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# MEDIA RELEASE

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## Kingston Frontenac Public Library

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### FOR IMMEDIATE RELEASE:

January 7, 2020

#### *Brain Storm Speaker Series presents The Gut-Brain Axis: Fact or Fiction?*

Kingston Frontenac Public Library is delighted to offer a new speaker series, titled **Brain Storm**. Each month a student from the Centre for Neuroscience Studies (CNS) at Queen's University will speak about their basic or applied research into the inner workings of the brain.

Basic research deals with both the healthy brain and the brain as affected by traumatic events like stroke or concussion. Applied research deals with the causes and treatments for various brain disorders: neurodegenerative (like Alzheimer's), neurodevelopmental (like Autism Spectrum Disorder), and neuropsychiatric (like depression and anxiety). The CNS combines both basic and applied research to better understand our similarities and differences, and to learn how to take advantage of each to achieve better brain health.

The first Brain Storm presentation will be on the **Gut-Brain Axis: Fact or Fiction**. Just as the bacteria naturally present in our gut can be affected by probiotic foods to improve our digestive health, research is finding that gut microbes may also influence our mental health. PhD student Caroline Wallace will explain how diet and nutrition can affect symptoms of depression. An earlier version of Caroline's talk was a big hit at KFPL during Science Literacy Week this past September.

This presentation will take place at the **Calvin Park branch on Wednesday, January 15 at 2 p.m.** and is open to adults. There is no admission charge, but seating is limited. To avoid disappointment, please register in advance at [calendar.kfpl.ca](http://calendar.kfpl.ca) or by phone at (613) 549-8888 as of 9 a.m. on Saturday, January 4.

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