



Studio News

THE GUT BRAIN CONNECTION PART 1

Written by Yvette Lavender

Have you ever really thought about what's happening and where it's happening when you experience feelings of excitement, happiness, butterflies, falling in love, depression, stress, and anxiety?

You might be surprised to learn that the highs and lows of life are driven by chemicals (neurotransmitters) in the gut, as well as the brain.

The gut is a second brain

Gut bacteria are tiny living microorganisms which produce hundreds of (neuro) chemicals involved in our mood. 90% of serotonin our "feel good" chemical is produced in the gut along with dopamine which gives us a natural high and the neurotransmitter, GABA which help to keep us calm and chilled out. The herb Valerian (*Valeriana officinalis*) helps extend the life of GABA in the brain. Certain bacteria also produce stress hormones such as adrenaline (fight or flight) hormone.

TOP TIPS TO BOOST YOUR MOOD :

- Take omega 3 fatty acids (Fish, plant oils, nuts, and seeds)
- Eat prebiotic foods (Garlic, onions, bananas, asparagus, artichoke, leeks, green veg, good quality dark chocolate!)
- Drink plenty of water for increased oxygen and nutrient delivery to the brain
- Exercise

WHAT'S IN THIS MONTH'S ISSUE:

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Upcoming Events



PILATES IN THE PARK

16th & 30th July, 8:45am

We are offering an exclusive opportunity to practice mat Pilates in the stunning location of Hatfield House Park. The class will consist of a 20 minute walk to the river, a 1 hour mat Pilates class under the tree shade, followed by a 20 minute walk back to the studio.

This class is suitable for all levels

CIRCUIT TRAINING

Starting 23th July

Circuit training is one of the most effective ways to burn calories and build overall body strength.

A fun, sociable environment with a different set up every week – think body weight exercises, games, balls, ropes and light weights.

All abilities welcome. Come and workout and feel good whilst becoming the best version of you.

FREE OF CHARGE TASTER CLASS.



FOR MORE VISIT: www.theoak-house.co.uk