

Understanding gut-brain disorders

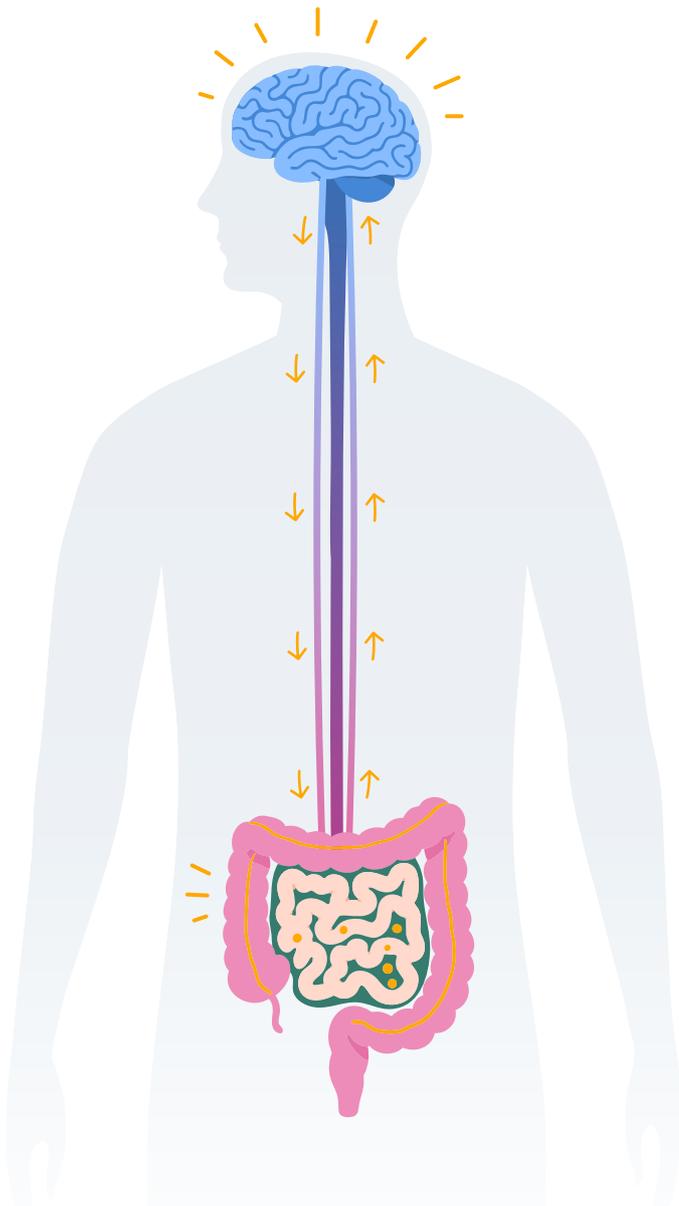
Your symptoms are real – even when tests don't show damage or disease

Many people with ongoing gut symptoms are told their results are clear, which can feel confusing. In Disorders of Gut-Brain Interaction (DGBIs), clear results often help point to the right explanation.

It means the issue isn't structural damage – but changes in how the gut functions, senses signals, and communicates with the brain.

How this system normally works

Your gut and your brain communicate constantly through the gut-brain axis. This system normally runs quietly in the background, regulating your digestion, sensation, and how your body responds to stress.

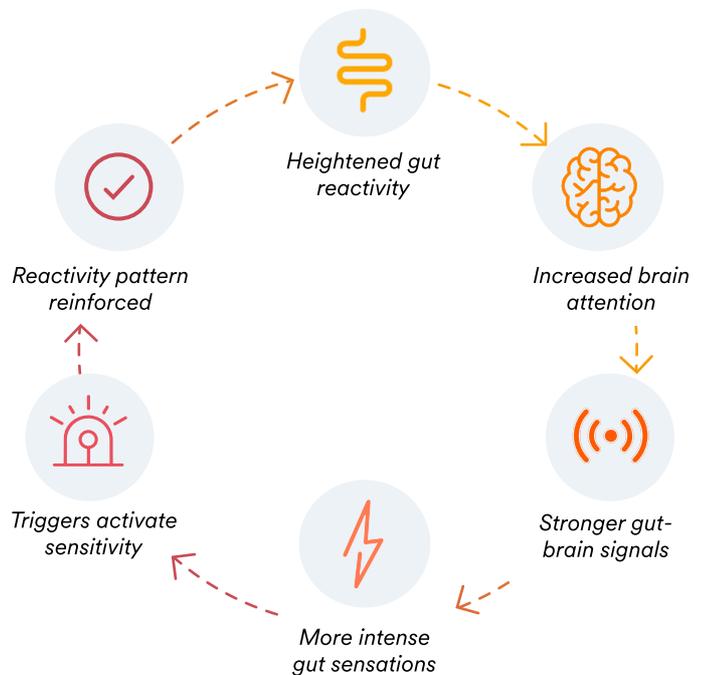


In gut-brain disorders, this system is still working – but it's become more reactive.

The nerves in and around the gut are more sensitive, so normal digestive signals are felt more strongly, even when nothing harmful is happening. This is known as visceral hypersensitivity.

The brain may pay more attention to these signals and send stronger signals back to the gut, further amplifying gut responses.

How a reactive pattern develops



Over time, this pattern can lead to symptoms like pain, bloating, diarrhea, or constipation. Food and stress may trigger symptoms – not because they are the root cause, but because the system is already on high alert.

Importantly, this system can be regulated. Your gut issues were never “all in your head.”

Support may include a combination of approaches, such as gut-brain therapy, medication, and dietary strategies, depending on the individual.

Learn more about gut-brain disorders:

