

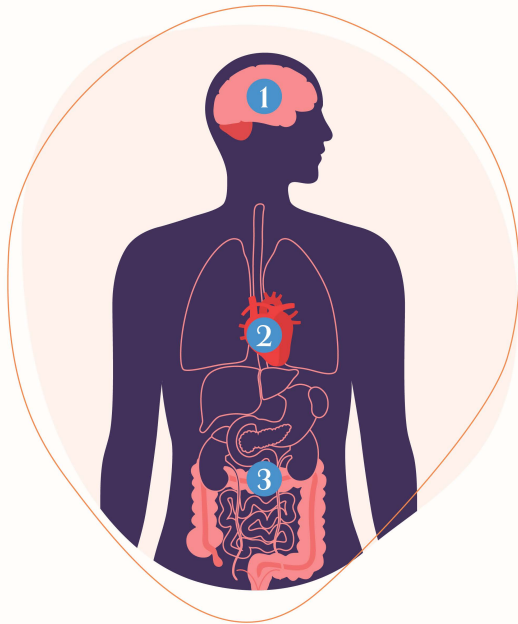
mBIT/Multi-Brain Coaching – Heart, Gut, Mind

“Follow your heart”

“Trust your gut”

“Use your head”

How often have you heard or said any of these?



Did you know you have 3 brains?

These three brains are communicating together at any one point in time. Each organ has complex neuro-networks and is able to store and process information, and each has the capacity for neuroplasticity.

1 YOUR HEAD

The brain in your head is made up of 100 billion neurons.

2 YOUR HEART

The heart is made up of about 40,000 neurons. In addition to its other functions it also acts as a heart-brain which can sense, feel, learn, and remember.

3 YOUR GUT

You have 100 million neurons (also called nerve cells or brain cells) in your intestines? The gut is now being referred to by many scientists as the gut-brain.

The Heart Brain:

- Can learn and change
- Secretes oxytocin - often called the love or bonding hormone
- Has a logic of its' own
- Sends messages to the head brain that affects a person's behaviour

The Gut Brain:

- Can learn and change
- Is a source of benzodiazepines (found in Valium and Xanax)
- In massive, acute stress, produces enough of these to calm and sedate the head brain, which is why people sometimes “choke” with emotion

It's a lot to get the (head) brain around. In their book, **mBraining: Using Your Multiple Brains To Do Cool Stuff**, Grant Soosalu and Marvin Oka explains the role of each of the brains and how *mBIT* Multi-Brain Coaching teaches people techniques to align their brains and access the wisdom each offers, to have more of those moments when everything “clicks”.

<https://www.amazon.com/mBraining-Using-multiple-brains-stuff/dp/1475238584>