

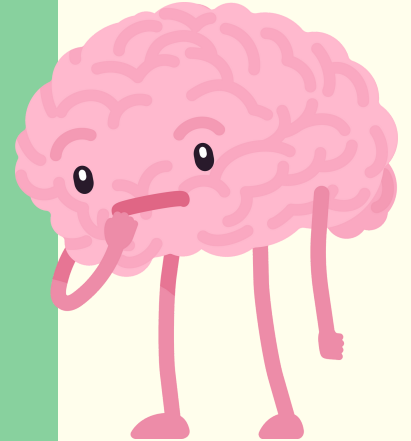


LET'S FIND OUT!

Is Your Gut Controlling Your Mood?

The Gut-Brain Connection

- Your gut bacteria produce 90% of serotonin!
- Gut imbalances can increase stress and anxiety.
- Gut bacteria produce short-chain fatty acids that support brain function.



Signs Your Gut Might Be Messing with Your Mood

- ☁ Bloating & digestive issues
- zz Poor sleep & low energy
- 😞 Increased anxiety or irritability
- 🧠 Brain fog & trouble focusing



How to Improve Gut & Mood Health

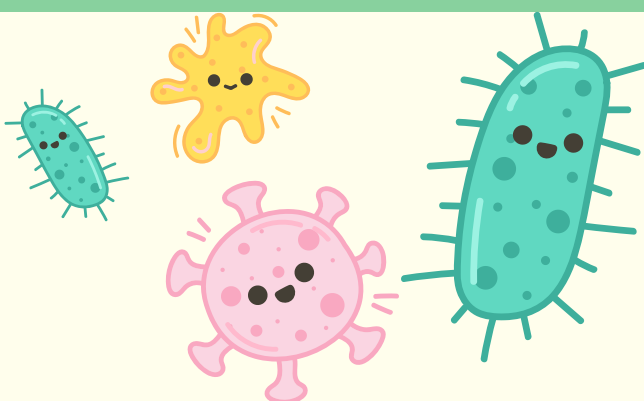
- Prebiotics (fiber-rich foods) + Probiotics (good bacteria)
- Stress Management (deep breathing, meditation)
- Exercise (diversifies gut bacteria)



Probiotics & Prebiotics: Your Gut's Power Duo

Probiotics – Balance gut, aid digestion, and boost serotonin. Found in yogurt, kimchi, kefir, miso, & tempeh.

Prebiotics – Feed good bacteria, support mood, & metabolism. Sources: green bananas, onions, garlic, grains, & apples.



A HEALTHY GUT FUELS A BETTER MOOD!

TALK TO A DIETITIAN FOR EXPERT GUIDANCE.