

Soundbite Script – Is stress eating at your gut?

Nicole O'Neill, dietitian, OSF HealthCare

"I know for a lot of people, the first thing that happens when they have something big and stressful coming up, they are running to the bathroom, or they don't go to the bathroom at all. So, there's a definitive connection between stress and gut." (:14)

Nicole O'Neill, dietitian, OSF HealthCare

"The vagus nerve is connected, literally from your brain to your gut, and it's one of our longest nerves. And if your brain is in distress, it directly connects to your gut and causes your gut distress. The opposite is true too. If your gut is in distress, your brain is in distress. It's all tied together." (:21)

Nicole O'Neill, dietitian, OSF HealthCare

"When you're stressed out, do you eat the same as when you're not stressed out? Most of us don't. We trend towards wanting sweet things or salty things. They alter the chemical composition in your gut, which also alters the bacteria that can live in your gut." (:23)

Nicole O'Neill, dietitian, OSF HealthCare

"If you eat an excellent diet, plenty of fruits and vegetables, lean meats, proteins, whole grains, then you're creating a safe environment for the good bacteria to grow, and that good bacteria allow your brain rest and relaxation." (:15)

Nicole O'Neill, dietitian, OSF HealthCare

"We see a lot of people that stress is driving their gut. And we see a lot of people that their gut is driving their stress. It can flip flop either direction, but there are solutions. So, if you're struggling with your gut, if you're struggling with stress, getting the proper help that you need from any provider is going to help the other one." (:22)