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mikkelson12 **GUT HEALTH**

Hippocrates, the father of modern medicine once proclaimed "All disease begins in the gut". Though there is research now that shows not ALL disease begins in the gut, A LOT of diseases do, and your gut is at the core of good physical and mental health.

Want to hear something surprising?!? Did you know that 90% of serotonin is made in the GUT?!? This neurotransmitter is sometimes called the "happy hormone". It regulates mood as well as sleep, mood, and anxiety, things that many of us are struggling with right now.



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I do A LOT of different things to make sure that I am looking after my gut, because I know the impact it has on my health, both physical and mental. One of those things is taking a probiotic. And let's be serious, not all supplements are created equal. Walking into a drug store and picking out a "good" probiotic doesn't cut it for me. I trust my [@USANAInc](#) probiotic and know that in taking it, I am getting a quality supplement that will support my gut health, and in turn, my overall health.

Do you take a probiotic? A reminder on this [#selfcaresunday](#) to take a close look at the quality of your supplements. We owe it to our health!



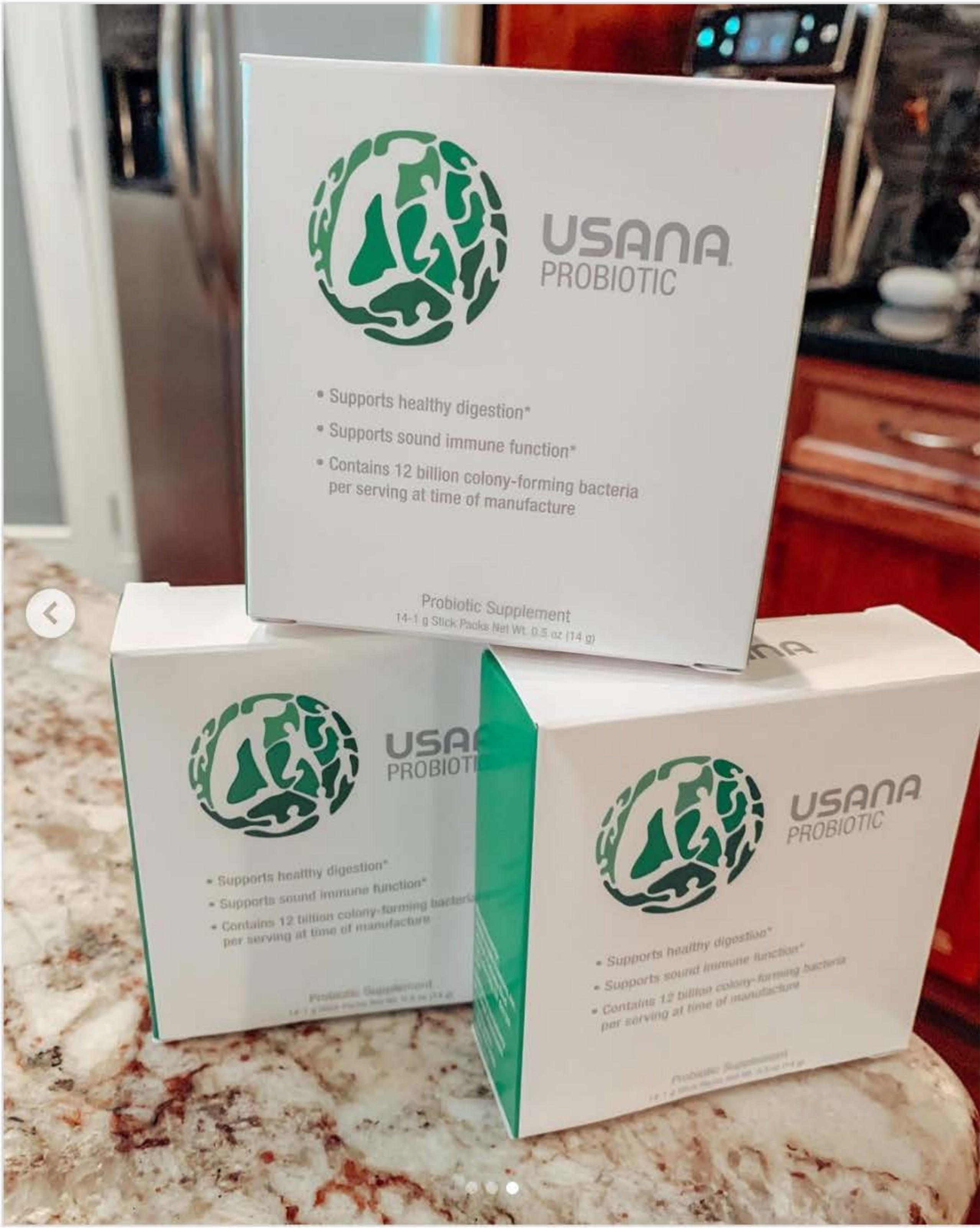
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