

Melissa Methven Explores Faith and Healing in 'The Gut God Connection'

New book connects gut-brain health, nervous system regulation, intuition and faith

TAMPA, FL, UNITED STATES, August 17, 2026 /EINPresswire.com/ -- Author, speaker and dental hygienist [Melissa Methven](#) is encouraging readers to rethink the way they listen to and understand their bodies in her new book, [The Gut God Connection](#), published by JOA Publishing.



The book brings together three areas Methven believes are too often considered separately: faith, science and body wisdom.

Drawing from her experiences with grief, fear and illness, Methven explores the gut-brain connection, nervous system regulation, stress, intuition and faith while encouraging readers to become more engaged advocates for their own health.

“

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Melissa Methven

Rather than viewing symptoms simply as problems to silence or fix, *The Gut God Connection* asks readers to become curious about what their bodies may be

communicating.

Methven says the book itself came from a deeply spiritual place. She has described sitting in prayer and asking what needs to be written and which stories are important.

“I have to be so connected within and connected in prayer without the noise,” Methven said, describing the writing process and her need to listen for the “quiet whispers” she feels called to share.

That process helped Methven complete the major drafts of both of her books in just five days each.

Her latest book grew from years of searching for answers and ultimately learning to look at health through a wider lens. Instead of continually searching for another plan or protocol, Methven became interested in how physical symptoms, stress, grief, emotions, intuition and spiritual well-being can intersect.

Through personal stories, spiritual insights and simple daily practices, *The Gut God Connection* encourages readers to notice patterns, respond with greater clarity and develop a deeper relationship with themselves, their bodies and God.

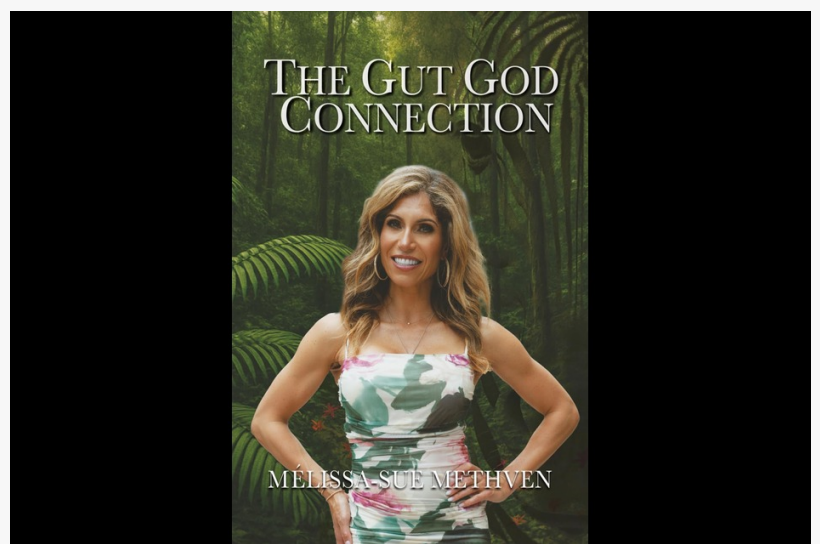
Nervous system regulation plays a central role in Methven's work. The book explores ways people can become more aware of stress responses and the communication between the gut and brain.

Methven also discusses practical tools including breathwork, meditation, journaling and affirmations as ways to calm the nervous system and become more attentive to the body's signals.

Faith remains at the heart of the book.

Methven's approach brings together trust, meaning and spiritual connection with science surrounding gut-brain communication, nervous system regulation and stress physiology. Her philosophy is that people do not necessarily have to choose between science, intuition and faith when thinking about their well-being.

The ideas behind the book have also developed into Gut God, a broader movement created to help people become more confident advocates for their own health.



Gut God encourages people to listen to their bodies, calm their nervous systems, explore root causes rather than simply chase symptoms, and strengthen intuition alongside science.

Methven's own journey plays an important role in that message. Following profound personal loss, including the death of her husband by suicide, she turned increasingly toward faith, writing and helping others navigate difficult chapters in their own lives.

She now continues that work through her books, speaking, podcasting, breathwork and health education.

At the center of The Gut God Connection is the idea that healing does not always begin with doing more.

Sometimes, it begins with listening.

The Gut God Connection is available now.

ABOUT MELISSA METHVEN

Melissa Methven is an author, speaker, dental hygienist, faith-led wellness coach and breathwork facilitator. Her work explores the intersection of faith, gut-brain health, nervous system regulation, body awareness, intuition and health self-advocacy. She is the author of The Gut God Connection and The Truth Behind the Smiles and the founder of Gut God.

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