



# The Mind-Gut Connection: The Impact on Mood, Choices, and Health

## Emeran Mayer, MD, Ph.D. -- TWO EVENTS

Executive Director, G. Oppenheimer Center for Neurobiology of Stress and Resilience, UCLA  
Co-Director, CURE: Digestive Diseases Research Center

**EVENT #1: Wednesday, April 26, 2017, 7:00 PM**

New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093

**EVENT #2: Thursday, April 27, 2017, 12:30 PM**

Loyola University Chicago School of Law, 25 E. Pearson St., Chicago, IL 60611

*RSVPs required for Loyola event: [www.bit.ly/FANMayer](http://www.bit.ly/FANMayer)*

Presented by **Family Action Network (FAN)**,  
in partnership with Chia Leah, ECGC Parent Group at New Trier HS, Erika's Lighthouse,  
Family Service of Glencoe, Josselyn Center, Karen Malkin Health Consulting,  
Loyola University Chicago School of Law, NAMI-CCNS,  
North Shore Country Day School, Roycemore School, and Samaritan Counseling Center.

Both events are free and open to the public. PDs available for educators. Suitable for youth 10+.

**Info: [familyactionnetwork.net](http://familyactionnetwork.net)**

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**FOR IMMEDIATE RELEASE: EMERAN MAYER, MD, Ph.D. – TWO EVENTS**

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The gut converses with the brain like no other organ. If you've ever felt queasy as you walked into an uncomfortable situation or based a life decision on a "gut feeling," then you know that sometimes our bodies react faster and often wiser than our minds. **Emeran A. Mayer, MD, Ph.D.** is a gastroenterologist, neuroscientist and **Professor** in the **Departments of Medicine, Physiology and Psychiatry** at the **David Geffen School of Medicine** at **UCLA**. He is the **Executive Director** of the **G. Oppenheimer Center for Neurobiology of Stress and Resilience** at **UCLA**, and co-director of the **CURE: Digestive Diseases Research Center**. As Dr. Mayer explains, the connection between the mind and the gut is bidirectional: the gut talks to the brain and the brain talks to the gut every minute of our lives. One of the most intriguing aspects of this dialogue is the fact that the microbes living in our gut play a crucial role in it. When this communication channel is out of whack—due to diet, lifestyle, stress, excessive antibiotic use or illness—we experience mental and physical health issues including food sensitivities and allergies, digestive disorders, obesity, depression, panic disorders, anxiety, and fatigue.

Dr. Mayer is the author of the 2016 bestseller *The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health*. Dr. Mayer's scientific contributions as one of the pioneers and leading researchers in the role of mind-brain-body interactions in health and chronic disease is unparalleled. These are must-see events!

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Sponsored by **Family Action Network (FAN)**, in partnership with **Chia Leah**, the **ECGC Parent Group** at **New Trier High School**, **Erika's Lighthouse**, **Family Service of Glencoe**, the **Josselyn Center**, **Karen Malkin Health Consulting**, **Loyola University Chicago School of Law**, the **National Alliance on Mental Illness – Cook County North Suburban (NAMI-CCNBS)**, **North Shore Country Day School**, **Roycemore School**, and **Samaritan Counseling Center**. **PDs available for educators at both events**. FAN is grateful for the support of its 2016-17 annual sponsors **Compass Health Center**, **Evanston Township High School D202**, **New Trier High School D203**, the **Martin & Mary L. Boyer Foundation**, **Magnetar Capital**, and **Tina & Byron Trott**; our strategic partners **Acclaim Media**, the **Butler Family Foundation**, **Center for Talent Development at Northwestern University**, **Curt's Café**, **Erikson Institute**, **Evanston/Skokie D65**, the **Finnegan Family Foundation**, **Hackstudio**, **Loyola University Chicago School of Law**, the **Mammel Foundation**, the **Master of Science in Education Program at the School of Education and Social Policy at Northwestern University**, the **McGaw YMCA**, **National Alliance on Mental Illness – Cook Country North Suburban**, **New Trier Parents' Association**, **North Shore Community Bank**, **Northern Suburban Special Education District (NSSD)**, **Northwestern University**, **R4 Services, LLC**, **ReDefined Fitness**, **The Book Stall at Chestnut Court**, **The Family Institute at Northwestern University**, **Victories**, and **Youth & Opportunity United (Y.O.U.)**; and our in-kind sponsors **Kirkland & Ellis LLP** and **Turing Group**.

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