



HEALTH & WELLNESS ARTICLE

August 2026 — Blog Post

Picture this: the night before the first day of school, your child cannot settle down. Their stomach hurts, they cannot stop fidgeting, and by morning they are exhausted before the day even begins. You have done everything right, or so it seems. Backpack ready. Supplies purchased. Bedtime moved earlier. Yet something still feels off. If this sounds familiar, you are not alone, and the answer may have more to do with what is happening in the gut than you might expect.

August is the month families shift gears. Summer brought later bedtimes, road trips, birthday cake, and maybe a round of antibiotics for a summer ear infection or strep throat. All of that is completely normal. The challenge is that those same disruptions can knock the gut's internal ecosystem out of balance, and a disrupted gut does not stay quietly in the background. It communicates, loudly and constantly, with the brain.

At Discover Health Chiropractic Center PC and Northern Laser Rehab PLLC, we take a whole-body approach to wellness for children and families. That means we look at digestion, nervous system function, sleep, and daily routine together as a connected system, not as separate problems. This article is your educational guide to understanding that connection and to practical steps you can take before the first bell rings.

How Do the Gut and Brain Actually Talk to Each Other?

The gut and brain are in constant, two-way conversation. Scientists call this the gut-brain axis. Think of it as a busy telephone line running between your digestive system and your head, carrying messages back and forth all day long.

That communication happens through three main channels. The first is the nervous system, including a long nerve called the vagus nerve. The vagus nerve runs from the base of your skull all

the way down to your gut, and it carries information in both directions. When your gut is calm, it sends calming signals upward. When it is irritated, it can send signals that contribute to feelings of unease.

The second channel is hormones. Hormones are chemical messengers that travel through the bloodstream. Many of the hormones that influence mood and energy are produced in the gut. Serotonin, often called a feel-good messenger, is largely made in the digestive tract.

The third channel is the immune system. About seventy percent of the body's immune activity is located in and around the gut. The immune system can influence how the brain responds to stress, how clear-headed someone feels, and how settled the body feels overall.

For children heading back to school, all three of these channels matter. A gut that has been through a summer of disruption may be sending signals the brain is not ready to manage when September arrives.

What Does Summer Do to Gut Health, and Why Does It Matter Now?

The gut is home to trillions of bacteria, fungi, and other microorganisms that together form what is called the microbiome. Think of the microbiome as a living community inside the digestive tract. That community thrives on routine, fiber-rich foods, good sleep, and low stress. Summer tends to chip away at all four.

Travel throws off sleep schedules. More sugar and processed food is a normal part of summer celebration, but those foods feed less helpful microbes. Irregular mealtimes reduce the predictable rhythm the gut depends on. And antibiotics, when they are necessary and appropriate, do their job by clearing out a bacterial infection, but they also reduce beneficial bacteria in the process.

Research consistently associates the balance of the gut microbiome with mood, focus, energy levels, and a general sense of well-being. When the community is disrupted, those signals to the brain may shift. Children may feel more irritable, more easily overwhelmed, or more tired than expected. None of that means something is seriously wrong. It means the system needs support.

This is exactly the window where targeted, practitioner-guided care can make a meaningful difference. Rebuilding a healthy microbial community before school starts, rather than waiting to see how the first weeks unfold, is one of the most practical things a family can do in August.

What Is a Strain-Identified Probiotic, and Why Does It Matter for Your Child's Microbiome?

Not all probiotics are the same. Most products you find on a store shelf list a total number of organisms, a figure called the CFU count, without telling you which specific strains those organisms are or exactly how many of each are included. That is a bit like hiring a team of workers and only knowing how many people showed up, not what any of them are trained to do.

Symbiome CMF-50B from Physica Energetics takes a different approach. This formula is what is called strain-identified. It names every single strain it contains along with the exact amount of each. There are ten genomically sequenced strains in this formula, including Bifidobacterium lactis HN019, Lactobacillus acidophilus NCFM, Lactobacillus plantarum UApP-05, and seven others. Each one is registered and individually identified. The total is approximately 50 billion colony-forming units, delivered in an acid-resistant capsule designed to survive the stomach and release its contents where they are most useful, further along in the digestive tract.

The formula also includes prebiotic fibers and botanical support, which means the strains arrive alongside the nourishment they need, rather than being deposited into an unprepared environment.

If you are wondering whether Symbiome CMF-50B is appropriate for your child, that is a conversation for your individual consultation. All supplement decisions for children are made on a case-by-case basis here, and we would be glad to walk through your family's specific picture together.

How Does the Gut Lining Fit Into the Gut-Brain Picture?

The gut lining is remarkable. It is only one cell thick, yet it serves as the barrier between everything passing through the digestive tract and the rest of the body. When that lining is well-supported, it does its job of selectively letting nutrients through while keeping other material out. When it is stressed by poor diet, irregular sleep, or high demand, that barrier may become less efficient, and the immune and nervous system signals that follow may affect how a person feels and functions.

The primary fuel for the cells that make up the gut lining is an amino acid, a building block of protein, called glutamine. Glutamine Complex PLG-U from Physica Energetics is a powder formula built around gut lining support. One scoop provides 5,000 mg of L-Glutamine alongside Blue Agave Inulin, which is a prebiotic fiber that feeds beneficial bacteria, plus deglycyrrhizinated licorice root, aloe vera leaf gel concentrate, and marshmallow root, all of which are traditionally recognized as soothing and supportive for the mucosal lining of the digestive tract.

This formula is designed to support the structural side of gut health. Think of Symbiome CMF-50B as addressing the community of microbes and Glutamine Complex PLG-U as supporting the home they live in.

As with all supplements in our practice, whether Glutamine Complex PLG-U is appropriate for your family is a question we assess individually. Please ask us at your next visit or book a free consultation.

What Role Does the Nervous System Play in How a Child Feels at School?

The nervous system operates in two broad modes. The first is sometimes called fight-or-flight. This is the state the body enters when it perceives a threat, whether that threat is a predator on a hiking

trail or a math test in third period. The body directs energy toward immediate survival. Digestion slows. Focus narrows. Muscles tighten.

The second mode is sometimes called rest-and-digest. This is the state where the body does its best maintenance work. Digestion functions well. Sleep is restorative. Learning consolidates. The brain files away the day's information.

Children who carry a high stress load, whether from academic pressure, social difficulty, disrupted sleep, or a family environment that feels tense, may spend more time in fight-or-flight than their bodies can comfortably sustain. Over time, that pattern may be associated with digestive discomfort, trouble settling at bedtime, difficulty concentrating, afternoon energy crashes, and a general feeling of being wound too tight.

The vagus nerve we discussed earlier is the primary nerve of the rest-and-digest state. Supporting what is called vagal tone, meaning the health and responsiveness of that nerve, is something anyone can begin at home. Simple practices include slow, extended exhales where the exhale is longer than the inhale, gentle humming, gargling with water, and briefly splashing cool water on the face. Each of these stimulates the vagus nerve and supports a shift toward the calmer nervous system state. They take less than two minutes and cost nothing.

A Note for Caregivers: Your Nervous System Is Part of Your Child's Environment

This section is written directly to you, the adult reading this.

Children are exquisitely sensitive to the emotional climate of the people around them. If you are running on empty, if your own sleep is poor, if the back-to-school season brings its own wave of scheduling pressure and mental load, your child is not insulated from that. They are living inside it. A household nervous system that is chronically stressed is a real environmental factor in a child's wellbeing, and it deserves honest attention.

Supporting your own resilience is not a luxury. It is part of the ecosystem your child grows in.

For adults looking to support their own stress resilience and stamina during demanding seasons, we offer two options worth discussing at a consultation. MycoRev Adapt is an adaptogenic formula combining *Cordyceps militaris* and *Rhodiola rosea*, two botanicals with a long traditional history of supporting the body's capacity to hold up under physical and mental demand. Please speak with Dr. White before starting it, so we can make sure it fits your individual picture.

Bliss PhytoNanosome from Physica Energetics is another formula we use to support the body's natural relaxation response and a calm, focused state. It features GABA and L-Theanine in a liposomal delivery system designed for better absorption, alongside a botanical blend that includes ashwagandha, holy basil, and lion's mane. Again, we ask that you connect with us before starting it so we can review your full health history together.

What Is Photobiomodulation, and How Does Erchonia EVRL Low-Level Laser Therapy Fit Into Whole-Body Wellness?

Photobiomodulation is a long word for a simple concept. It is the use of specific wavelengths of light to support how cells produce energy and manage their internal environment. Think of it like sunlight on a plant. The right wavelengths of light help the plant's cells do their work more efficiently. In the body, photobiomodulation is thought to support cellular energy production, circulation, and tissue health.

The Erchonia EVRL is a low-level laser therapy device used in our practice as a non-invasive wellness modality. Low-level laser therapy means the light used is not hot and does not cut or damage tissue. It is sometimes called cold laser therapy for that reason. The device delivers specific light wavelengths to targeted areas of the body to support cellular function and overall tissue health.

At Discover Health Chiropractic Center and Northern Laser Rehab, Erchonia EVRL therapy is one of the supportive tools we use alongside chiropractic care, nutritional guidance, and lifestyle work. We discuss photobiomodulation, inflammation, and nervous system balance as related areas of wellness, not as a single proven pathway to any specific outcome.

The Erchonia EVRL holds FDA clearances for specific applications. Please ask us at your visit for current clearance details, as we keep that information up to date directly from the manufacturer and confirm it before making any specific claims.

What Can Families Do Right Now to Support Gut-Brain Readiness Before School Starts?

The most powerful tools are also the most straightforward. Here is what we recommend starting this week.

Start breakfast with protein. A meal like two eggs with whole grain toast, or plain full-fat Greek yogurt with berries, gives the brain a stable fuel source rather than a spike-and-crash start. Skip the sugary cereal for now.

Set a consistent bedtime and wake time. For school-age children, aim for the school-year schedule at least ten days before the first day. The gut's internal clock is closely tied to sleep. Irregular sleep disrupts the microbiome more than most people realize.

Drink water before anything else. Make a glass of water the first thing every family member has in the morning. Dehydration, even mild dehydration, affects energy and focus.

Get thirty minutes outside. Natural light in the morning helps reset the body's internal rhythm. Movement outdoors also supports nervous system balance in a way that indoor screen time does

not.

Reduce added sugar this month. This does not mean perfection. It means choosing fruit over candy, water over juice, and saving the sweet treats for genuine celebrations rather than every afternoon.

Practice a two-minute calm routine together. Try slow breathing with a longer exhale, gentle humming, or a quick cool water face splash before school. Make it part of your morning, not a crisis intervention.

These are habits, not prescriptions. They work together and they compound over time.

The gut and the brain are not two separate systems that occasionally influence each other. They are in active, moment-to-moment communication through the vagus nerve, through hormones, and through the immune system. Summer is a wonderful season, and it is also a season that disrupts the routines, the diet, and the sleep patterns that support that communication. August is your window to rebuild. When the gut is well-nourished, the barrier is intact, the nervous system is regulated, and daily rhythms are predictable, children show up to the school year with a foundation beneath them. The strategies, the supportive care options, and the in-office tools we offer at Discover Health Chiropractic Center PC and Northern Laser Rehab PLLC all point toward the same goal: a family that feels capable, settled, and ready.

This article is for educational purposes only and does not constitute medical advice, diagnosis, or treatment. The information presented here is intended to support informed conversations with your healthcare provider, not to replace individualized care. All supplement and wellness decisions, especially those involving children, should be made in partnership with a licensed healthcare practitioner who knows your family's full health history. Individual results vary. ---

DISCOVER HEALTH CHIROPRACTIC CENTER PC & NORTHERN LASER REHAB PLLC

This content is for educational purposes only and does not constitute medical advice or diagnosis.