

PRI Interdisciplinary Studies Summit 2024



Taylor Boryca, PTA, PRC

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Presentation Title: *The Impact the Gut Microbiome Can Have on Physical and Mental Health*

Taylor is a Nebraska native but often elsewhere. She began her PRI journey in 2021 and it quickly encompassed her entire being, pushing her to pursue PRC in late 2022. Though PRI fundamentals have changed how Taylor approaches the human body she found that it is not a cure-all if the mind and body are not ready to accept the change. She now finds passion in learning how to optimize cellular health with a focus on PRI, the gut microbiome, and mental health to increase healing potential. She is innately curious and passionate in guiding others to find safety within themselves and life around them.