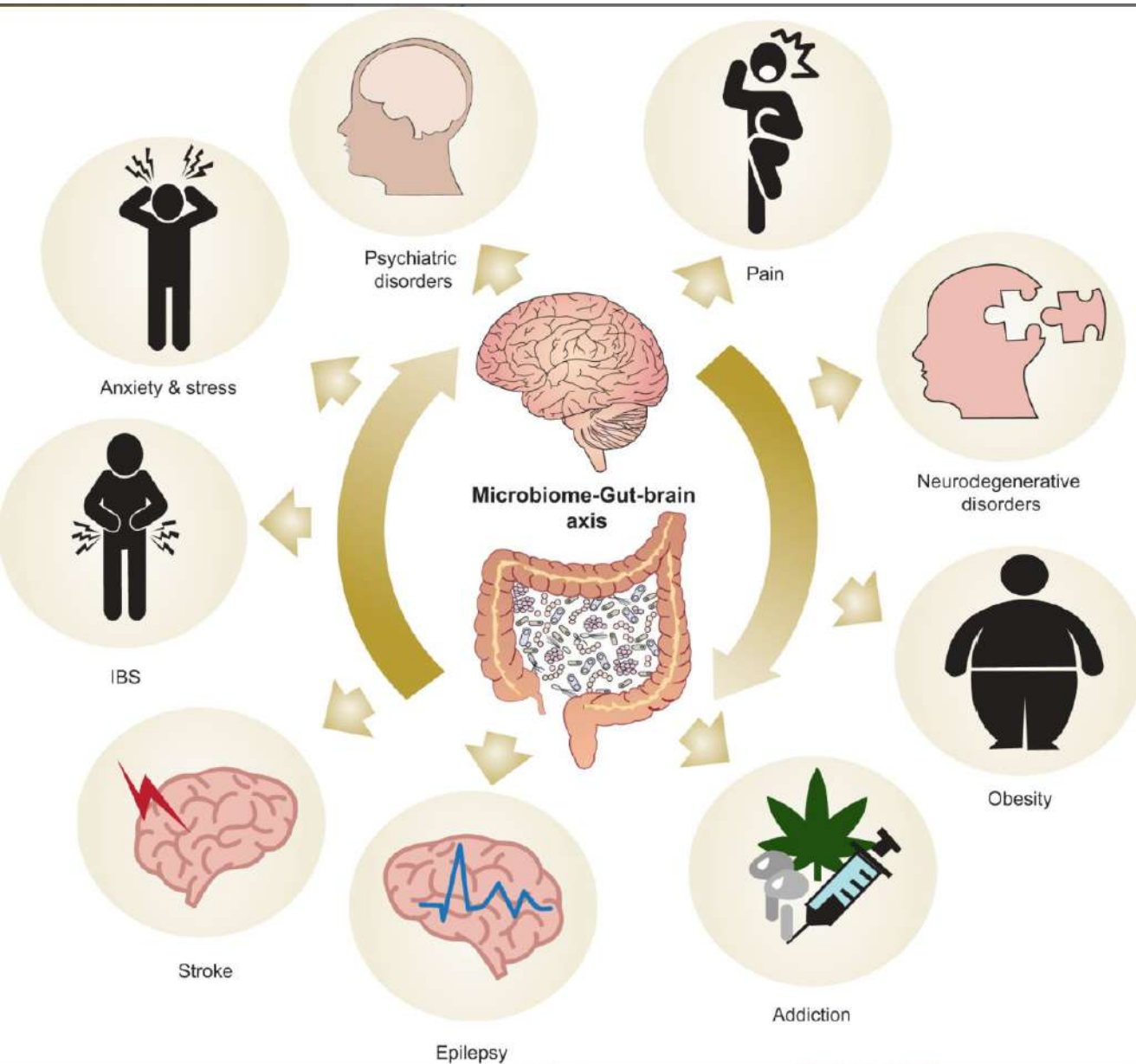




Zoey Fong Lai Guan 冯丽君 • You
Translating Complex Science into Strategic Im...
8mo •

Look Out For The Little Guy—in your gut!

If you had watched Ant-Man, you would remember the Quantum realm, the tiny world where all sorts of tiny aliens lived.

As wild as it sounds, you have your own real-life microscopic universe inside you, too!

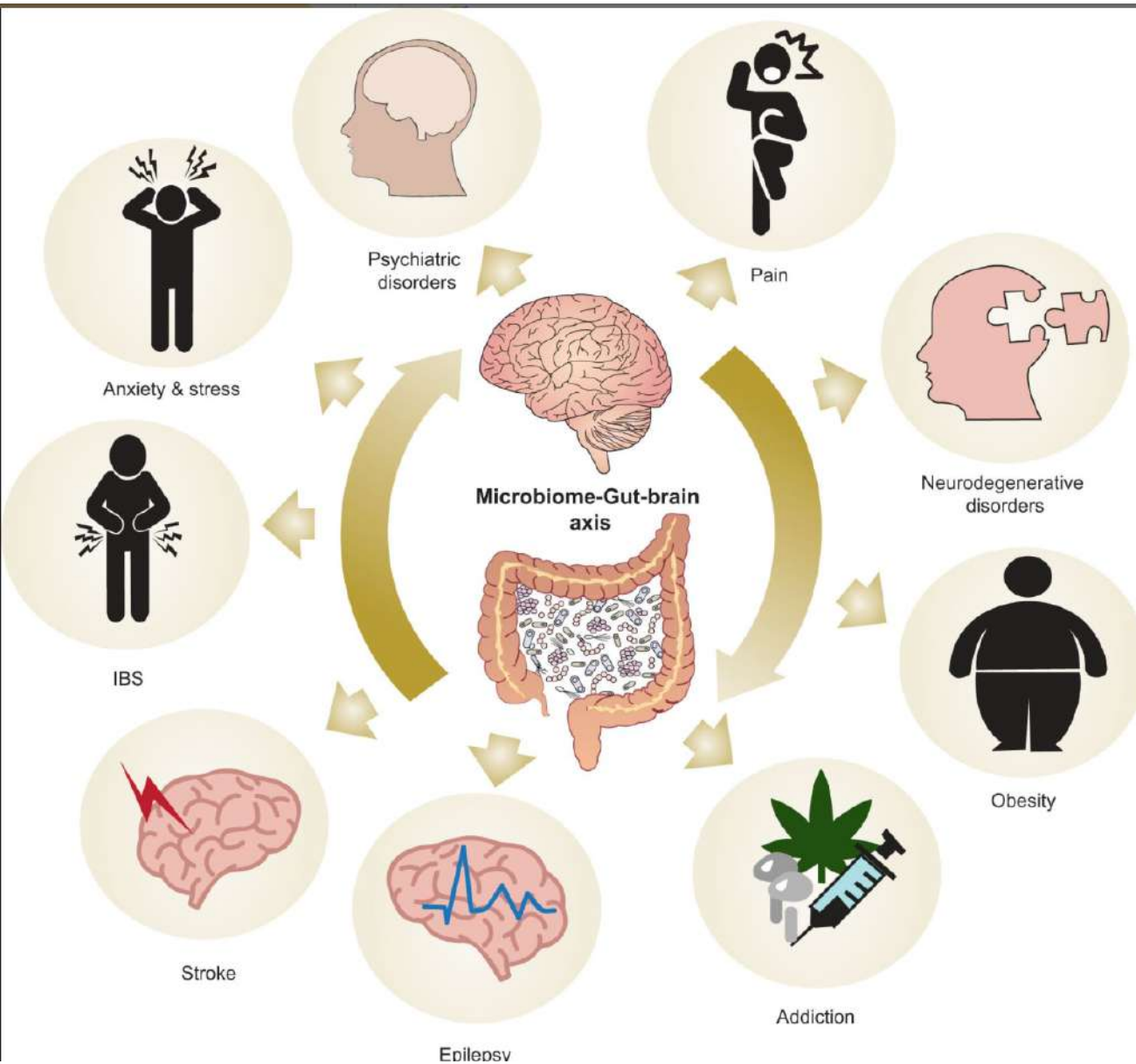
Your gut is home to trillions of microbes—tiny, invisible allies (and sometimes foes) that don't just digest food... they control your brain.

Your Gut: The "Second Brain" You Didn't Know You Had

Science now shows that your gut microbiome doesn't just influence digestion— they shapes your mood, memory, and mental health too.

Here's how:

The Neurotransmitter Production Plant:
Certain Gut bacteria also play a role in the production of key brain chemicals, such as serotonin and dopamine, which regulate mood and cognition.



Zoey Fong Lai Guan 冯丽君 • You
Translating Complex Science into Strategic Im...
8mo •



Here's how:

✅ **The Neurotransmitter Production Plant:**
Certain Gut bacteria also play a role in the production of key brain chemicals, such as serotonin and dopamine, which regulate mood and cognition.

✅ **Inflammation** – A leaky or imbalanced gut fuels chronic inflammation, which has been linked to depression, anxiety, and even neurodegenerative diseases.

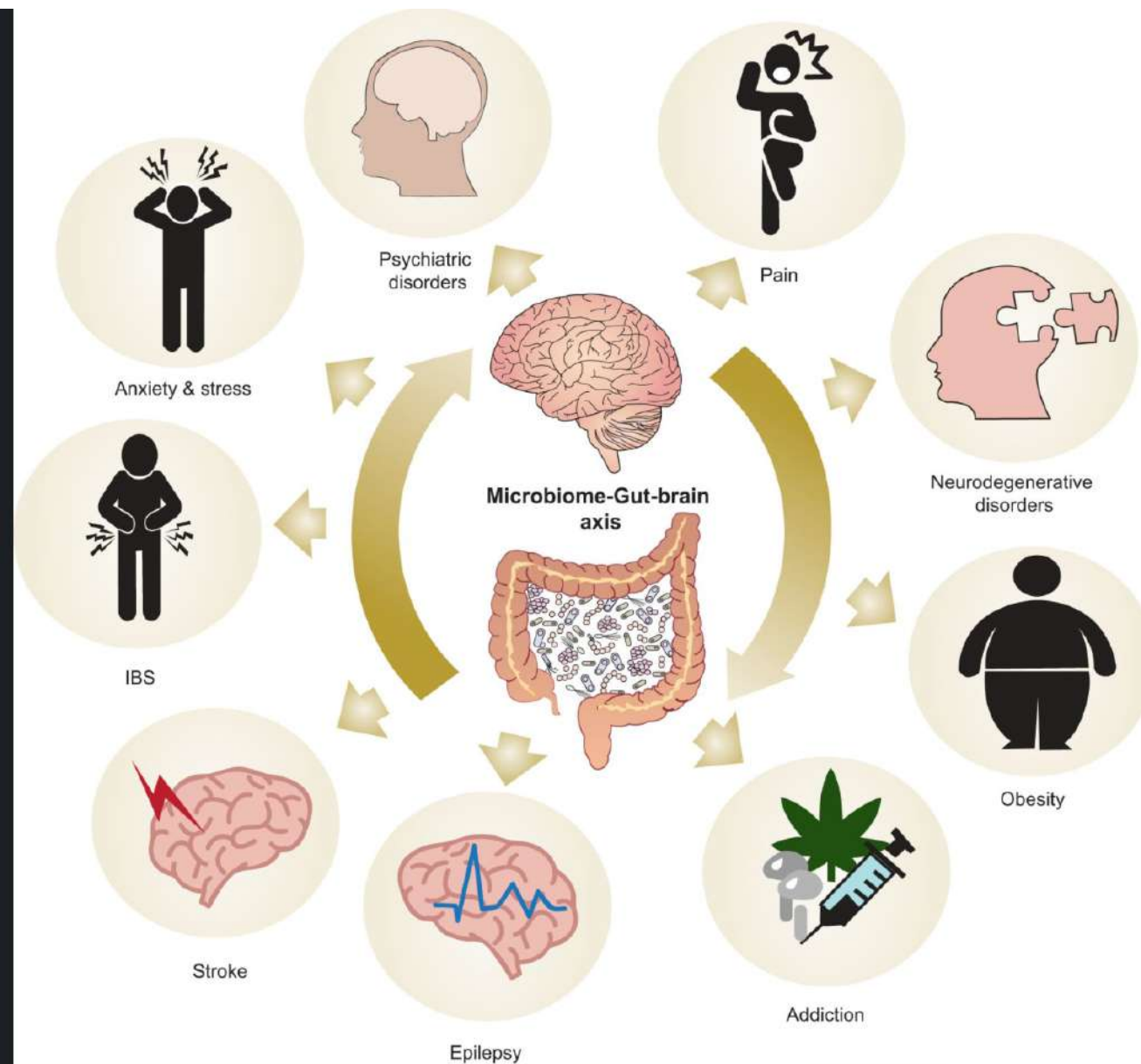
✅ **The Gut-Brain Connections** – The Vagus Nerve acts like a "superhighway" between your gut and brain, sending signals that affect stress responses and emotional regulation.

How to Be a Good Host to Your Microbial Allies

Think of your gut as a thriving ecosystem—diversity = resilience, balance = harmony.

Here's how to keep it balanced:

Eat the rainbow – Fiber-rich plants, fermented foods (kimchi, yogurt), and prebiotics (garlic, onions) feed and



Zoey Fong Lai Guan 冯丽君 • You
Translating Complex Science into Strategic Im...
8mo •



Here's how to keep it balanced:

🌈 **Eat the rainbow** – Fiber-rich plants, fermented foods (kimchi, yogurt), and prebiotics (garlic, onions) feed and support the growth of good bacteria.

❌ **Avoid Junk food** – Junk food can mess up your gut and disrupt gut microbiome balance

💊 **Smart supplements** – Prebiotics and Probiotics (e.g., Lactobacillus, Bifidobacterium) can help (choose only scientifically-proven strain)

😴 **Sleep & stress control** – Poor sleep and chronic stress can wreck gut balance.

🏃 **Move your body** – Exercise can boost microbial diversity (even a 30-minute walk helps!).

🔥 **The Bottom Line?**

Your gut isn't just processing food—it's processing your emotions, focus, and long-term brain health.