

Gut Brain Anxiety and Depression

Anxiety and depression can cause patients suffering to have a lower quality of life. It can make day-to-day tasks such as working, going to school, socializing, feeding ourselves, keeping up with basic hygiene, sleep, and more feel nearly impossible. It can leave us feeling isolated and, at times, even hopeless.

Anxiety and depression are present in 30-50% of chronic gastrointestinal patients. This high amount of patients suffering has led researchers to focus on the gut-brain axis and its role in these patients. In a recently conducted trial, the health of 83 patients suffering from GI symptoms, anxiety, and depression whom all used a probiotic product were studied over the course of 2 months. Researchers found that after 2 months of incorporating the probiotic product into the patients' routines, overall gut health improved, and a significant decrease in symptoms of anxiety and depression! However, patients still had not been able to fully rid themselves of their gastrointestinal symptoms.

This research points a crucial lens at the connection between the brain and the gut and how one impacts another. This connection happens via the vagus nerve, which is often impacted by subluxation. Chiropractic removes this subluxation so the nervous system, especially the vagus nerve, can work at 100% and improve the gut-brain connection. No wonder so many chiropractic patients experience changes in their anxiety, gut issues, and overall quality of life!

Dao, V. H., Hoang, L. B., Trinh, T. O., Tran, T. T., & Dao, V. L. (2021). Psychobiotics for Patients with Chronic Gastrointestinal Disorders Having Anxiety or Depression Symptoms. *Journal of Multidisciplinary Healthcare*, Volume 14, 1395–1402. <https://doi.org/10.2147/jmdh.s312316>



Research shows that anxiety and depression are present in about 50% of individuals with chronic gastrointestinal challenges, highlighting the importance of improving the function of the gut-brain connection via the Vagus nerve.



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