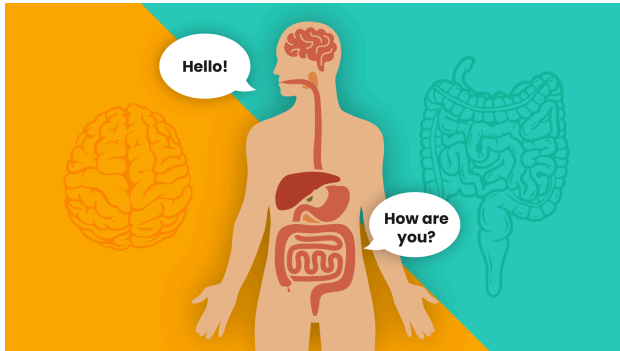




The Gut-Brain Axis

Below are some resources to help you dive into the interesting and revolutionary world of the gut-brain axis.

If you find a helpful resource that is not on this list, please send it to me!

Some key words for this field of study are:

- Gut-brain axis
- Psychogastroenterology, GI Psych, or GastroPsych
- Gut brain psychology
- Disorders of Gut Brain Interaction (DGBI) (for a world of DGBI-specific information, visit the [Rome Foundation](#))

Want to find a practitioner? Here are some GI Psych/GastroPsych databases:

- The [Rome Foundation GastroPsych](#) program gives you access to connect with providers through a [public directory](#)
- [Mindset Health Clinician Directory](#)
- [ibshypnosis.com](#)

Book Recommendations: Some of these are for practitioners, but you may enjoy them! I've listed them in no particular order.

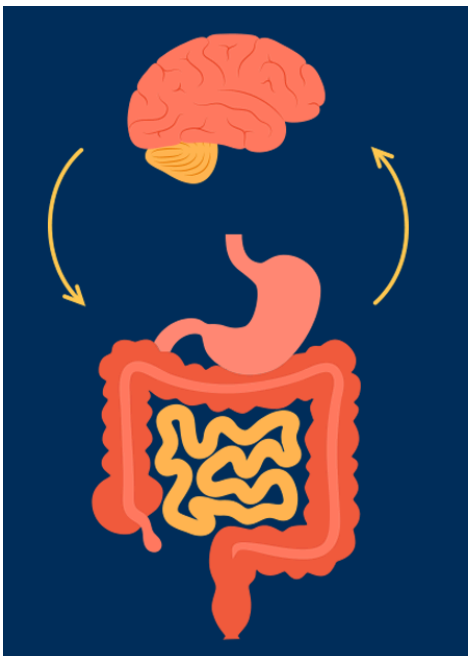
- [Gut Feelings--Disorders of Gut-Brain Interaction and the Patient-Doctor Relationship: A Guide for Patients and Doctors Paperback – December 14, 2020](#)
- [Gut Feelings--The Patient's Story: Personal Accounts of the Illness Journey Paperback – April 30, 2022](#)
- [Psychogastroenterology for Adults: A Handbook for Mental Health Professionals](#)
- [Controlling IBS the Drug-Free Way: A 10-Step Plan for Symptom Relief](#)
- [Cognitive-Behavioral Treatment of Irritable Bowel Syndrome: The Brain-Gut Connection](#)
- [Psychogastroenterology: A biopsychosocial approach to treating common gastrointestinal and hematologic disorders](#)



Here are some **podcasts** that either have specific episodes about this topic or that wholly focus on the gut-brain relationship. For some of the podcasts, I've included links to specific episodes. These podcasts can be found on whatever podcast app you use (including Spotify).



- [Let's Gut Real](#)
 - Corny title :) The interviewer's style isn't my favorite, but the people she has on her podcast can be very interesting and helpful!
- [Talking Gut](#)
 - [Ep 8 Dr Laurie Keefer on Brain Gut Psychogastroenterology](#)
- [Colon Health Podcast](#)
 - [The World of GI Behavioral Health, with Megan Riehl \(Episode 40\)](#)
- [The Special Ed Strategist Podcast](#)
 - [The role GI health and psychology have on the brain-gut connection with Ali Navidi, PsyD](#)
- [The Peter Attia Drive](#)
 - [#215 – The gut-brain connection | Michael Gershon, M.D.](#)
- [Metagenics Institute Podcast](#)
 - [Brain-gut Therapies with GI Psychologist Dr Megan Riehl](#)
- [Butts & Guts](#)
 - [Using Behavioral Medicine to Manage Psychological Issues Caused By GI Disorders](#)



For more information on how mindfulness and **gut-directed hypnosis** specifically can help your gut-brain communication, [click here](#).