



The Good Clean Nutrition Podcast Episode 27 Show Notes

Episode 27: Optimizing the Mind-Gut-Immune Connection with Dr. Emeran Mayer

In this episode we'll cover:

- (4:47) How the mind-gut connection affects mental health
- (11:01) Impact of non-communicable diseases on the gut & how to resolve through diet
- (17:18) The gut-immune connection & its response to infectious diseases
- (21:05) How to balance the gut through lifestyle + diet

Links:

- Connect with Dr. Mayer on [Instagram](#), [Facebook](#) and [LinkedIn](#), and visit his [website](#).
- Check out Dr. Mayer's books, [The Mind-Gut Connection](#) and [The Gut-Immune Connection](#).

About Dr. Emeran Mayer:

Dr. Emeran Mayer is an award-winning gastroenterologist and neuroscientist, and is considered a pioneer and world leader in the areas of gut-brain axis interactions, chronic visceral pain, and functional gastrointestinal disorders. He has published over 400 scientific papers and is the author of the books *The Mind Gut Connection* and *The Gut Immune Connection*. Dr. Mayer is a Distinguished Research Professor in the Departments of Medicine, Physiology and Psychiatry at the David Geffen School of Medicine at UCLA, Executive Director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and Founding Director of the UCLA Brain Gut Microbiome Center.

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, *Serving the Broccoli Gods* and *The Microbiome Diet Reset*. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).

Additional Links:

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Probiotics play an important role in your body's mind-gut connection. For a simple way to incorporate more probiotics into your diet, try [Orgain's Superfoods Powder](#), with 50 organic superfoods and one billion probiotics in every serving. Simply stir the powder into your favorite juice, sprinkle it atop your morning oats, or blend it into your morning smoothie. Learn more at [Orgain.com](#).

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