



Living the Brain-Gut Connection

Everyday Steps for Better Health

Emeran Mayer, MD





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CHAPTER

01

How Your Brain Talks to the Gut.

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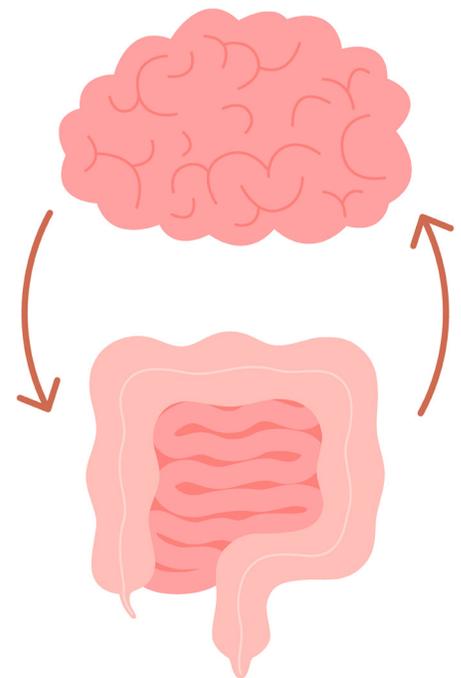
Our emotional well-being is intimately intertwined with our gut health. This is something I emphasized in *The Mind-Gut Connection* book: the “hidden conversation” between the brain and gut plays a significant role in our **mood, anxiety, and perceived stress levels**.

Conversely, our mental state can have direct, tangible effects on our digestion and even the microbiome. Understanding this bidirectional link helps explain everyday experiences like why we get butterflies in the stomach when we’re excited or nervous, or why it feels like having a knot in your stomach when you are angry and frustrated.

In this chapter, we’ll look at how emotions and stress impact the gut, and how gut signals can shape how we feel emotionally. We’ll also discuss practical strategies to harness this knowledge for better mental and digestive health.

1 Brain to gut signals in action

Have you ever felt your stomach churn during a stressful presentation, or lost your appetite when grieving, or felt like having a knot in your stomach when you were angry? These are all examples of the powerful brain-to-gut signals generated within the Brain Gut Microbiome system (BGM). When we experience strong negative emotions, especially stress, anxiety, anger, sadness or grief, the brain releases a cascade of signals which reach every organ in the body, including the brain. These signals are carried by the sympathetic branch of the autonomic nervous system and by the hypothalamic pituitary adrenal axis, the two arms of the brain’s stress response system. The main chemicals released by these two systems are norepinephrine and cortisol which can reach every part of your body. These stress signals shift the body into either “fight or flight” or “rest and digest” modes or different patterns in between these two extremes, depending on the type and intensity of the emotion.



2

The Gut Under Stress

During strong negative emotions, the brain will send more sympathetic nerve impulses to the stomach, slowing down digestion or it will send more parasympathetic signals to the end of the gut, making the gut more reactive. Or it will trigger the adrenal glands to secrete stress hormones like cortisol. The immediate result might be an uneasy stomach, nausea, or a bout of stress-induced diarrhea. Chronic stress, the most common form of stress in today's life can be even more insidious: it maintains a constant trickle of stress signals to the gut that can alter gut motility, increase intestinal permeability (the so-called "leaky gut"), and shift the balance of our gut bacteria toward a pro-inflammatory profile. This is one reason chronic stress is a risk factor for disorders like IBS, and why patients with long-term anxiety often suffer from digestive complaints. It is important to keep in mind that not everybody shows the same reaction to stressful events: Some individuals show an increased stress responsiveness and their body responds negatively to events that other don't experience as stressful. We take advantage of this insight in stress reduction intervention: As we generally cannot alter the stressful stimulus, we teach people of reduce their individual responsiveness to stress.

3

Gut Sensations and Emotional States

Emotional states also manifest through classic gut-related sensations. When you're nervous and feel "butterflies in your stomach", that's your brain being in a state of arousal and associated increased sensitivity of your gut, resulting in a sensation of fluttering or queasiness. If you're enraged and feel like having "knots in your stomach", that's another brain-driven gut response, partially due to stress-induced strong contractions of your stomach muscles an increase in acid secretion and in visceral sensitivity. On the flip side, a happy relaxed state (say you're lounging on a beach vacation without any worries) puts your vagus nerve in the driver's seat, shifting your autonomic nervous system from a sympathetic to a vagal pattern and you might notice you digest better and have less gut discomfort when calm.

4

Long term impact on gut health

The brain's influence can reach the level of gene expression in your gut cells and microbes. For example, stress can dial up inflammatory gene pathways in the gut and decrease mucus production (compromising the mucus lining and gut permeability. It can also suppress the immune system in the gut initially (making you prone to infections) and then later over-activate it (leading to inflammation). Over time, this can contribute to conditions like "leaky gut", food sensitivities, or a compromised gut microbial composition or dysbiosis, which then sends problematic messages back to the brain, creating a vicious cycle of gut-brain-gut dysregulation.

5

Early-Life Stress and Lifelong Effects

Notably, **stress during early life** – even in utero or infancy – can have lasting impacts on the development of the brain-gut communication system. Research (in both animals and humans) shows that adverse early experiences, like maternal stress or childhood trauma in particular during the first 1000 days of life, can imprint changes on the stress-response systems and gut microbiome of the offspring . This can make an individual more reactive to stress, and susceptible to anxiety and GI disorders later in life. While we cannot change the past, we are not doomed by the experience of early life adversity. However, it is important to realize the importance of supporting children’s emotional well-being as part of establishing a healthy brain-gut-microbiome foundation.



Breaking the Cycle: Managing Stress and Emotions for Gut Health (and Vice Versa)

Given how closely linked our emotional state and gut conditions are, treating problems related to altered gut-brain communication generally requires a two-pronged approach: **calm the mind and heal the gut**. Traditional medicine is catching up to this idea. For example, treatment guidelines for IBS now commonly include not just dietary changes or medications, but also **mind-body therapies** like relaxation training, cognitive-behavioral therapy (CBT), mindfulness meditation, or gut-directed hypnotherapy. These tools directly target the brain side of the BGM system to alleviate the gut symptoms. And as we saw earlier, a successful course of therapy can even shift the gut microbiome and physiology in measurable ways.

On the flip side, approaches aimed at improving gut health – in particular an anti-inflammatory diet, packed with probiotics and prebiotics– have been tested for their effects on mood and anxiety. Some probiotic strains (often dubbed “psychobiotics”) have shown benefits in animal studies and modest benefits in reducing human anxiety in clinical studies, likely by altering gut-to-brain signaling. While we are still unraveling which specific gut microbes or diets best help mental health, there is no doubt that many patients experience mood improvements when they switch to a healthy diet and their chronic digestive issues are resolved. In my practice, I’ve seen individuals with longstanding anxiety find relief after addressing dietary and stress related issues in addition to mind targeted therapies.



Key Techniques for Everyday Stress Management



Mindfulness Eating and Living

We touched on mindful eating earlier, but in a broader sense, cultivating mindfulness throughout your day can moderate the stress reactivity of the BGM system. For example, noticing early signs of tension (tight shoulders, shallow breath, belly discomfort) and taking a moment to pause and breathe before eating can prevent a minor stressor from triggering a full gut reaction. Similarly, practices like keeping a gratitude journal or spending a few moments each day in nature can tilt your nervous system toward a more parasympathetic (restful) baseline, which your gut will benefit from.



Manage Stress Through Mind-Body Techniques

Find stress-reduction practices that work for you and your level of stress and make them part of your routine. This could be mindfulness meditation, abdominal breathing exercises (inhale for 4 counts, exhale for 6 counts, repeatedly), yoga, tai chi, progressive muscle relaxation, prayer, journaling, or simply taking nature walks. Even 10 minutes a day of dedicated relaxation or meditation can make a difference if done consistently.

If you're dealing with more severe anxiety or chronic stress, anxiety, or past trauma that's affecting your health, professional therapies can be immensely helpful. Cognitive Behavioral Therapy (CBT) can teach you skills to reframe anxious thoughts, stress reactivity and gradually reduce the visceral hypersensitivity (oversensitivity of gut-brain pathways) a hallmark of IBS. Gut-directed hypnotherapy, where a therapist uses hypnosis to guide you into a relaxed state and provides positive suggestions about gut function, has shown remarkable benefits for IBS in clinical trials – some studies report it helps as much as dietary changes. Biofeedback and progressive muscle relaxation are other modalities that help reduce an overreactive stress response.

These methods might sound different and more challenging from taking a pill, but their effects are very real and if practiced regularly long lasting, by calming the mind they reduce the torrent of sympathetically mediated stress signals to the gut, giving your digestive system a chance to rebalance.

Why: Stress management is not a fad or a luxury; it's a necessity for brain-gut balance. Reducing stress responsiveness by regular practice will decrease the sympathetic overdrive that impairs digestion and will boost parasympathetic activity, which aids in proper gastrointestinal function and microbial balance. Patients who adopt mind-body practices often report fewer IBS flare-ups, less heartburn, or improved bowel regularity. Mentally, they experience clearer thinking and better resilience to daily challenges.



Activate the Vagus Nerve

The sensory branch of the vagus nerve is a major conduit of calming through generation of parasympathetic signals. We can increase the tonic activity of the vagus nerve with simple practices. Deep, diaphragmatic breathing (slow belly breathing) is one of the quickest and easiest ways to shift into a vagus-mediated relaxation response. Just 5 minutes of slow breathing can help settle a nervous stomach. If this practice is repeated several times a day, the benefits will be long lasting. Meditation is another proven “vagus-activator” and regular mindfulness or other contemplative practices have been shown to reduce markers of gut inflammation and even favorably influence the microbiome . Activities like gentle yoga, singing or humming (activates vocal cord vibration, which stimulates the vagus), can engage the vagus nerve. I often tell people that managing stress isn’t only about mental calm; it’s about sending a signal from the body to the brain that “you are safe” and the brain will respond to this body safety signal by increasing the vagal tone in response. This allows the gut to function optimally.



Therapeutic Techniques

If you suffer from significant stress, anxiety, or past trauma that’s affecting your health, professional therapies can be immensely helpful. Cognitive Behavioral Therapy (CBT) can teach you skills to reframe anxious thoughts, stress reactivity and gradually reduce the visceral hypersensitivity (oversensitivity of gut-brain pathways) a hallmark of IBS. Gut-directed hypnotherapy, where a therapist uses hypnosis to guide you into a relaxed state and provides positive suggestions about gut function, has shown remarkable benefits for IBS in clinical trials – some studies report it helps as much as dietary changes. Biofeedback and progressive muscle relaxation are other modalities that help reduce an overreactive stress response. These methods might sound different and more challenging from taking a pill, but their effects are very real and if practiced regularly longlasting, by calming the mind they reduce the torrent of sympathetically mediated stress signals to the gut, giving your digestive system a chance to rebalance.





Prioritize Sleep and Rest

Make sleep a non-negotiable part of your health plan. Aim for 7-9 hours of sleep nightly. Create a sleep-friendly environment: dark, cool, and quiet. Try to go to bed and wake up at consistent times, as irregular schedules can perturb your metabolism and your gut microbiome. If you struggle with sleep, consider a relaxing pre-sleep routine (such as reading, gentle stretching, or meditation) instead of screen time. Naps can be helpful if you have missed night-time sleep, but keep them short (20-30 minutes) and not too late in the day.

Why: During deep sleep, your brain and gut communicate in restorative ways – the attention and stress circuits quiet down, and maintenance and cleaning crews in the gut lining and microbiome get to work. Adequate sleep reduces stress, curbs appetite hormones (preventing late-night junk food cravings that harm the gut), and supports the immune system. Many gut conditions, like IBS, flare up when people are sleep-deprived or jet-lagged, illustrating how critical a regular sleep pattern is.



CHAPTER

02

How Your Gut Affects Your Mind

When Your Gut Talks Back: Understanding Disorders of Altered Gut–Brain Interactions

You’ve probably heard the phrase “trust your gut.” But did you know your gut is actually talking to your brain all the time? Every bite of food, every cramp, every growl is part of a complex conversation happening along what I refer to as the brain-gut microbiome system, a high-speed communication highway linking your digestive tract, your brain, and the trillions of microbes living inside you.

1

How a Heavy Meal Can Muddle Your Mind

You’ve likely experienced this communication firsthand. Think about how you feel after a massive, rich meal, that sluggish, foggy “food-coma” sensation. Your gut is working overtime, drawing blood and energy away from the brain while releasing waves of hormones that promote digestion. The result? You feel both physically and mentally slowed down.



On the flip side, imagine eating a balanced, nourishing meal when you’re truly hungry. You might feel a wave of satisfaction or even mild euphoria. That’s your gut sending “all clear” messages to your brain, through hormones, nerves, and even microbial metabolites that boost mood. In other words, your gut chemistry can literally lift your spirits.

2

From “Functional” to “Interactive”

For decades, doctors puzzled over patients who complained of chronic stomach pain, bloating, or irregular bowel movements, yet whose medical tests came back completely normal. These conditions used to be labeled “functional gastrointestinal disorders” because no clear structural cause could be found. In hindsight, the term “functional” was a polite way of saying “we don’t really know why this is happening.”

According to the Rome criteria, the “bible” of the field of Neurogastroenterology, there are some 33 functional gastrointestinal disorders (FGIDs) in adults and 17 in children, all resulting from different alterations in the gut! Based on the underlying similarities of these disorders and the frequent co occurrence of them in the same patient, I have always questioned the validity of this classification! And after about 40 years of research, the picture became clearer.



The problem wasn't imaginary, the symptoms of all these "disorders" result from an underlying miscommunication between the brain and the gut. Today, these conditions are officially known as Disorders of Altered Gut–Brain Interactions (DGBIs). Common examples include, IBS, functional dyspepsia (chronic upper abdominal discomfort), functional heartburn (heartburn without acid reflux) and functional constipation.

3 When Exaggerated Gut Signals Affect Your Mood

Among DGBIs, Irritable Bowel Syndrome (IBS) is perhaps the best-known, and most misunderstood. Traditionally seen as a purely intestinal problem, IBS is now recognized as a full-body disorder involving both brain and gut. People with IBS experience chronic abdominal pain, bloating, and alternating constipation or diarrhea. But many also report anxiety or low mood, which are not merely psychological reactions to their symptoms.

Brain-imaging studies show that in IBS, regions of the brain involved in emotion and pain control light up more intensely in response to gut sensations, or even to the expectation of them. This means the "volume knob" on gut sensory signals is turned up too high. The brain interprets ordinary gut activities, like muscle contractions or the gentle stretching of gas buildup, as painful or alarming.

That steady stream of exaggerated gut signals doesn't just make your abdomen ache; it can make you feel tense, uneasy, or irritable. Essentially, the brain is constantly misinterpreting the signals it receives from the gut, implying that: "Something's wrong down here!" even when there isn't.

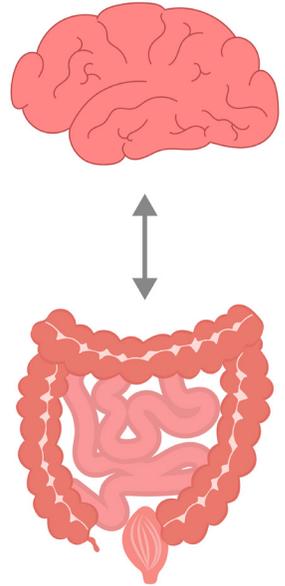


4

Why It Took So Long to Connect the Dots

When I began my career as a gastroenterologist, the idea that the gut and brain could interact so intimately was met with great skepticism. Many colleagues dismissed these disorders as “psychological” because standard tests couldn’t explain them. Over the years, research in neuroscience, microbiology, and physiology has proven otherwise. We now know that gut microbes produce neuroactive chemicals, the vagus nerve transmits sensory information directly to brain emotional centers, and the immune system acts as a mediator between the two.

After four decades of evidence, much of it coming from our center at UCLA, the medical establishment finally acknowledged what some of us had long suspected: IBS and related conditions are not “all in your head.” They’re disorders of altered gut–brain communication.



5

When Inflammation Adds Fuel to the Fire

While DGBIs like IBS are about miscommunication, Inflammatory Bowel Disorders (IBD), such as Crohn’s disease and ulcerative colitis, involve a much louder signal: chronic inflammation. In IBD, the gut’s immune system stays stuck in the “on” position, producing waves of inflammatory molecules that damage the intestinal lining. These molecules don’t just stay local, they can travel through the bloodstream and send powerful danger messages to the brain. The result is more than just abdominal pain and fatigue: the brain’s own immune cells, called microglia, can become activated, sparking neuroinflammation. Over time, this constant immune cross-talk may subtly change how brain

networks function, affecting memory, focus, and mood. Emerging research even suggests that long-standing gut inflammation may contribute to early cognitive decline, reinforcing the idea that chronic intestinal inflammation is not confined to the digestive tract but reverberates through the entire brain-gut microbiome system.



In summary: Remember, your gut and brain are in constant conversation. When that dialogue gets disrupted, the result isn't just a tummy ache, it can ripple through your mood, your focus, and your overall sense of well-being. Understanding DGBIs and IBD as part of the broader brain-gut microbiome system helps us move beyond outdated labels and toward compassionate, science-based care. So the next time your stomach "talks," pay attention. It might be saying more than you think.



CHAPTER

03

Building a Gut-Healthy Lifestyle

Building a Gut-Healthy Lifestyle

By now, we've covered a lot of ground – from the biological circuits linking mind and digestion, to the microscopic world of the microbiome, to the influence of food, thoughts and feelings. It's clear that the brain-gut connection plays a central role in many aspects of our health. The next key question is: What can you do, starting today, to strengthen this connection and improve your well-being? In this final section, I'll distill the insights supported by scientific evidence into easy steps. Consider this a “checklist” derived from both scientific evidence and my clinical experience. Remember, the science may be complicated and a work in progress, but the recommendations are often simple. Small, consistent changes in lifestyle and daily habits can lead to significant improvements in how you feel – both in your gut and in your mind.

1 Embrace a Gut-Friendly, Whole-Food Diet

Nutrition is the cornerstone. As discussed, focus on a predominantly plant-based diet with plenty of fiber, polyphenols, naturally fermented foods and variety of all ingredients. For many, adopting a Mediterranean-style diet with approximately 75% of fruits and vegetables and no ultraprocessed foods is a great template.

Load up on vegetables, fruits, legumes, nuts, and whole grains. Include fermented foods like yogurt, sauerkraut, kombucha or kimchi for a natural probiotic boost. Choose fish, poultry and lean proteins over processed meats. Use olive oil as a primary fat for salads and for cooking. Spices and herbs (turmeric, ginger, garlic, oregano, etc.) not only add flavor but also beneficial polyphenols and antimicrobial properties. At the same time, cut back on or better eliminate ultra processed snacks, fast foods, and sugary treats that feed the “wrong” kind of gut bacteria and promote inflammation.

If you drink alcohol, keep it moderate and reserve for social occasions. Consider meal timing and allow at least 12 hours overnight with no food (e.g., finish dinner by 8pm and have breakfast after 8am) to align your gut with circadian rhythms. Remember, these recommendations are not meant to be a new fad diet which can be changed every time a diet guru publishes a new book or posts a new miracle diet on Instagram. These dietary recommendations and lifestyle recommendation are meant for the long run, just like the early programming of your diet preferences in childhood were meant to stay with you for the rest of your life.



Why: These choices of a high variety of health foods will enhance your microbial diversity and richness, increase anti-inflammatory and reduce inflammatory signals, and provide phytonutrients that support the health of your gut, heart and brain. Patients who follow these guidelines often report more energy, better mood stability, improved memory and improved digestion within weeks.

2 Stay Physically Active

Incorporate regular exercise into your routine, aiming for a balance of cardio and resistance training. Even walking 30 minutes a day is tremendously beneficial. Find activities you enjoy – whether it’s dancing, cycling, gardening, or yoga – so that movement is a pleasure, not a chore. If you have a sedentary job, take stretch or walk breaks to break up long periods of sitting (prolonged sitting can slow digestion). Listen to your body and build up gradually if you’re starting new exercises.



Why: Exercise helps regulate stress hormones, increase cardiovagal tone, improves intestinal motility, and has been shown to boost levels of beneficial gut bacteria. It also helps maintain a healthy weight, which is important because obesity is associated with an imbalanced microbiome and can result in a heightened inflammation that can affect the brain. Plus, exercise often leads to better sleep, completing a virtuous cycle for gut-brain health.

3

Tune Into Your Body's Signals

Your body often tells you what it needs – the challenge is to listen. You don't need wearable devices to tell you what is going on in your body, you just have to learn to listen and focus your attention on body signals. Keep in mind that a big part of our nervous system specializes on detailed collection of information from every cell of your body and sends this information 24 hours of the day, 7 days a week to your brain. This is a process called Interoception. The brain integrates this vast amount of information and generates adaptive feedback to the body which aims to keep all your organs functioning in harmony and properly resulting in a state of wellbeing. The great majority of the individual signals are not consciously perceived, which is good as the bombardment with these body signals would keep you from paying attention to anything else and drive you crazy. A large portion of these interoceptive signals originate in the gut. Pay attention to how different foods make you feel.

If you notice certain foods consistently cause discomfort, consider first to reduce the amount of this particular food and if this doesn't help, eliminate it for a while monitoring your symptoms. You can arrive at the same goal with a short course of a low-FODMAP diet. However, this should be viewed as a short-term measure before reintroducing most foods that you tolerate). Notice how your stress levels affect your digestion and vice versa. Perhaps you journal your food intake, stress events, and symptoms for a couple of weeks to identify patterns. Learning this self-awareness of gut signals is empowering. It's the first step in personalizing your diet and lifestyle for your unique gut-brain system, rather than following a generic dietary elimination diet.



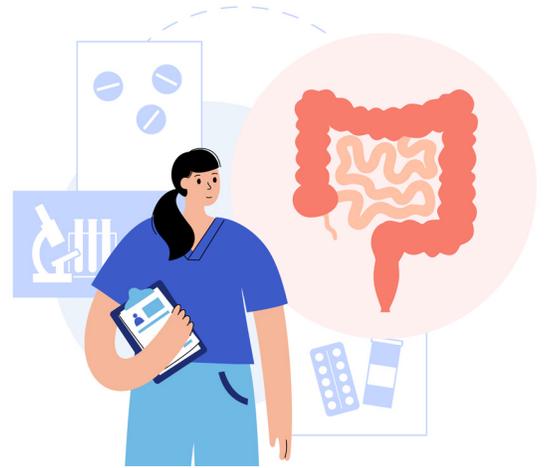
Why: We are all unique ecosystems. General guidelines are helpful, but ultimately, you should be the expert on your own body. By observing and responding to your body's signals, you can tailor the advice in this book to suit you best. For instance, you might find that dairy doesn't agree with your gut, so you opt for dairy-free fermented foods. Or you might discover that an evening walk does wonders for your sleep. Honoring these personal observations will accelerate your journey to optimal health.

4

Seek Integrative Care When Needed

If you're dealing with persistent gut issues accompanied by mental health struggles, an integrative approach works best. This might mean consulting a gastroenterologist who appreciates the mind-gut connection (unfortunately there aren't many!), and works closely with a dietitian, or a therapist who specializes in health psychology. Sometimes a short course of medication (such as a low-dose tricyclic antidepressant like amitriptyline) can be useful as a bridge to get relief while you implement diet and lifestyle changes.

Or a targeted evidence supported dietary supplement might help reset your microbiome balance, improve your cognitive function and reduce systemic inflammation. If you are suffering from severe depression, you may benefit from an antidepressant prescribed by an experienced health care professional. Most often drugs are not needed for improving your health, but if necessary combine them with lifestyle adjustments for long-term success. The goal is to treat both the symptoms and the root causes, and to make you the health expert being in charge.



Why: Conditions like IBS, functional dyspepsia, anxiety disorders, or depression can be complex, and professional guidance ensures you're covering all bases. For example, if you have severe IBS, a doctor might prescribe a medication to manage pain, mood and encourage stress reduction techniques – addressing both the physical and emotional triggers. If you suffer from depression, therapy or medication can improve your motivation and energy to then take better care of your diet and exercise, creating a positive feedback loop. An integrative care team acts as a partner in your health journey, reflecting the reality that **the mind and body are one system, not separate systems requiring the care of different medical specialists.**

By incorporating these practices, you are essentially retraining your brain-gut microbiome system towards a state of balance and resilience and reduce your stress responsiveness. The benefits can be profound: many people report not just improvement in GI symptoms or mood, but an overall uptick in quality of life – better sleep, more stable energy, clearer thinking, and feeling “more like myself.” Remember that consistency is key. The brain-gut system responds to steady, regular inputs. Just as it took time for patterns of imbalance to develop, it takes time (weeks or months) for new habits to fully manifest their effects. Be patient and kind to yourself in the process.

The Path to a Harmonious Brain-Gut Connection

In exploring the brain-gut connection, we've seen that the old separation of mind and body is rapidly fading in light of modern science. Our thoughts, emotions, and dietary choices are deeply interwoven with our physical health via the BGM system. The gut is not merely a food-processing tube; it's the largest sensory, immune and hormone producing organ that informs our brain and is influenced by our mental state at every moment. The brain, in turn, is not a number of regions, isolated in the head; it is a complex, interconnected system of billions of nerve cells, and its wellbeing depends on signals from our gut and its microbial inhabitants. We truly are whole beings, and health emerges from the harmony of all these interconnected parts.

Writing in the voice of a physician who has dedicated his career to this subject, I want to emphasize that this perspective is empowering. It means there are multiple entry points to improve your health. If you have a chronic condition that has puzzled doctors – say a digestive issue that flares with stress – the brain-gut lens provides answers and solutions. You can work both on your gut (through diet/nutrition) **and** on your mind (through stress reduction and therapy) to break the cycle. If you have struggled with mood and found only partial relief from conventional approaches, examining your gut and gut microbial health and nutrition might offer missing pieces of the puzzle. The integration of brain, gut, and microbiome science is yielding new therapies and insights each year. It's an exciting time – from integrative medicine, nutritional psychiatry to psychobiotic research – and it validates a more holistic, patient-centered approach to wellness.

Above all, remember that **balance** is the goal. Our modern world often pushes us toward extremes – whether it's ultra-processed convenient diets, high-stress lifestyles, or quick-fix medications with serious side effects, or a litany of exotic, expensive and often useless supplements. But our ancient brain-gut-microbiome system (which evolved over billions of years) craves balance: balanced diets, balanced lifestyles, and a balance between activity and rest, between work and play. My preferred model of health (which I often refer to as the “Mayer model”) is built on four pillars: healthy diet, regular exercise, stress management, and meaningful social connections. These pillars support a robust and resilient brain-gut microbiome system and a state of well being. They are simple in concept but powerful in effect, as this e-book has detailed with scientific backup and practical tips.



In closing, I encourage you to take these lessons to heart – and to gut. Pay attention to your “gut feelings” and inner signals; they often carry wisdom rooted in biology and evolution. Think about the vast, intrinsic intelligence collected by your gut microbes over millions of years and stored in millions of genes, which they communicate to sensors in your gut.. Nourish your body with real food and stimulate your mind with positive experiences. Approach your health proactively, knowing that small daily actions accumulate into significant outcomes. By caring for your gut-brain connection, you’re not just preventing disease; you’re fostering a state of optimal health and resilience where you **feel your best, think your best, and digest your best.**

The brain-gut conversation inside you is ongoing and dynamic. Make it a constructive dialogue – one that leads to vitality, clarity, and balance. As a clinician and fellow traveler on this journey, I hope the knowledge shared here empowers you to become an active participant in your health. Trust in the inherent interconnectedness of all the aspects of your body and the world around you. When you align with it, **healing and wellness become much more attainable.** Here’s to a healthier gut, a healthier mind, and a happier you – fueled by the extraordinary partnership between the brain and gut.



Living the Brain-Gut Connection

Everyday Steps for Better Health

Emeran Mayer, MD



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