

 e-tips...*to help you Live Well*

Mud Pie Cure

If you're a gardener or don't mind getting dirty while camping you might be happier than those who avoid all dirt. Recent scientific findings have discovered that being exposed to an inoffensive microbe found in soil called *Mycobacterium* can increase quality of life, including a brighter mood. It seems that the bacteria increase higher levels of serotonin in the brain, creating the same effect as an antidepressant drug. So the next time you want a natural lift consider repotting a plant, taking a hike or making a magnificent mud pie with the kids!

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Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

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