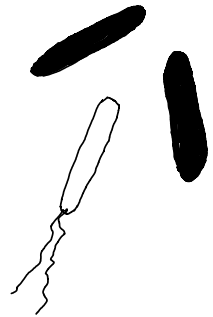


GUT



BRAIN

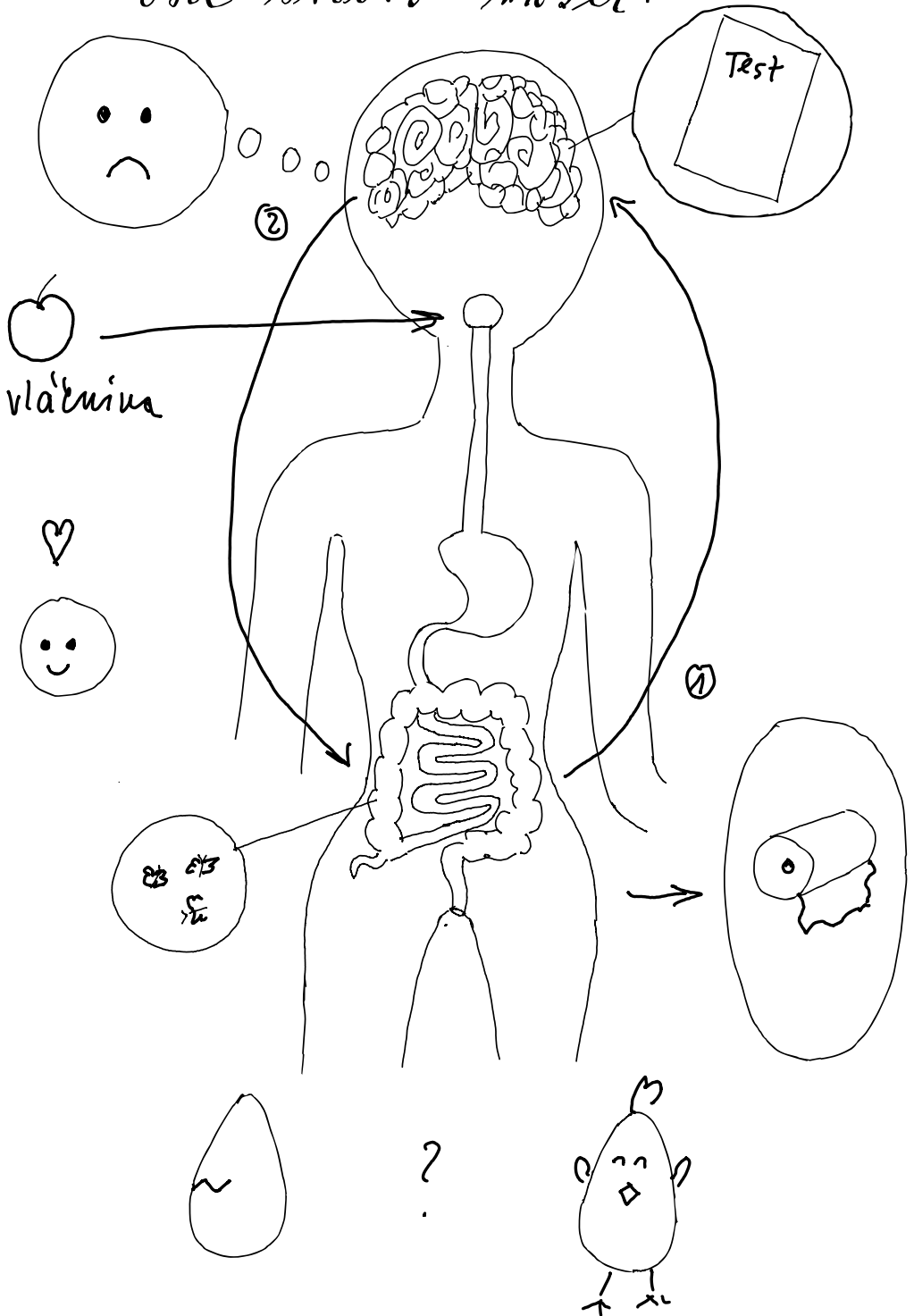


AXIS



Anna Navo'člova, 2021
Základy Andragogiky

osa stervo-mozek:



cesty působení:



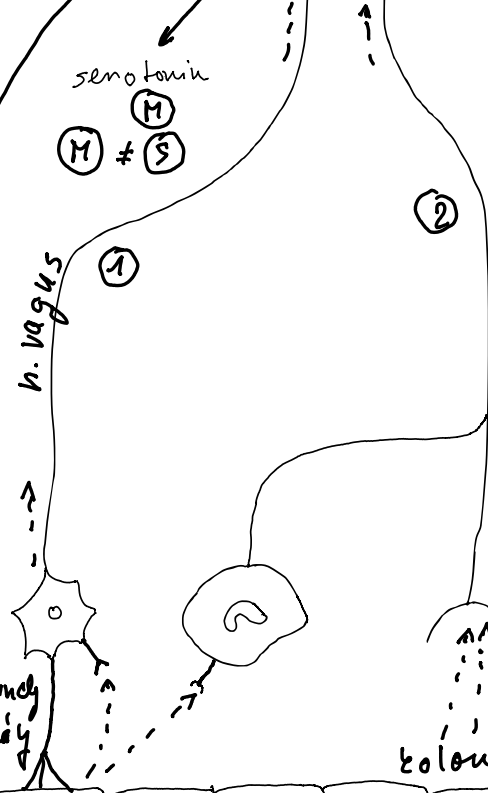
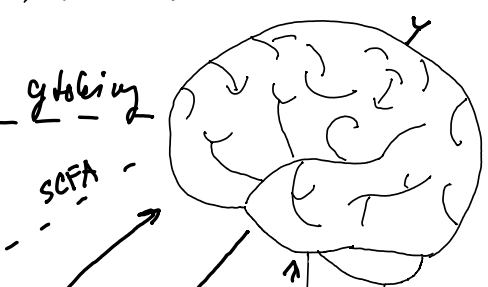
glykiny

SCFA

serotonin
 (M) ≠ (S)

1. nervová

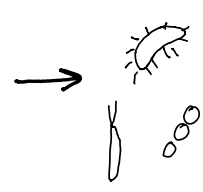
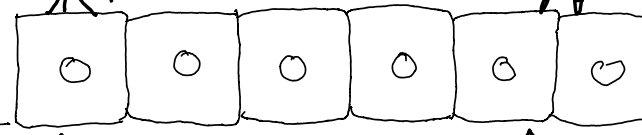
2. humorální



veně signály

kolony

tluste' střevo



SCFA
 (L) ↓

acetát
 butyrát ⇒ E
 propionát

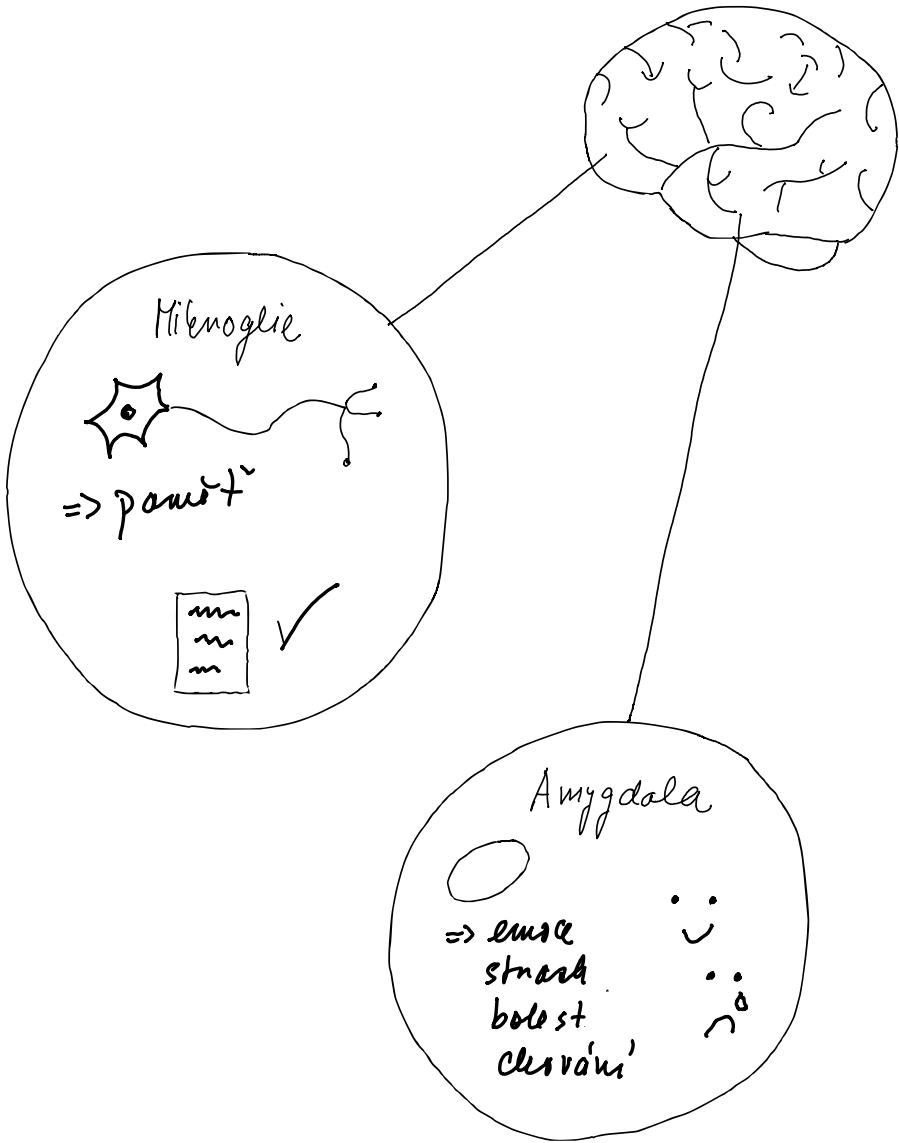
glykiny

serotonin
 (S)

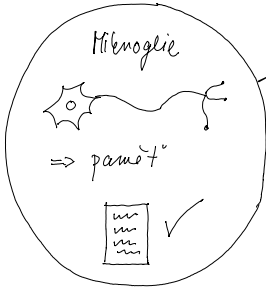
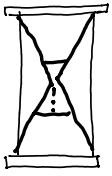
95%



dulexi sa' centra :



memoci :

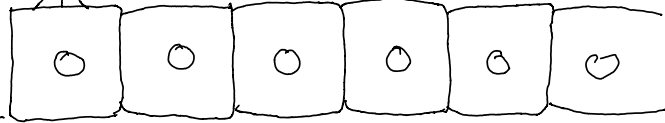
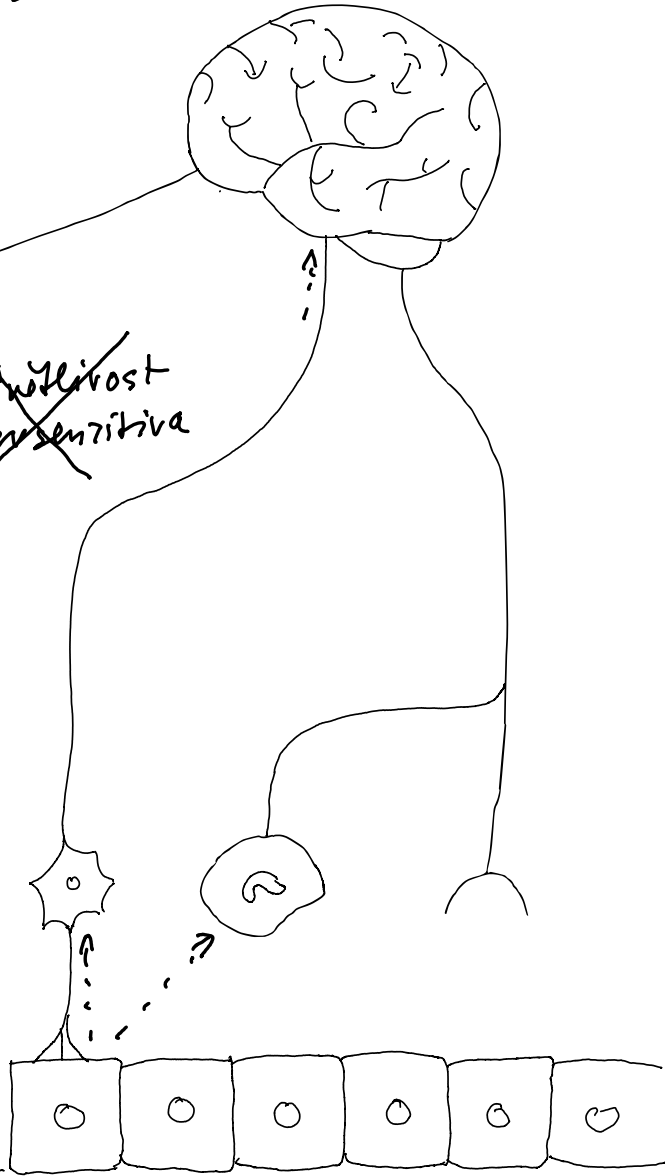


~~produktivnost~~
~~hypersenzitivna~~

~~=> degenerativna~~
~~ovnevrozno~~
~~degeneracija~~



?

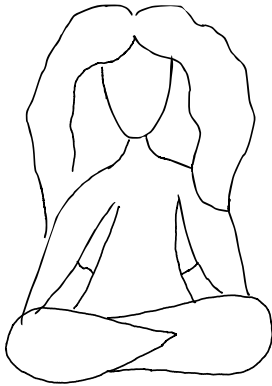
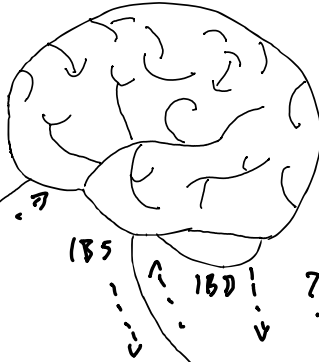
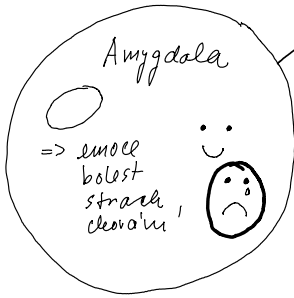


SCFA

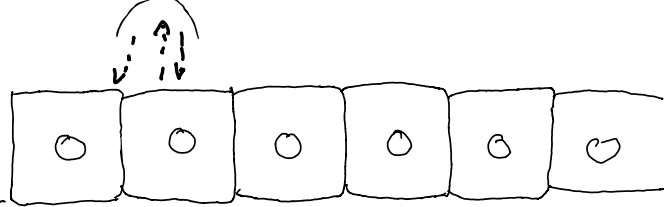
sliv na psychke'sdravci:

IBD: 4x ↑ deprese

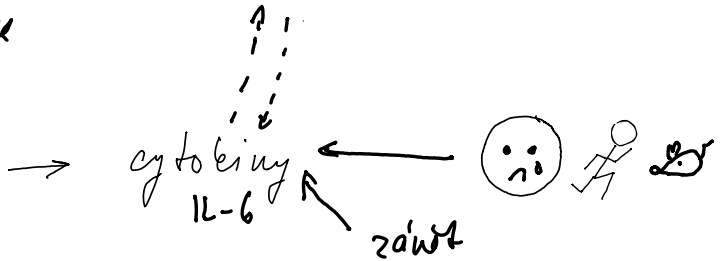
IBS










mindfulness
KBT
~ low FODMAP



IBS: ↓ trávici' potize



spore:

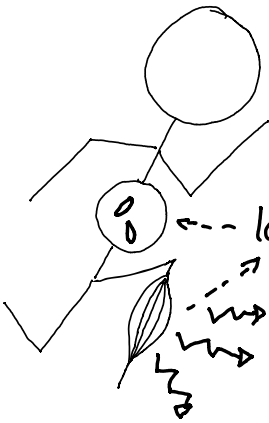
aktivita	GM	stimulus	IL-6
  →  → 			↓
X  →  → 			↑



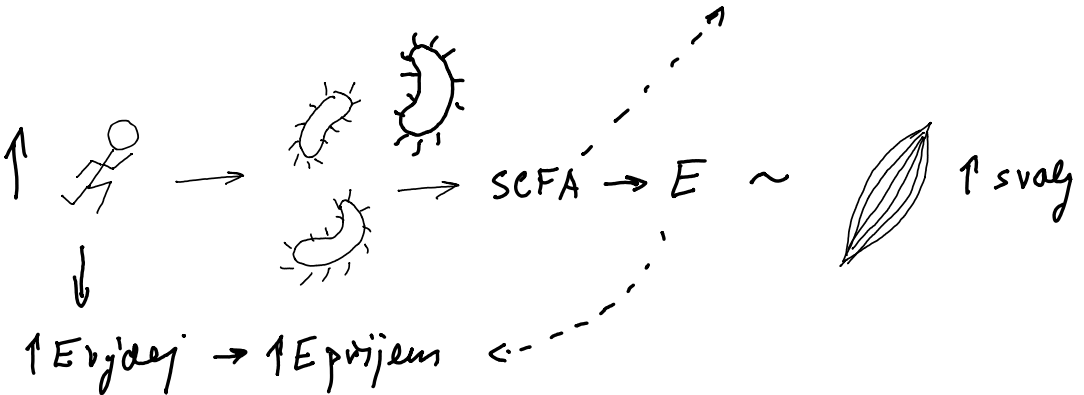
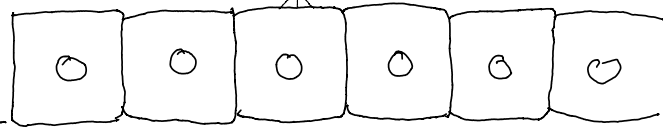
IBD



maraton



laktát ⇒ ↑ D ⇒ ↑ vytrvalost



závěr:

Výzkum a budoucnost

1. diagnostika

- IBD, IBS, antisums, depres, ...



cytokiny

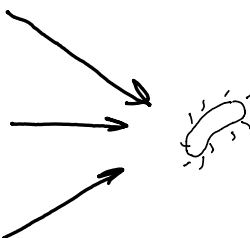


... -> SCFA



2. léčba

- strava, probiotika, pohyb, mindfulness



=> X deprese
degenerat. on.
IBD

Děkují
za
pomoc.