



**“The Brain Wellness Club”**  
Neurociencia del Bienestar

# THE GUT BRAIN AXIS: HOW GUT MICROBES MODULATE COGNITION AND MENTAL HEALTH. Conferencia divulgativa



Lunes, 18 marzo 2024



Aula de grados, Facultad de Psicología (US)



18:30 h - 19:30 h



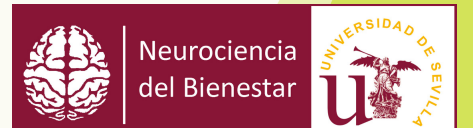
**DRA. JAVIERA OYARZUN**

Psychology Department. Harvard University. EE.UU..

**Description:** The idea of brain-gut connection has long been recognized. From Hippocrates' famous declaration that “all diseases originate in the gut”, to contemporary idioms such as “trust your gut”, and “feeling butterflies in your stomach”, it seems evident that the gut is somehow connected to cognition and feelings. Today, we don't only know that they are anatomically connected but are also functionally intertwined. More interestingly, evidence emerging from various fields of study underscore the pivotal role of the gut-residing microbes in the gut-brain communication and the preservation of cognitive and mental health. Excitingly, the plasticity of the gut microbiota composition opens up exciting potential for innovative therapeutic interventions.



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**Organiza:** Grupo de investigación Neurociencia del Bienestar (CTS-1129)  
**Colabora:** Universidad de Sevilla. Vicerrectorado de investigación