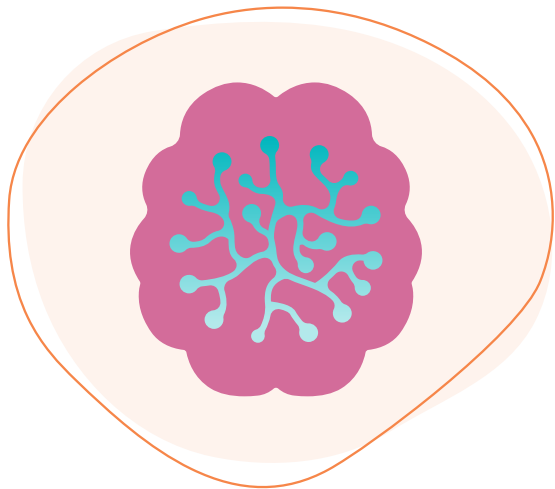
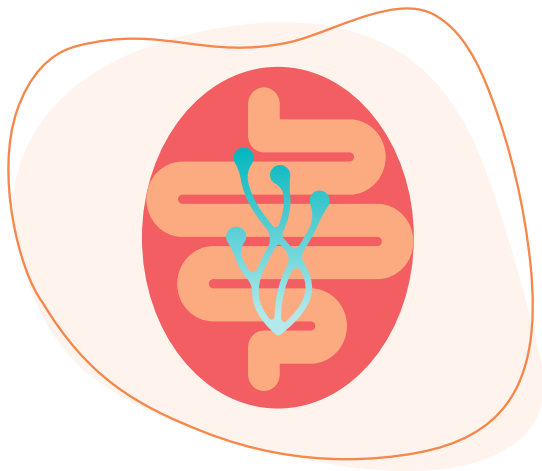


You have 3 brains



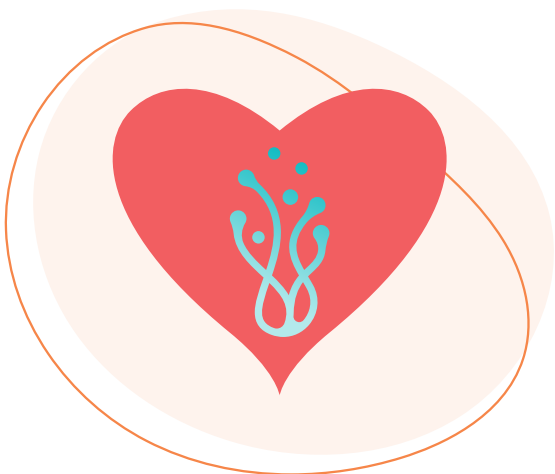
THE HEAD

The seat of logic & intellect. However, the unconscious mind directs around 90% of our behaviours



THE GUT

90% of the body's serotonin, involved in mood and management is produced in the gut. Eat well to feel well.



THE HEART

There are more neural pathways running from the heart to the head brain than from the head brain to the heart.