

Are Antibiotics Causing Anxiety, Depression and Poor Gut Health?

In this mini-masterclass, Ben Angel shares how everyday medicinal aides can actually be holding us back.

February 26, 2021 1 min read

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Antibiotics might seemingly harmless, but we often underestimate how much these everyday medicinal wonders can impact our productivity, success and mental health. I mean, they save lives don't they? While they certainly can be vital, they can also wreak havoc on our overall performance, stopping us dead in our tracks. That's why, in this mini-masterclass, I explore how antibiotics are linked to anxiety, depression and could be behind what's been holding your back.

Related: Can Food Sensitivity Trigger Depression and Anxiety?

Want to discover your likelihood of depression, brain fog and anxiety? Take this 60-second quiz now to find out how your gut is affecting your mental health. And be sure to grab a copy of Unstoppable Journal, based on research from the award-winning book Unstoppable, which just released its 2nd Edition via Entrepreneur Press.

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