



A healthy gut (left) maintains homeostasis; a dysbiotic gut (right) lets pathogens through, sparking an inflammation in the brain as well as the gut.

problematic HPA axis. Fixing it, we can understand, can be a way to

THE QUEST FOR

The nervous, the immune, and the gut have one thing in common: They are all part of the same system. Put it more scientifically, they are all part of the same aspect of living systems. A French physiologist in the 19th century put its biology to its environment using tools including heart and immune responses, as well as

The biological imperative is called homeostasis, and it includes bacteria. Homeostasis is the biological life. Your heart maintains your body's ways to guarantee a healthy range, no matter what. You may think it's boring to pump and pumping blood, yet

A classic homeostatic system is like your home thermostat. If the temperature is lower than the set point, the thermostat turns on the air conditioner. Similarly, the body maintains equilibrium between about 97°F and 100°F. Too hot, and you sweat. Too cold, and you shiver. Homeostasis maintains equilibrium of the gut microbiota—alive.