

NEWSLTR

A photograph of a man with dark hair, wearing a white t-shirt, covering his face with both hands. He appears to be in a state of distress or stress. The background is a bright, slightly blurred indoor setting.

The Workplace Wellness Conference and Exhibition

IN THIS ISSUE

Mental Health

Speaker Highlight - Dr.
Stephanie Sullivan

JAN 2023

Mental health has become one of the most challenging frontiers in the human experience.

We see an incidence of major depression in Western countries, now affecting 50% of adults across a variety of socioeconomic environments. Anxiety disorders rank just behind depression, and the more chronic forms of neurologic dysfunction including disordered sleep and attention deficit disorders are affecting our children by age two.



To achieve today's mental health crisis at this unprecedented level across all ages, we must simultaneously have achieved severe, widespread changes in the neurochemistry environment of the population. While a series of emotional stressors is commonly involved in the more acute manifestations of mood disorder, we are discovering that the epicenter of our mental health crisis lies in the gut/brain microbiome and the dysfunction of our intestinal linings.

Mental health and microbiome interconnection

The physiology of depression and anxiety begins as we lose the universal production of dopamine and serotonin reservoirs within the hundreds of millions of enteric endocrine cells that line the gut, from the small intestine to the colon. These neurochemistry

production centers are now recognized to produce more than 50% of our total body dopamine reservoir and more than 90% of our body's serotonin reservoir. Interestingly, these human enteric endocrine cells cannot produce these critical neurotransmitters alone. Instead, diverse bacterial populations must be present on the surface of these enteric endocrine cells for the neurochemistry production to occur.

Several studies have found that individuals with a healthy gut microbiome have decreased levels of stress, anxiety, and depression and have a generally more positive outlook compared to individuals with dysbiosis. The health of your microbiome is dependent on the diversity of ecosystems that you breathe and touch in a day, the variety of foods and beverages you consume, and the variety of people that you interact with throughout your day.

Zach Bush, MD
[READ MORE](#)

The 2023 Wellness Conference

March 31 - April 2, 2023

The Luxury Hotel and Resort at Avalon



STEPHANIE SULLIVAN, DC, Ph.D

Dr. Stephanie Sullivan, a Graduate of Life University's College of Chiropractic 2008, serves as the Director of the Life University Dr. Sid E. Williams Center for Chiropractic Research (CCR). Dr. Sullivan's responsibilities include mission-driven leadership and advancement of the CCR, research compliance, and chiropractic research. Utilizing her background in banking, marketing, and management Dr. Sullivan has worked to increase the number of research projects conducted at Life University and raise the rigor of studies to include high-impact clinical trials.

Dr. Sullivan is also a neuroscience Ph.D. graduate of the Biomedical and Health Sciences Institute at the University of Georgia. Her research focus includes the development of the Well-being and Health Expression Evaluation List (WHEEL), sensory gating, cognitive efficiency, and the effect of chiropractic and applied clinical neuroscience care on brain-body neuroplasticity.