

Inflammation of the Gut? Inflammation in the Brain

Have you heard of the gut-brain axis. The gut-brain axis refers to the connection between the gut and the brain; convenient to remember right? When either the gut or the brain becomes inflamed, it lets the other organ know by sending inflammation through the body. This can be a real problem in the brain as it does not have a system in place to deal with rampant inflammation, leading to permeability in the brain. The main network that connects the brain to the gut is the Vagus nerve. Over time, this continuous back and forth can lead to some real damage. This has been observed in studies where traumatic brain injury is induced in animals and in only a few hours they have developed intestinal permeability.

Here are a few symptoms you could have when dealing with a degradation of the Vagus nerve and gut-brain axis:

- Brain fog
- Long-term motility issues
- Lack of gag reflex
- Forgetful

For anyone with suspected intestinal permeability, the normal protocol for leaky gut is the first step. That is six capsules of [IPS](#) in the morning on an empty stomach along with KappArest at two capsules, three times each day to stop the inflammatory cascade in the glial cells of the brain. Continue this for up to three months, just to make sure you stop the inflammation from spreading.

This is only one part of the battle; then you have to work on the Vagus nerve. You accomplish this with some daily exercises. Much like a bodybuilder, we have to do some reps to get the results we need. I recommend performing the following exercises as part of your daily routine:

- Gargle water to the point of tears
- Sing loudly
- Use a tongue depressor to stimulate a gag reflex

The Vagus nerve is an acetylcholine-based pathway, so giving it a combination of huperzine and galantamine is the way to go. A product called Cognitive Enhancer does have an excellent complex including huperzine and 1-3 capsules each day should do the trick.

There is a lot that is still unknown about this condition, but one issue is perfectly clear; a failure to identify degradation in the gut-brain axis will result in a failure to help your symptoms. Please contact us with any questions or feedback.

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