

# Trust Your Gut Feeling

Ever noticed how your gut seems to have a mind of its own? Those “butterflies” before a test or that uneasy “ugh” feeling when something feels off? That’s not just coincidence. Your gut and brain are actually chatting all the time. This teamwork is called the Gut-Brain Axis – think of it like a two-way texting system between your gut and your brain.

So how do they talk to each other? They use a built-in communication system in your body in three main ways. First, through fast nerve signals, where the Vagus nerve acts like a direct cable sending quick updates like “I’m hungry”, “I’m stressed” or “all good here!”. Second, through chemical messages, where your gut helps influence brain chemicals that affect how you feel like calm, stress or happiness. Third, through tiny living helpers called the gut microbiome, which are trillions of bacteria in your gut that help digest food and also send signals that can influence your mood.

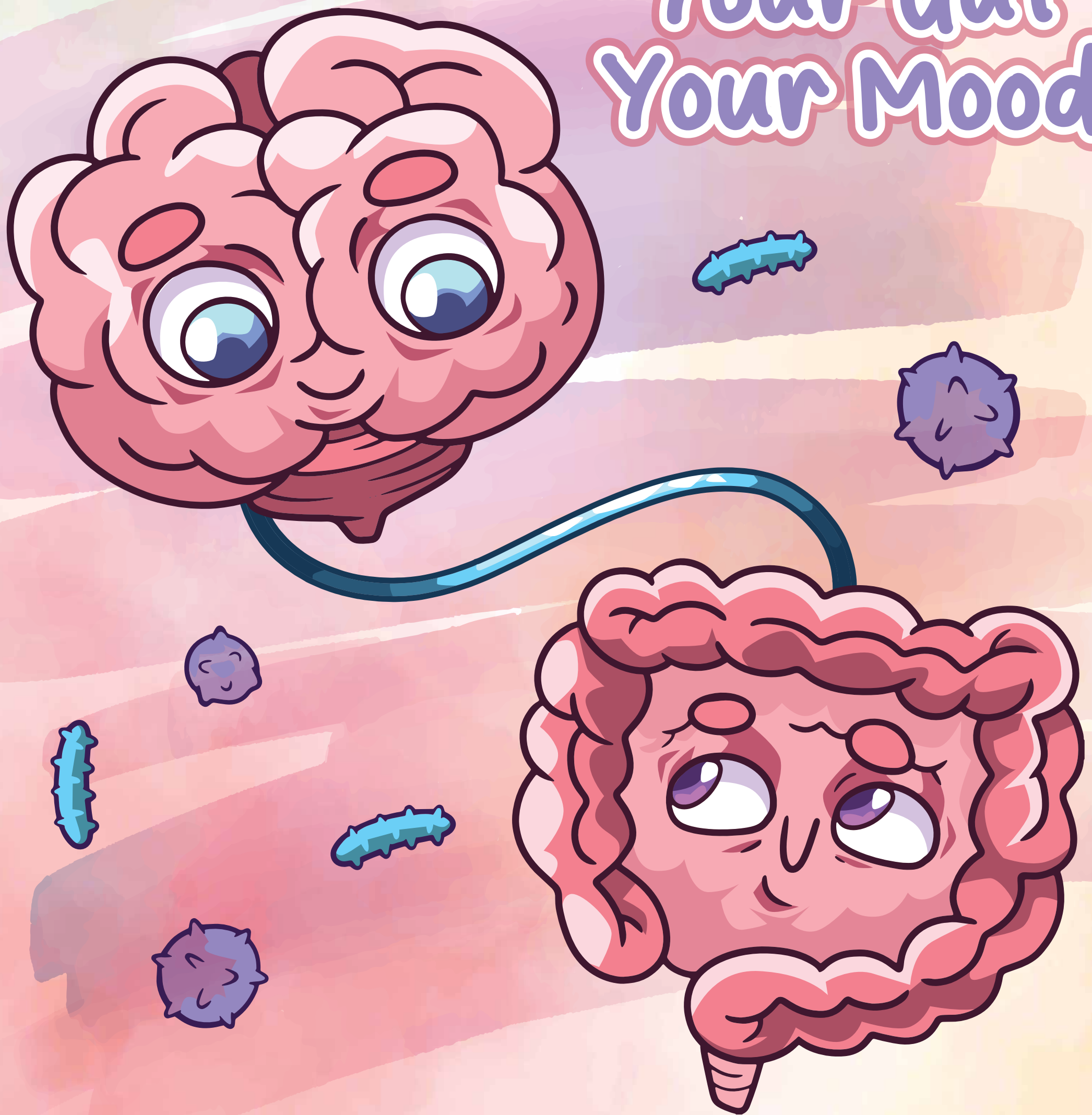
The gut and brain don’t just “talk” for fun. They work together to control many important functions in your body. This gut-brain connection is responsible to make you feel hungry and full, so you know when to eat and when to stop. It also keeps your digestion moving smoothly, allowing food to be properly broken down and absorbed. This connection also supports the cognitive function and protect your body from harmful microbes, keeping both your gut and brain healthier overall.

In fact, your gut is sensitive to a wide range of emotions, from happiness to stress and discomfort. That’s why you might feel butterflies when you’re excited, feel nauseous before an interview, or even “trust your gut” when making decisions. The gut plays a key role in mood by helping produce and regulate chemicals like serotonin, which are linked to happiness and emotional balance.

But sometimes, things get disrupted. Gut inflammation happens when lining of your digestive tracts get irritated by infection, stress, unhealthy foods or certain health conditions. When this happens, it can affect how you feel in different ways. It can trigger immune cells that send “distress signals” to the brain which then influence your mood and emotional balance. Furthermore, it can disrupt the production of mood-related chemicals. In addition, inflammation can disturb the balance of good and bad bacteria in your gut microbiome and interfere with nerve signals through the vagus nerve, which may further affect your mood and feelings.

What happens inside your body is all connected, especially the gut and brain working together to influence not only digestion but also how you think and feel. When your gut is healthy and balanced, it supports better mood, emotional stability, and overall well-being. However, when this balance is disrupted, it can affect both your body and mind. So the next time you say “trust your gut”, remember – it’s not just a feeling. It’s your body’s way of helping you understand what’s going on inside and around you.

## Your Gut Your Mood



#### Reference:

Appleton J. The Gut-Brain Axis: Influence of Microbiota on Mood and Mental Health. Integr Med (Encinitas). 2018 Aug;17(4):28-32. PMID: 31043907; PMCID: PMC6469458.

Naidoo, U., MD. (2018). Gut feelings: How food affects your mood. Harvard Health. <https://www.health.harvard.edu/blog/gut-feelings-how-food-affects-your-mood-2018120715548>

Salamon, M. (2026). How the gut-brain connection influences mood. Harvard Health. <https://www.health.harvard.edu/digestive-health/how-the-gut-brain-connection-influences-mood>