

## Connection between gut health and anxiety

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### Abstract

Anxiety is a fear or worry about something happening in the future, such as perceived to be stressful, dangerous, or unfamiliar situations. The experience of anxiety is very similar to the experience of fear; however, the main difference is that anxiety occurs in the absence of real danger. Every day we have increasing numbers of children and adults suffering with mental health issues like anxiety and depression. Without early identification and treatment, some forms of anxiety disorders could end up causing a lifetime of suffering.

Our way of life has changed dramatically in last 100 years, due to technological advancements and food production that offered many convoluted options to be able to address our increasingly busy lifestyle. Our life became busier and more stressful, sedentary and removed from nature, increased exposure to the screens, health-depleting toxins from the air, processed foods and household cleaning products. The cumulative stress of modern living takes a toll on our health, and especially on our digestive tracts.

Common complaints like fatigue, constipation, eczema, aches and pains, are directly linked to gut dysfunction. When the gut is not functioning properly, the activities of the other systems are compromised and the whole body is at risk. That's because the digestive, immune, nervous, and endocrine systems all communicate and interact with one another.

Research has already provided us with proof that there is gut-brain connection and that the gut is also known as your second brain, affecting everything from fatigue, depression, anxiety, weight gain, autoimmunity, chronic disease, skin conditions. It is not surprising that a gut-brain axis dysfunction can trigger anxiety.

### Biography

Marijana Jovanovic is registered and qualified Naturopath, Medical Herbalist and Nutritionist with a science background in Industrial Chemistry and Environmental Science. She holds Masters in Environmental Science from Auckland University, Bachelor of Naturopathic and Herbal Medicine, and Diploma in Nutrition from Wellpark College. She is founder of Change Naturopathy based in Auckland New Zealand. She uses her work and life experiences, education and most importantly, her passion to truly make a difference in lives. She is currently seeing clients one to one at her home clinic or online. Her mission is to share and inspire how to use healing power of nature for balancing your physical, emotional, and spiritual health! She can help you feel your best by identifying root cause of your health issue, while educating how to achieve balanced lifestyle, restore health, and find the vitality. She is focusing on the wellbeing of children and families, particularly anxiety management.



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