



Bacteria in gut reduces depression

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RESEARCHERS at **University College Cork** have found that probiotic bacteria could be used to treat anxiety and depression-related disorders.

Research by Dr Javier Bravo and Professor John Cryan at the Alimentary Pharmabiotic Centre in **UCC** demonstrated that mice fed with the bacteria showed fewer stress, anxiety and depression-related behaviours than those fed with broth.

Eating the bacteria resulted in significantly lower levels of the stress-induced hormone, corticosterone.

Prof Cryan said: "These findings highlight the important role that gut bacteria play... and open up the intriguing opportunity of developing unique microbial-based strategies for treatment for stress-related psychiatric disorders."