

Mental Health Awareness Month: Your Gut, Your Brain & Your Nervous System

When we talk about mental health, most people picture the brain — but our whole body approach reminds us that the story actually begins much lower... in the gut.

Up to 90% of your serotonin (your “feel-good” neurotransmitter) is made in the gut. That means your digestion, microbiome, and gut lining play a massive role in how you think, feel, sleep, and handle stress. When the gut is inflamed or imbalanced, serotonin production drops — and mood, energy, and resilience drop with it.

Mental health isn't just emotional. It's biochemical, nutritional, and deeply connected to the nervous system.

Let's start with looking at the gut. Your gut and brain communicate constantly through:

- The vagus nerve
- Immune signaling
- Microbial metabolites (natural compounds your gut bacteria produce)
- Hormone pathways

When the gut is healthy, this communication is calm and supportive, but when the gut is stressed, the brain feels it — often as:

- Anxiety
- Low mood
- Irritability
- Brain fog
- Sleep disruption

Did you know your nervous system is the master controller of every organ — including your gut. When the spine is restricted, especially in the upper cervical and thoracic regions, it can disrupt:

- Vagus nerve tone
- Gut motility
- Stress-axis regulation
- Inflammatory signaling
- Sleep and recovery

Chiropractic adjustments help restore proper communication between the brain and body. When the nervous system is balanced, the gut functions better — and when the gut functions better, serotonin production improves.

This is why so many of our patients notice:

- Better mood
- Less anxiety
- Improved digestion
- Deeper sleep
- More emotional resilience

with consistent chiropractic care.

Chiropractic + Functional Medicine + Gut Support + Targeted Supplementation = a powerful mental-health framework.

Now, let us introduce (or reintroduce) you to a powerful tool in our AE toolbox: EXOMIND — Your Mental Clarity + Gut Support Powerhouse

What it supports:

- A healthier gut environment— helps reduce inflammation and strengthen the intestinal lining, improving serotonin synthesis and nutrient absorption.
- Balanced neurotransmitter pathways – promotes healthy levels of serotonin, dopamine, and norepinephrine for better mood, motivation, and resilience.
- Stronger mitochondrial energy – enhances cellular energy production, helping the brain and gut perform more efficiently.

Why we love it:

EXOMIND is designed to enhance neuroplasticity (your brain's ability to form new connections) and optimize communication between the gut and brain through the vagus nerve and neurotransmitter pathways. It doesn't just target the brain — it supports the *entire* gut-brain axis. When the gut is calmer and more balanced, serotonin signaling improves, and so does mental clarity, mood stability, and emotional resilience.

Think of EXOMIND as a bridge between gut health and mental health – helping you feel grounded, clear and connected. Active Edge addresses mental health as a whole-body approach. Exomind fits perfectly into this model by addressing the root causes of imbalance — inflammation, nutrient depletion, and disrupted gut-brain communication — rather than just symptoms. It's a tool for restoring balance, not masking dysfunction.

At Active Edge, we believe mental health thrives when the gut, brain, and nervous system work in harmony.

Functional medicine helps uncover the root causes of imbalance — inflammation, nutrient depletion, and disrupted gut-brain communication.

Chiropractic care restores the body's electrical flow, improving vagus nerve tone, stress regulation, and overall nervous system balance.

And EXOMIND bridges the gap between the two — supporting neurotransmitter health, gut integrity, and mitochondrial energy for clearer thinking and steadier mood.

Together, they form a whole-body strategy for mental wellness:

- Calm the gut
- Balance the nervous system
- Strengthen the mind

Ready to experience the difference?

Ask our team how functional medicine, chiropractic care, and Exomind can work together to help you feel more grounded, focused, and resilient — from the inside out.