



St. Catharines Naturopath Explores How Gut Health May Influence Brain Fog

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St. Catharines naturopathic doctor Dr. Aoife Earls, ND, has published a new educational article titled "How Gut Health May Influence Brain Fog in St. Catharines." to help readers better understand the relationship between the digestive system and brain. Both may appear to perform very different functions, but growing research into the gut-brain axis is providing greater insight into how the two communicate. For people experiencing changes in memory, concentration, or mental clarity, this emerging area of research has also raised questions about whether digestive health may be one of several factors associated with brain fog.

The resource examines the gut-brain axis, a two-way communication network connecting the gastrointestinal system and the brain. It discusses several pathways researchers are investigating, including the vagus nerve, immune and metabolic signalling, and interactions involving the gut microbiome—the community of microorganisms living within the digestive tract.

The article explains that gut microorganisms may interact with processes involved in brain health through

several mechanisms. Certain bacteria, for example, produce metabolites when they ferment components of food, while other forms of communication may involve the immune system and nervous system. Researchers continue to investigate how these processes may relate to cognition, memory, and other aspects of neurological function.

At the same time, the guide emphasizes an important distinction: evidence supporting communication between the gut and brain does not mean that poor gut health alone necessarily causes brain fog. Sleep quality, chronic stress, hormonal changes, thyroid function, nutrition, medications, and other medical conditions may produce overlapping cognitive symptoms. The article therefore encourages readers to consider digestive health as one possible part of a broader health picture rather than as a universal explanation for reduced mental clarity.

The resource also addresses several questions that have become increasingly common as public interest in the gut microbiome has grown. It discusses the relationship between digestive symptoms and cognitive concerns, including questions surrounding irritable bowel syndrome (IBS) and small intestinal bacterial overgrowth (SIBO). The article notes that experiencing brain fog, even when accompanied by bloating or other digestive concerns, is not sufficient on its own to establish that someone has SIBO or another gastrointestinal condition.

Probiotics and diet are also examined. While research has investigated whether probiotic supplementation may influence cognitive function in certain populations, the available evidence does not support viewing probiotics as a universal solution for brain fog. Similarly, the article discusses the role of dietary fibre and the gut microbiome while cautioning against assuming that a particular food, supplement, or restrictive diet will resolve cognitive symptoms.

The new gut-health resource follows Dr. Earls' previously published article, "St. Catharines Naturopath Explores the Link Between Thyroid Health and Brain Fog." That earlier resource examined how hypothyroidism, hyperthyroidism, Hashimoto's thyroiditis, and Graves' disease may overlap with concerns involving concentration, memory, and mental clarity. The latest publication expands the educational series by examining digestive health and the gut-brain axis as another area that may warrant consideration when exploring persistent brain fog.

Together, the resources reinforce the broader message that cognitive symptoms may have multiple contributing factors and should not automatically be attributed to a single body system or condition.

The new article also explains how a naturopathic doctor may approach brain fog when digestive concerns occur at the same time. Depending on an individual's circumstances, a discussion may include digestive symptoms and bowel habits, dietary patterns, sleep quality, stress, medications and supplements, hormonal

health, thyroid function, physical activity, existing medical conditions, and changes in symptoms over time. Where appropriate and within the naturopathic doctor's scope of practice, further assessment or collaboration with other healthcare professionals may also be considered.

Dr. Earls' ongoing educational series on brain fog is intended to help readers better understand the different health and lifestyle factors that may be associated with cognitive concerns while recognizing the limitations of current evidence. Rather than presenting a single cause or universal solution, the series encourages readers to consider brain fog within the context of their overall health.

Readers can access the complete article, "How Gut Health May Influence Brain Fog in St. Catharines," on www.draoife.com. To contact the clinic or inquire about an appointment, call (289) 815-1668 or email info@draoife.com.

Dr. Aoife Earls, ND, is a licensed naturopathic doctor practising in St. Catharines, Ontario. She provides individualized, evidence-informed naturopathic care for a variety of health concerns, including women's health, digestive health, stress management, and healthy aging. Dr. Earls offers both in-person consultations at her St. Catharines clinic and virtual consultations for residents throughout Ontario.

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