

How food can affect your mental health!

Did you know that our gut contains billions of good bacteria?

This is also sometimes referred to as your gut microbiome.

Good gut bacteria also need a healthy diet full of vegetables, fruit and wholegrains to do all the important jobs they have to do in our body.

One of the good gut bacteria's most important jobs is making the 'happy hormone', serotonin, which they send to our brain. If we are not eating a healthy diet, our good gut bacteria aren't healthy either, and they will make less of this feel-good hormone.

If your good gut bacteria are unhappy, it may lead to you feeling unhappy too!

Caring for your gut bacteria can contribute to your mental health, wellbeing and longevity because there's a second "brain" in your gut (the enteric nervous system – you may need to look this one up sometime!), and believe it or not, it is nearly just as important as your actual brain when it comes to producing the chemicals or "happy hormones" that make you happy and keep you healthy.

