



Monthly Newsletter

THE INTEGRATIVE APPROACH = PREVENTION + EMPOWERMENT

In this Newsletter:

The Gut-Brain Connection: “How Your Gut Microbiome Influences Anxiety, Depression & Overall Mental Wellness”, and “A Functional Medicine Approach to Gut Health”

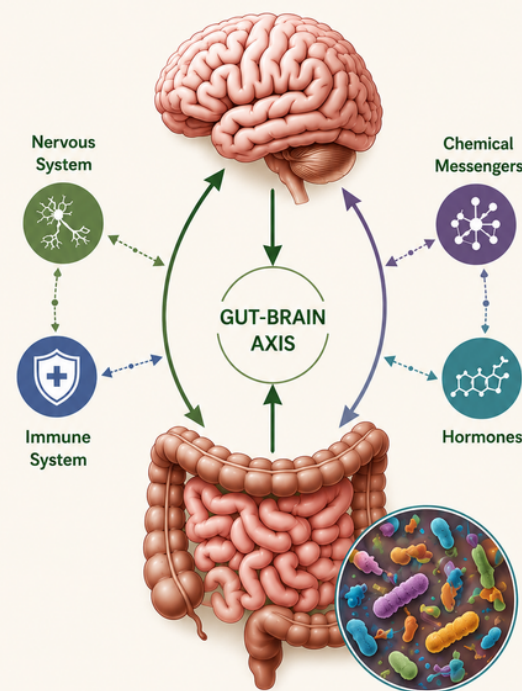
Exploring the Gut Microbiome's Influence on Anxiety and Depression

The Gut-Brain Axis: Your "Second Brain"

Have you ever experienced "butterflies" in your stomach before an important event or noticed digestive upset during times of stress? These experiences are not coincidental—they reflect the remarkable connection between your brain and your digestive system, known as the gut-brain axis.

The gut-brain axis is a sophisticated two-way communication network that connects the gastrointestinal tract with the brain through the nervous system, immune system, hormones, and chemical messengers produced by the trillions of microorganisms living within the digestive tract.

In fact, approximately 90% of the body's serotonin—a neurotransmitter commonly associated with mood, emotional well-being, and sleep—is produced in the gut. This powerful relationship means that the health of your digestive system can significantly influence how you think, feel, and function every day.



Understanding the Gut Microbiome

The gut microbiome consists of trillions of bacteria, fungi, viruses, and other microorganisms that live primarily in the large intestine. While the word “bacteria” often carries a negative connotation, many of these microbes are essential partners in maintaining health.



A balanced microbiome helps:

-  Digest and absorb nutrients
-  Produce vitamins and beneficial compounds
-  Strengthen the immune system
-  Protect against harmful bacteria
-  Regulate inflammation
-  Support hormone metabolism
-  Produce neurotransmitters involved in mood, memory, and cognition



When this delicate ecosystem becomes disrupted—a condition known as **dysbiosis**—it can contribute to inflammation, increased intestinal permeability (“leaky gut”), nutrient deficiencies, and altered neurotransmitter production, all of which may influence mental and emotional health.



A healthy gut supports a healthy mind, body, and life.

Your Gut Health Matters

See the Gut Health Questionnaire Below

The Connection Between Gut Health and Mental Health

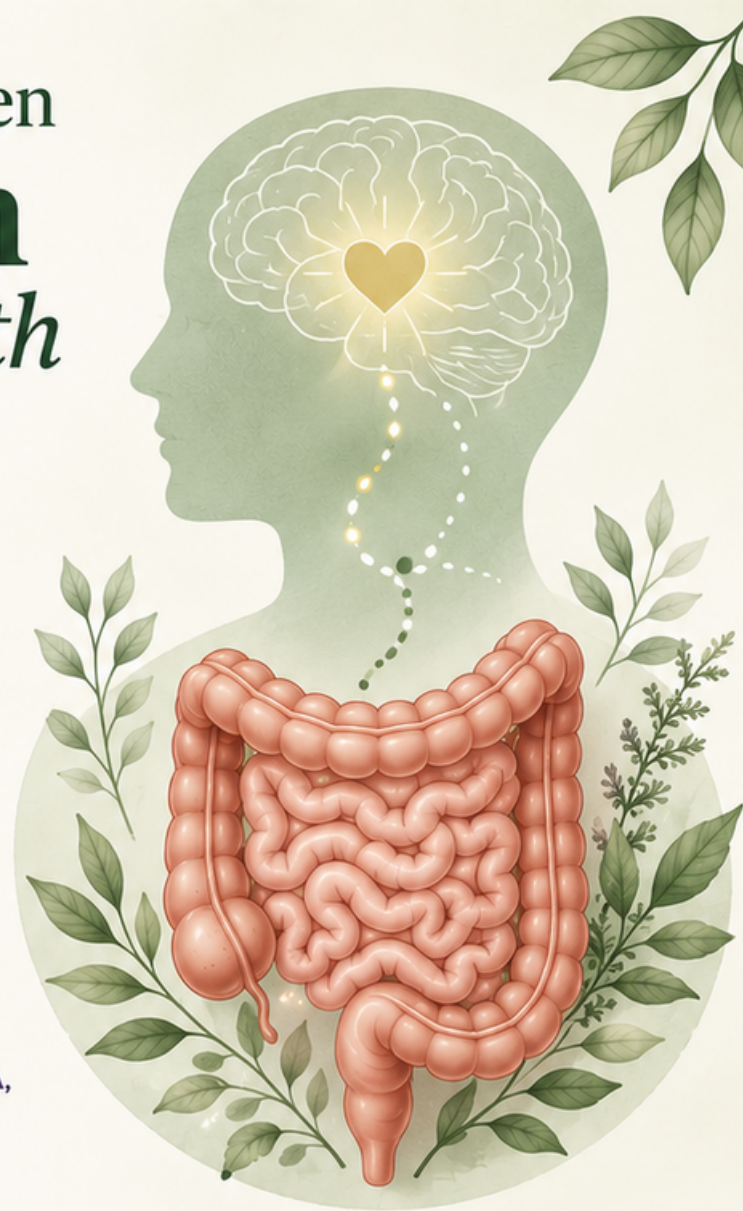


Emerging research continues to demonstrate that gut health plays a significant role in emotional wellness. Individuals experiencing anxiety, depression, chronic stress, or brain fog frequently have underlying digestive imbalances that may contribute to their symptoms.



Inflammation originating within the gut can trigger inflammatory chemicals that travel throughout the body, including the brain.

Likewise, an unhealthy microbiome may impair the production of **serotonin**, **GABA**, **dopamine**, and **other neurotransmitters** that help regulate mood, relaxation, motivation, and emotional resilience.



Digestive symptoms that may accompany microbiome imbalance include:



Bloating and excessive gas



Constipation or diarrhea



Food sensitivities



Acid reflux



Abdominal discomfort



Chronic fatigue



Brain fog



Difficulty concentrating



While gut dysfunction is rarely the only cause of anxiety or depression, **restoring digestive health can become an important piece of a comprehensive treatment strategy.**



For more information or to schedule a consultation, contact us today!

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A Functional Medicine Approach to Gut Health

Rather than simply managing symptoms, Functional Medicine seeks to identify and address the underlying causes contributing to digestive dysfunction and emotional imbalance.

A comprehensive evaluation may consider:



Diet and nutritional deficiencies



Food sensitivities



Chronic inflammation



Intestinal permeability (Leaky Gut)



Bacterial or yeast overgrowth



Parasites



Hormonal imbalances



Chronic stress



Environmental toxins and heavy metals



Genetic factors influencing detoxification, inflammation, and neurotransmitter function



Treatment is **individualized** because every patient's microbiome, genetics, lifestyle, and health history are unique. **Restoring balance** often involves **nutritional therapy**, **targeted supplementation**, **lifestyle modification**, **stress management**, and therapies that support healthy **cellular function** and **reduce inflammation** throughout the body.



Your Gut Health Matters

Your digestive system is home to trillions of microorganisms that influence digestion, immunity, hormone balance, inflammation, energy production, and even mood and cognitive function.

This questionnaire helps us identify possible imbalances that may be affecting your overall health.



✓ Please check all symptoms that apply to you.



SECTION 1 – DIGESTIVE SYMPTOMS

How often do you experience the following?

Symptom	Never	Occasionally	Frequently	Daily
Bloating	☐	☐	☐	☐
Excess gas	☐	☐	☐	☐
Constipation	☐	☐	☐	☐
Diarrhea	☐	☐	☐	☐
Alternating constipation/diarrhea	☐	☐	☐	☐
Abdominal pain	☐	☐	☐	☐
Acid reflux/Heartburn	☐	☐	☐	☐
Nausea	☐	☐	☐	☐
Belching	☐	☐	☐	☐
Feeling overly full after meals	☐	☐	☐	☐
Indigestion	☐	☐	☐	☐
Undigested food in stool	☐	☐	☐	☐



SECTION 2 – BOWEL HABITS

How many bowel movements do you typically have?

- ☐ Less than 3 per week
- ☐ Once daily
- ☐ 2–3 times daily
- ☐ More than 3 daily



Do you strain during bowel movements?

- ☐ Yes
- ☐ No

Do you frequently experience:

- ☐ Loose stools
- ☐ Hard stools
- ☐ Mucus in stool
- ☐ Floating stool
- ☐ Dark stool
- ☐ Blood in stool



SECTION 3 – FOOD REACTIONS

Do you notice symptoms after eating?

- ☐ Dairy
- ☐ Gluten
- ☐ Eggs
- ☐ Soy
- ☐ Corn
- ☐ Sugar
- ☐ Artificial sweeteners
- ☐ Alcohol
- ☐ Caffeine
- ☐ Processed foods
- ☐ High-fat meals
- ☐ None



Symptoms include:

- ☐ Bloating
- ☐ Brain fog
- ☐ Headaches
- ☐ Fatigue
- ☐ Skin rashes
- ☐ Joint pain
- ☐ Congestion
- ☐ Anxiety



SECTION 4 – GUT-BRAIN CONNECTION

How often do you experience:

Symptom	Never	Occasionally	Frequently	Daily
Anxiety	☐	☐	☐	☐
Depression	☐	☐	☐	☐
Brain fog	☐	☐	☐	☐
Difficulty concentrating	☐	☐	☐	☐
Memory problems	☐	☐	☐	☐
Mood swings	☐	☐	☐	☐
Fatigue	☐	☐	☐	☐
Poor sleep	☐	☐	☐	☐

