

# Microbiome-Gut-Brain Next-Step Router

Use this quick router once you understand the mechanism map and need the right next shelf.

## If Stress Makes Gut Symptoms Louder

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

## If Hunger, Fullness, or Food Noise Are the Main Question

Go to: **Gut-Brain Signaling and Appetite**

## If Urgency or Fast Transit Dominate

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

## If Pain Amplification Dominates

Go to: **Stress, Sex, and Chronic Visceral Pain**

## If You Need the Food-Ecology Shelf

Stay with:

- **Short-Chain Fatty Acids**
- **Fiber Diversity and Microbiome Resilience**
- **Polyphenols and the Gut Microbiome**