



Wachtel – How Feeling Your Best Is Within Reach (Of Your Refrigerator)



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Have you ever wondered why certain foods make you feel good while others leave you feeling sluggish and bloated? The answer lies in the intricate connection between your gut and brain, a relationship that has been gaining attention in recent years.

“The gut and the brain are inextricably linked,” says Dr. Natanya Wachtel, a wellness coach and strategic advisor to ai-powered gut-health optimization app, BetterMeal AI. “Gut health plays an integral role in our overall well-being, as it affects not only physical but also mental and emotional states. When your gut is healthy, it helps your brain be healthy, and vice versa.”

Understanding the Gut-Brain Connection:

The gut-brain connection refers to the complex communication system between the digestive tract and the central nervous system. This connection plays a crucial role in maintaining our physical and mental well-being. When our gut is healthy, it sends positive signals to the brain, resulting in improved mood, better focus, and increased energy levels. On the other hand, an unhealthy gut can lead to many issues, including anxiety, depression, and chronic fatigue.

A simple solution to improving gut health is to eat more nutrient-dense foods. This means consuming whole, unprocessed foods rich in fiber, vitamins, minerals, and antioxidants. Eating mindfully can also help reduce stress levels, which positively impacts gut health. Things like fruits, vegetables, whole grains, and healthy fats (the ones hiding in the back of your fridge) can all contribute to a more healthy microbiome in your digestive tract.

Here are a few examples of some gut-friendly foods and how they can help you feel great:

- Fermented foods such as kimchi and sauerkraut are great sources of probiotics, which help promote the growth of beneficial bacteria in the gut.
- Apples contain pectin, a type of soluble fiber that helps support digestive health.
- Beans and legumes are excellent sources of fiber and protein, which can help keep you feeling fuller for longer.
- Dark chocolate contains prebiotics, which feed the beneficial bacteria in your gut.
- Nuts are high in healthy fats, which can help reduce inflammation.

Dr. Natanya’s Collaboration with Bettermeal.AI to Improve Health and Well-Being:

BetterMeal AI, a pioneer in gut health, omics, and artificial intelligence, aims to reveal the connection between the gut universe and food to help restore human health. Their AI technology identifies specific foods that work for your gut, helping to heal issues like PCOS, thyroid disorders, Type 2 diabetes, IBD, ulcerative colitis, Crohn’s disease, and celiac disease. By understanding food at the molecular level, BetterMeal AI finds unique insights into how food interacts with our bodies.

Furthermore, this A.I.-powered DEVOUT platform explores the unexplored depths of gut health, identifying inflammatory markers earlier and helping to heal them strategically. This hyper-functional nutritional treatment empowers people to heal their health conditions for good rather than merely manage them.

Dr. Natanya serves as a strategic advisor to Bettermeal.AI supporting founder Swathi N. Kumar (<https://www.linkedin.com/in/swathian/>), a data scientist from India with a passion and commitment to help heal the world.

Her work with the company focuses on analyzing the connection between gut health and mental health, allowing individuals to make informed decisions about their nutrition to optimize their overall wellness. By understanding the gut-brain connection, we can unlock the single secret to feeling our best – and it's all within our reach.

In addition to her work with Bettermeal.AI, Dr. Natanya is the founder of the New Solutions Network (<https://newsolutionsnetwork.com/>), a socially minded guild for companies committed to changing the world for the better. She is also co-founder of evrmore.io (<https://www.evrmore.io/>), an AI-powered app and platform for Gen Z mental wellness, and board chair for Women Who Create (<https://www.womenwhocreate.org/>).

To further her mission towards health and wellness she is also involved with The Chopra Foundation, (<https://choprafoundation.org/>) Reju, (<https://www.rejuorganics.com/>)and ViTel Health, (<https://www.vitelhealth.com/>) as a strategic advisor.

By working with BetterMeal AI, Dr. Natanya aims to educate individuals on the power of food and its potential to transform their lives. With a better understanding of the gut-brain connection, we can make informed decisions about the best ways to feel our best inside and out.

Unlock the full potential of gut health and nutrition with Dr. Natanya Wachtel (<https://www.linkedin.com/in/natanyawachtel>) and BetterMeal AI (<https://www.bettermeal.ai/>). Join the movement towards a healthier, happier future by discovering the transformative power of food and the gut-brain connection.



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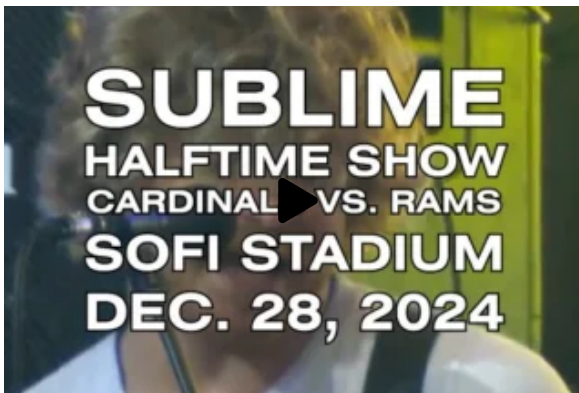
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