

# How Gut Health Can Improve Mental Health



Gut bacteria play an essential role in your mood and mental health. They can enhance your sense of well-being, improve your feelings of happiness, and relieve the symptoms of depression, anxiety, and stress. They may also make these symptoms worse. It all depends on whether or not you maintain the right balance of gut bacteria in your gut microbiome.

## **The Gut Microbiome**

Your colon is home to trillions of bacterial cells which make up a unique ecosystem called the gut microbiome. The gut microbiome, also referred to as the gut microbiota or gut flora, is the community of microorganisms that live in the digestive tract, including bacteria, archaea and fungi.

This community of microorganisms may collectively weigh as much as five pounds, and they play essential roles in digesting our food, regulating our immune system, protecting

against other bacteria that cause disease, and producing vitamins including the B vitamins B12, thiamine and riboflavin, and Vitamin K, which is needed for blood coagulation. They also play a critical role in mental health through what is known as “the gut-brain axis.”

## **Gut Brain Axis**

The *gut-brain axis* is the communication that takes place between the central and the enteric nervous system, linking emotional and cognitive centers of the *brain* with peripheral *intestinal* functions. Essentially, it is the biochemical signaling that takes place between the gut and the brain. Recent advances in research have described the *gut* microbiome as being significantly important in influencing these interactions, and show that when there is a disruption in the gut microbiome, it creates a disruption in the functioning of the brain as well.

## **Dysbiosis**

Dysbiosis is the medical term for an imbalance in the gut microbiome. This occurs when the beneficial bacteria in the gut are reduced by poor dietary and lifestyle habits, as well as by harmful microorganisms like certain bad bacteria and parasites.

Parasites are among the most disruptive organisms to our gut health and one of the greatest causes of dysbiosis, and therefore, one of the greatest causes of poor cognitive functioning as well. Parasites can lead to symptoms like brain fog, fatigue, anxiety, depression, and other psychological imbalances.

Parasites are organisms that feed on the nutrients of their host, and in humans, they are much more prevalent than most people acknowledge. They not only steal our nutrients, but they release their toxic waste inside us, and are one of the biggest disrupters of gut health.

## **Getting Rid of Parasites and Improving Gut Health & Mental Health**

One of the greatest ways to improve gut health and mental health is to rid the body of toxic parasites. This can be done by using anti-parasitic herbal formulas like Zuma Nutrition's Parasite Detox ([Shop Now](#)) formula. This formula contains powerful anti-parasitic herbs extracted in therapeutic dosages, and may help to kill the adult, larva and egg stages of over 100 different types of parasites, including amoebas, giardia, worms, and liver flukes.

Because of the potential of this formula to kill unwanted parasites, it may help tremendously in bringing balance to the gut microbiome, and can be used as part of a greater health regimen, cycling on and off every two months to detox harmful bacteria, parasites and other organisms that negatively impact the gut.

### **Bottom Line**

The health of your gut and the health of your brain are intimately connected. To keep your brain healthy and well, you need to keep your gut in good health. Focusing on diet and lifestyle are always essential to every aspect of health, but when it comes to gut health, it really depends on maintaining the balance in the gut microbiome. This can be done by detoxing parasites and other unwanted organisms, and by introducing probiotic-rich foods or supplements like [VSL](#) to increase the number of good bacteria in the gut. When the gut is in a state of balance and health, the brain is healthy and balanced too. Take care of your gut health and your brain health will thrive.

<https://www.sciencedirect.com/topics/medicine-and-dentistry/gut-microbiome>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4367209/>

<https://pubmed.ncbi.nlm.nih.gov/7828114/>