



# Rooting Out Gut Disease:

Stress-Relieving Practices  
for a Healthier Digestive System

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*In exploring the gut-brain connection and the impact of stress on gut health, we've uncovered the intricate link between our physical and emotional well-being.*

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In our fast-paced world, we often overlook the profound connection between physical, nutritional, and emotional well-being. As spiritualists, we have embraced this concept of mind-body wellness, a holistic approach that allows us to dive deeper into this connection. When all three of these aspects of well-being are in balance, healing transcends mere recovery; it awakens the body's innate intelligence from within and beyond. In this intricate dance of life, these 3 elements shape our overall health and vitality, and nowhere is this more evident than in the delicate balance of our gut health.

## 1. THE GUT RECEPTOR

Our gut, often referred to as our "second brain," plays a vital role in our overall health. Our gut gets the term "second brain" because it has more nerves than our brain and spine! This speaks loudly to the amount of reception we have at our gut center. Nerves receive information, that is their main job. Our stomach is in fact, the underbelly of sensitivity. For example, we

recognize a dog rolling over as an act of vulnerability: showing off the sensitive areas: a show of loyalty and submission. Our gut is the receptive and sensitive area, emotionally and physically, whereas we pick up cues from our environment such as emotional wavelengths all the way to the nutritious building blocks of our food we physically ingest.

The nerves of the gut serve as a gatekeeper to the entrance of our body, determining what can become a part of our future body and what must be expelled. You will get a new body every 7 years if the gut is playing its vital role. This is a big job that the stomach must direct and coordinate. When all is well, our stomach effectively filters out negative emotions, toxins, pathogens, and harmful chemicals. However, when living in fear, in the form of chronic stress, the gut's ability to protect us is compromised.

It is important to acknowledge that fear and stress are normal parts of life. However, when we fail to maintain physical, nutritional, and/or emotional balance within



ourselves, we become ungrounded, leading us into a constant state of hypervigilance. There is a difference between constant stress and having regular stressors. In a constant stressed state, our stomach loses its ability to differentiate what it should filter out: whether it is a negative energy or a harmful toxin.

The fear response, triggered by stressors, increases the pH level in our stomach, which will lead to a “leaky gut.” In this state, anything we ingest, even those foods with harmful substances like glyphosate or pathogens, can enter our body without our awareness. Our gut, typically a discerning guardian, can lose its ability to filter out the toxins, as the stress response leaves it overwhelmed.

We must recognize the profound job the stomach has: to modulate our mood, and to sift through the physical contents of food to become our future body. We now know that most of our nerves live in our stomach, and 90% of those nerves go to the brain from the gut, while 10% of those nerves go to the gut from the brain. This shows us that most of our nerves were designed to receive information in the gut: whether it be the physical elements of our food to heal the body, or emotional vibrations for us to grow through emotionally and spiritually.

The stomach is the organ of the solar plexus chakra. The solar plexus chakra holds the ego. The ego keeps its identity by being in relation to another, discerning one-self and giving us individual power. Being able to tap into that solar energy in the stomach will allow us to discern the intentions of other people. Our stomach can become the guiding light for us to follow, allowing us to safely navigate earth. Whenever we feel unsafe, our stomach feels like “knots,” and the brain gets a signal that we should remove ourselves from the situation. This also occurs on a very subtle level in which you can learn to tap into on a much *deeper* level if you maintain balance in your gut flora by eating organic and colorfully.

While in a deeper emotional healing process, we should not take on extra responsibilities at this time. This is because the nerves of our stomach are processing negative emotions and relaying information to our brains on an unconscious level. This is our living wisdom that resides in our bodies. The nerves in our gut, with the ability to discern, are currently focused on healing during an emotional time. We are breaking down the emotions in our gut and relaying this information throughout our body (just like the stomach does to food). These nerves have no extra resources to filter out or to effectively recognize external energy during this deep healing time. This is why an emotional healing process can be halted and disturbed from finishing if we allow stressful energies into our environment. Having a good balance within our bodies and in our relationships helps us to defend ourselves from energetic attacks and to speed up healing times, whether it is physical or emotional.

When we find an emotional balance over time, we will have the ability to transcend spiritually and able to alchemize emotions through our body, filtering out negativity from the aura with a congruence of breath and body awareness.

You are co-mingling with spirit to create your life-on-earth with these helpful hints from the emotional cues in your body. A healthy and balanced stomach can discern truth from nontruth, love from fear, and good intentions and bad intentions. We are indeed able to “listen to your gut.” Try this exercise and listen intently with deep awareness and reverse to the body: Do you ask your stomach what it thinks about a person? What it thinks about your pets? What it thinks about your next meal? Herein holds the power of utmost health and physical healing.



## 2. RECOGNIZING THE SIGNS OF STRESS ON YOUR GUT

Understanding the impact of stress on your gut is crucial, but some telltale signs of stress-related gut issues include consistent mood swings like anxiety and depression, a weakened immune response, gastrointestinal problems such as gas, bloating, stomach distension, nausea, and irregular shape & frequency of bowel movements. Gut stress also affects your intuition, energy levels, and cognitive clarity, often manifesting as brain fog.

## 3. STRESS-RELIEVING PRACTICES FOR A VIBRANT GUT

For a healthier digestive system and overall well-being, consider prioritizing these stress-relieving practices to break free, create space, expand awareness:

- **Spend Time Alone:** Explore what spirit means to you, find out who you are with no-one else looking, and discover what boundaries you hold in relation to your soul's core values.
- **Create Something Daily:** Harness your creativity through art, writing, or other forms of expression to channel emotions and stress into something positive.
- **Embrace Physical Activity:** Incorporate regular exercise into your routine to alleviate stress, gain body awareness, and promote gut health.
- **Set Goals:** Challenge yourself with meditation, fitness journeys, or clean eating regimens to aid in the healing process.
- **Eat a Rainbow:** Ensuring a diverse diet is essential for optimal gut health. Explore new foods each week by visiting your local grocery store and trying something you haven't experienced before. This diversity supports the

intricate processes of the stomach. Curious about your gut health? Take a step further by monitoring it with a cutting-edge functional stool test. Learn more about understanding your gut microbiome here: <https://www.karma-chiropractic.com/microbiome>

- **Clear Your Subconscious Mind:** Regularly seek assistance from an energy healer to clear your subconscious mind, and to embrace a broader perspective.

In exploring the gut-brain connection and the impact of stress on gut health, we've uncovered the intricate link between our physical and emotional well-being. Chronic stress disrupts this balance, affecting digestion, mood, immunity, and intuition. Embracing stress-relief practices empowers us to restore harmony in our physical body, nutritional chemistry, and emotional well-being. This wisdom guides us to a vibrant gut and a life characterized by harmony and vitality, enabling us to tap into our spiritual gifts and alchemize our reality. Remember, addressing stress, whether conscious or unconscious, can prevent illness on both physical and spiritual levels, reinforcing the profound connection between stress, holistic wellness, and self-discovery. 🌀

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