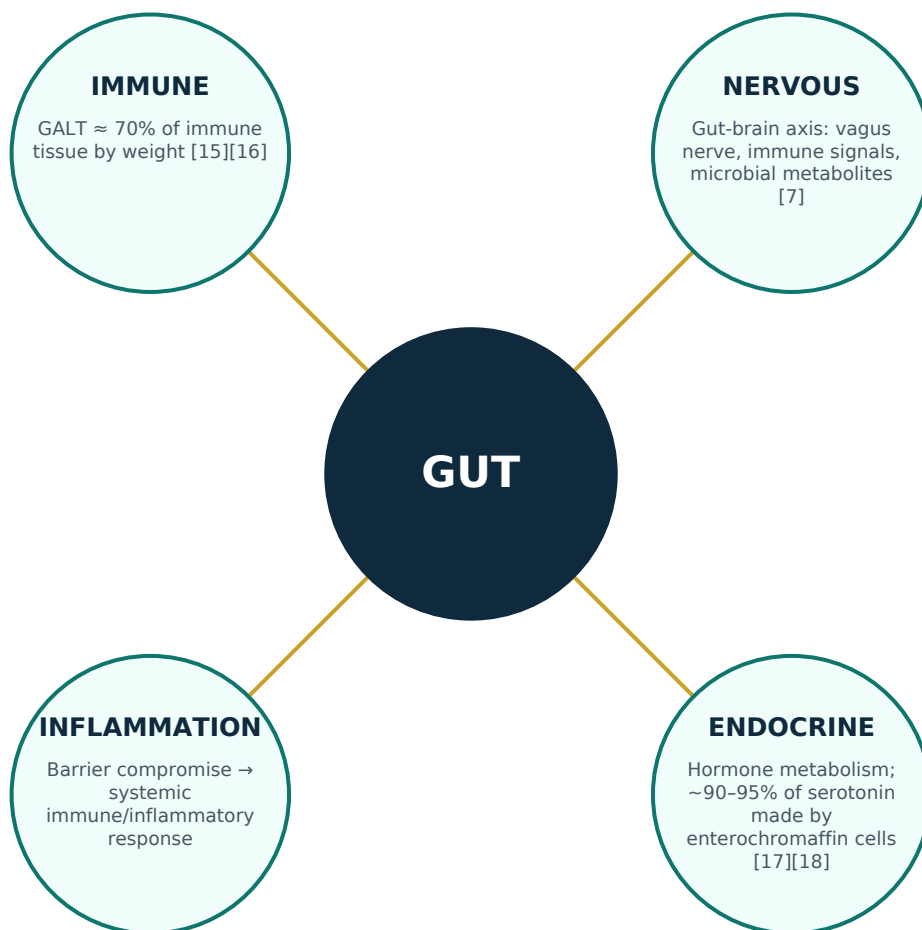


The Gut-Everything Axis

The gut as a central regulatory hub · reference for Lesson 2.1



Why it matters: the gut is not only a digestive organ. It is structurally central to immunity, inflammation, hormone metabolism, mood and cognition. Dysbiosis and chronic inflammation are both formal Hallmarks of Aging (Module 1). Evidence: gut-immune and gut-brain physiology are well-established; claims that increased permeability causes specific chronic diseases range from well-supported (coeliac disease) to still-emerging.