



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

## Natural Health News



### Headlines

- + Natural Help For Depression and Anxiety
- + New Dental Health Discovery
- + Reversing Wrinkles With Collagen



## Natural Health News

**“A wellness professional can help you with your health, and they can recommend products that are safe and effective.”**

Whether you are scrolling through social media or hearing a news story on television, wellness and natural health are making headlines. Let's take a look at some recent headlines, for a wellness update.

An article in the *American Heart Association News* is titled, “How bacteria in your gut interact with the mind and body.” Evidence is mounting that the microbes in our intestines interact with our minds and hearts in significant ways. Gut bacteria have been linked to depression, anxiety, and the regions of the brain that process emotions. These regions share brain circuitry that affects cardiovascular issues such as blood pressure.

Dr. Bruce Stevens perceives humans and gut bacteria as

one interactive “meta-organism” a single ecology of human cells plus bacteria cells. The idea that guts and minds are linked goes back centuries, but recently, after thousands of published articles, understanding of the links has grown immensely. The number of bacteria in your gut is vast – 50 trillion or so, which equals about one for every human cell in our bodies. Those bacteria interact with the brain and other organs in 3 ways. First, the gut and brain communicate by molecules carried in the blood, and microbes influence those chemical messages. Next, microbes interact with the gut's special nervous system called the enteric nervous system. Finally, the immune system of the gut wall and the body's other immune components

respond to gut microbes, affecting the brain and organs.

For example, you've heard of serotonin and dopamine, neurotransmitter molecules that steer mood and behavior circuits. Most of the body's serotonin comes from the gut wall. Gut bacteria also use these molecules to signal to the gut's nervous system and its direct link to the brain. Summed up: Your gut, your brain, and your immune system interact. The triangulation for those things control much of your other physiology, whether it's blood pressure, metabolism, or mood.

You may have heard your clinician say, “We need to fix the gut.” You can see why this is absolutely true. This article

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.  
If you're not getting our Wellness Minute videos each week, sign up at the front desk.

from the American Heart Association is good science. Your clinician is correct... gut microbes are at the epicenter of your health.

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A new study comparing Cannabinoids versus Commercial Oral Care was published with the National Center for Biotechnology Information. The study compared which was more effective at reducing dental plaque. Dental plaque is a complex biofilm that gets formed on the teeth and acts as a reservoir for different microbes. Dental plaque is the root cause for dental problems, diseases including cavities, bad breath, bleeding gums, tooth decay, and tooth loss.

Sixty adults aged 18 to 45 years were categorized into 6 groups. Dental plaques of the adults were collected to compare cannabinoids with commercial toothpaste. The results: by evaluating the colony count of dental bacteria isolated from 6 groups, it was found that cannabinoids were more effective in reducing the bacterial colony count in dental plaques as compared to well-established oral care products.

Surprised? The benefits of cannabinoids keep mounting. Powerful cannabinoids are found in pure hemp oil. For products, talk to your clinician and give it a try.

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An article in *US News* is titled, "Can Collagen Reverse Aging?" You may have noticed, collagen is now popping up in a wide range of packaged foods and beverages. This sought

after ingredient has become one of the fastest growing categories of functional foods. Collagen goes to work in our body in many powerful ways. Collagen is the body's most abundant protein and acts as a building block for bones, tendons, ligaments, skin, hair, and nails.

Collagen comes from the Greek word "glue" because that's essentially what it does. It forms our connective tissue and works like a glue that holds everything together. It's true, as we age, our bodies naturally start reducing collagen production. A German study found that women aged 35-55 experienced significant improvement in skin elasticity. A study published in the journal, *Clinical Interventions in Aging*, found that women who supplemented collagen for 60 days experienced a noticeable reduction in skin dryness and wrinkles and significant increases in skin firmness after 12 weeks compared to those who took a placebo.

The author of the article recommends you choose a high quality collagen product and check labels for the source of collagen. If you see "plant based collagen" beware, as there's actually no collagen in those products. Collagen supplementation is safe, and with a great product, collagen can be the "glue" that helps hold everything together. The author adds, keep moisturizing, but you might want to try collagen.

Your wellness professional can help you get on track with gut health, and they can recommend products that are safe and effective, so you won't waste money on products that don't work. Contact your clinician about wellness strategies and products... because wellness is not just in the news... It's here for YOU.