

THE COMPLEX LIFE OF THE GUT: THE SECOND BRAIN

The gut-brain axis: Grow your gut, Expand your mind | Omar Koussa | TEDxUniversityofBalamand (8 mins)

https://www.youtube.com/watch?v=NVYpigbij_c

Human digestive system made easy (12 mins)

<https://www.youtube.com/watch?v=cXPuW6ZwcFE>

A Gut Feeling: How Microbes Impact Human Health (40 mins)

<https://www.youtube.com/watch?v=kLn87Uc5klw>

Gut Health: Ben Warren's Top Ten Tips (58 mins)

https://www.youtube.com/watch?v=SRdEEC4i_3w

Brain-Gut Axis: The Effect of Intestinal Microbiome on Mental Health - Dr Emily Deans (40 mins)

<https://www.youtube.com/watch?v=taE2HUyHwXg>