**Week 2 - Email**

**Subject:** Your gut is talking to your brain – here’s how

Hi all,

Welcome to Good Gut Month at [Your Company’s Name]! Did you know your gut and brain are in constant communication? This connection explains why we get "butterflies" when nervous or feel digestive discomfort during stress. Each week, we’ll share tips and ideas to help you learn and boost your gut health.

**The gut-brain connection:**

* Your vagus nerve is a key nerve running from your brain through your neck to your gut, connecting them directly
* 90% of communication flows from your gut to your brain, not the other way!
* A balanced microbiome in your gut leads to improvements in cognition, brain function, and emotional well-being

**3 foods to boost mental health through your gut:**

1. **Probiotics** like yogurt, sauerkraut, kefir, and kimchi add good, healthy bacteria to your gut
2. **Prebiotic foods** like garlic, onions, bananas, and oats feed those good bacteria
3. **Polyphenol-rich foods** like dark berries, green tea, and dark chocolate are favorites of your gut buddies

**Challenge of the week:** Try adding one fermented food to your diet each day this week. Keep track of how it makes you feel—both physically and mentally. [**Try some easy, gut-friendly recipes**](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fe.unimed.co.nz%2Fat%2Ftep28960q80n9516350m362431464i1550079h590384g3f1d1c203991558a4t9s4z&data=05%7C02%7Ckatarina.johnson%40unimed.co.nz%7Ca13ddc64a3bd490d351608dd890720e2%7C28a5fa365a544701836f44da4ad2b1a3%7C0%7C0%7C638817385935302177%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Aifc7pT1ZScdxrijm2D0vhDWoJxch%2BhL4KcoX3O0VUo%3D&reserved=0) from The Gut Foundation.

Wishing you a balanced gut and mind!

[Your Signature]