

Gut-Brain Appetite Next-Step Router

Use this quick router when appetite, fullness, cravings, and digestive symptoms start blending together.

If Stress Changes Both Appetite and Digestion

Go to: **Stress-Bloating Through the Gut-Brain Axis**

- appetite feels different on stressful days
- the same meal feels louder when you are anxious or underslept
- the main question is nervous-system influence, not only food chemistry

If A Few Bites Feel Like Too Much

Go to: **Functional Dyspepsia**

- early fullness is the loudest problem
- post-meal heaviness or nausea fit the pattern
- the issue feels upper-abdominal, not mainly bowel-speed related

If Urgency and Fast Transit Dominate

Go to: **Serotonin and IBS-D**

- loose stool and urgency are more important than general appetite confusion
- bowel speed feels like the central problem
- the next question is whether a narrower signaling mechanism fits

If Mood Burden and Food Vigilance Dominate

Go to: **IBS, Anxiety, and Depression**

- symptom fear shapes daily plans
- every meal feels loaded with monitoring or dread
- food restriction is becoming the whole plan

If You Mostly Want the Mechanism Layer

Stay with:

- **Short-Chain Fatty Acids** for metabolite signaling
- **Polyphenols and the Gut Microbiome** for plant-compound ecology
- **Fiber Diversity and Microbiome Resilience** for substrate variety