

EC Cell, Serotonin, and Pain Router

Use this one-page router after reading the article if you need the best next page rather than more mechanism detail.

Route by Dominant Pattern

Dominant pattern	Best next page	Why
Bowel urgency and fast transit dominate	serotonin-ibs-d	Best for 5-HT3, diarrhea, and urgency-heavy IBS-D questions
Pain feels amplified even when stool pattern is mixed	stress-sex-related-chronic-visceral-pain	Best for visceral hypersensitivity and pain-volume routing
Appetite, fullness, or meal-signaling confusion dominates	gut-brain-signaling-and-appetite	Best for the broader signaling map
You want the upstream microbiota mechanism shelf	microbiota-gut-brain-axis-explained	Best for microbial, metabolite, and serotonin-lane context
You need broader treatment escalation	ibs-treatment	Best for clinician-guided next-step comparisons

Escalate Instead of Self-Sorting If

- blood in stool
- black stool
- persistent vomiting
- unexplained weight loss
- severe new pain
- fever
- symptoms that feel clearly different from your usual pattern