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Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

Food for Thought

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Quick Tips:

- **The gut and brain communicate via a bidirectional pathway in which the gut can impact the brain and vice versa**
- **Scientists are still learning about these communication pathways, but the evidence of these connections is continually growing**
- **Current studies show that microbiome composition could play a role in prevalence of symptoms of depression and anxiety**



Gut-brain Connections



Vagus Nerve

Gut microbes secrete a variety of metabolites and neurotransmitters that can interact with nerves which connect our digestive and cardiovascular systems to the brain

HPA Axis

The hypothalamic, pituitary, adrenal axis regulates digestion, endocrine hormones, immune system, and stress pathways

Circulation

Gut metabolites, immune cells, and hormones that are present in our bloodstream can interact with barrier cells that regulate neuronal function



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We're back this summer
with our Summer Self
Care Series! Registration
information coming soon!



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