

PRESS RELEASE



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Product Photos Available

Pamela Wirth
hellohealth®

hellohealth®'s Belly Great™ Improves Mental Health by Balancing Gut Bacteria, Encouraging All-Around Wellness in Kids

Research increasingly shows that bacteria levels in the gut have a significant impact on the brain, and Belly Great™, hellohealth®'s supplement of vitamin D3, L-methylfolate, one prebiotic, and 15 probiotics offers a solution for a healthy gut-brain axis.

Scottsdale, AZ (February 2021) Evidence continues to mount that our gut has a profound impact on the state of our brain, making it an increasingly important part of the body to look after. Bacteria in the digestive tract is found to be linked to mental health and feelings of depression, anxiety, and stress. On the other hand, it also produces some of the same substances that doctors use to treat depression, according to *The Wall Street Journal*.¹ As outlined in the scientific journal *Neurobiology of Disease*, gut dysbiosis (an imbalance of the gut's microbiota) may influence the onset of neurological and psychiatric illnesses such as Alzheimer's, Parkinson's, Huntington's, and motor neuron disease.² A healthy balance of gut bacteria is important for children just as it is for adults, as an unhealthy microbiome could lead to the development of obesity and metabolic disease later in life.³ For parents who want to ensure their kids are physically and mentally well and able to live their lives fully, without fear, [Belly Great™](#), a new supplement developed by [hellohealth®](#), offers an effective solution for a balanced gut microbiome and a healthy brain.



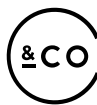
Pamela Wirth, hellohealth® founder and CEO, discovered the connection between the gut and brain for herself during an arduous journey to restore her 6-year-old son back to health after he was diagnosed with a rare autoimmune disease, an experience she detailed in her book *hello, health*. She focused on balancing her son's gut microbiome and rebuilding his immune system, and later founded hellohealth® to provide nutritional formulas

¹ Hotz, R. L. (2020, December 21). *Feeling Depressed? Bacteria in Your Gut May Be to Blame*. The Wall Street Journal.

<https://www.wsj.com/articles/depression-bacteria-in-your-gut-may-have-caused-itor-made-you-healthier-11608565953>.

² Gubert, C., Kong, G., Renoir, T., & Hannan, A. J. (2019, October 16). *Exercise, diet and stress as modulators of gut microbiota: Implications for neurodegenerative diseases*. *Neurobiology of Disease*. <https://www.sciencedirect.com/science/article/pii/S0969996119302967>.

³ Mohammadkhah, A. I., Simpson, E. B., Patterson, S. G., & Ferguson, J. F. (2018, November 27). *Development of the Gut Microbiome in Children, and Lifetime Implications for Obesity and Cardiometabolic Disease*. *Children* (Basel, Switzerland). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6306821/>.



and support to parents so they can help their children address potential health issues. Belly Great™ combines vitamin D3, L-methylfolate, one prebiotic, and 15 probiotic strains, which Wirth called “specifically selected” to “enhance the growth of beneficial gut bacteria to benefit the gut-brain axis.”

The relationship between the gut and brain, she added, is so close that the two produce many of the same chemicals.

“The gut has been called a ‘second brain’ because it produces many of the same neurotransmitters as the brain does, like serotonin, dopamine, and gamma-aminobutyric acid, all of which play a role in regulating mood,” she stated.

Belly Great™ has a plethora of probiotics, but those with apparent impacts on the brain include *Lactobacillus helveticus* and *Lactobacillus casei*. A gut bacterium found in dairy products and fermented foods, *Lactobacillus helveticus* improves sleep and reduces anxiety and depression,⁴ whereas *Lactobacillus casei* supports brain function and maintains diversity in the gut microbiome.⁵ In addition to its various *Lactobacillus* species, Belly Great™ also has several bifidobacterial species providing digestive system support. For instance, *Bifidobacterium longum* stabilizes the gut microbiome, improves the intestinal environment, and alleviates gastrointestinal infectious diseases,⁶ while *Bifidobacterium infantis*, a strain found in breast-fed infants, improves gut health and reduces inflammation in the colon.⁷

When searching for ways to improve her son’s wellbeing, Wirth worked to bolster his immune system as well as his digestive system. To do this she gave him methylfolate and vitamin D3, two of Belly Great™’s central ingredients. A natural form of vitamin D a child would get from being out in the sun,⁸ vitamin D3 helps the body absorb calcium and can reverse damage to the cardiovascular system.⁹ L-methylfolate is a B-vitamin crucial for the formation of healthy cells, particularly red blood cells.¹⁰ These in conjunction with Belly Great™’s prebiotic and array of probiotics create a solution sure to keep a child’s microbiome well balanced, improve their mental health, and encourage wellness in them all around.

Belly Great™ is made entirely from natural ingredients, Vegan, non-GMO, gluten-free, and does not contain wheat, yeast, milk, eggs, soy, peanut, tree nut, fish allergens, or shellfish.

⁴ Spahn, I. (2019, March 8). *Lactobacillus Helveticus: 16 Benefits, Dosage, and More*. <https://www.healthline.com/health/lactobacillus-helveticus>.

⁵ Hill, D., Sugrue, I., Tobin, C., Hill, C., Stanton, C., & Ross, R. P. (2018, August 20). *The Lactobacillus casei Group: History and Health Related Applications*. *Frontiers*. <https://www.frontiersin.org/articles/10.3389/fmicb.2018.02107/full>.

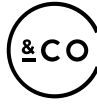
⁶ Wong, C. B., Odumaki, T., & Xiao, J.-zhong. (2019, February 8). *Beneficial effects of Bifidobacterium longum subsp. longum BB536 on human health: Modulation of gut microbiome as the principal action*. *Journal of Functional Foods*. <https://www.sciencedirect.com/science/article/pii/S1756464619300684>.

⁷ Hansen, K. (2018, September 4). *Bifidobacterium Infantis: Benefits, Side Effects, and More*. *Healthline.com*. <https://www.healthline.com/health/bifidobacterium-infantis>.

⁸ Paddock, C. (2018, February 1). *Vitamin D-3 could 'reverse' damage to heart*. *Medical News Today*. <https://www.medicalnewstoday.com/articles/320802>.

⁹ Marks, J. (2020, November 16). *Vitamin D3 (Cholecalciferol) - Side Effects, Interactions, Uses, Dosage, Warnings: Everyday Health*. *EverydayHealth.com*. <https://www.everydayhealth.com/drugs/vitamin-d3>.

¹⁰ WebMD. *L-Methylfolate Oral: Uses, Side Effects, Interactions, Pictures, Warnings & Dosing*. *WebMD*. <https://www.webmd.com/drugs/2/drug-162998/l-methylfolate-oral/details>.



hellohealth®'s [Belly Great™](#) and [Mighty Might™](#) can be purchased online at [Hello.health](#), [Emerson Ecologics](#), [Wellevate](#), and [Amazon](#). It has also recently been accepted for sale in Walmart.com. hellohealth®'s supplements are for individuals age four and older.

Doctor's Praise for hellohealth®

"Hellohealth's AM/PM solutions are easy to give to children and are great for maintaining gut and immune health and when struggling with chronic health issues. The two products in tandem help regulate your immune system, modulate mood, and support your detox pathways,"

- Dr. Melanie Alarcio, MD, FMAPS
Arizona NeuroRecovery Treatment Innovations Center (A.N.T.I.C.)

About hellohealth®

Based in Scottsdale, AZ, hellohealth® provides nutritional formulas, scientific education, and support for courageous families to help children live their lives fully, without fear. hellohealth®'s therapeutic formulas have the child's total wellness in mind, enCOURAGEing wellness. hellohealth® products are made in the USA, and sold online at [Hello.health](#), [Emerson Ecologics](#), [Wellevate](#) and [Amazon](#). They have also been accepted for sale in Walmart.

For more information about Hello Health, please visit <https://hello.health>. For media related inquiries, product samples, or to set up an interview please contact Gillian Christie, of [Christie & Co](#) at (805) 969-3744, or via email at Gillian@christieand.co.

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