

'Their God Is The Belly" / "The Root of All Good Is The Pleasure Of The Stomach" And Similar Attributions

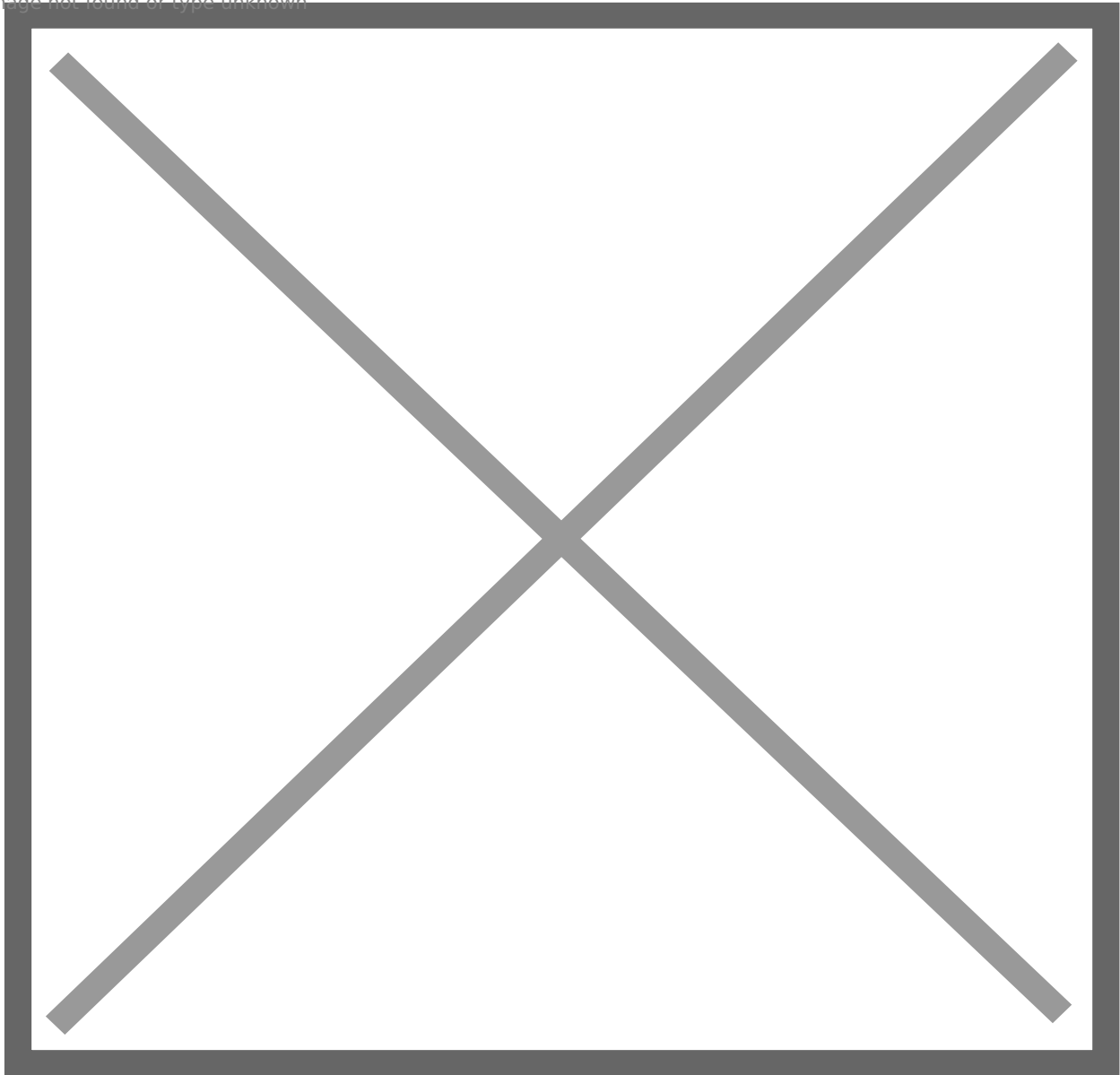
Post by "Pacatus" of December 9, 2025 at 11:42 AM

[Quote from Don](#)

The word used for "belly" is indeed γαστήρ. From whence we get words like gastric, gastroenterology, etc.

With the idea that γαστήρ actually referred to the whole digestive system, I remembered something about our gut as a "second brain." Modern biology seems to offer new insights into the importance and multivariate role of our gut - including on such things as mood and feelings, and mental well-being generally.

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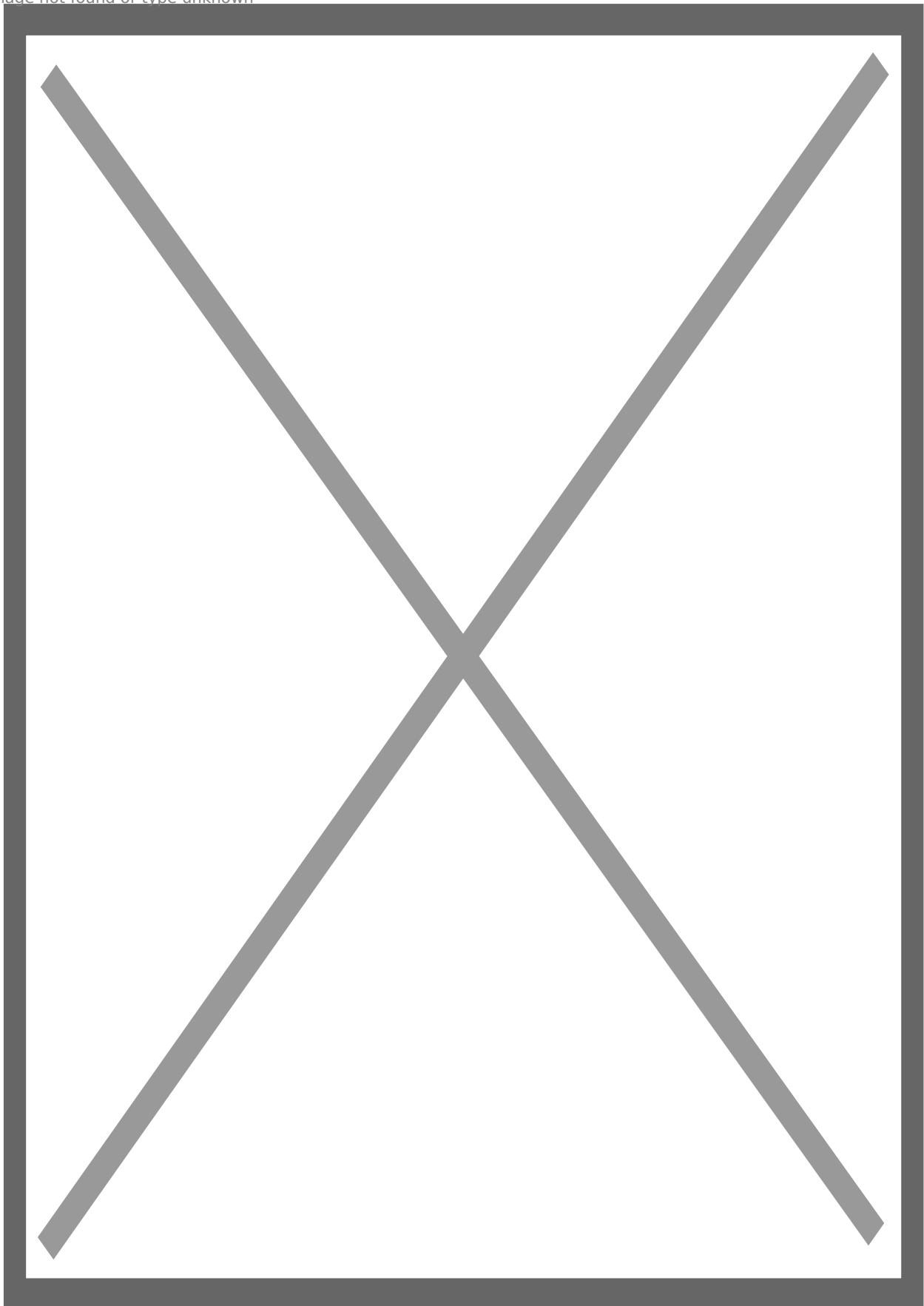


[What To Know About the Gut-Brain Connection](#)

Find out what your brain and gut talk about all day, and how this friendship could affect your health.

my.clevelandclinic.org

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<https://www.epicureanfriends.com/thread/4821-their-god-is-the-belly-the-root-of-all-good-is-the-pleasure-of-the-stomach-and-s/?postID=38086#post38086>

[Think Twice: How the Gut's "Second Brain" Influences Mood and Well-Being](#)

The emerging and surprising view of how the enteric nervous system in our bellies goes far beyond just processing the food we eat

www.scientificamerican.com

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-brain-gut-connection>

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