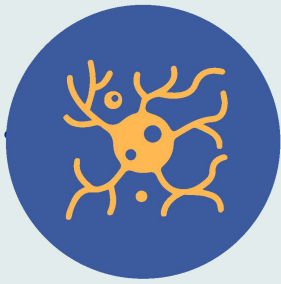
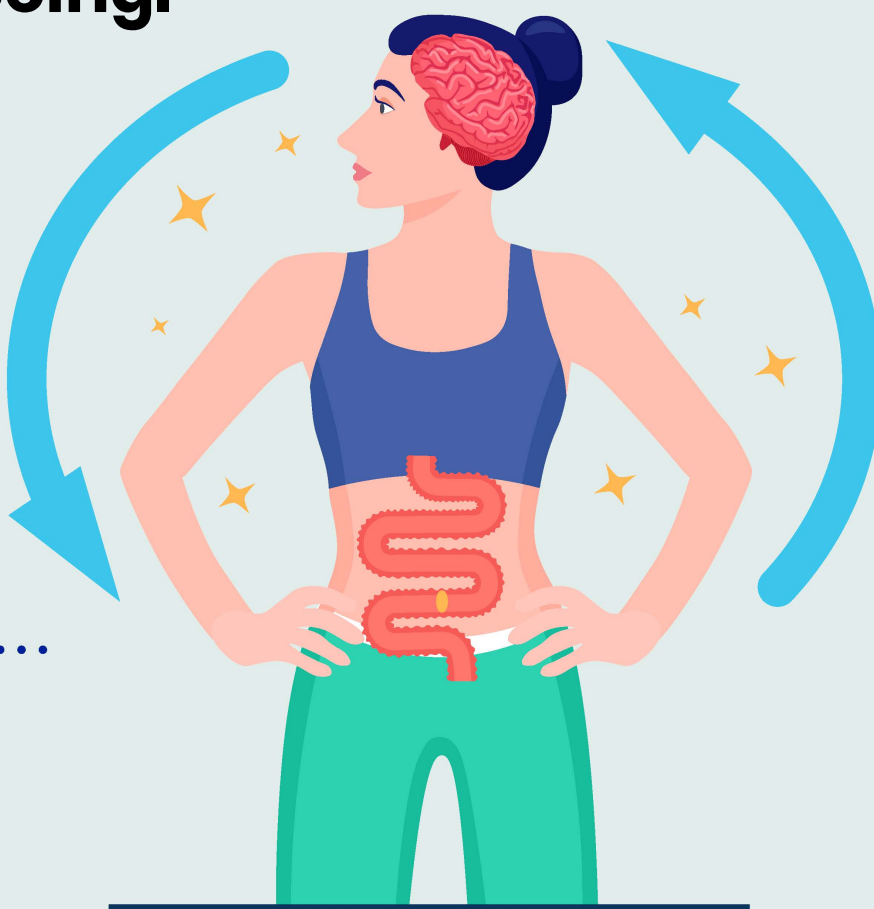




Diet and Gut Health

The gut, often referred to as the "second brain," plays a crucial role in mental well-being.



The gut houses a complex network of neurons and neurotransmitters that communicate with the brain.



Approximately **90%** of the body's serotonin, a neurotransmitter crucial for mood regulation, is produced in the gut

To enhance brain health, try eating balanced meals, limiting processed foods, practising mindful eating, including probiotics and fermented foods, staying hydrated, and embracing moderation.



Dietary considerations vary at different life stages. Focus on nutrient-dense foods that support cognitive development.



Maintaining a diet rich in anti-inflammatory foods like turmeric and green tea can help support cognitive function in retirement.