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Healthy axis: Towards an integrated view of the gut-brain health

Boem F *et al.* Health: Integrated view of gut-brain axis

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Abstract

Despite the lack of precise mechanisms of action, a growing number of studies suggests that gut microbiota is involved in a great number of physiological functions of the human organism. In fact, the composition and the relations of intestinal microbial populations play a role, either directly or indirectly, to both the onset and development of various pathologies. In particular, the gastrointestinal tract and nervous system are closely connected by the so-called gut-brain axis, a complex bidirectional system in which the central and enteric nervous system interact with each other, also engaging endocrine, immune and neuronal circuits. This allows us to put forward new working hypotheses on the origin of some multifactorial diseases: from eating to neuropsychiatric disorders (such as autism spectrum disorders and depression) up to diabetes and tumors (such as colorectal cancer). This scenario reinforces the idea that the microbiota and its composition represent a factor, which is no longer negligible, not only in preserving what we call "health" but also in defining and thus determining it. Therefore, we propose to consider the gut-brain axis as the focus of new scientific and clinical investigation as long as the locus of possible systemic

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## Gut microbiota's effect on mental health: The gut-brain axis - NCBI

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Healthy gut function has been linked to normal central nervous system (CNS) function. ... An overview of the role of the gut microbiome, from its development, to its relationship with the emotional and cognitive centers of the brain, while also providing ideas for future research, are included in this review.

## Recognizing Depression from the Microbiota-Gut-Brain Axis - NCBI

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2018年5月29日 - The brain-gut axis functions are disturbed, revealed by a ..... the fecal microbiota of depressed patients and healthy persons to germ-free mice, ..... R. The Impact of the Gut Microbiota on Human Health: An Integrative View.

## The Brain-Gut Connection | Johns Hopkins Medicine

<https://www.hopkinsmedicine.org/health/wellness.../the-brain-gut-connection> ▼ 翻译此页

If you've ever "gone with your gut" to make a decision or felt "butterflies in your ... of the links between digestion, mood, health and even the way you think.



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## The gut-brain axis: emerging evidence in health and disease

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The gut-brain axis is now being investigated as a potential target for treatment of these diseases. ... A healthy gut with normal intestinal microflora is completely disrupted by oral antibiotics. ... View Full Text · View PDF. Content .... Intestinal microbiota, probiotics and mental health: from Metchnikoff to modern advances: Part I ...

缺少字词: integrated

## Irritable bowel syndrome, the microbiota and the gut-brain axis - NCBI

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The gut-brain-axis has a central function in the perpetuation of irritable bowel syndrome ... The integrated actions and communication between the microbiota and the .... A healthy microbiota is able to distinguish food ingredients into useful, .... to low-grade mucosal inflammation challenging the traditional view of IBS as a ...

## Interplay Between the Gut-Brain Axis, Obesity and Cognitive Function

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Apr 28, 2015 · Having trained in conventional medicine, this idea was not intuitive to me even five years ago. But now, after reading the scientific literature on the **microbiome-gut-brain axis**, and working with patients to heal their **gut** and seeing the incredible improvements in mood, I'm convinced this is the starting place to **heal** anxiety and depression.

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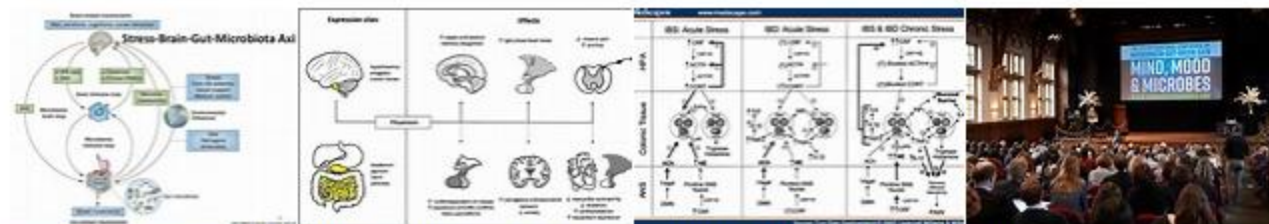
## The Gut Microbiome and Brain Health - Memory and Brain ...

[depts.washington.edu/mbwc/news/article/the-gut-microbiome-and-brain-health](https://depts.washington.edu/mbwc/news/article/the-gut-microbiome-and-brain-health) ▾

It's called the **gut-brain axis**. Down in the **gut**, **bacteria** make neuroactive compounds, including 90% of our neurotransmitter serotonin, which regulate our emotions. In **turn**, the **brain** can send signals to **the gastrointestinal** system, for example, to stimulate or suppress digestion. A **healthy** microbiome is a diverse microbiome.

## Images of healthy axis towards an integrated view of the gut ...

[bing.com/images](https://bing.com/images)



See more images of healthy axis towards an integrated view of the gut-brain health

## Schizophrenia and the Gut | Psychology Today

<https://www.psychologytoday.com/us/blog/balanced/201903/schizophrenia-and-the-gut> ▾

The two-way communication system connecting the **ENS** and the **CNS** is known as the gut-brain axis. When there is a disruption in **the ENS**, there may be a corresponding problem in **the CNS**.

## Why the Secret to Your Mental Health Is in Your Gut ...

<https://www.organicauthority.com/energetic-health/why-the-secret-to-your-mental-health...> ▾

Feb 04, 2019 · Another 2014 study published in PLOS One illustrated an even more direct link between