am—
otics,

feed rink,

ecies

ging

ve all

this

para-

gut,

f the

stem, any

ning

your

f in a

may three even

nd it and

that

ough

nuni-

ntion

Endocrine System Nervous **HPA** Axis System Hypothalamus Vagus Nerve Pituitary **Immune** Adrenal Gland System cytokines **Enteric Nervous** System **Gut Lining** motions have been been boundaries and more harmoning Metabolites Microbiota

Gut-brain communication occurs through multiple channels, including the nervous system (using neurotransmitters via the vagus nerve), immune system (using cytokines via the blood system), and endocrine system (using hormones such as cortisol via the blood system).