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[mBIT/Multi-Brain Coaching – Heart, Gut, Head

How often have you heard or said any of these?

“Follow your heart. Trust your gut. Use your head. “

We have, at least, three brains.

The Heart Brain:

- Has approximately 40,000 neurones (nerve/brain cells)
- 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:

- Has 100 million neruones
- Can learn and change
- Is a source of benzodiapines (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

The Head Brain:

- Has 100 billion neurones (nerve/brain cells)
- Can learn and change

In their book, **mBraining: Using Your Multiple Brains To Do Cool Stuff**, Grant Soosalu and Marvin Oka explain that we have, at least, three brains, the role each plays, and how *mBIT* Multi-Brain Coaching was developed to teach people techniques to align their brains and access the wisdom each offers. The brains communicate with each other; when they're in sync and we listen to them, we have more of those moments when everything just “clicks”.

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