



Microbiome and the Brain: A Conversation with Dr. Robynne Chutkan

BrainFutures is proud to be partnering with the [**Aspen Brain Lab**](#), where [**Dr. Robynne Chutkan**](#), integrative gastroenterologist and the bestselling author of three books: *Gutbliss*, *The Microbiome Solution* and *The Bloat Cure*, will participate in a special Gut/Brain Connection panel discussion on July 12.

To be healthy, our bodies require a well-balanced community of bacteria, viruses, and fungi that live on and inside our bodies. This “microbiome” is comprised of over 100 trillion microbes, plus their genes.

Why we do need these microbes? The answer is counterintuitive: Lack of exposure to bacteria and

parasites early in life and antibiotic use increase a person’s susceptibility to disease by suppressing the natural development of the immune system, allowing pathogenic bacteria to proliferate and destroy the integrity of intestinal lining while killing off good bacteria.

To learn more about the microbiome and its relationship with brain health, the BrainFutures team spoke with Dr. Chutkan at her Digestive Center for Wellness in Washington, D.C. **Find out how you can change your microbiome—and thereby improve your brain health.**

[Read More](#)

7th Annual
ASPENBRAINLAB

Friday July 12, 2019

Featuring a Special Panel About the Gut/Brain Connection



Dr. Robynne Chutkan
*The Microbial Mind:
Understanding the
Gut/Brain Axis*



Dr. Momo Vuysich
*Microbiome:
The Next Frontier
in Brain Health*



Dr. Vincent Pedre
*The Most Complex
Ecosystem on the Planet
Dictates Your Health*

Purchase Tickets Now:

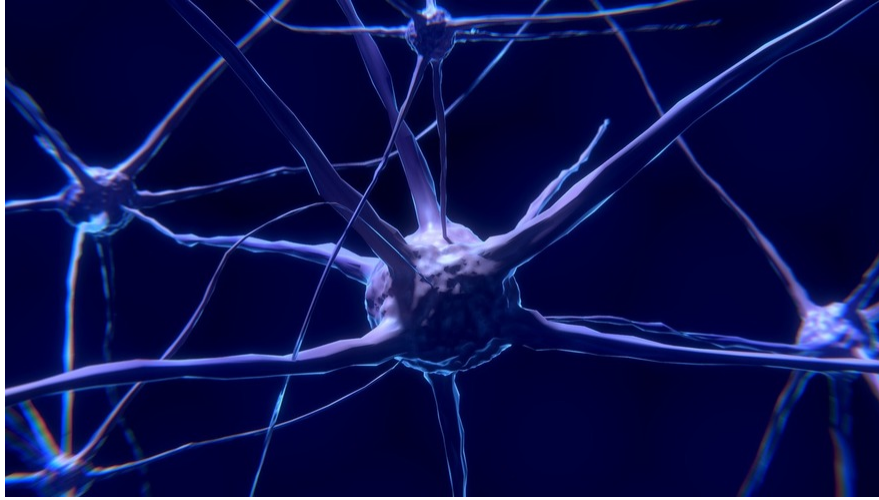
aspenshowtix.com
aspenshowtix.com



FDA Issues Draft Guidance Regarding Brain-Computer Interfaces (BCI)

The U.S. Food and Drug Administration (FDA) recently released draft guidance to help spur development of Brain-Computer Interfaces (BCI) devices for patients with paralysis or amputation. **Find out what their recommendations include.**

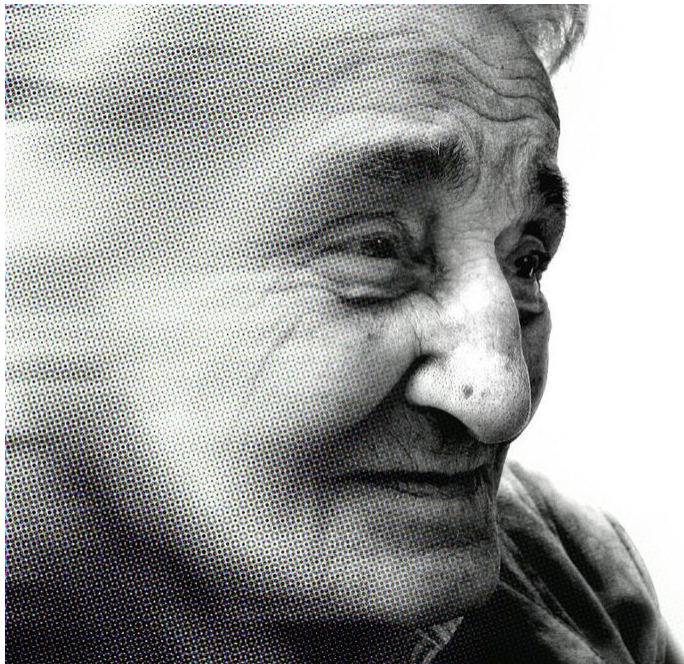
[Read More](#)



'When neurons are out of shape, antidepressants may not work'

Salk Institute researchers may be a step closer to understanding why 30% of patients with major depressive disorder (MDD) do not respond to selective serotonin reuptake inhibitors (SSRIs). **Learn what their studies revealed.**

[Read More](#)



How Light and Sound Therapy May Reverse Signs of Alzheimer's

Given that the burden of Alzheimer's disease and related dementias (ADRD) in the U.S. is expected to double by 2060, many scientists are trying to find ways to reverse key contributors of Alzheimer's in the brain. **Find out what treatments MIT researchers are exploring.**

[Read More](#)

Mission

BrainFutures accelerates adoption of effective applications of brain science advances to maximize human potential.

Vision

Science-based brain health practices will be widely accessible to people of all ages, enabling improvements in learning, enhancement of cognitive performance, prevention of debilitating brain conditions and effective treatment of mental health and substance use conditions.



Share this email:



[Manage](#) your preferences | [Opt out](#) using **TrueRemove**®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

BrainFutures 1301 York Road, Suite 505
Lutherville, MD | 21093 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.