

understanding of the specific pathways in which gut bacteria influence disordered eating (Tennoune et al., 2014). There is also compelling evidence that the intestinal microbiota influences key features of anorexia nervosa, including weight regulation, energy metabolism, anxiety, and depression (Kleiman et al., 2015). One case study showed fewer types of bacteria in a person with anorexia nervosa (Gouba, Raoult, & Drancourt, 2014). Other

research is currently underway to see if modifying gut bacteria can influence disordered eating (e.g., Chen et al., 2014). Further research into gut bacteria may provide new insights into how we can alleviate certain factors that contribute to eating disorders.

Thought Question: What are the different ways bacteria in your gut can influence mental health disorders?