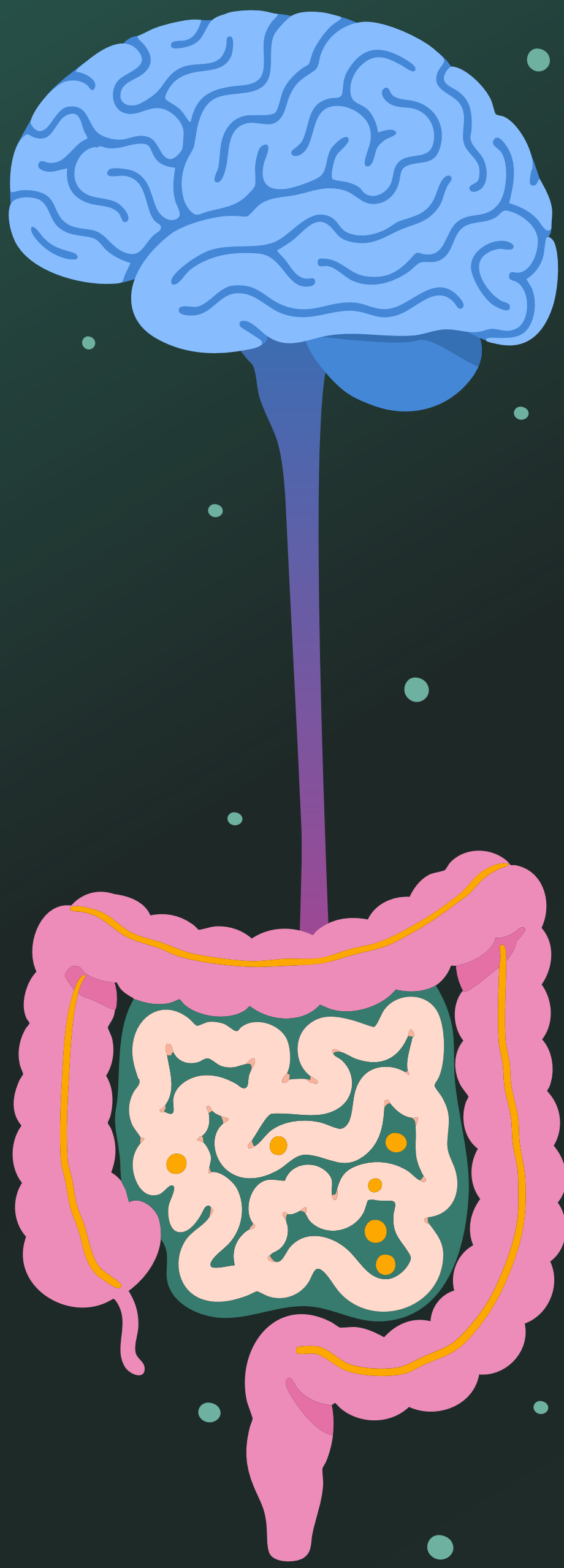
The Gut-Brain Axis

A two-way connection influencing digestion, mood, and pain.



The brain directs regulation

Appetite, digestion, and the stress response are all influenced by the brain

Signals travel down to the gut

Messages via the vagus nerve help regulate gut function

The gut responds and adjusts

Signals are processed to influence digestion and biochemical release

The cycle intensifies

Disrupted communication triggers the stress response and keeps it active

Gut sends distress signals to the brain

Signals may heighten brain reactivity, increasing vigilance and discomfort

Disruption triggers gut symptoms

Factors like stress, diet, or nerve sensitivity can interfere with gut function

nerva® | mindset health™