

## ■ FIGURE 10.10 How Do Your Brain and Gut Communicate With Each Other?

There are multiple pathways, which go in both directions between the brain and the gut. These pathways include the vagus nerve, the hypothalamic–pituitary–axis (HPA), the immune system (cytokines), and short-chain fatty acids (SCFAs).

Source: Dinan, Stilling, Stanton, & Cryan (2015). With permission from Elsevier.

