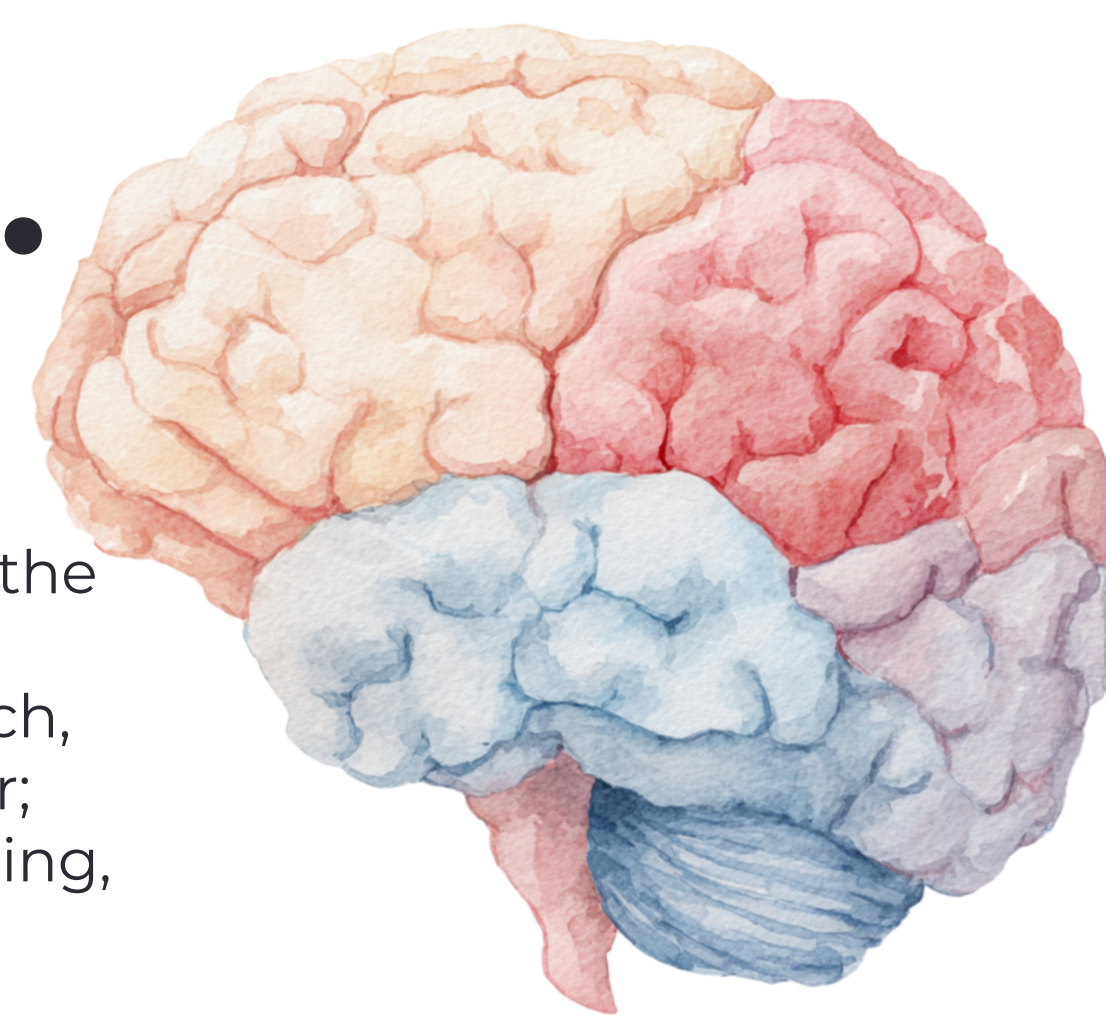


Regulate the Nervous System... with mindful gut-brain connections



In **Traditional Chinese Medicine (TCM)**, emotions like **"worry" or overthinking** are associated with the **Spleen and Stomach**. An understanding now increasingly recognized via **gut-brain axis** theories; explaining why stress can impact digestion, leading to sensory experiences of "knots" in your stomach, affecting appetite or causing physical symptoms. Therefore, one cannot be separated from the other; nervous system regulation is a prudent component of easing digestive upset and vice versa, grounding, easily digested foods not only support brain function but have the power to calm the mind.

TCM Tips to nourish and support the spleen & stomach...

Warm, cooked and easy to digest to promote digestion & calm



congee (rice porridge)

sweet potatoes

mushrooms

Congee, a highly accessible, easy to digest comfort food, with a high moisture content, known to reduce inflammation of the stomach is a convenient daily staple especially for elderly people with reduced chewing ability (*Shaharom, et al. 2023*).

However, because congee is low in protein and nutrients it is essential to fortify it with ingredients to increase its nutrient density and enhance qualities; such as 200-400 mg of carotenoid rich fruits and veggies like orange fleshed sweet potatoes to improve cognition, working memory and boost mood (*Wattanathorn et al. 2025 & Mounika et al. 2025*).

Or add in from a variety of incredible mushrooms full of essential nutrients often deficient as a great way to promote gut health on top of a wealth of health benefits (*Singh, et al. 2023*).

✓ Enjoy congee daily to soothe the belly, enrich the mind and support function.

✓ Add in **sweet potatoes** (a source of vit. A) or **mushrooms** (a source of vit. D2 & B complex), or enjoy them separately.

**Note: always consume in moderation, consult physician before making any dietary changes*

Conscious chewing to support digestion & harmonize mood



sufficient chewing until soft & smooth

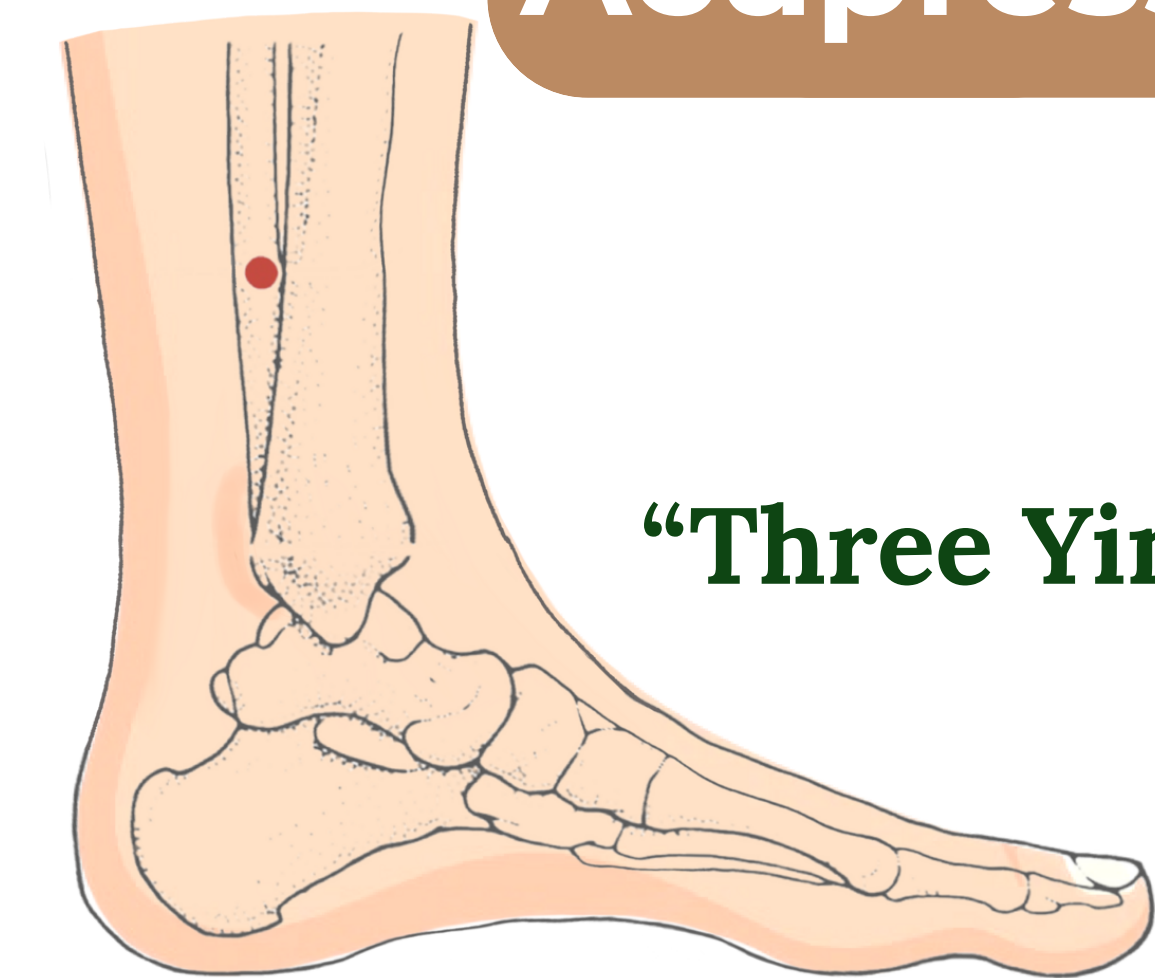
According to research, chewing is an integral physiological and mechanical process pertinent for health and wellbeing, and while more confirmation is needed, evidence suggests associations between hormones of the gut and rates of chewing (*Kumar et al., 2022*).

In fact, it appears that masticatory activity (chewing) has a correlation to tolerance of stress; supporting gut-brain axis theories decreased chewing resulted in decreased levels of neurotransmitters like serotonin and dopamine involved in mood regulation (*Kamate et al., 2025*).



✓ Aim to **chew your food** a minimum of 15 times to an **average of 30 cycles** for every mouthful. Digestion begins in the mouth with enzymes known as amylase and lipase; a prudent process in the chemical breakdown of food.

Acupressure to ease the mind & improve blood flow



Spleen 6 San Yin Jiao "Three Yin Intersection"

Research shows that acupressure on spleen 6 is a simple and non-invasive technique theorized to induce a state of calm and relaxation through hypothalamic stimulation and subsequent hormone release thereby improving blood flow, and reducing blood pressure (*Dewintasari et al., 2023*).

✓ **Locate point**, on the lower leg, in the **depression** on the inside of the shin bone, 4 finger-widths above the inner ankle. **Press and gently massage** with your thumb in a circular motion for **1-2 mins**. Repeat on other side.

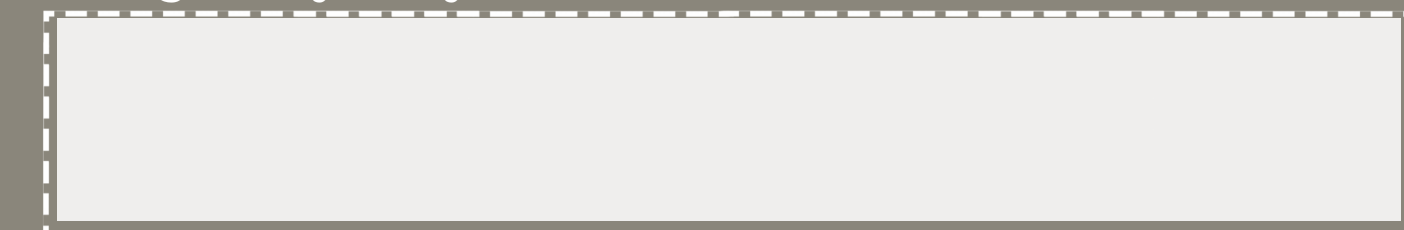


Want more digestive support?

Acupuncture is clinically proven to modulate the nervous system and provide symptom relief for gastrointestinal distresses.

For educational purposes only. This document does not constitute medical advice, diagnosis, or treatment. The information provided is not a substitute for professional medical care. Always consult with a qualified healthcare provider before making dietary changes or starting new health practices, especially if pregnant, nursing or taking medication.

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