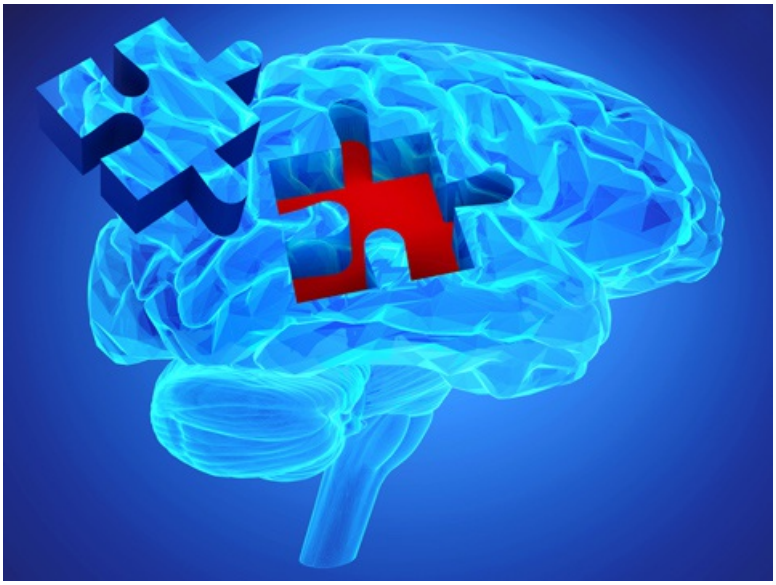
SURPRISING WAYS PROBIOTICS CAN HELP YOUR BRAIN WORK BETTER 3



Probiotic bacteria, the same bacteria that live in our guts and keep them healthy, have recently been shown in research to impact our mental health. For the average person dealing with anxiety and stress, recent studies show that eating probiotics regularly might help us cope. Researchers boosted probiotic levels in the guts of human patients and found that it made them worry less about negative things, and focus more on the positive. In a supporting rodent study, consuming *Lactobacillus rhamnosus* was associated with a reduction in anxiety-related hormones and a decrease in activity in the part of the hippocampus associated with anxiety. Probiotics might also have an effect on depression. .Researchers have found that people with depression are more likely to have high amounts of specific bacterial strains in their guts

researchers have also begun to examine how children's diets affect attention-deficit/hyperactive disorder (ADHD), and how their developing .digestive systems impact their developing brains

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