

Microbiome-Gut-Brain Signal Ladder

Use this one-page guide when a microbiome claim sounds exciting but you need to know what it can actually explain well.

Strongest Support

- the microbiota-gut-brain axis is a real signaling framework
- microbes can influence host signaling through neural, immune, serotonin, and metabolite lanes
- metabolites such as short-chain fatty acids are legitimate parts of the map

Reasonable but Narrower Translation

- the axis may shape appetite, stress reactivity, bowel speed, and symptom sensitivity
- one lane may matter more than another depending on the pattern
- mechanism does not automatically identify the right intervention

Most Overclaimed

- one stool test tells you exactly what to do next
- one probiotic resets mood, IBS, and cravings at the same time
- every stress or gut symptom means dysbiosis