

GOOD HEALTH STARTS IN THE GUT

- A majority of your immune system resides in the gut (nearly 70%!).
- More neurotransmitters are produced in the gut than in the brain. In fact, more than 80% of your body's serotonin is made in the gut.
- The gut is your “second brain,” and can affect how you feel physically and emotionally.
- Your gut is responsible for breaking down and dispersing vital nutrients and minerals from the food you eat.
- There are ten times more microorganisms in your gut than cells in your entire body.