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USA

The gut/brain axis includes physical and mental health!

Abstract:

Illness is often the result of inflammation, endocrine disruption, toxic buildup, and unhealthy habits that contribute to oxidative stress and premature aging across body systems. Despite technological advances, modern lifestyles expose us to industrial farming chemicals, environmental toxins, and poor dietary guidelines, creating a state where our bodies struggle to detoxify effectively. These toxins damage gut and brain function, decrease energy, accelerate aging, and increase disease risks, including Alzheimer's, cancer, and metabolic disorders. The gut microbiome, now recognized as an endocrine organ, influences overall health including bones, oral health, and mental well-being. Similarly, the brain functions as an endocrine organ, both secreting and responding to hormones. Studies reveal toxins such as obesogens and even microplastics affecting brain regions, underscoring their role in chronic diseases. Addressing toxicity and supporting gut-brain balance are essential strategies to restore wellness and prevent disease progression.

Biography

Connie Rogers is a Certified Integrative Nutritional Holistic Health Coach, accredited by the American Association of Drugless Practitioners. A graduate of the Institute for Integrative Nutrition (NYC, 2003), she has over 40 years of experience as a Skin Health Educator and has authored two books: *Path to a Healthy Mind & Body* (2015) and *Memory Stealers* (2020). Connie has owned and operated two day spas, studied brain health coaching under Dr. Daniel Amen, and contributed to caregiving studies at Gilda's Club NYC. She currently writes, speaks, and coaches globally on topics including the mind-body connection, the gut-brain axis, hormone balance, and skin health from within.