Butterflies in Your Stomach? Your Gut Is Telling You Something Transcript

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Gut-Brain Connection and Butterflies

Have you ever gotten the feeling of like butterflies in your stomach? Of course. Yeah. Or like, um. When I met my wife. Yes, yes. Right. It could be a good, good kind.

And then like oh, I'm so nervous. I've feeling it in my belly. So that is very much an example of the gut brain connection.

Anxiety, Depression, and Digestive Issues

The statistics are just wild on this too, because we're seeing it as a two way street with especially anxiety and depression. where if people have anxiety or depression, it's something around 80% for anxiety that people also have digestive issues.

Or when people has digestive issue, 80 percent of them have an anxiety and depression.

Microbiome, Vagus Nerve, and Neurological Links

So we're seeing these correlations and now we are seeing it with things like Alzheimer's and Perkinsons and other things that are involving more neurons instead of just emotions.

But it all comes back to this microbiome and the vagus nerve.