

MEDIA RELEASE



Kingston Frontenac Public Library
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September 3, 2019

FOR IMMEDIATE RELEASE:

The Gut-Brain Connection: Fact or Fiction?

Consuming probiotics, the beneficial bacteria found in yogurt and other fermented foods, can help your digestion by reducing the growth of harmful bacteria in your gut. And probiotic supplements are increasingly available over the counter as an alternative to eating probiotic-rich foods. But did you know about the relationship between your gastrointestinal tract and your central nervous system, known as the gut-brain connection? Probiotics can affect our appetite, our mood, our sleep habits, and the symptoms of a variety of mental health disorders.

Researchers are studying how we react to different probiotics as well as how probiotics interact with other treatments. Since we can each be affected differently by the same disorder, a “one-size-fits-all” treatment is unlikely, but the research is fascinating! In honour of Science Literacy Week (September 16 to 22) the **KFPL Live** monthly speakers’ series will host a presentation on **The Gut-Brain Connection: Fact or Fiction?**

Caroline Wallace is a PhD student in the Centre for Neuroscience Studies at Queen’s University who is running a study examining the effects of a probiotic supplement on symptoms of depression. At **7 p.m. on Wednesday, September 18**, KFPL will host Caroline and special guests PhD candidates Kasia Szyszkowics from McGill University and Ana Santos from Carleton University at the **Central branch** as they discuss the connection between the gut and the brain, and how diet and nutrition can affect our mental health through the microbes in our gut.

This presentation is open to adults. There is no admission charge, but seating is limited. To avoid disappointment, please register in advance at calendar.kfpl.ca or by phone at (613) 549-8888 as of 9 a.m. on Saturday, September 7.

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For more information, visit www.kfpl.ca.

Questions? Contact: Anne Hall, 613-549-8888, ext.3528, ahall@kfpl.ca
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