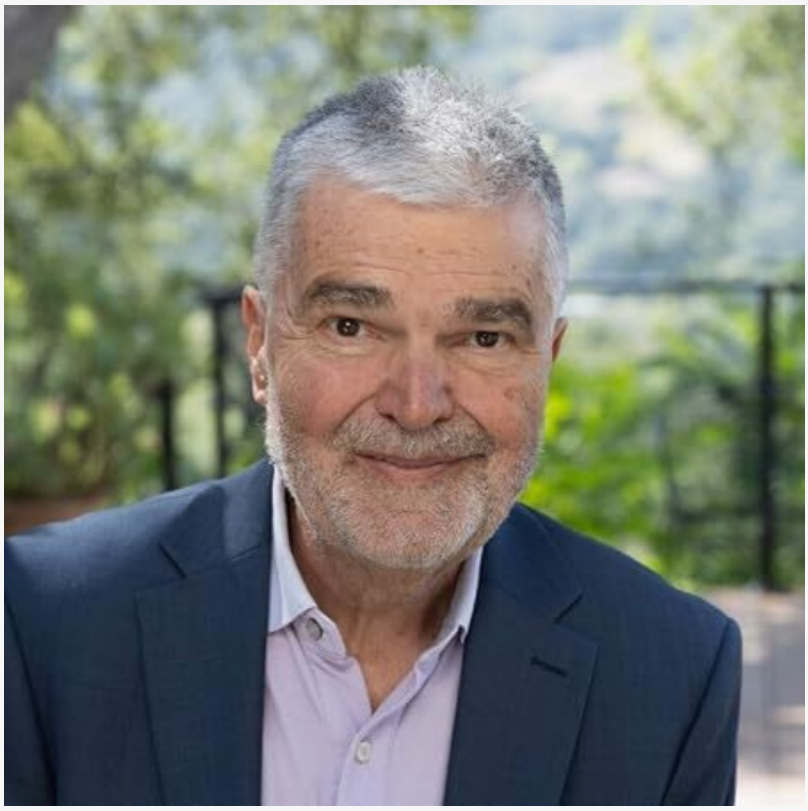
UCLA Brain-Gut Researcher, Emeran Mayer, MD, to Speak at Eudēmonia Summit

Renowned physician-scientist joins world-class lineup at the November summit exploring the science of a life well lived



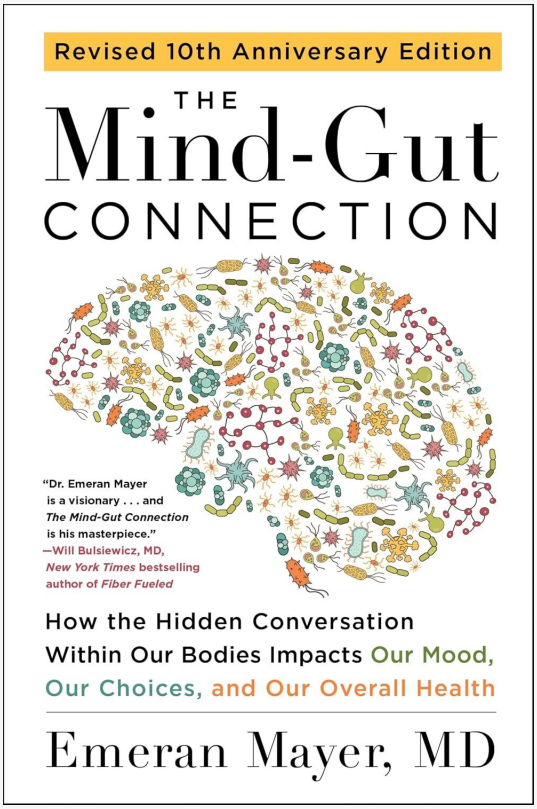
LOS ANGELES, CA, UNITED STATES, September 18, 2026 / EINPresswire.com/ -- Dr. Emeran Mayer, a leading authority on the brain-gut-microbiome connection and one of the most cited researchers in the field of neuro-gastroenterology, will speak at the renowned Eudēmonia Summit 2026, on November 5 in West Palm Beach, Florida.

Dr. Mayer is the executive director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience, and the founding director of the Goodman Luskin Microbiome Center at UCLA, where his research has helped establish the gut microbiome as a central factor in mood, cognition, and long-term health.

His curiosity about the link between digestive and mental health began early in his career as a gastroenterologist, when he noticed how often his patients with gut issues were also struggling with anxiety and depression. That observation set him on a decades-long path to understand how the trillions of microbes in the gut shape everything from digestion and immunity to mood and cognitive function.

His work has been featured by The Wall Street Journal, The Washington Post, Time, NPR, the American Gastroenterological Association, and the American Association for the Advancement of Science, among others. He also hosts The Mind-Gut Conversation podcast, where he speaks with experts across health and science.

Along with "The Mind-Gut Immune Connection", and his best-selling book, "Interconnected Plates", a Mediterranean-inspired cookbook, Harper Collins will soon publish a ten-year anniversary edition of Dr. Mayer's international best seller, "The Mind-Gut Connection".



Dr. Mayer has also recently self-published an Amazon best selling book, The Mayer Model, that ties it all together.

Eudēmonia, now in a year defined by its "This is Eudēmonia" campaign, brings together elite conversations with immersive wellness experiences including breathwork, cold therapy, resistance training, cryotherapy, and PEMF. The summit's stages are reserved for leaders who have spent years shaping the future of evidence-based well-being, placing Dr. Mayer among a distinguished group that includes Stacy Sims, David Perlmutter, Layne Norton, and Will Bulsiewicz, among others.

"The connection between what happens in our gut and how we think, feel, and age is one of the most important stories in medicine right now, and it's still not well understood by most people," said Dr. Mayer. "Eudēmonia is exactly the kind of gathering where that story needs to be told: to an audience that's ready to act on the science, not just hear about it."

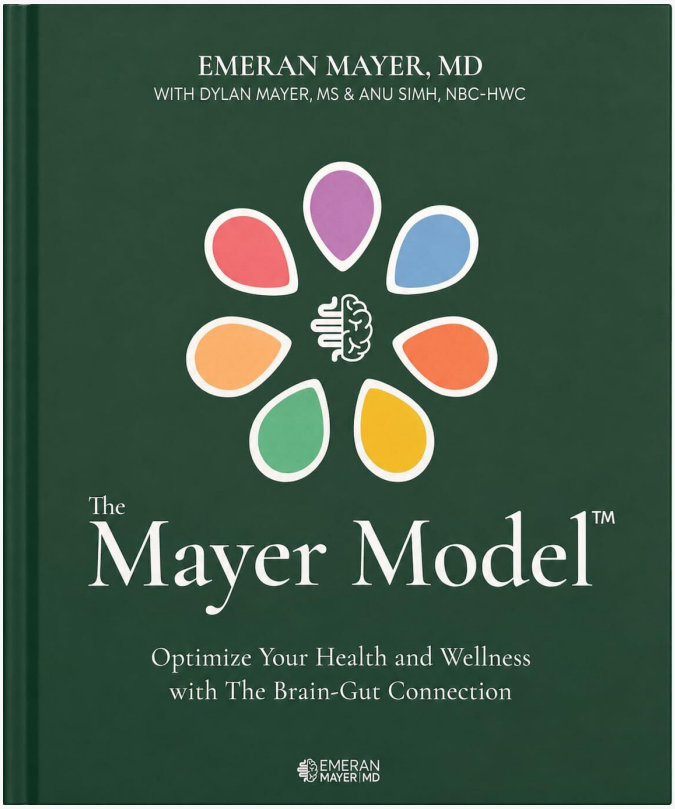
> Knowledge changes things. Not someday. Now. When you understand what is happening inside your body, you stop guessing and start making decisions that come from clarity instead of confusion."
>
> *Emeran Mayer, MD*

At the summit, Dr. Mayer will bring his research on the gut-brain-microbiome system to attendees, offering insight into how digestive health influences stress resilience, mental health, and long-term disease risk. His session is expected to draw significant interest from the summit's audience of health practitioners, researchers, and wellness leaders.

Eudēmonia 2026 will also feature EXPOSŌME, a hands-on showcase of top brands in personalized medicine, wellness technology, and functional nutrition, alongside live demonstrations and book signings. For more information on Eudēmonia Summit 2026, including the full speaker lineup and registration details, visit eudemonia.net.

About Dr. Emeran Mayer Emeran Mayer, MD, is a physician scientist, distinguished research professor and executive director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and founding director of the Goodman Luskin Microbiome Center at UCLA. A pioneer in brain-gut microbiome research, he is the author of "The Mind-Gut Connection", "The Mind- Gut Immune Connection", and "Interconnected Plates", and host of The Mind-Gut Conversation podcast. Learn more at emeranmayer.com.

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