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### ***The brain and heart connection***

***The Gut-Brain Connection*** Duke University researcher Diego Bohorquez and colleagues have identified the neural circuitry that connects the **gut** with the ...

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***Food for thought: How your belly controls your brain | Ruairi Robertson | TEDxFulbrightSantaMonica*** "Have you ever had a gut feeling or butterflies in your stomach? Has hunger

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***Gut Health - Ben Warren's top 10 tips for a healthy gut.***

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Leading Clinical Nutritionist Ben Warren was invited to the Les Mills International's office to present his Top 10 Tips on **Gut** Health ...

### ***Head or Heart, which one to listen to? - Sadhguru***

Sadhguru shares his wisdom on how to make decisions when our heart seems to say one thing and the head seems to say another ...

***Why Your Gut Is Your Second Brain | Emeran Mayer on Health Theory*** Emeran Mayer, gastroenterologist and author of The Mind-**Gut** Connection, joins Tom to discuss how our diet impacts our **gut**, and ...

***Gut bacteria and mind control: to fix your brain, fix your gut!*** Prof. Simon Carding, Leader of the **Gut** Health and Food Safety Research Programme, Institute of Food Research and

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***Mantak Chia: Techniques to Activate The Second Brain***

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► If you struggle and have a hard time ...

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