

# Gut Basic Physiology Action Steps

1. Explain the importance of gut testing to a patient or study partner.
2. Reflect on the discussion of the bidirectional relationship between the gut and the brain that we talked about this week. Think of an example of one of your current patients in which this connection was an important aspect of his or her health.
3. Try explaining to a patient that an incredible 70 to 80 percent of the immune cells in the body are in the gut (gut-associated lymphoid tissue, or GALT). What was the patient's reaction to this information?