

# Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY  
HABITS TO MOVE FROM SURVIVAL  
MODE TO CALM, GROUNDED LIVING



# Module 6:

## Lesson 1.

# The Gut-Brain Axis & Mental Wellbeing



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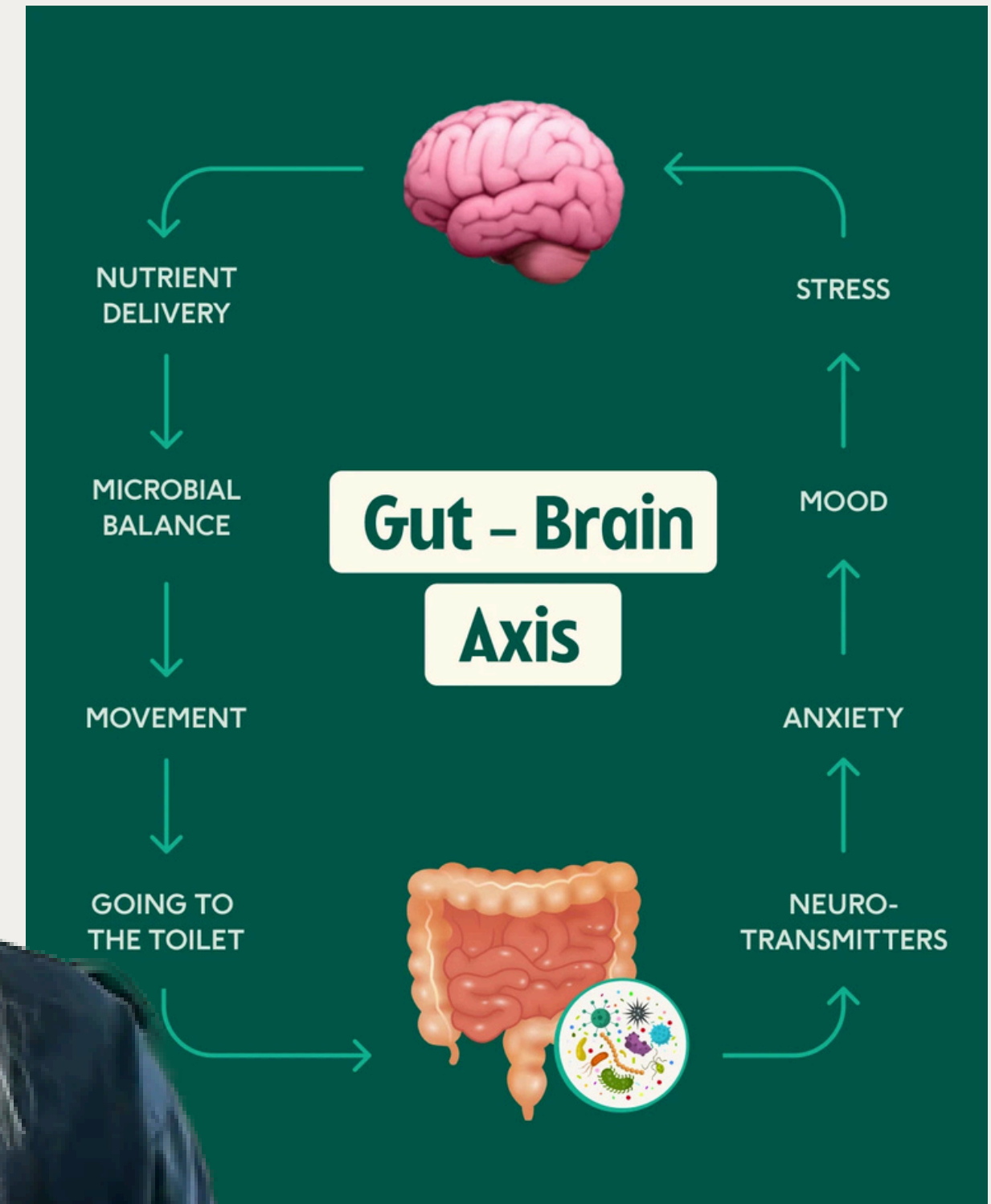
# The Gut-Brain Axis & Mental Wellbeing



# The Gut-Brain Axis

Your gut + brain communicate constantly.

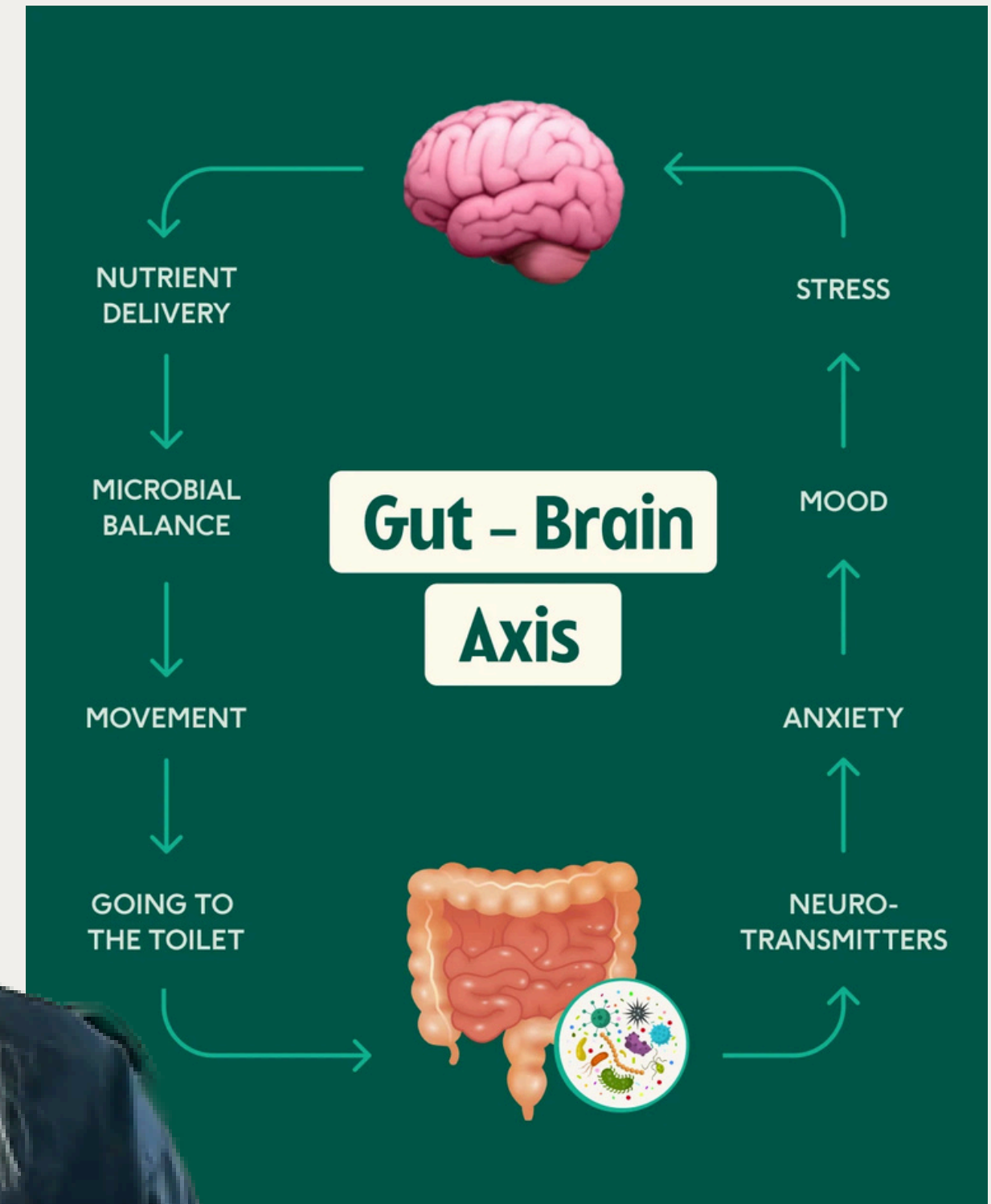
- Food shapes mood, stress, and resilience.
- Vagus Nerve



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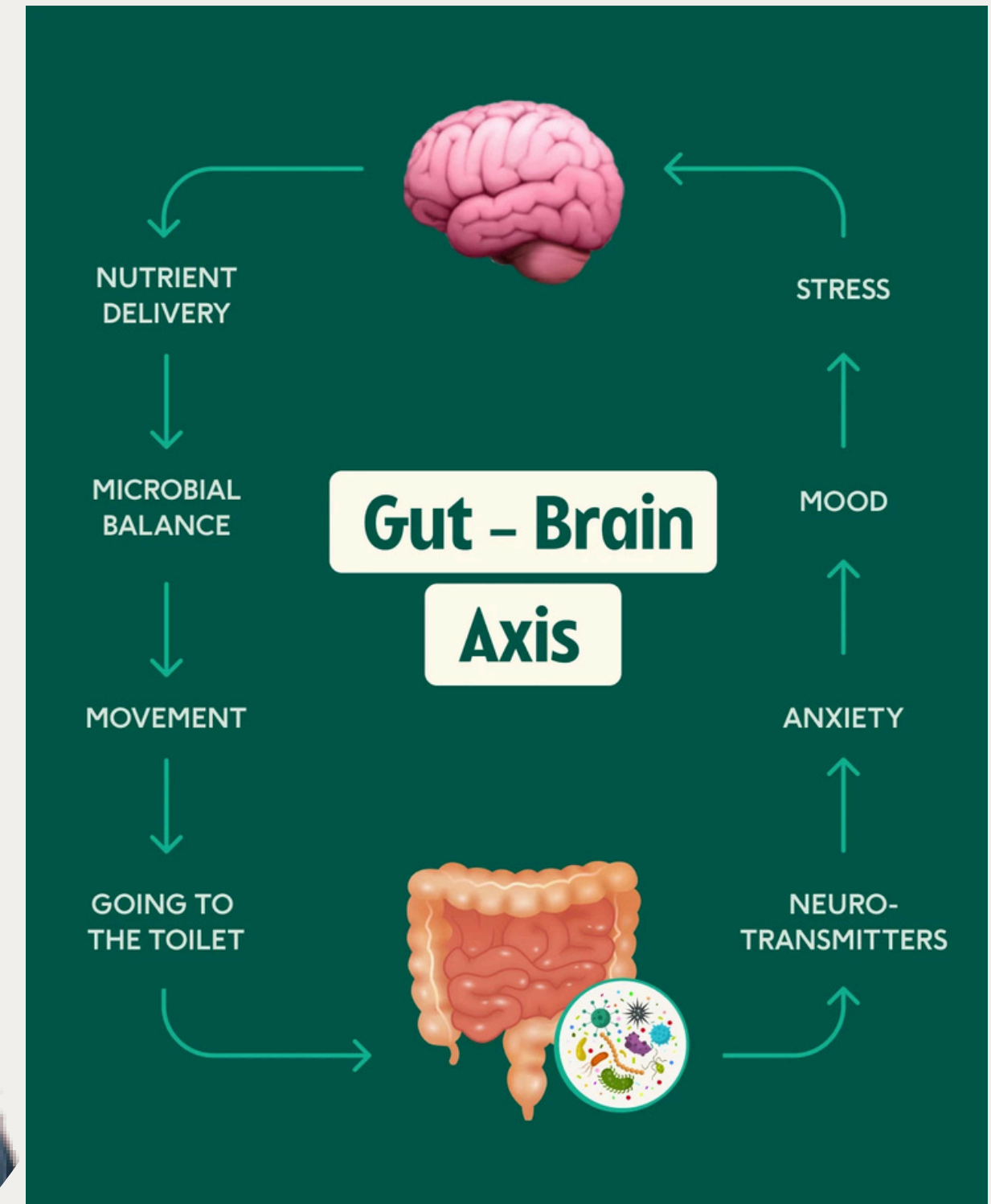
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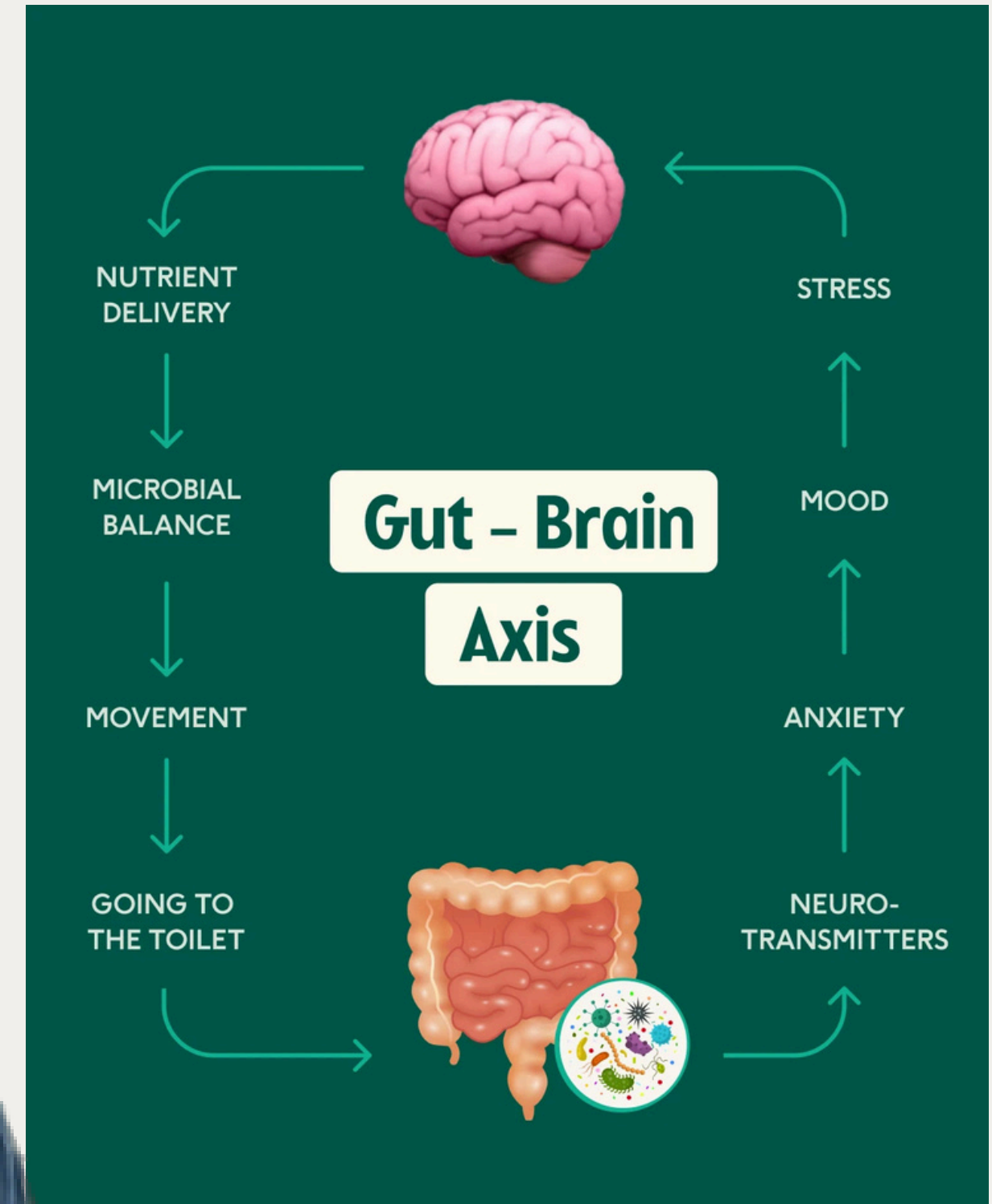
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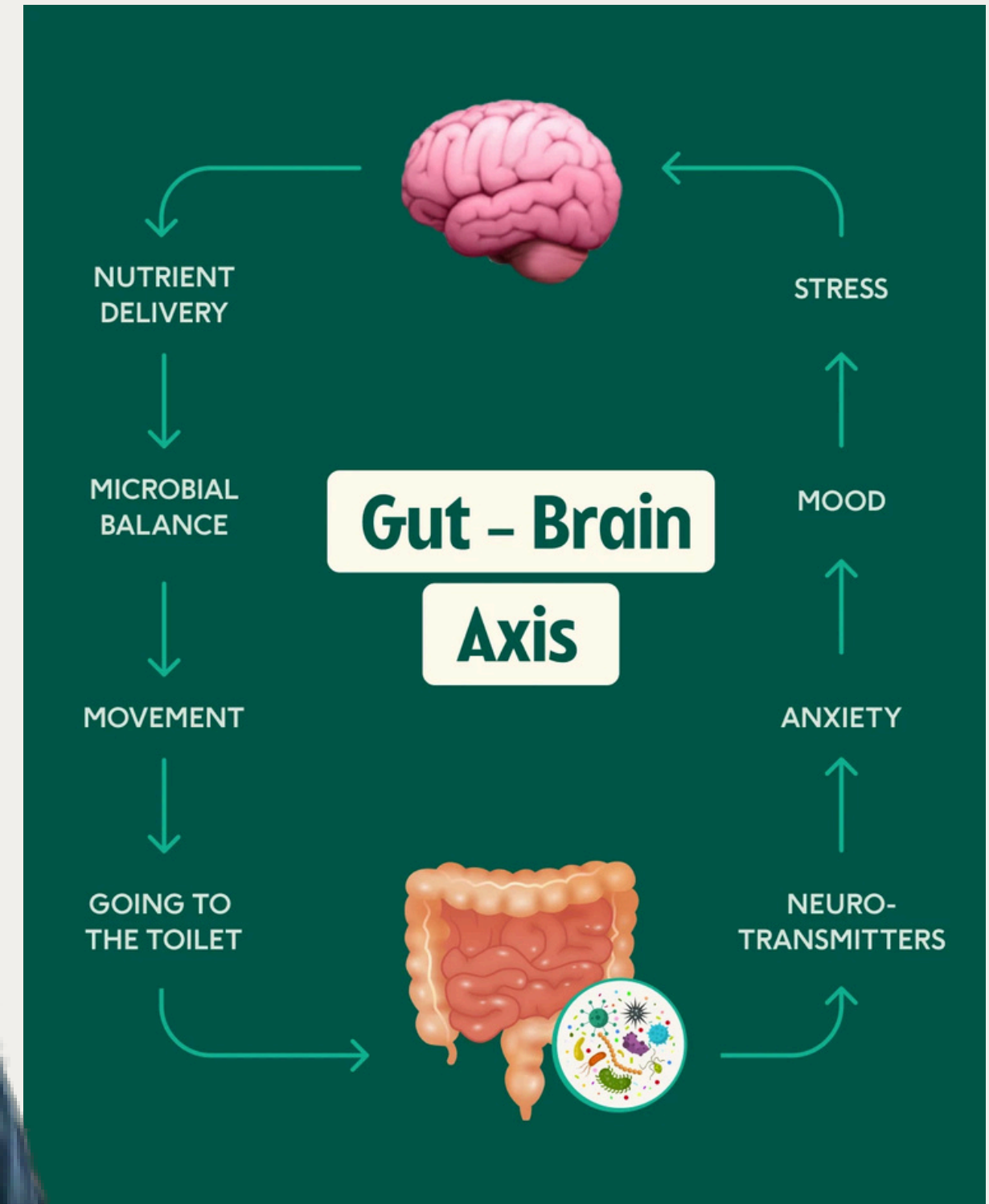
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# The Gut-Brain Axis

Your gut + brain communicate constantly.

- Food shapes mood, stress, and resilience.
- Vagus Nerve
- Cravings
- Bloating
- Skin flare ups



# Why Gut Health Matters

- Serotonin production
- Inflammation
- Microbiome
- Mood
- Digestion



# What harms gut-brain balance?

- Processed foods
- Sugary Foods
- Snacking
- Stress
- Alcohol
- Not enough dietary fiber



# Stress & the Gut

Stress disrupts digestion →

dysbiosis →

bigger stress response







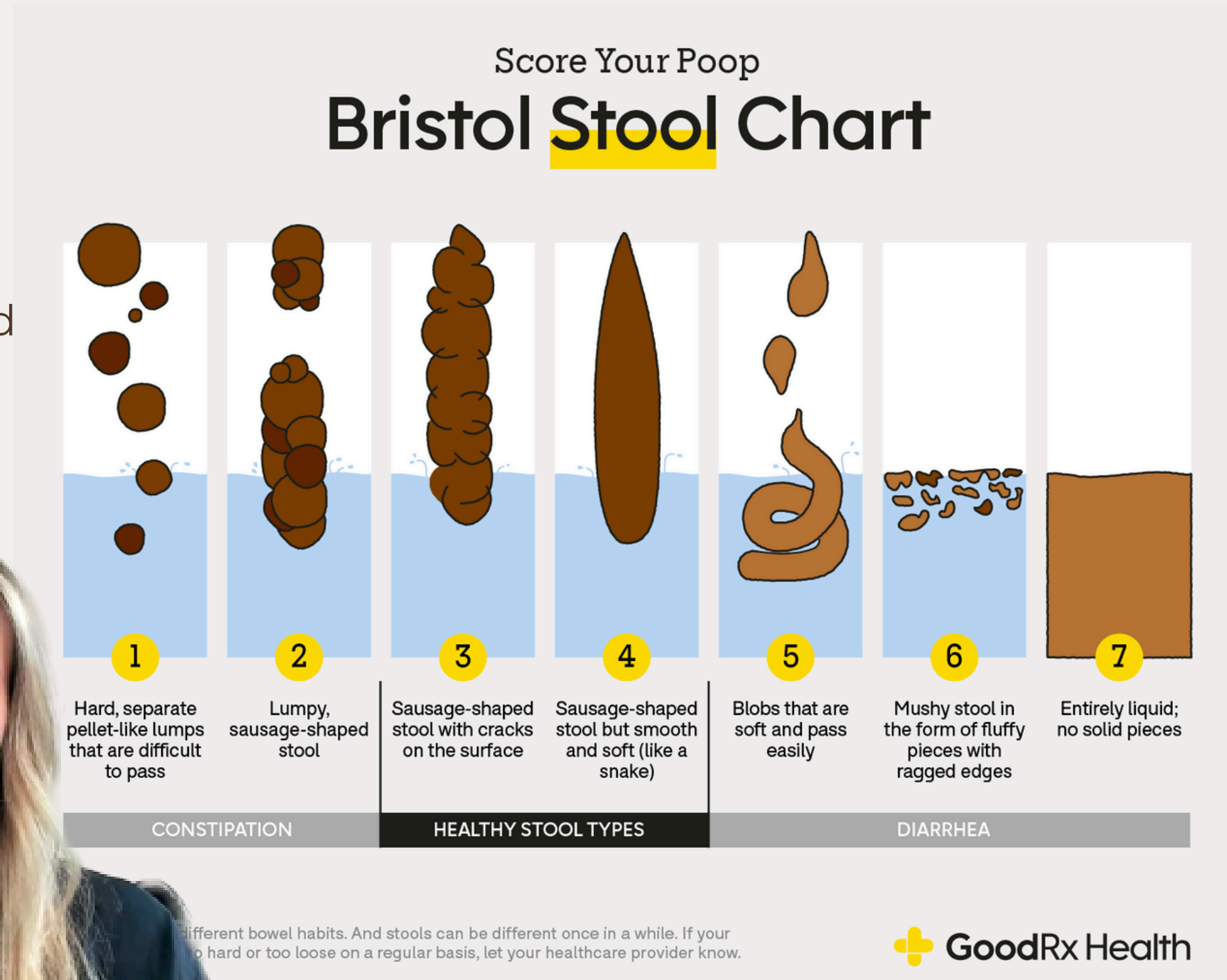
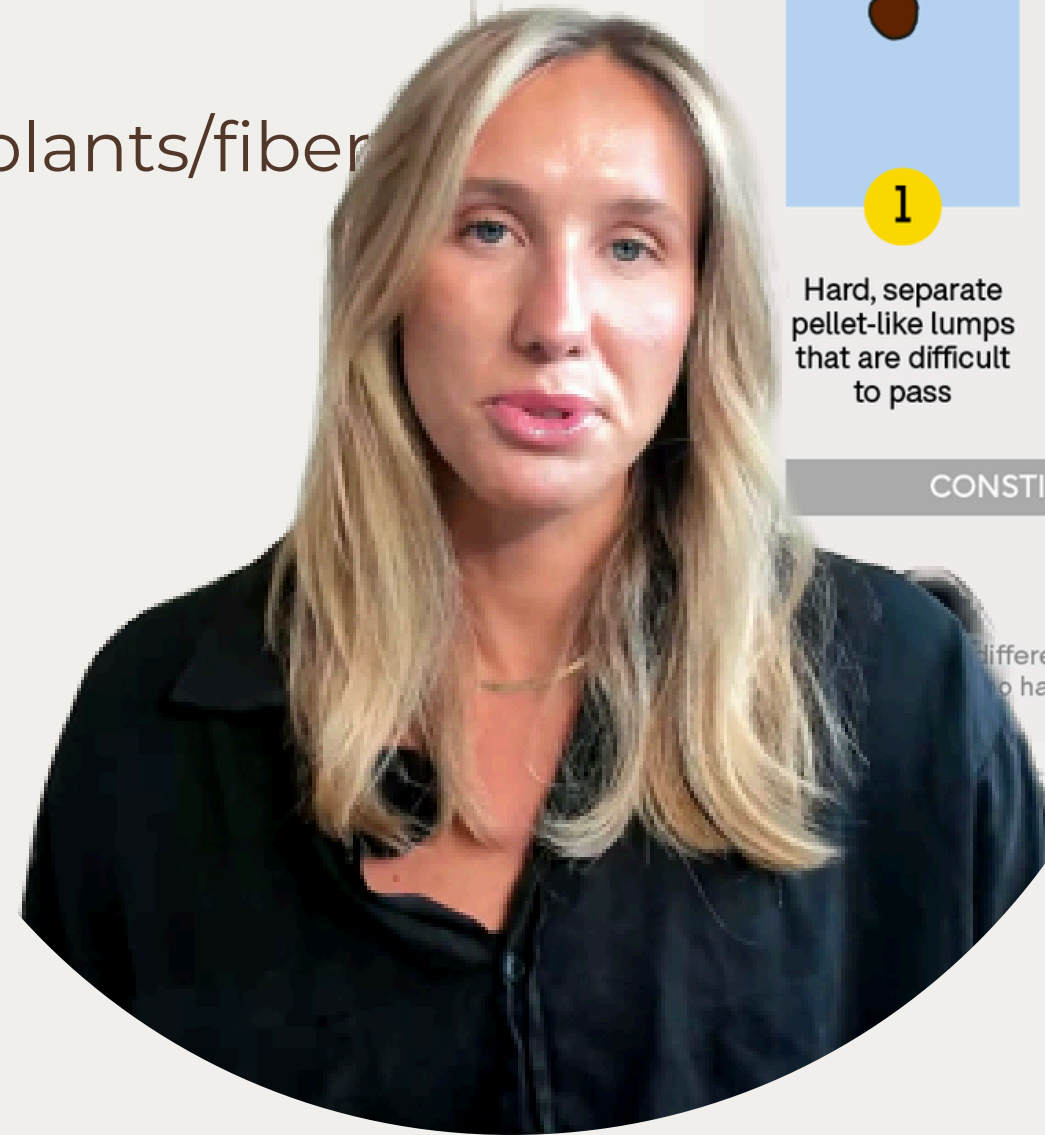
# A word on constipation

- stress increases risk
- bloating & digestive issues, skin flare ups
- 1-3 large volume bowel movements per day
- your enteric nervous system (your gut) needs safety



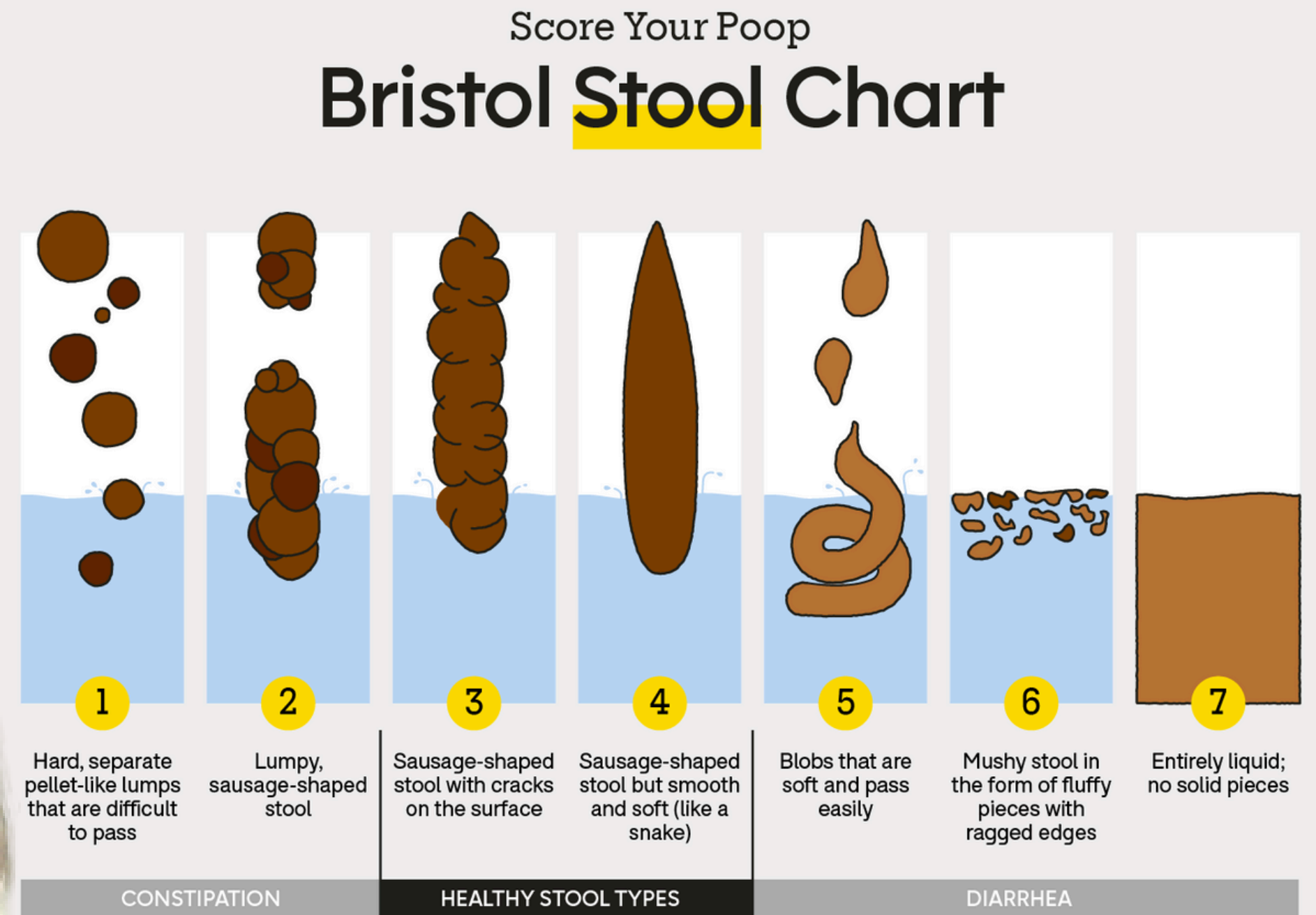
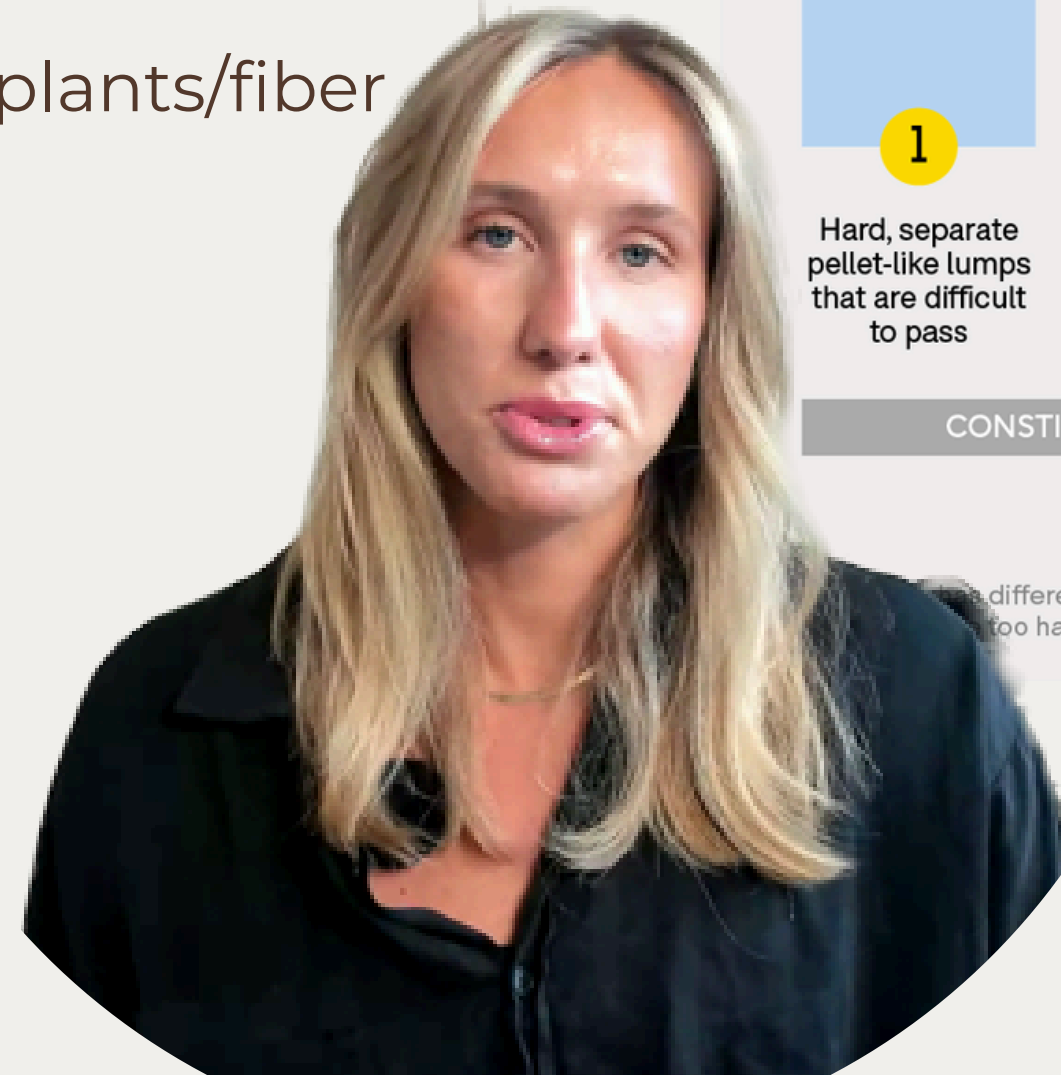
# A word on constipation

- gastrocolic reflex (morning BM)
- adding more fiber to an already constipated gut - big no!
- use of safe osmotic laxatives (magnesium citrate)
- slowly introduce more plants/fiber
- Bristol Stool Chart
- Look at your poop!



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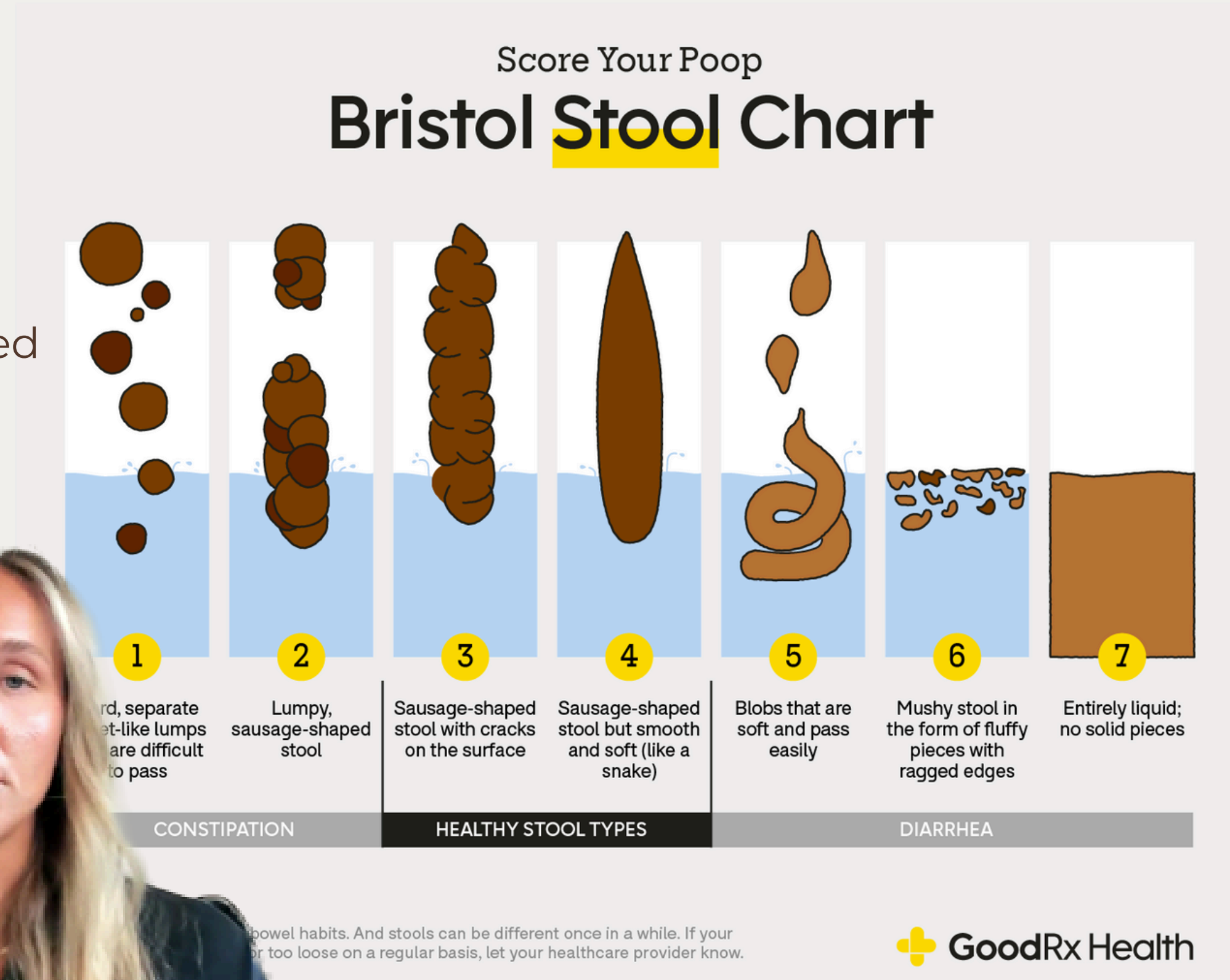
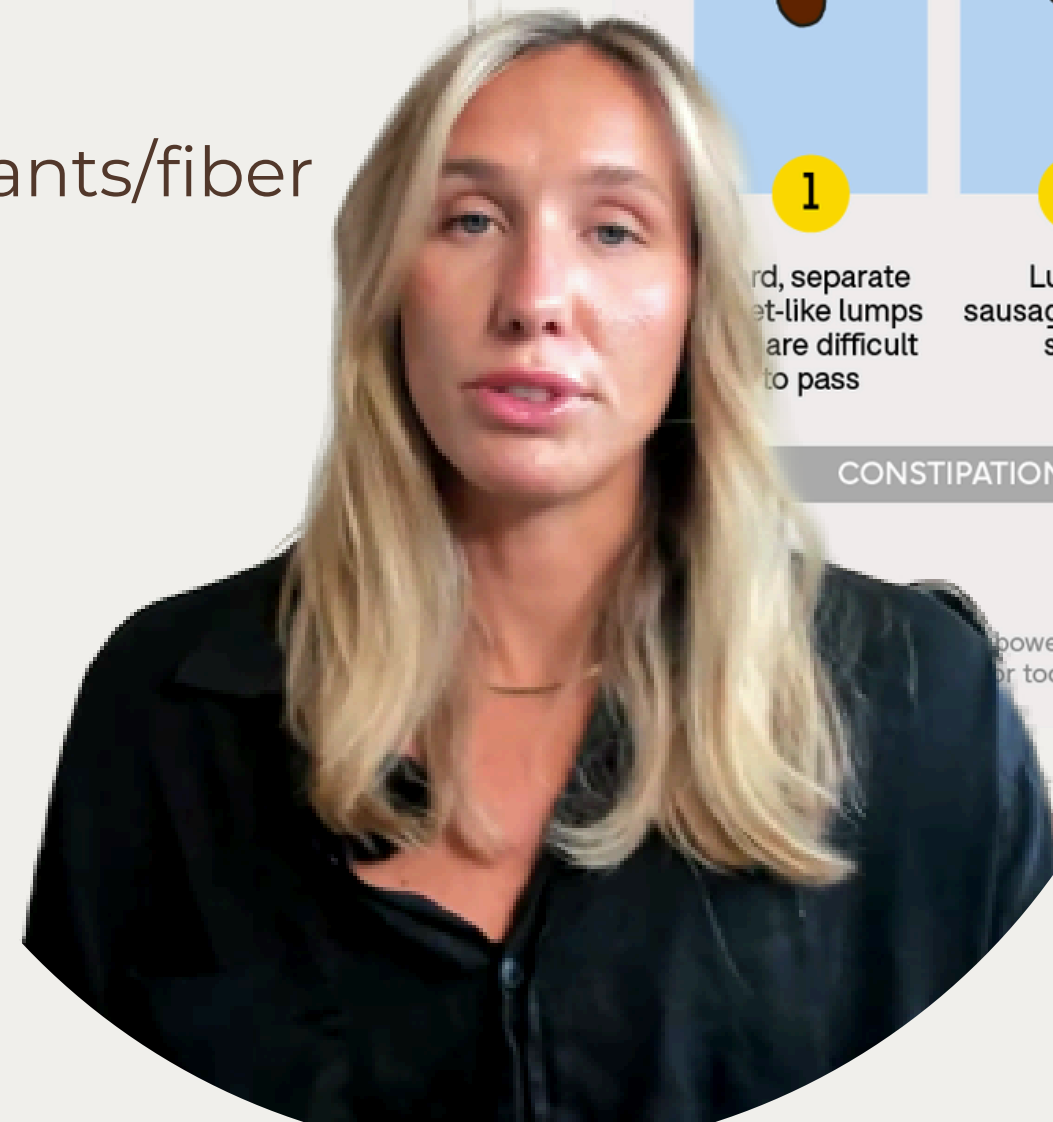
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different bowel habits. And stools can be different once in a while. If your stool is too hard or too loose on a regular basis, let your healthcare provider know.

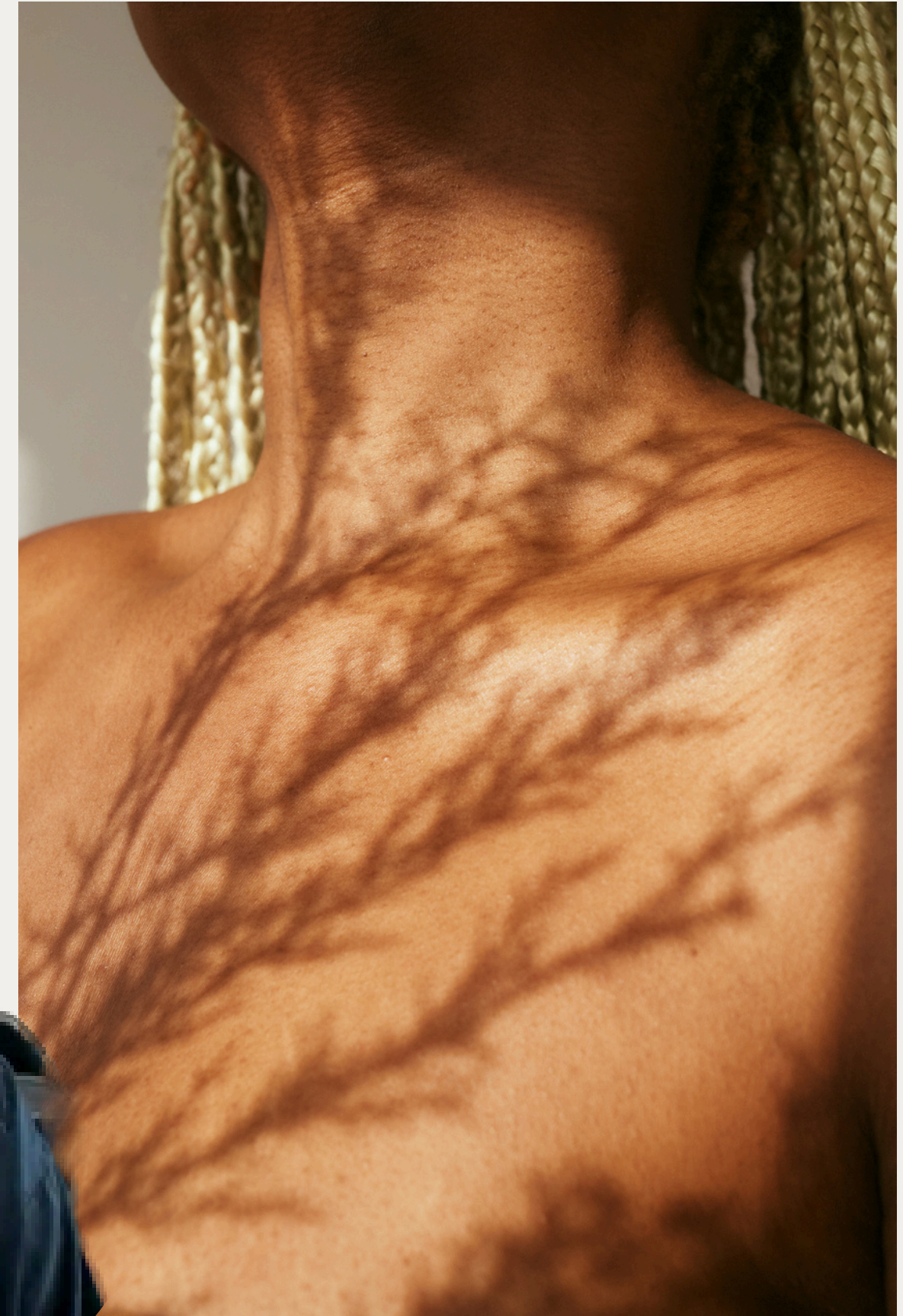
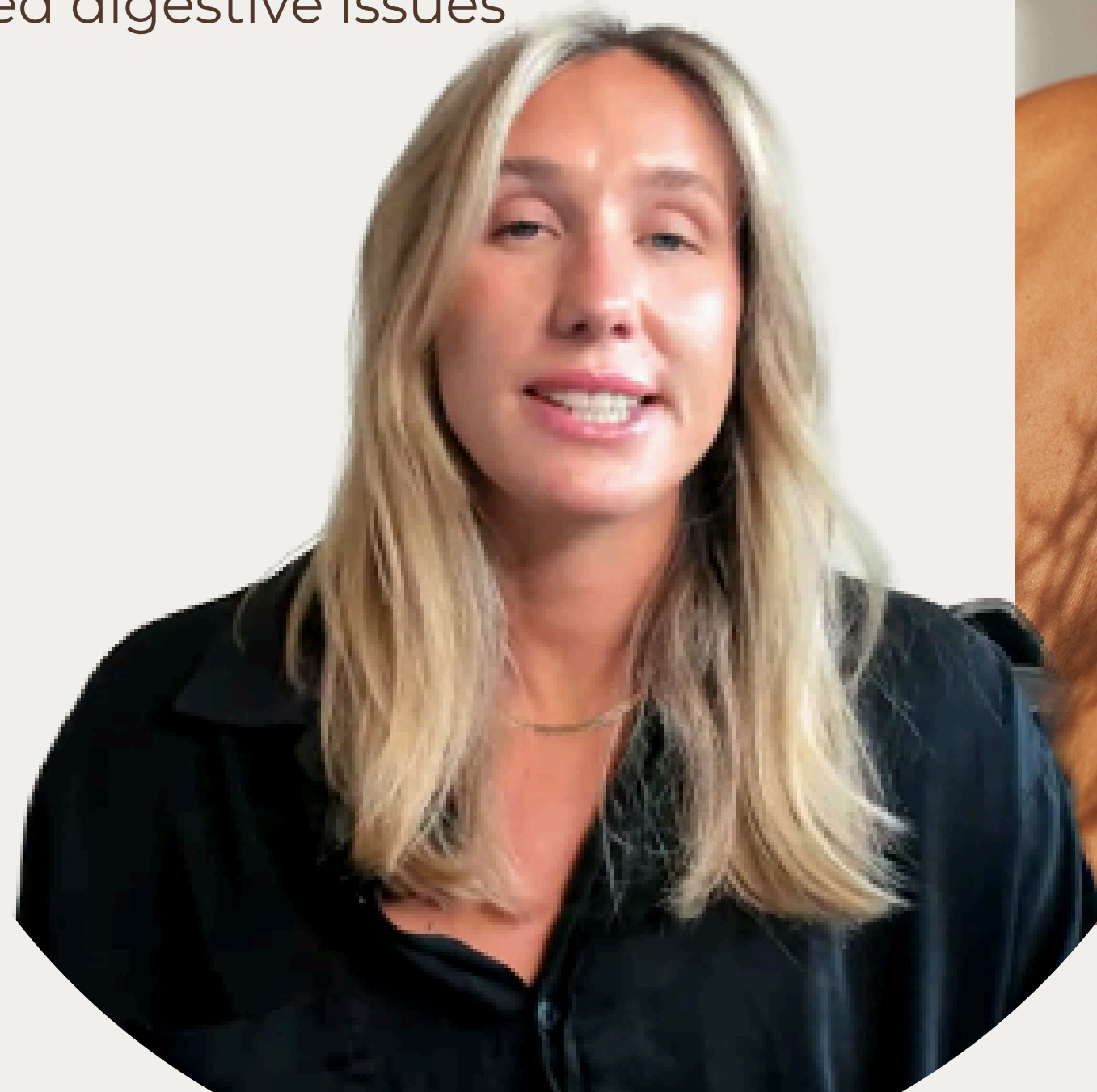
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# The Goal

- Healthy gut = calmer mind, balanced hormones, steady mood, fully emptying, reduced digestive issues



# Summary

- How your brain and gut communicate (via the vagus nerve)
- How a healthy gut creates a healthy brain
- How constipation relates to stress
- How to determine if you are constipated & what to do



# Homework

- **Do a food audit in your fridge/dry storage - do you have any foods that will support your gut health at home?**
- **Do consume it regularly?**
- **What are two things you could add into your diet in this upcoming week?**
- **Check your poop everyday for the next week. Make notes. What did you eat the day before? Use the Bristol Stool Chart to Compare.**

