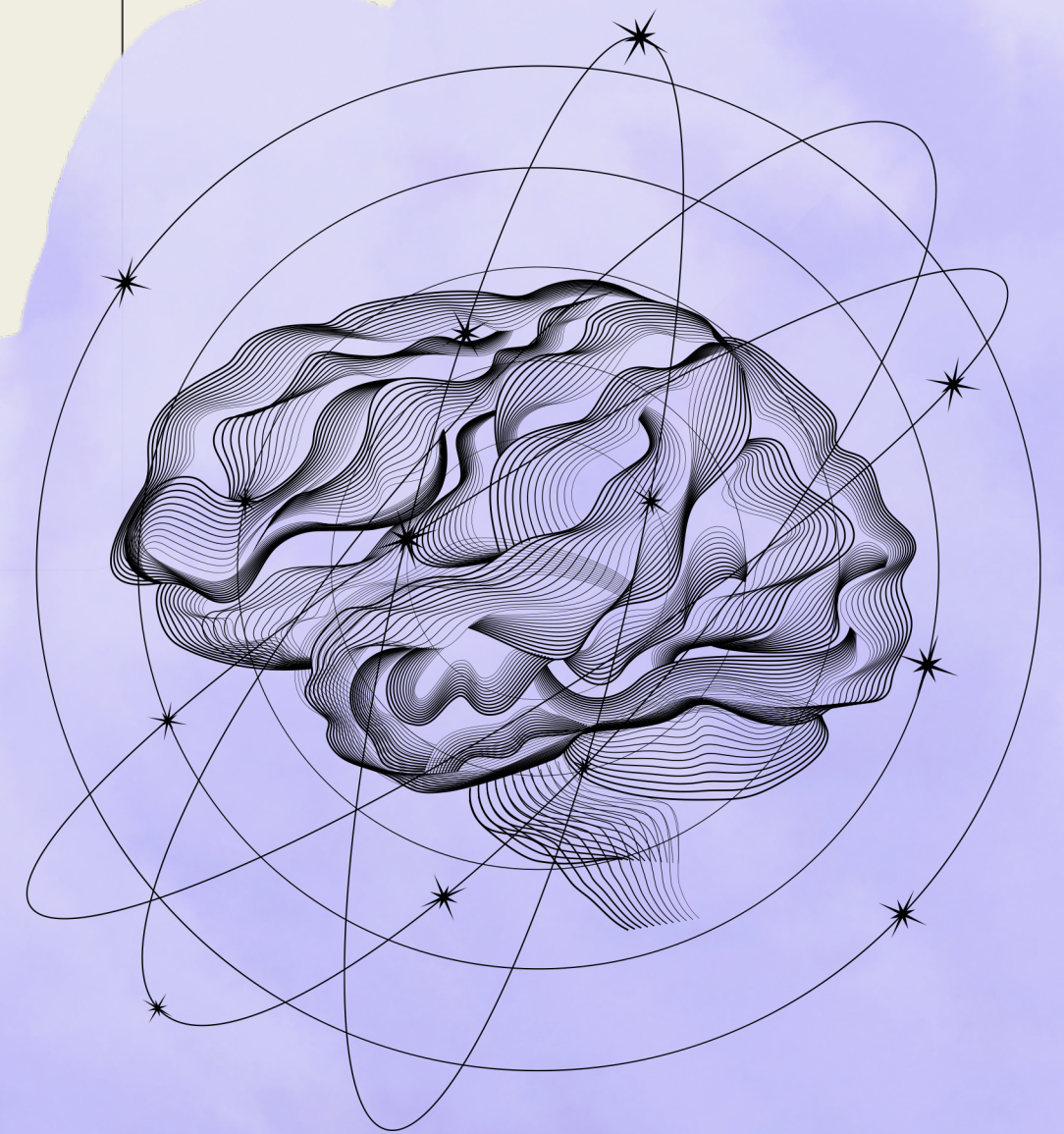


“All disease begins
in the gut”

Hippocrates



What Is the Gut-Brain Connection?



The Gut–Brain Connection:

How It All Works

**The Gut Talks
to the Brain**

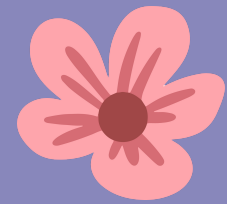
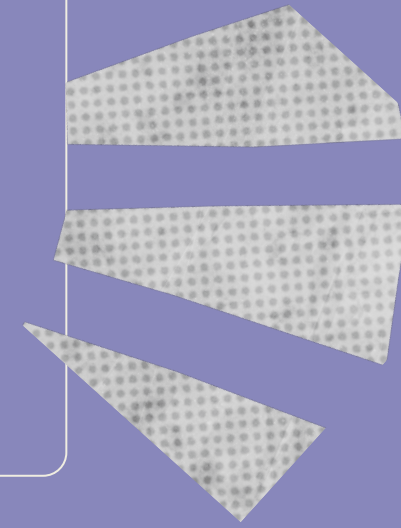
**The Brain Talks
to the Gut**

**The Role of the
Microbiome**

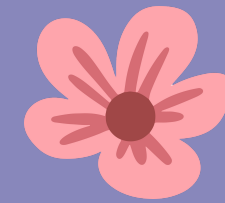
**The Vagus
Nerve**



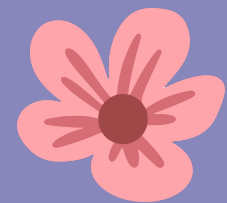
Fascinating Insights into the Gut-Brain Axis



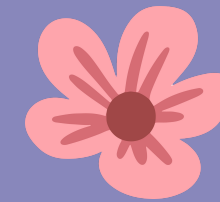
Your gut's "second brain" has more neurons (100 trillion!) than your spinal cord, steering digestion and emotions.



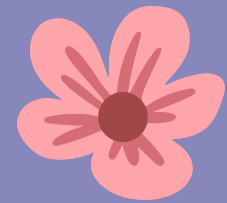
The gut microbiome can weigh up to 2 kg (4-5 pounds)—about the same as your brain.



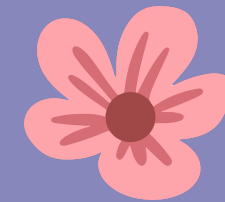
Your gut is the top producer of serotonin, the "feel-good" hormone that influences mood and sleep.(90% serotonin)



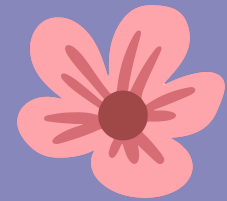
A healthy gut is home to over 1,000 different species of bacteria, essential for overall health.



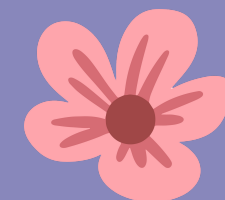
Your gut hosts 100 trillion microbes—10 times more than the cells in your entire body.



Your gut microbiome can change within 24 hours based on diet, stress, and lifestyle.

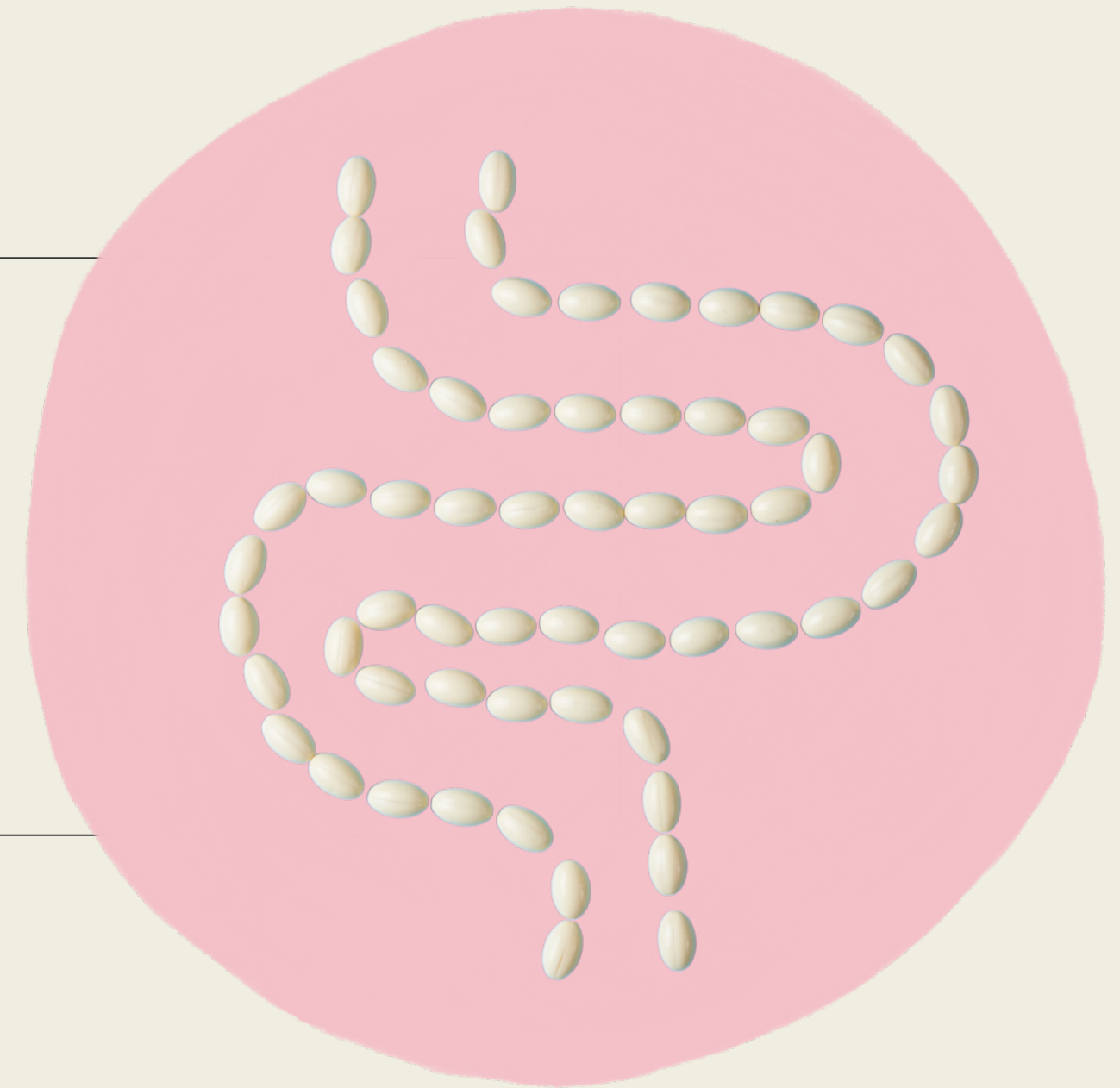


The gut microbiome has 3.3 million genes—150 times more than the human genome.



70% of your immune system is in the gut, crucial for defending against diseases.

What is the Gut Microbiome?



How to Know If Your Gut Microbiome Is Out Of Whack

- ✿ Acid reflux
- ✿ Bloating
- ✿ Discomfort after a meal
- ✿ Trouble swallowing
- ✿ Discomfort or pain before passing stools
- ✿ Excessive gas or belching
- ✿ Feeling of fullness
- ✿ Constipation or diarrhea
- ✿ Nausea and vomiting



Impact on Vasculitis



Gut Microbiome Regulates Immunity:

Balanced gut health helps control inflammation, crucial for managing vasculitis.



Probiotics and Prebiotics:

Emerging research shows they can modulate immune responses and reduce vasculitis flare-ups.



Diet Matters:

Anti-inflammatory, fiber-rich diets support gut health and improve autoimmune management.



Stress and Gut Connection:

Reducing stress supports gut balance, which may decrease inflammation in vasculitis.



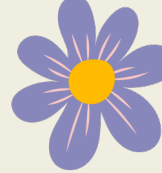
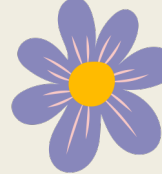
Holistic Approach:

Integrating gut health into vasculitis treatment offers a comprehensive path to better management.

Mood isn't
“all in your head”



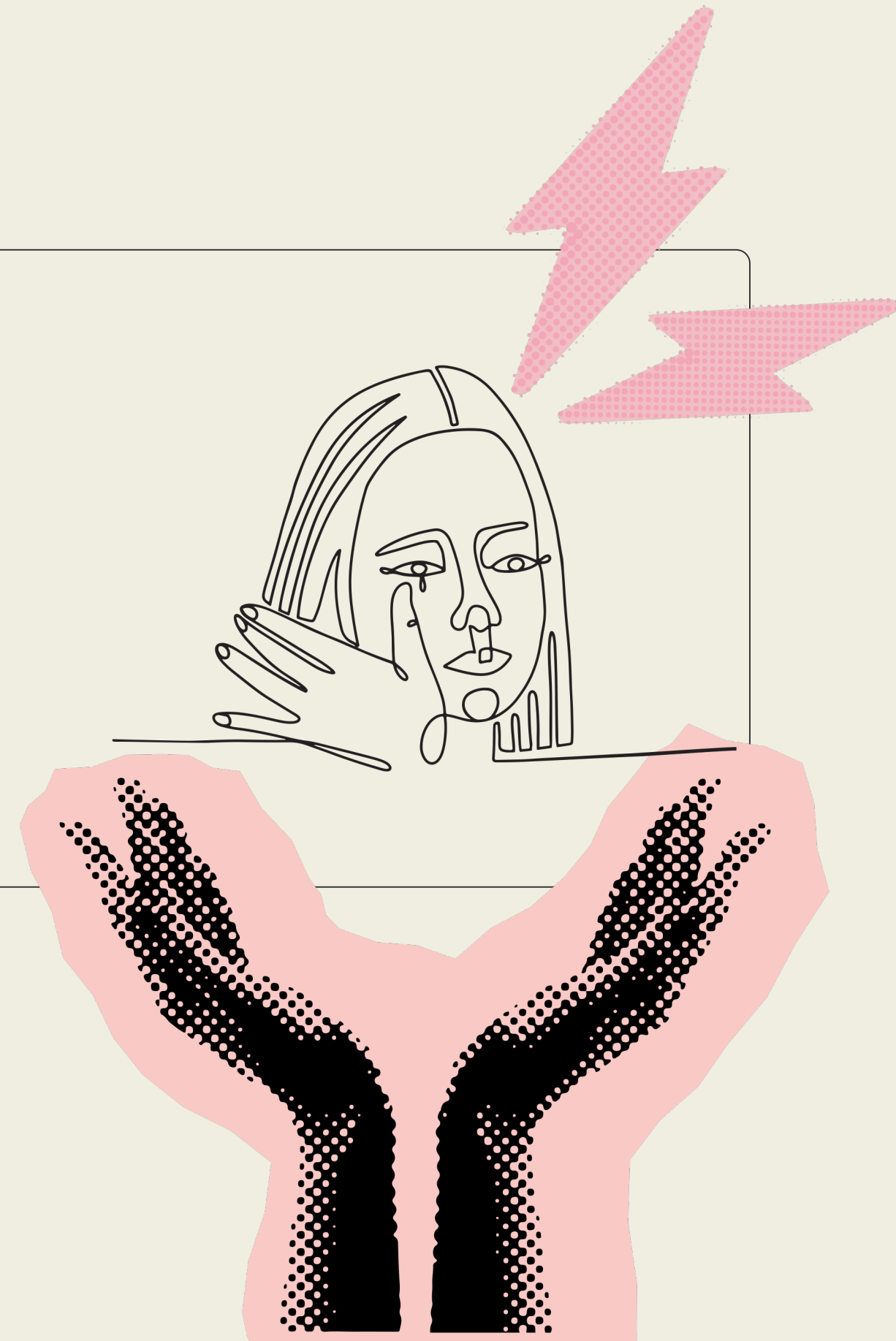
The Gut's Role in Depression

-  Imbalanced gut microbiome can contribute to depressive symptoms.
-  Less diverse gut bacteria in people with depression.
-  Gut produces 90% of the body's serotonin.
-  Disrupted gut affects neurotransmitter levels and mood.
-  Improving gut health may alleviate depressive symptoms.

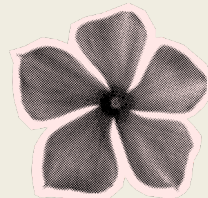


The Gut's Role in Anxiety

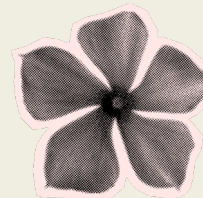
Disrupted gut can affect neurotransmitters like GABA, crucial for calming the nervous system.



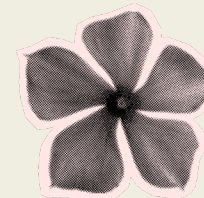
How to Heal Your Gut From “Tip to Toe”



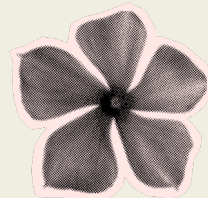
Chew Your
Food



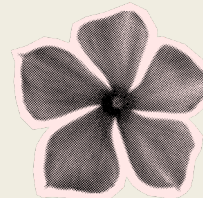
Promote Good
Gut Bugs



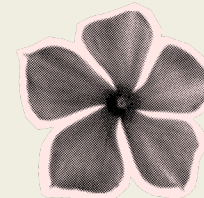
Keep Moving



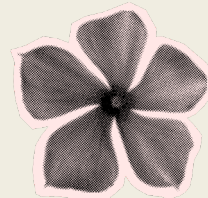
Deep Breaths
Before Meals



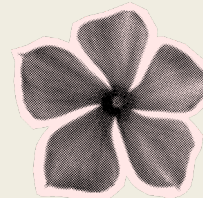
Heal and
Seal



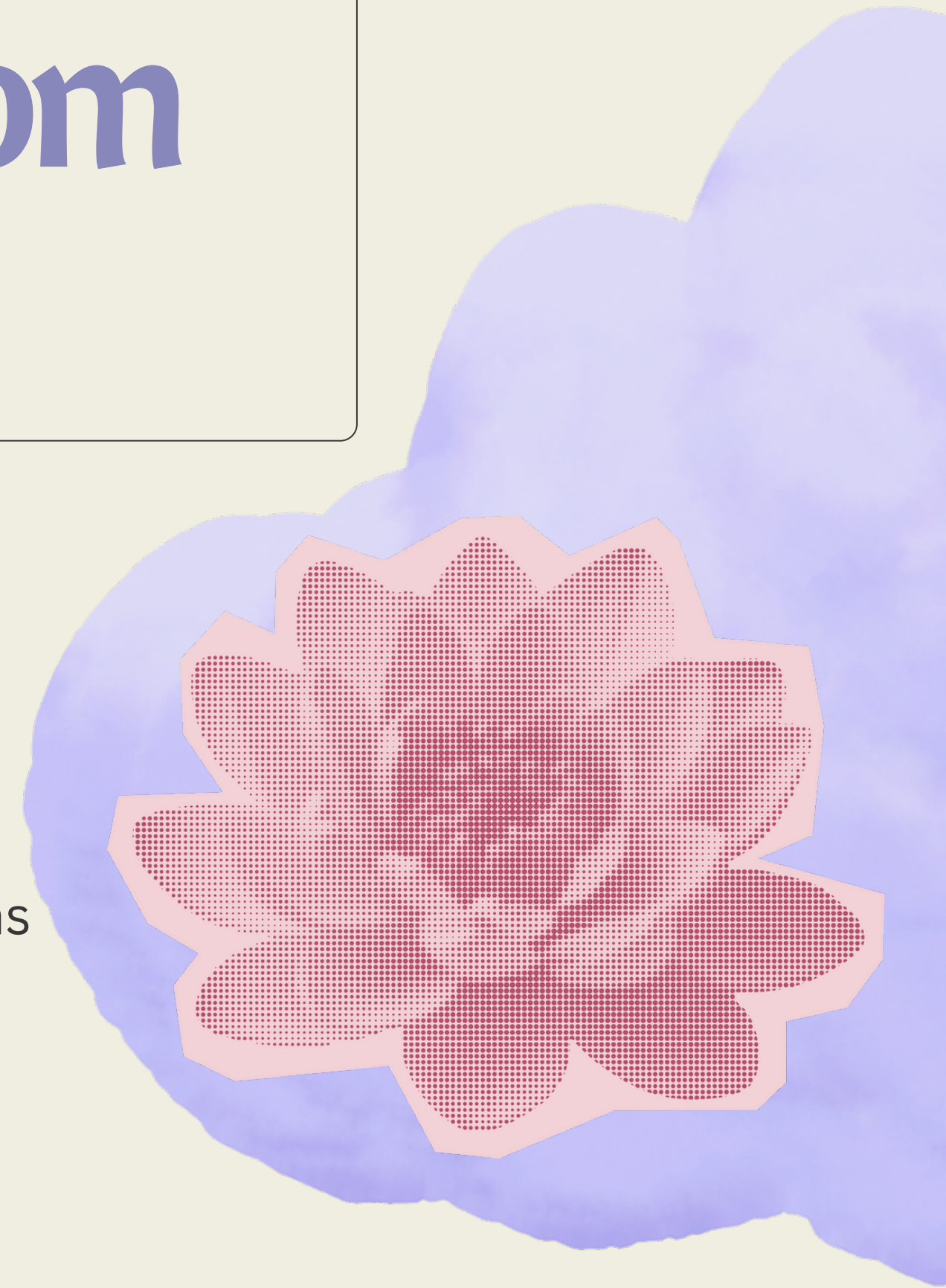
Consistent
Sleep Patterns



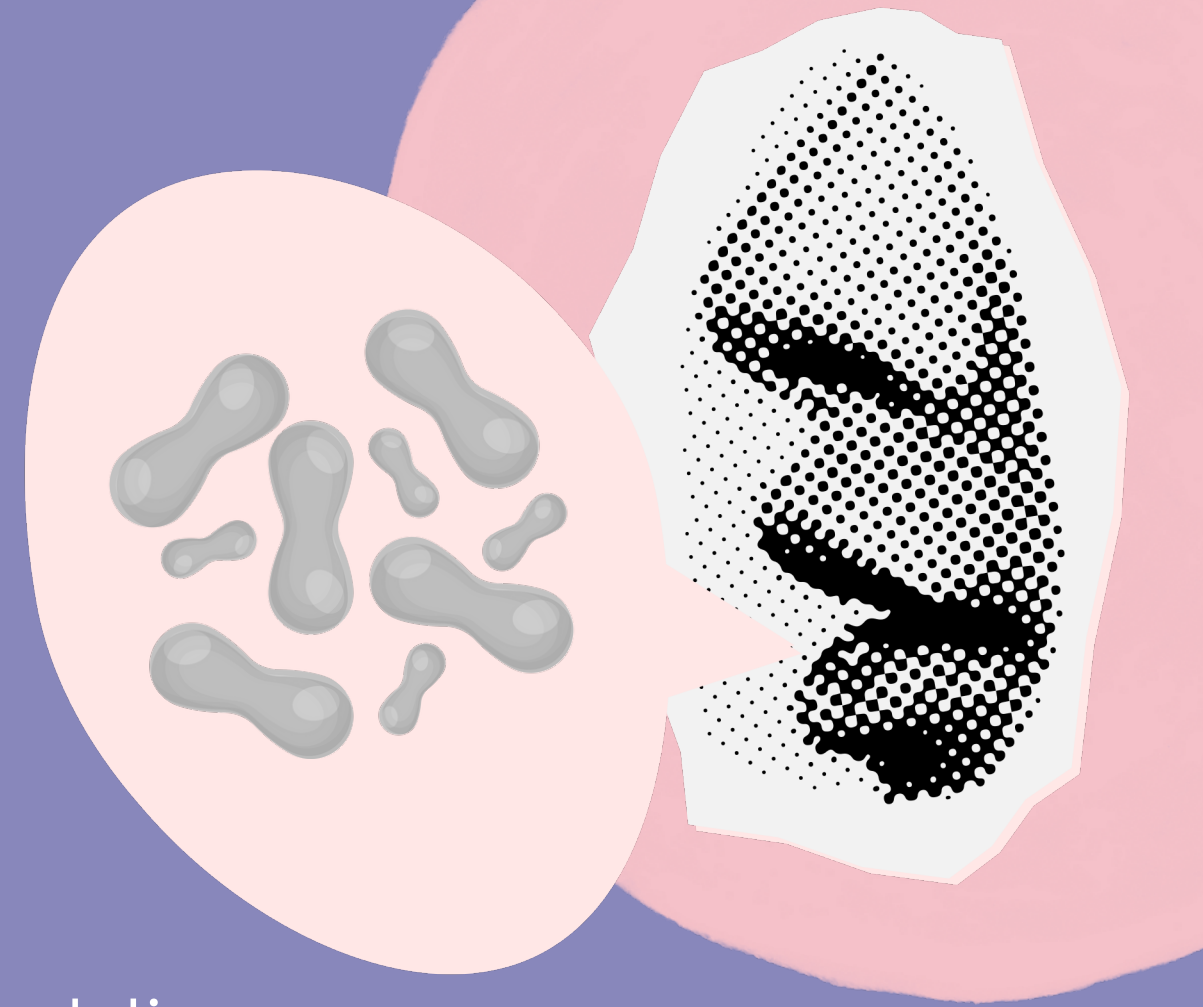
Reduce Sugar
Intake



Stimulate Your
Vagus Nerve



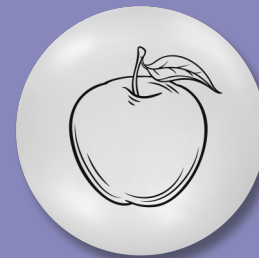
Prebiotic Foods To Support Gut Brain Axis



Garlic



Asparagus



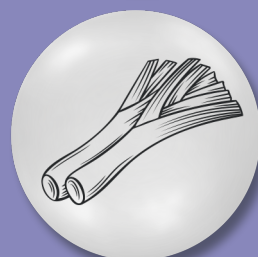
Apples



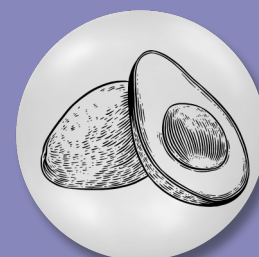
Dandelion
Greens



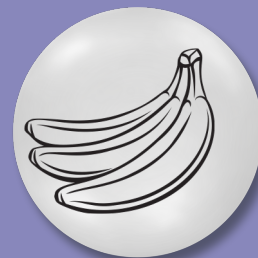
Onions



Leeks



Avocado



Bananas



Jerusalem
Artichokes



Chicory
Root

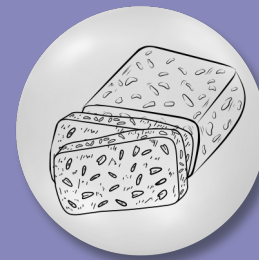
Probiotic Foods To Support Gut Brain Axis



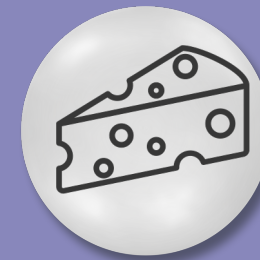
Yogurt



Kimchi



Tempeh



Fermented Cheese
(like Gouda or Cheddar)



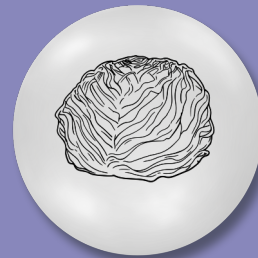
Kefir



Pickles
(fermented)



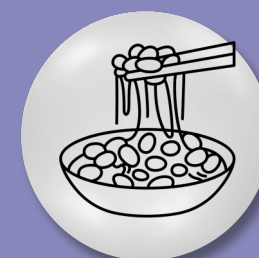
Kombucha



Sauerkraut

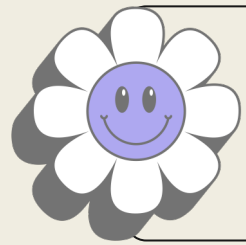
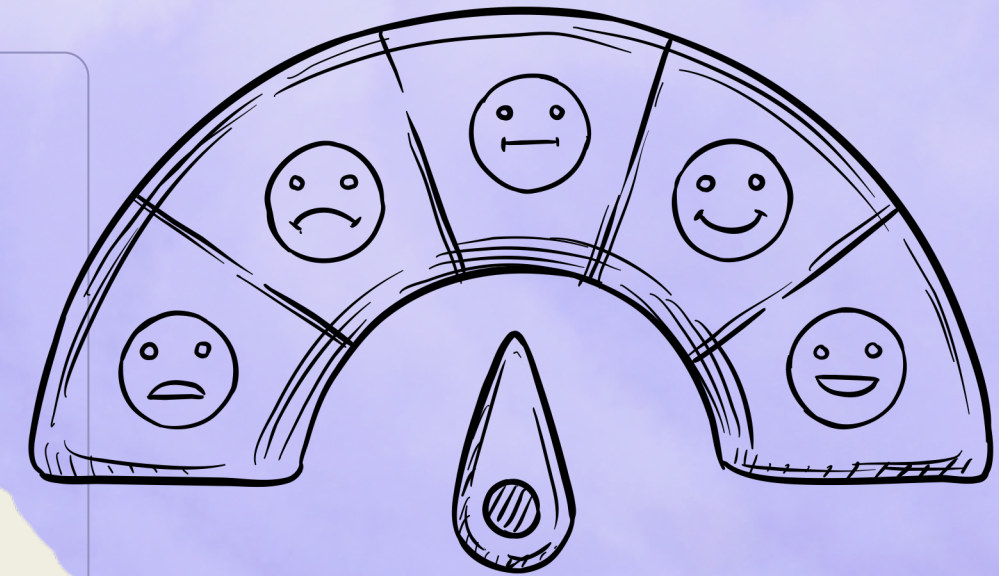


Miso



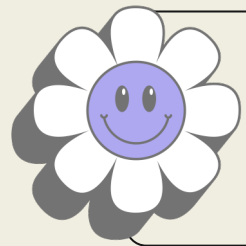
Natto

Honorable Mentions: Good Food for Your Mood



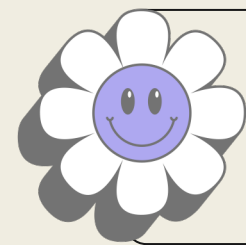
Herbs and spices:

Ginger, Turmeric, Peppermint, Cinnamon, Thyme



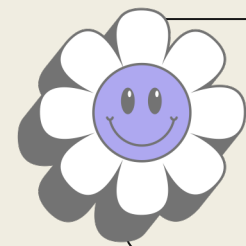
Oily fish:

Sardines, Anchovies, Herring, Mackerel



Edible sources of vitamin D:

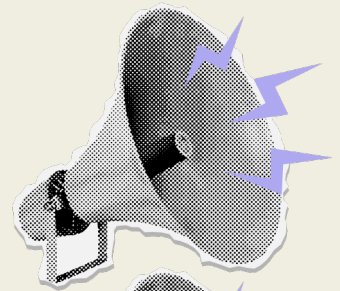
Mushrooms, Egg yolks, Salmon



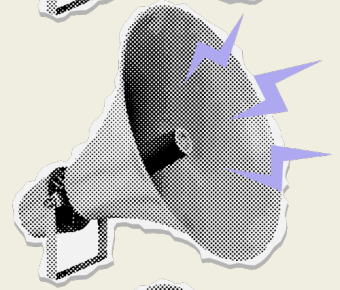
Polyphenol-rich foods:

Extra virgin olive oil, Berries, Green tea, Dark chocolate, Olives

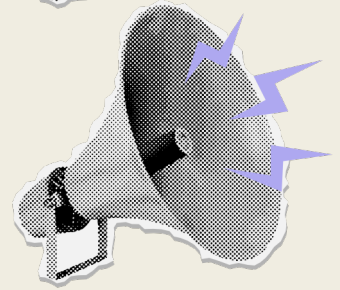
Supplement Safety



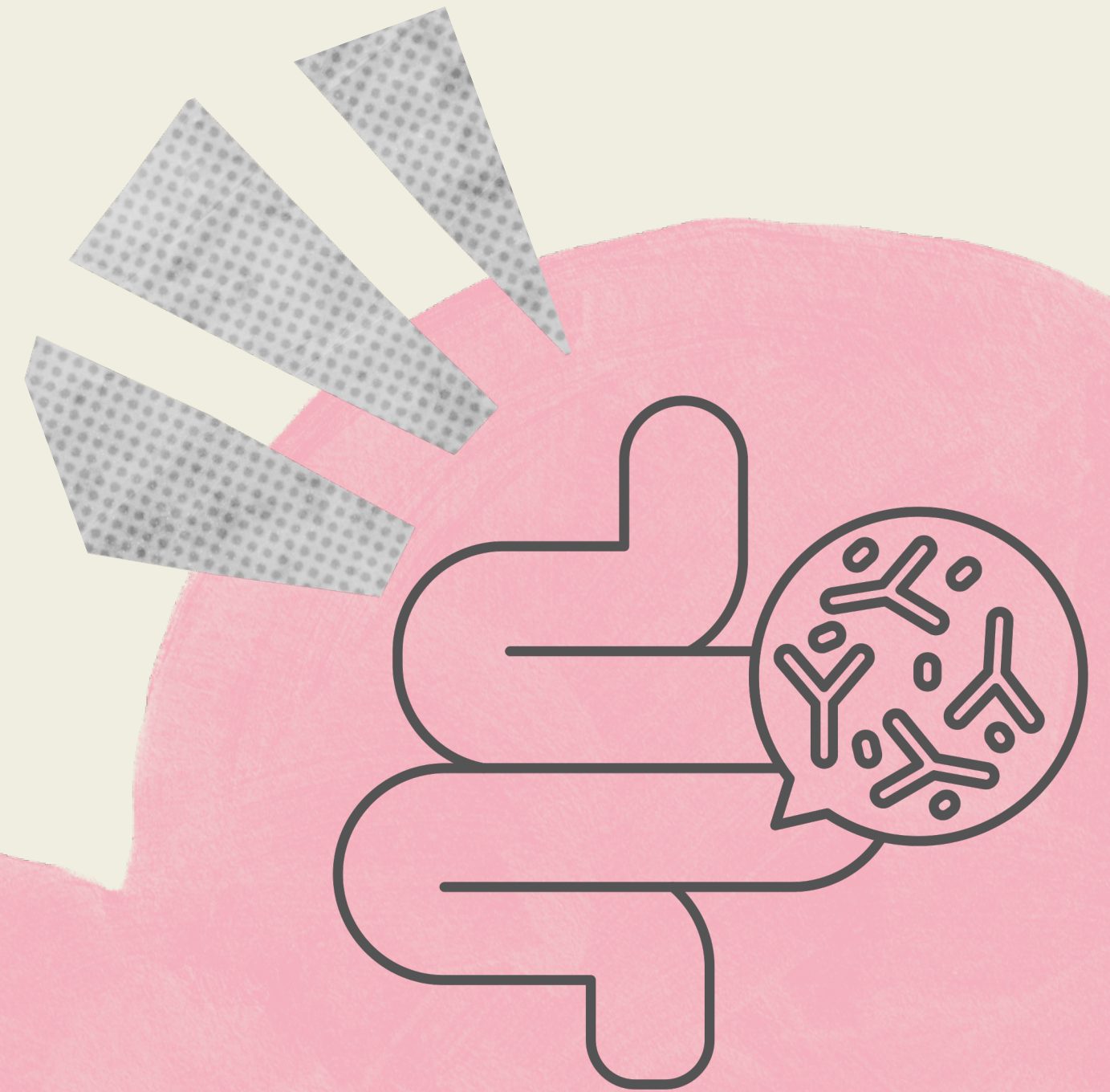
Consult Your Healthcare Provider



No Magic Pill



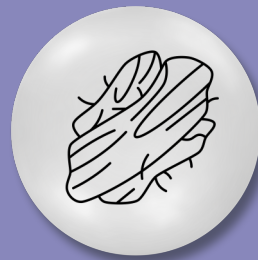
Quality Over Quantity



Beginner Gut Health Supplements



DGL



Marshmallow
Root



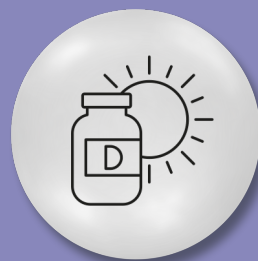
L-Glutamine



5-HTP



Aloe Vera



Vitamin D



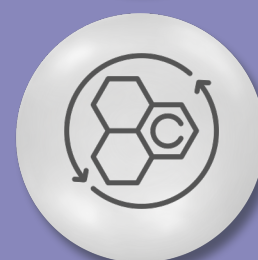
Digestive
Enzymes



Magnesium



Slippery
Elm

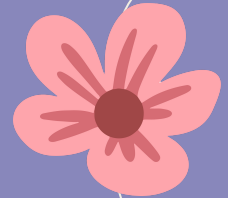
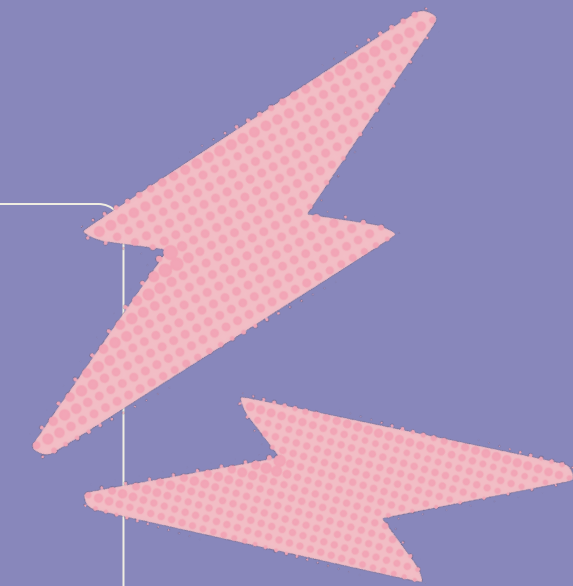


Collagen

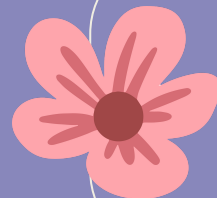


HCL

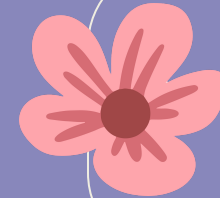
What Can You Expect When You Heal Your Gut



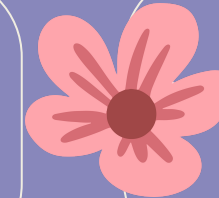
Clearer skin



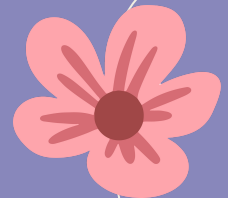
Stronger immune system



Improved cognition



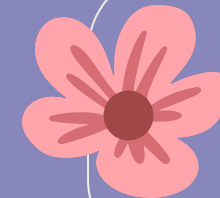
Enhanced resilience to stress



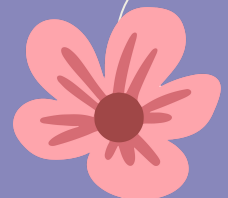
Reduced inflammation and pain



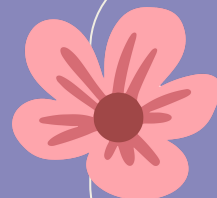
Less bloating



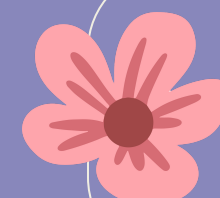
Better moods



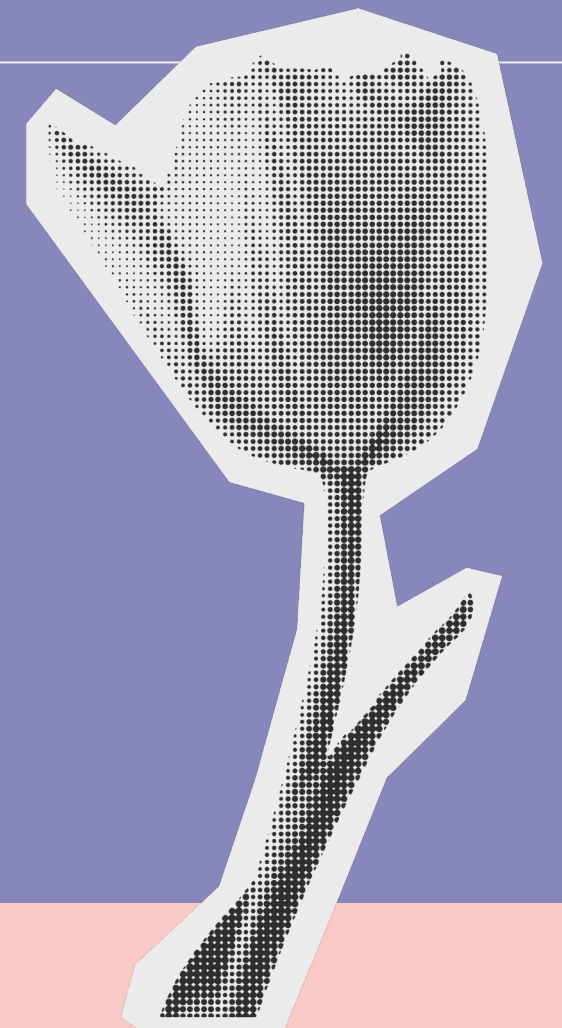
Increased energy



Reduced allergies



Improved nutrient absorption



Thank you!

