

# **You're Twice As Smart Than You THINK**

(And why ten times crazier when you don't feel well)

Dear Friend,

Have you ever been so embarrassed that your armpits rained sweat, your throat constricted, and your belly ached so bad you walked with a stoop?

What if this was because you were caught farting (and not the silent slipped out kind either) that bold roar, heard and smelled in the small clothing boutique next to the change room?

What if this was the only boutique you knew carried the only brand of lingerie you desperately wanted in the whole town?

If this was ever your experience, our sympathies, because we know that gas, bloating, dizziness and pain are the cause of the food you just ate.

Your gut doesn't care if it's in a posh boutique waiting in line to try on a fancy garment. Oh you know, the delicate piece other women would try and buy if you hadn't literally crapped your pants.

Is this too gross?

It's the truth and it's the truth for a lot of people especially in their mid to

later years.

Do you ever notice that after a certain meal or snack you either feel perky or you drag yourself around for hours later? Or that your brain feels sharper or maybe you couldn't think your way out of a conversation with a 3-year-old?

We wondered too; so we did the research.

And here's what we found. Medical science is currently finding and proving without a doubt, you indeed have two brains.

## **The Little-known Connection Between Your Gut and Your Brain.**

There is vast amounts of statistics proving the general public is overweight, attracting diseases, experiencing wealth and ultimately, health traumas. You read them. They're on social media, in newspapers, magazines, and on television. We're being bombarded.

Even though diets, exercises, medications and studies are being conducted and clinically tested to help relieve the conditions, a large portion of the general public continues to get sick.

Why is that?

Studies are done on mice and rats to dig deeper into the cell structure of the body and the mind in order to determine what and why this is happening. At times it's just all too overwhelming. Why couldn't the good health solution be simple?

The simplicity is this. Your brain is wired to support your gut and your gut is wired to send signals back to your brain about the choice of meal.

Your gut sends back a signal of approval or disgust when your head brain doesn't cooperate in the choice of food best for your body.

Studies have established that the condition of your gut influences your mental capacity and ultimately your mental health.

## **You have two brains, the intelligence in your head and the second brain, in your gut.**

According to researchers, both brains began forming at birth.

The cluster of tissue separates and evolves into the central nervous system (brain) and into the enteric nervous system (gut).

The Vagus Nerve connects and communicates between the two.

Sounds like it should be easy to stay mentally and physically healthy if the two brains work together right?

## **All you need to do?**

Eat right.

Let's face it, we're told this over and over and over and either it's not being told the right way, or it's not being received the right way.

You could stack the books and journals that tell you what to eat to the moon and back. Who has time to dig through all the information, which by the way, all seem to say something different?

Here's the trouble with going from expert to expert...

From blog to blog...

From the health pro to health pro promising you the moon and the stars and every celestial object in between about how to lose weight, stay healthier and live longer.

Most time the tips don't work.

You still feel heavy, dizzy, lethargic, depressed, achy and hungry for junk

food.

We've been doing our own research and the findings are astounding.

And this book, *Fix Your Gut; Fix Your Brain, Secrets for Vibrant Health* explains why people get diseases and what they can do about moving into a healthier direction.

*Fix Your Gut, Fix Your Brain* is the perfect resource for discovering the brain gut connection and this connection is gaining momentum in medical circles as the basis for better health.

If you've been reading our reports and articles, you've been introduced to the first steps on how to deal personally with the changes in your body and mind.

Now comes our more specific and detailed version of how the connection and communications between the brain and the gut is the key to wellness.

*Fix Your Gut, Fix Your Brain* is essentially all about how the microorganisms in your gut communicate through the nervous system to and from your brain about what is happening in your body.

It's about how the food you decide to eat, under circumstances of stress or relaxed, in a mental state of appreciation or doubt, influence your other

brain, your gut, and as a result how the gut processes the nutrients.

## **Be forewarned, this book is controversial.**

Some of the studies and details will make you wonder if this information is bullocks or real.

You may be convinced certain foods are better for you and others are toxic and find discrepancies with both.

You may wonder if your social, economic and environmental conditions affect your health as much as the amount and types of food you eat.

Even if you've been reading about well-being, nutrition and alternative health for years, one thing is for certain: there is an excellent chance you can use what we've researched about nutrition, your Vagus gut reactions, serotonin, flora, energetic signals to your brain and so much more to give yourself a huge advantage to live your life healthier and feel better.