



# Digestive Intelligence: A Holistic View of Your Second Brain

*Irina Matveikova*

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## **Digestive Intelligence: A Holistic View of Your Second Brain** Irina Matveikova

*Digestive Intelligence* tells the fascinating story of how our digestive systems are the centre of our bodies' second brain and how we think and live our emotions via our stomachs.

Not impossible when you consider there is something equivalent to the size of a village football pitch hiding inside our bellies – that's the incredible magnitude of our digestive systems. They contain an extensive network of nerve cells, called neurons, which carry information to the brain and thus have a profound effect upon our intellectual, emotional and immune processes.

Dr Matveikova answers the obvious questions: "How?" and "Why can this be so?" by explaining, in straight forward layman's language, that the digestive system contains more than one million neurones, identical to those in the brain and is responsible for producing 90% of the body's hormone, serotonin, the all-important hormone which makes us feel happy and full of wellbeing. It follows, that if our stomachs are "out of sorts" we can feel irritable, in a bad mood, lacking in energy and those feelings will block our intellectual productivity, tend to disorientate us and completely change our thought patterns and physical processes.

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