

NAVIGATING YOUR DISCUSSIONS

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This is a graded discussion: 20 points possible

due May 10

WEEK 1: THE DIGESTIVE SYSTEM

38 128

Research is demonstrating how our gut bacteria influences our body weight, risk for chronic diseases, and even our mood. Find an article from a reputable source discussing current research in this area. Please give a brief summary, how it relates to our class and your own health. Remember to include the URL in your posting.

This topic was locked May 11 at 11:59pm.

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DORIAN JOHNSON ([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/132611](https://devryu.instructure.com/courses/56427/users/132611))

May 3, 2020

The article I read talked about how we eat foods with chemical additives and ultra-processed foods. This all affects our gut and how our gut environment contributes to our mood as well as risk for diseases. We have receptors that are located in our gut. The author of the article discussed how if someone is prescribed an antidepressant, it can cause side effects that are gut-related. There is some type of connection between the gut and the brain; thus, affecting our mood. Then, if the balance between good and bad bacteria is broken you leave a chance for a disease to develop or occur. The author also talks about if we have a better balanced diet or are eating healthy, we have a chance to protect ourselves against depression. Therefore, if you are eating healthy and are less depressed your mood is likely to increase as well.

This article relates to our class because we will be learning all about our health, food safety, nutritional facts and overall wellness. If we know how to properly read nutritional facts, we will be able to provide a well balanced diet or even eat more healthy. For me this article relates to me because, right now I am actually trying to eat more healthy. Not only do I want to more healthy, I would like to lose weight as well. I can honestly say since I started eating more healthy, my overall mood and energy levels have definitely increased.

Below I have attached the article:

Link (<https://www.health.harvard.edu/blog/gut-feelings-how-food-affects-your-mood-2018120715548>)

Edited by [Dorian Johnson](https://devryu.instructure.com/courses/56427/users/132611) (<https://devryu.instructure.com/courses/56427/users/132611>) on May 3 at 6:24pm

👍 (1 like)



ROWINA SCHNEIDER ([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/131970](https://devryu.instructure.com/courses/56427/users/131970))

May 5, 2020

👍

Hello Dorian,

Thank you for posting the link for the article. It is very informative and interesting to find out how chemicals and additives in our food can affect us. I've always thought that there was a connection between the food we eat and our mood but didn't know as to what degree. I also find it very interesting how this can affect our mental health. I never really thought about how our food habits can affect us to that extent. It's also very surprising to find out the connection between our gut and our brain and how the gut can affect our mood. Now that I've read this, I am very excited about this class and looking forward to learning more.

👍 (1 like)



DORIAN JOHNSON ([HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/132611](https://devryu.instructure.com/courses/56427/users/132611))

May 5, 2020

👍

Rowina,

Thank you. I agree it was very informative and gave me great insight to how different things play a part in how food affects our mood and to what extent. I never really knew how our brain and gut were connected or even the fact that eating certain things can throw off the balance between the two. Reading the article also has me looking forward to learning more as well in this class.

👍



CAROLYN MOORE (INSTRUCTOR)

May 7, 2020

👍

Dorian - So fascinating how diet and mood are related! I am pro-healthy nutrition but I'm glad this article pointed out that you can't eat your way out of depression or anxiety. As we have been studying this week, diet is just one part of your overall health and well-being.

👍

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[DORIAN JOHNSON \(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/132611\)](https://devryu.instructure.com/courses/56427/users/132611)

May 8, 2020

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Professor Moore,

I apologize I am just now seeing your response. I was very intrigued with how diet and mood are related. Yes, the article pointed out a few things that I had questions about. I also learned like you said that diet is a part of our overall health and well-being.

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[KRYSTAL RUSSELL \(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/139099\)](https://devryu.instructure.com/courses/56427/users/139099)

May 6, 2020

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Hi Dorian,

Good gut bacteria is vital for our health. I was astonished to see the correlation to the gut and the brain. It is no wonder there are some many persons battling depression! What we eat is so important, studies have shown that it has lasting affects to our healths.

I look forward to learning more truths about nutrition. Your summary of the gut was quite informative! Nice work!

薛 (1 like)

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[DORIAN JOHNSON \(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/132611\)](https://devryu.instructure.com/courses/56427/users/132611)

May 7, 2020

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Krystal,

Thank you! I am learning that the good gut bacteria is vital for our health. The connection between the gut and brain is definitely fascinating. Yes, I think if a lot of people knew that what they eat can play a part in their depression; they would probably eat differently. Everything we eat plays a part within our mind, body and soul. I agree I also looking forward to learning more truths and knowledge about nutrition.

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[NAFISSA MAHAMANE \(HTTPS://DEVRYU.INSTRUCTURE.COM/COURSES/56427/USERS/139054\)](https://devryu.instructure.com/courses/56427/users/139054)

May 9, 2020

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Thanks for sharing Dorian, I agree with this, last year July I travelled to Ghana in west Africa and I realized my monthly cycle changed, and I also had the worse cramp ever and I guess it because of