

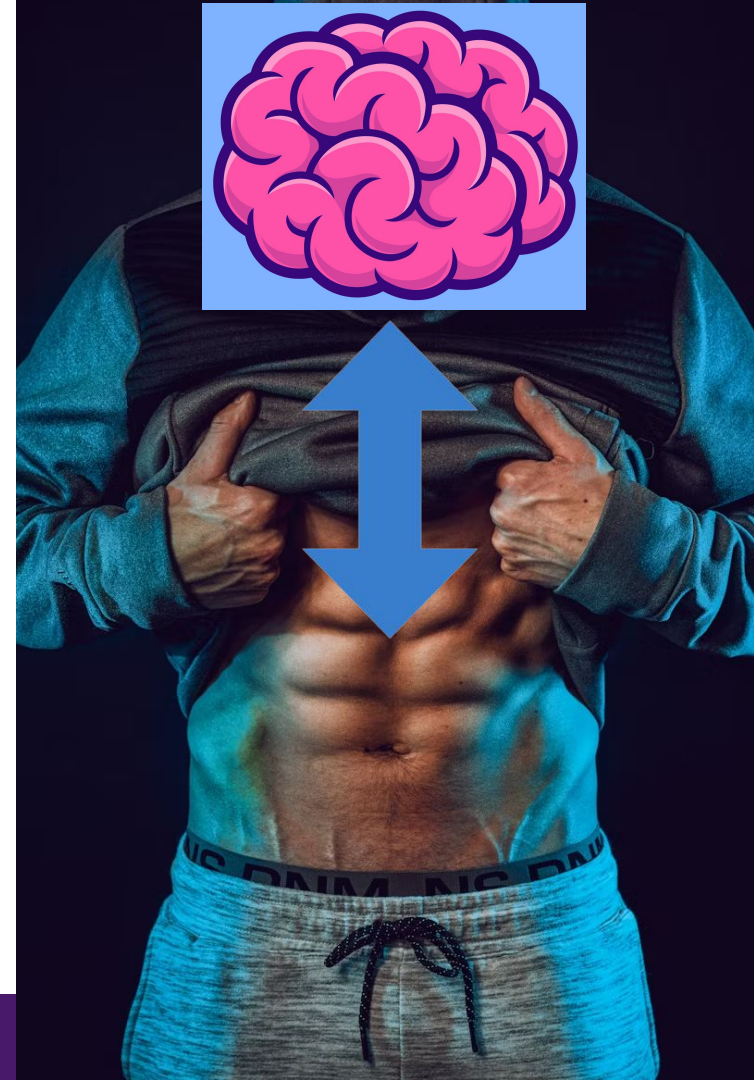
# The Gut-Brain Connection and Telepathy

Garret Yount, PhD  
(+ Dean, Arnaud, Cedric, Helané)



## Overview

- 1) Definition of the gut-brain
- 2) How it could relate to telepathy
- 3) Results of IONS pilot study
- 4) Teaser for ongoing study
- 5) Q and A

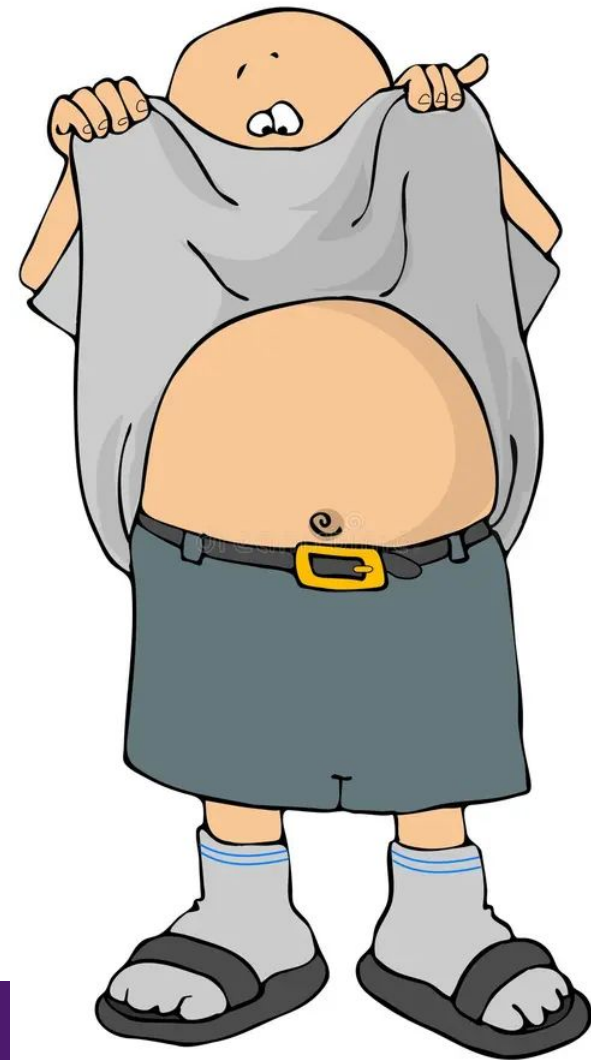


# What is the gut-brain?

**a.k.a. Belly brain**

**a.k.a. Second brain**

**a.k.a. Enteric nervous system**



## Enteric nervous system?

**Answer:**

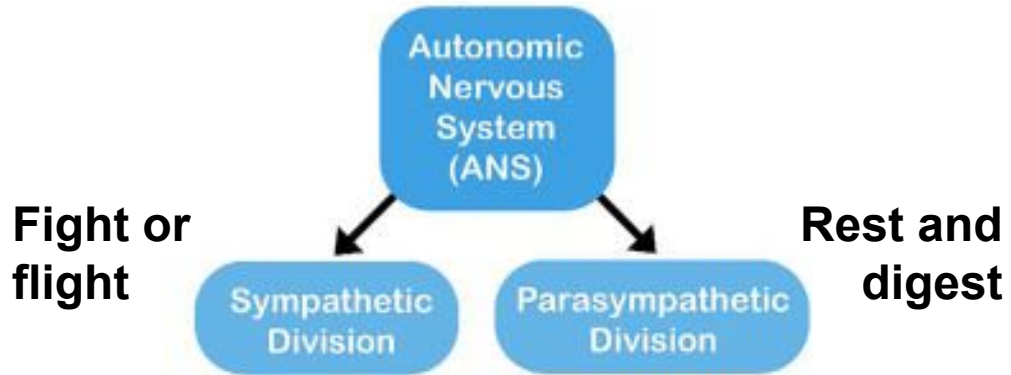
The often overlooked sibling of the famous **nervous system twins**



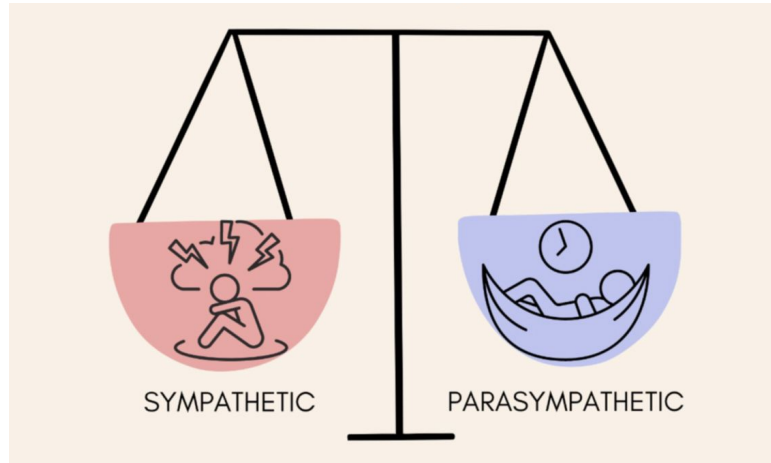
# Nervous system twins?



# The ANS twins



# Autonomic balance



# Autonomic balance





# Deep Breathing and Relaxation Activation



## Mechanism:

- **Activates stretch receptors in the lower lungs**
- **Engages the vagus nerve, a key component of the parasympathetic nervous system**

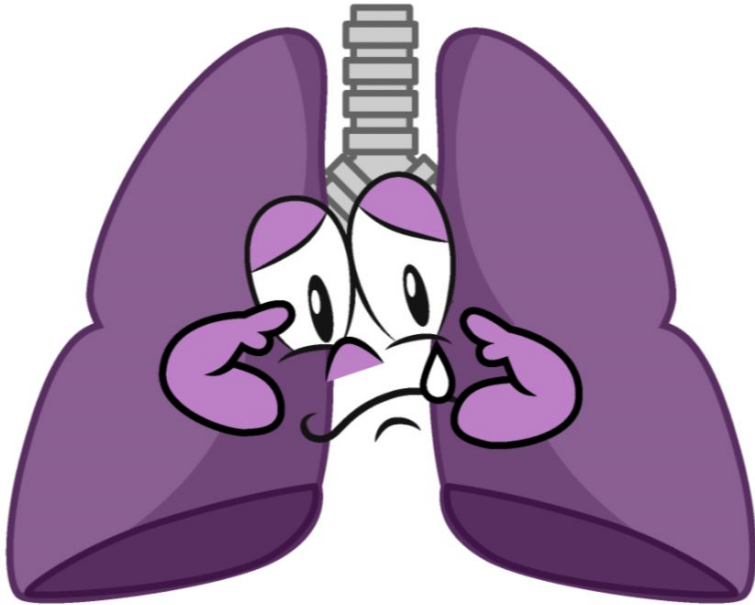
# Deep Breathing and Relaxation Activation



## Effect:

- Slows respiratory rate
- Increases oxygen exchange
- Reduces heart rate
- Lowers blood pressure
- Promotes a state of relaxation

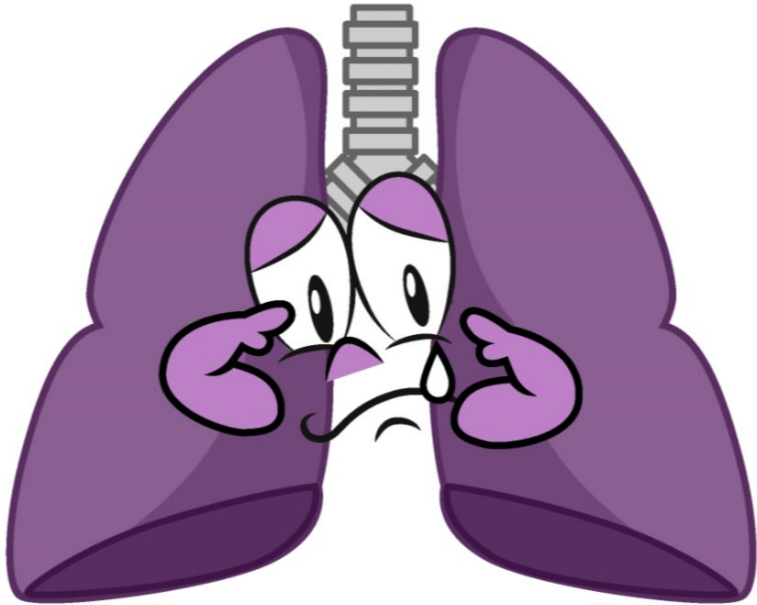
# Shallow Breathing and Stress Activation



## Mechanism:

- **Activates Hering-Breuer inflation receptors**
- **Can increase sympathetic nervous system activity**

# Shallow Breathing and Stress Activation



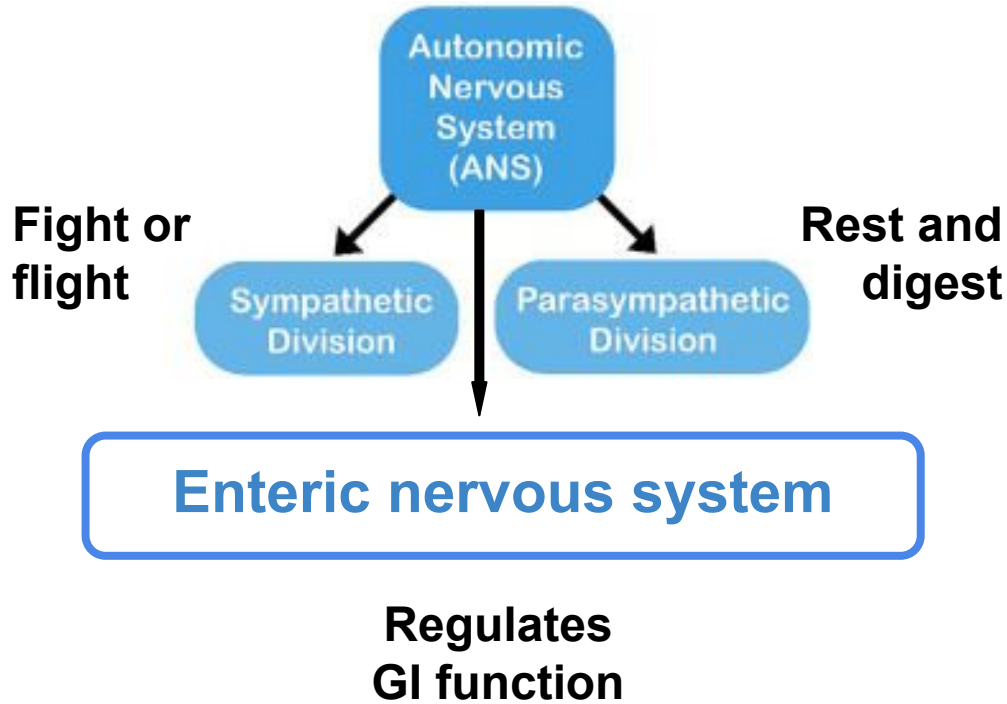
## Effect:

- Increases heart rate
- Heightens anxiety
- Can reinforce the stress response loop

# Overlooked sibling?



# The ANS triplets



# Enteric nervous system

- ~ 1/2 billion neurons innervating the gastrointestinal tract



# Enteric nervous system

- ~ 1/2 billion neurons innervating the gastrointestinal tract
- Controls vital functions including digestion, immunity, and inflammation





# Enteric nervous system

- ~ 1/2 billion neurons innervating the gastrointestinal tract
- Controls vital functions including digestion, immunity, and inflammation
- Bidirectional communication with the “first brain”



# Bidirectional communication ...



## Bidirectional communication ...



# So, what's this got to do with telepathy?



# Gut-brain connection and telepathy

2005



# Gut-brain connection and telepathy

2005

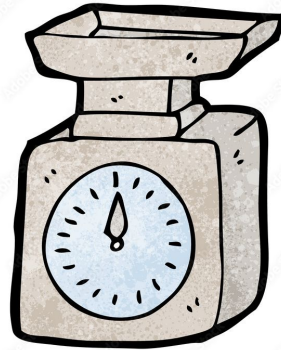
Dean

Marilyn

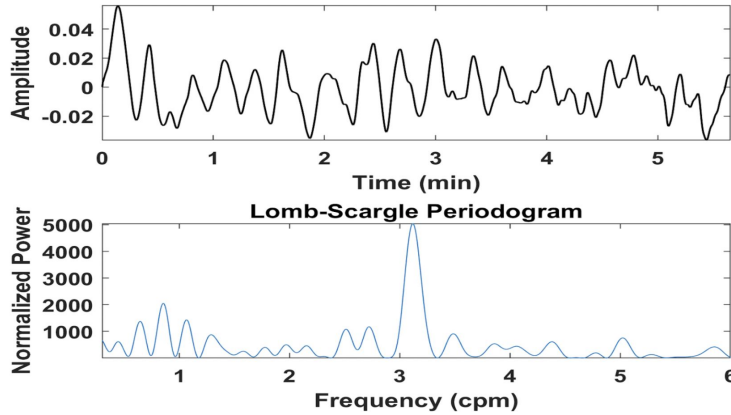
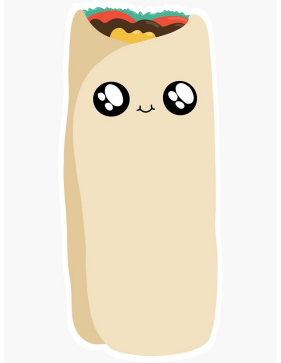


# Electrogastogram (EGG)

Gut-brain activity

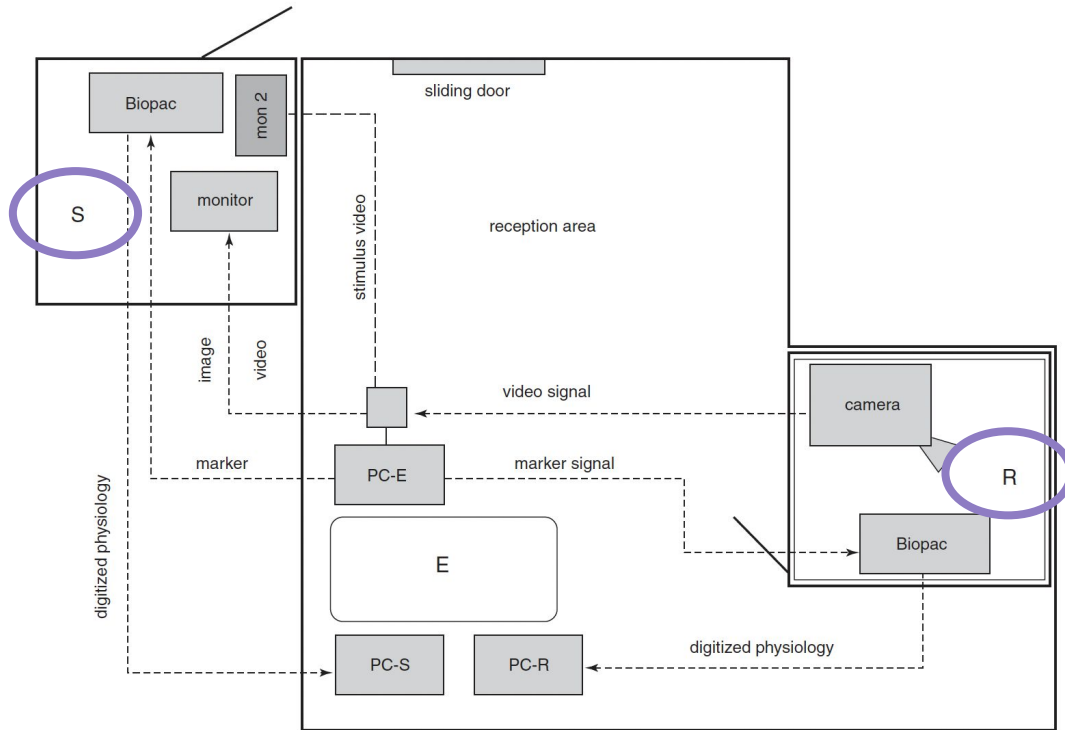


# Electrogastogram (EGG)



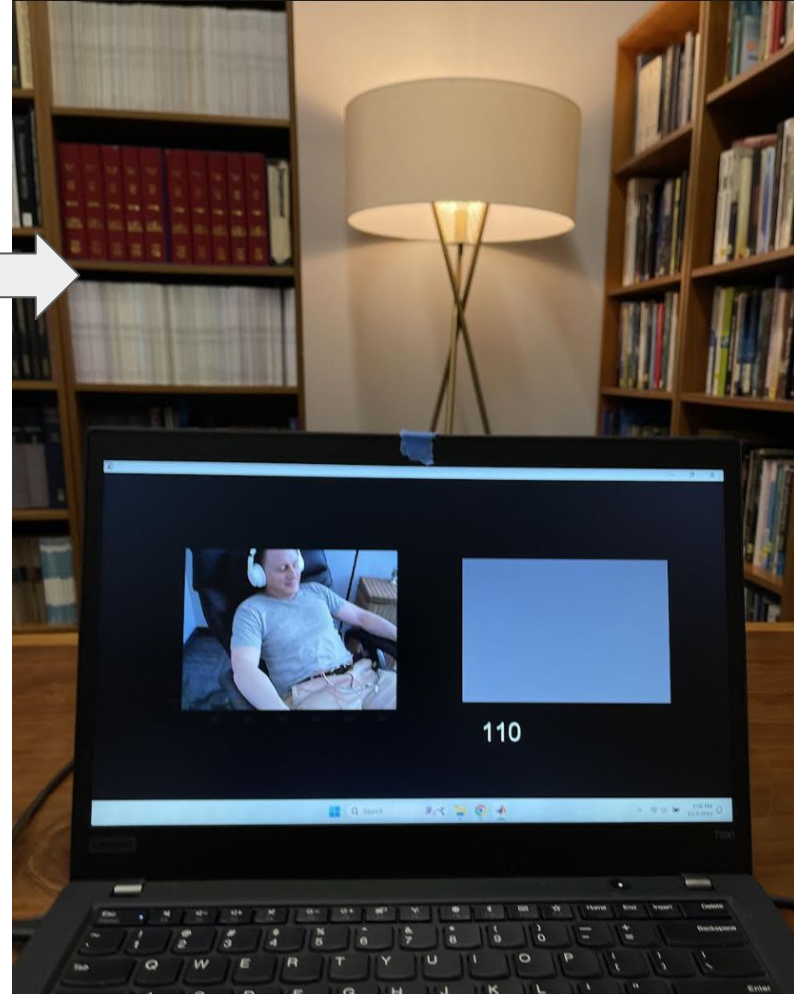


# Laboratory layout



# “Sender” and “Receiver”

Sender in the library

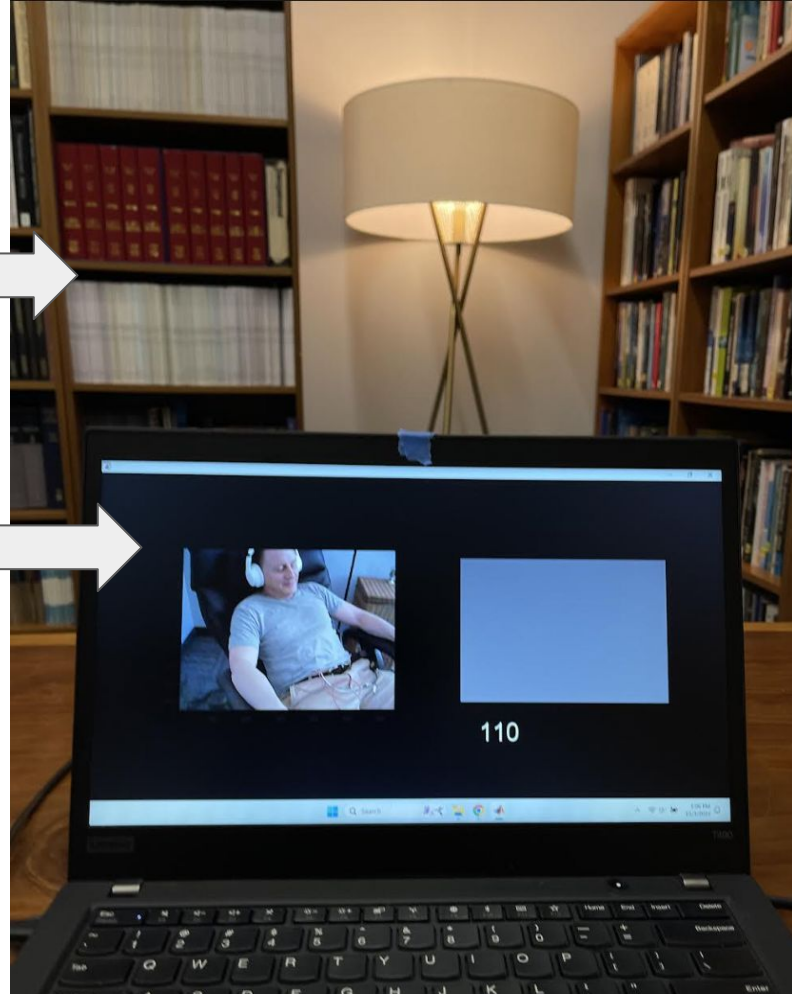
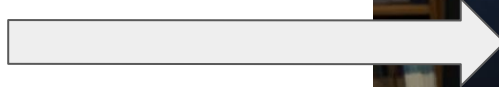


# “Sender” and “Receiver”

Sender in the library



Live video of Receiver  
in the chair room

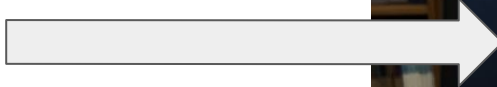


# “Sender” and “Receiver”

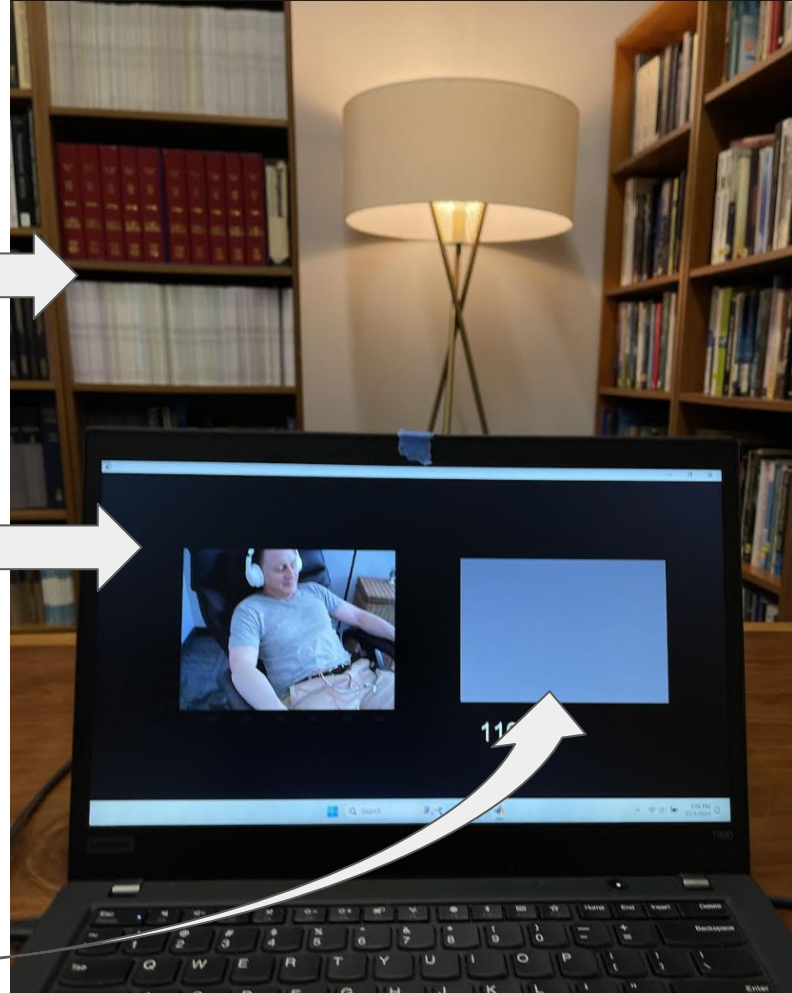
Sender in the library



Live video of Receiver  
in the chair room



Goal: send the feeling  
stimulated by images on the  
right screen



## Pilot study results published in 2005

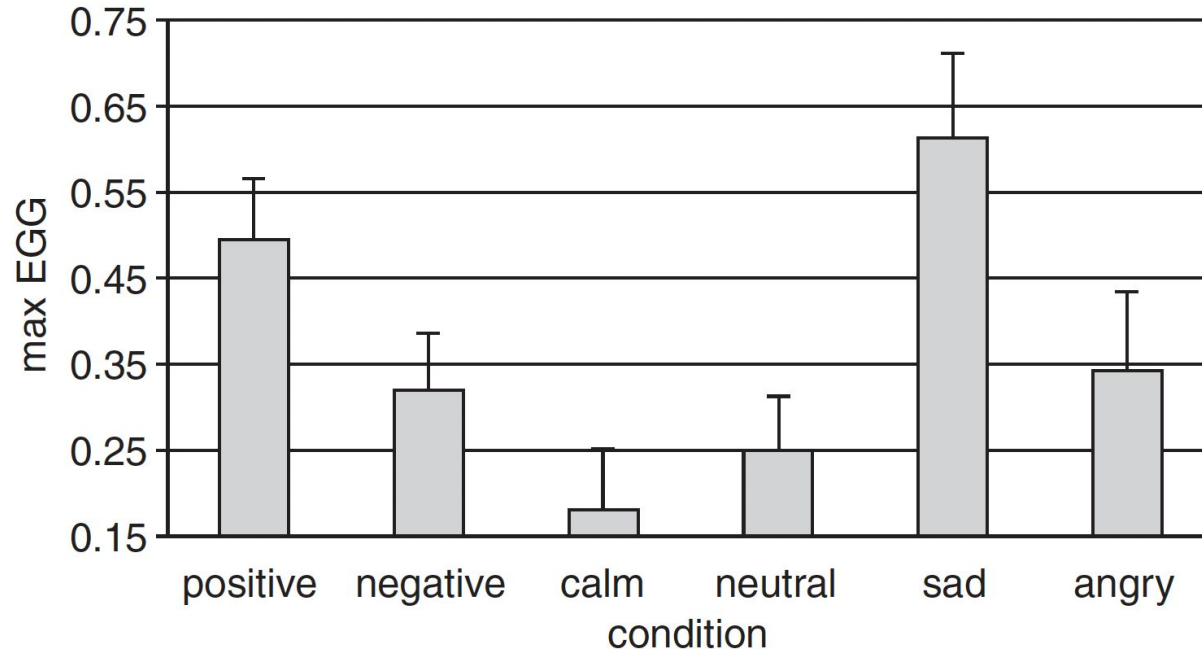
# Gut Feelings, Intuition, and Emotions: An Exploratory Study

DEAN I. RADIN, Ph.D. and MARILYN J. SCHLITZ, Ph.D.

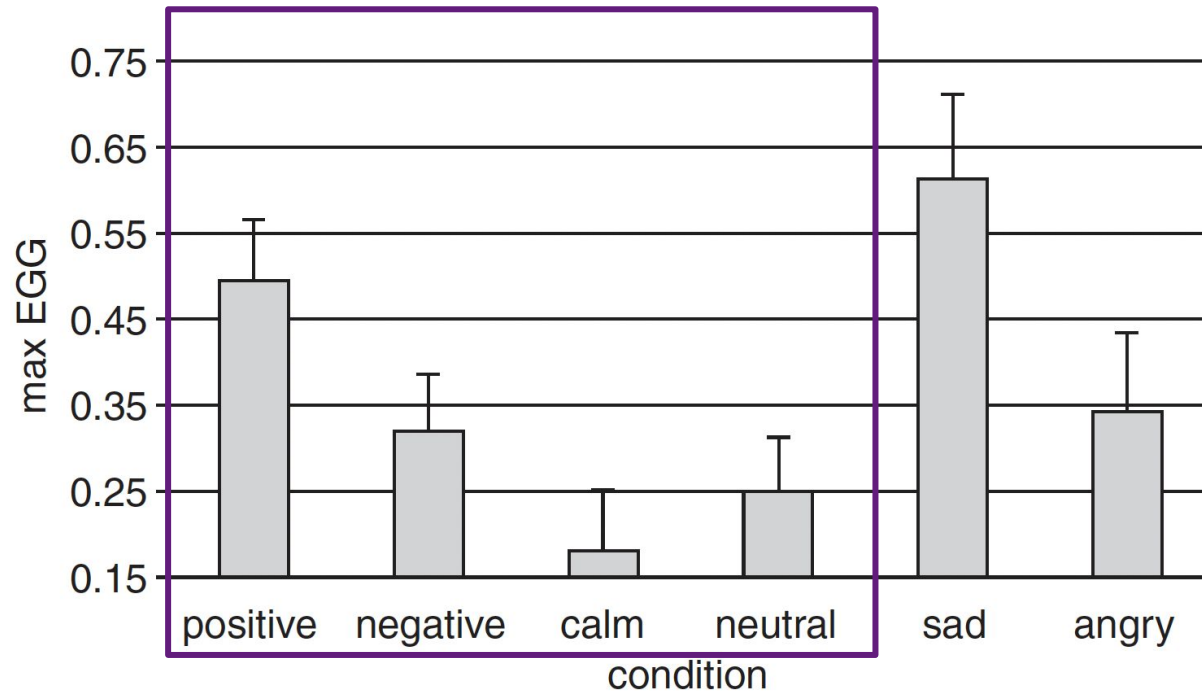
### ABSTRACT

**Objective:** Investigate whether the gut feelings of one person, as measured with an electrogastrogram (EGG), respond to the emotions of a distant person.

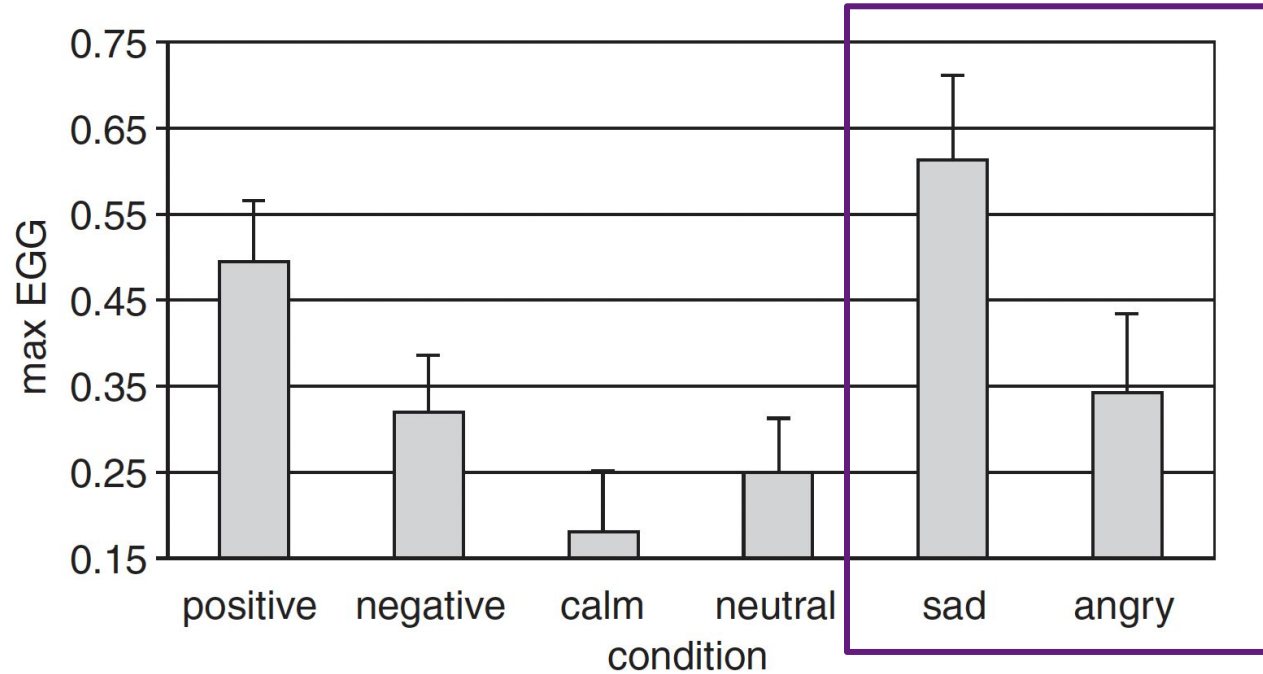
# Pilot study results



# Pilot study results



# Pilot study results





This experiment suggests that some somatic feeling may be associated with perceptions transcending ordinary sensory capabilities.



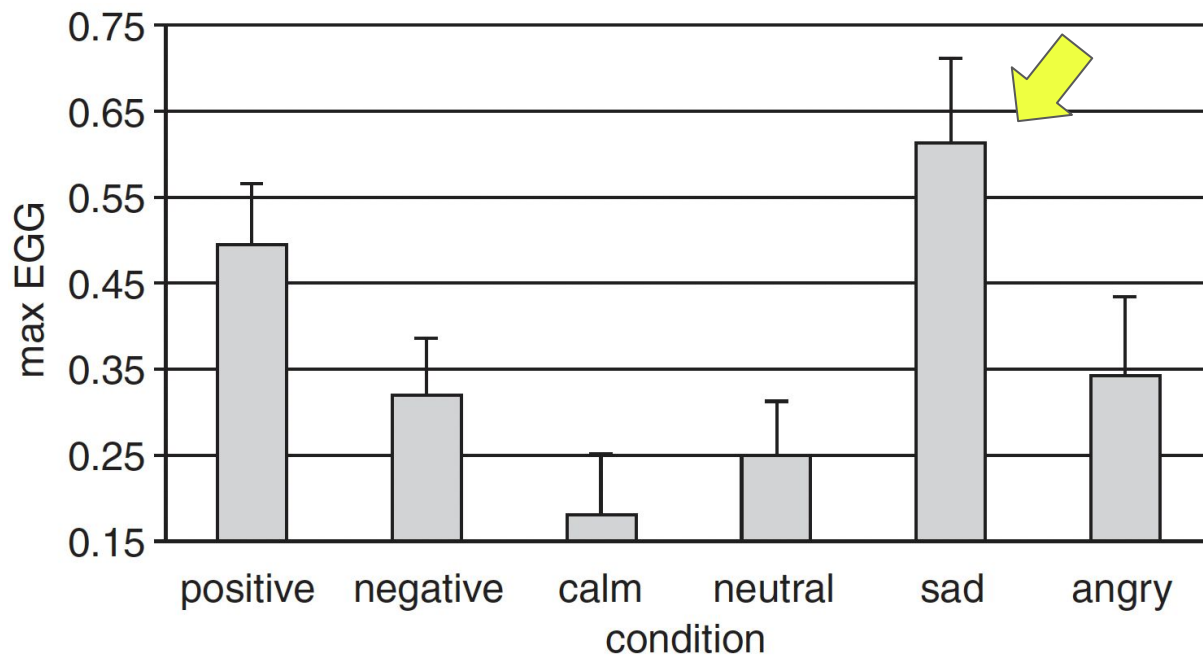
This experiment suggests that some somatic feeling may be associated with perceptions transcending ordinary sensory capabilities. **Of course, it would be imprudent to assume that all gut feelings necessarily contain intuitive information, ...**



This experiment suggests that some somatic feeling may be associated with perceptions transcending ordinary sensory capabilities. Of course, it would be imprudent to assume that all gut feelings necessarily contain intuitive information, **as on occasion visceral sensations reflect little more than a bad burrito.**



## Current study focus: sad stimuli



# Follows same design as pilot study



Some interesting differences too!



## Do you have telepathic powers?

Whether your answer is yes, no, or don't know, we're inviting **you and a partner** to participate in a research experiment at the Institute of Noetic Sciences (IONS).

To be **eligible**, you both need to believe that telepathy is at least possible, and be willing to:

- 1) Show up together at the IONS Lab in Novato on an agreed-upon weekday at 11:30 AM, having eaten a small, standardized breakfast
- 2) Have sensors placed on your abdomen to measure the electrical activity of your stomach and be okay with exposing your belly to do so
- 3) Relax in a comfortable "zero-gravity" recliner for around 30 min.

As a thank you, we'll offer each of you **\$100 (Via PayPal) and a free lunch** after your experimental session.

If interested, please scan the QR code below or email:

**lab@noetic.org**



This study is being conducted by IONS and all study activities are overseen by a research ethics board registered with the U.S. Department of Health & Human Services (IORG#0003743). The Principal Investigator of this study is Garret Yount, PhD.



**Do you have telepathic powers?**

Whether your answer is yes, no, or don't know, we're studying you and a partner to participate in a research experiment of the Institute of Noetic Sciences (IONS).

To be eligible, you both need to believe that telepathy is at least possible and be willing to:

- 1) Show up together at our office on Wednesday at 11:30 AM, having eaten a light breakfast and breakfast.
- 2) Have someone place EEG electrodes to measure electrical activity, and to wear a blindfold and earplugs.
- 3) Relax in a comfortable, reclining chair for around 30 minutes.

As a thank you, you will receive a \$100 Visa PayPal and a free lunch.

**SCAN ME**

**Can we detect car accidents with intuition?**  
Help us find out!

The purpose of this study is to better understand how our body and brain may subconsciously anticipate unpredictable car accidents. The study consists of being in a self-driving car in virtual reality (VR) while we monitor your heart, skin, and brain waves.

The study will take ~1 hour to complete and you will receive a \$100 compensation for your time.

Sign up to participate here:  
<https://www.research.net/j/MSFRV7>

**SCAN ME**

**Curious about altered states of consciousness & knowing the future?**

This research study aims to evaluate how a unique relaxing environment is applied, and personally influence a person's ability to know things about the future, on experience based predictions. Eligible participants will be either interested in exploring their experiences and thoughts with the conscious, premonitory rest and who have not had any medical psychological treatment or medication in the last year.

The study involves:

1. Completing an online screening survey (30 minutes)
2. Test in person (40-minute session) at the Institute of Noetic Sciences laboratory in Novato, CA.

At the session, you will complete questionnaires and tasks, including a 30-minute general practice test on a computer in a reclining position, wearing a pair of glasses that give it a hazy red light without any camera, and a pair of headphones that play relaxing instructions followed by a 10-minute one-way trip when there is no instructions.

Participants who complete all study activities will receive \$200 via PayPal.

Go here to learn more: <https://www.ionsci.org/study/>  
You can also email [research@ionsci.org](mailto:research@ionsci.org) to learn more.

**SCAN ME**

The research study is being conducted by the Institute of Noetic Sciences (IONS).



# Thank you!

Funder: Bial Foundation of Porto, Portugal

