



### **Did you know that...**

- Your gut has its own 'enteric' nervous system that coordinates digestion?
  - And just like our autonomic nervous system, our gut receptors are sensitive to stress. Acupuncture helps regulate both nervous systems.
- Your large intestine has over *100 billion bacterial cells per milliliter*?
  - And probably upwards of 6000 different species of beneficial bugs?
- Chinese medicine was way ahead of its time in recognizing that diet is not one-size-fits-all.
  - Research has shown that each person has their own particular balance of bacteria species that endows them with good gut health.
  - Dietary habits that promote one's digestive health can actually reduce another's. Patients are always encouraged to experiment under guidance to find their own optimal diet.