

A woman with blonde hair and a man with grey hair are shown from the chest up. They both have wide-eyed, surprised, or perhaps worried expressions. The woman is on the left, wearing a pink and white checkered shirt under a pink cardigan. The man is on the right, wearing a light blue button-down shirt. The background is a plain, light color.

7 Gut-Brain Signals Your Doctor Is Missing

**Your lab work looks
“normal” but your body
says otherwise.**

7 GUT-BRAIN SIGNALS YOUR DOCTOR IS MISSING

DECODE YOUR SECOND BRAIN

When your second brain is screaming for help—but your labs say you're fine

7 Signals Your Gut-Brain Axis Is Sending

(And How the H.A.R.M.O.N.Y.™ Protocol Unlocks Your Health)

INTRODUCTION

Did you know your gut is often called your “second brain”?

When something's off in your gut-brain axis, your body sends signals—long before conventional tests reveal any problems. These signals are your body's way of asking for help. Are you ready to listen?

THE H.A.R.M.O.N.Y.™ PROTOCOL

The H.A.R.M.O.N.Y.™ protocol is a comprehensive, personalized approach to restoring gut-brain balance for vibrant energy, mood, and resilience. Each letter represents a vital step in transforming your health from the inside out. Here's how to decode what your second brain is telling you—and what to do about it.



H – HEAL THE GUT

Signal 1: Your Gut-Brain Axis Is Inflamed

What Your Second Brain Is Telling You:

- Brain fog after meals
- Mood swings linked to digestion
- Anxiety or depression tied to gut issues
- Cognitive problems flaring up with stress

What's Really Happening:

Your gut lining may be compromised (“leaky gut”), letting inflammatory compounds into your bloodstream and up to your brain. This disrupts neurotransmitter production, leading to mood and cognitive symptoms. An imbalanced microbiome can worsen inflammation.

Why Standard Tests Miss It:

Routine labs rarely catch gut-specific inflammation. Specialized testing is needed to assess gut barrier function and microbiome balance.

A – ACTIVATE PATHWAYS

Signal 2: Your Gut Is Hijacking Your Hormones

What Your Second Brain Is Telling You:

- PMS or hormonal symptoms that worsen with gut issues
- Energy crashes tied to meals
- Sleep problems connected to what you eat
- Unexplained weight gain, especially around the middle

7 Gut-Brain Signals Your Doctor Is Missing

What's Really Happening:

Your gut bacteria influence hormone production and metabolism. An imbalanced microbiome can increase stress hormones, disrupt estrogen, and interfere with thyroid function. Your gut also regulates neurotransmitters like serotonin and GABA, affecting stress and sleep.

Why Standard Tests Miss It:

Basic hormone panels don't show how your gut impacts hormone production and metabolism. Gut health and hormones must be assessed together.

R – RESTORE BALANCE

Signal 3: Your Gut Is Stuck in Stress Mode

What Your Second Brain Is Telling You:

- Digestive symptoms worsen with stress
- Feeling "wired and tired" with gut issues
- Alternating constipation and loose stools
- Anxiety or tension, especially around meals

What's Really Happening:

Your gut's own nervous system is directly connected to your brain's stress response. Chronic stress keeps your gut in "fight or flight," disrupting digestion and creating inflammation. This creates a vicious cycle of stress and gut dysfunction.

Why Standard Tests Miss It:

Routine testing doesn't assess nervous system function or gut-brain stress response. Specialized evaluation is needed for vagus nerve and gut-brain communication.

M – MIND-BODY OPTIMIZATION

Signal 4: Your Gut Bacteria Aren't Producing Energy

What Your Second Brain Is Telling You:

- Fatigue that doesn't improve with rest
- Brain fog that feels like "mental exhaustion"
- Difficulty concentrating, especially after meals
- Feeling tired even with a healthy diet

What's Really Happening:

Your gut bacteria make short-chain fatty acids (SCFAs) that fuel your cells. An imbalanced microbiome can't produce these efficiently, and inflammation can block nutrient absorption—leaving you in a state of metabolic dysfunction.

Why Standard Tests Miss It:

Standard energy panels don't check for gut-produced metabolites or microbiome function.

O – OPTIMIZE ENERGY SYSTEMS

Signal 5: Your Gut Can't Eliminate Toxins

What Your Second Brain Is Telling You:

- Feeling worse in moldy or chemical environments
- Skin issues linked to gut problems
- Headaches or brain fog after certain foods or chemicals
- Feeling "toxic" or inflamed after meals

7 Gut-Brain Signals Your Doctor Is Missing

What's Really Happening:

Your gut is a major detox organ. When compromised, toxins build up, causing systemic inflammation and brain fog. An imbalanced microbiome impairs detox, allowing toxins to recirculate.

Why Standard Tests Miss It:

Standard liver tests don't assess gut-based detox or the microbiome's role in toxin elimination.

N – NOURISH THE BODY

Signal 6: Your Gut Needs Personalized Nutrition

What Your Second Brain Is Telling You:

- Worsening food sensitivities
- Cravings for foods that make you feel worse
- Energy crashes or brain fog after certain meals
- Digestive symptoms that change with different foods

What's Really Happening:

Your unique microbiome needs personalized nutrition. Generic diets don't account for your specific needs, genetics, or gut health. Food sensitivities often develop when the gut barrier is compromised, triggering immune reactions and inflammation.

Why Standard Tests Miss It:

Standard allergy tests don't catch food sensitivities or individual microbiome needs.

Y- YOUR PERSONALIZED HEALTH ROADMAP

Signal 7: Your Gut-Brain Pattern Is Uniquely Yours

What Your Second Brain Is Telling You:

- Symptoms that don't fit standard diagnoses
- Treatments that work for others but not for you
- A mix of digestive, mood, and cognitive symptoms
- Feeling like your health puzzle is more complex than others realize

What's Really Happening:

Your gut-brain connection is shaped by your genetics, environment, stress history, and microbiome. Cookie-cutter approaches miss the unique factors driving your symptoms. True healing requires a personalized blueprint.

Why Standard Tests Miss It:

Conventional medicine looks for disease patterns, not individual optimization. Comprehensive, personalized assessment is key.

WHAT THIS MEANS FOR YOUR HEALTH

If you recognize signals from several categories, your gut-brain axis may be dealing with multiple, interconnected imbalances.

The good news? Your second brain has an incredible capacity to heal—when given the right support.



7 Gut-Brain Signals Your Doctor Is Missing

KEY TAKEAWAYS:

- Your symptoms are connected, not random
- Gut health directly impacts brain function
- Standard testing misses these crucial connections
- Personalized approaches are essential for true healing

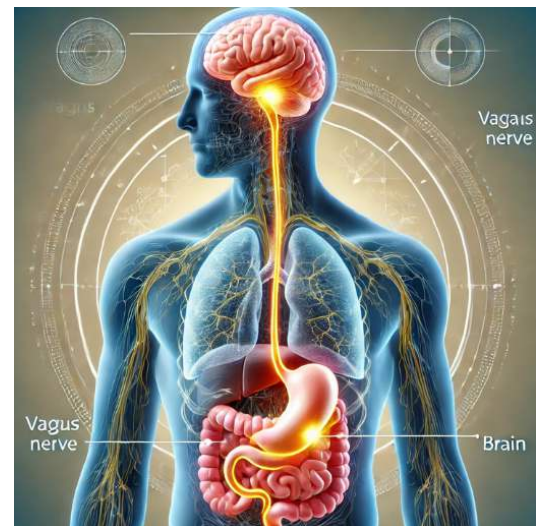
READY TO LISTEN TO YOUR SECOND BRAIN?

These signals are your body's early warning system—your second brain trying to prevent bigger health problems down the road.

WHEN YOU ADDRESS GUT-BRAIN DYSFUNCTION EARLY, YOU CAN:

- Restore mental clarity and stable energy
- Rebalance digestion and heal your gut from the inside out
- Improve mood and reduce anxiety naturally
- Support healthy hormone balance
- Optimize your body's detox capacity
- Prevent more serious health issues

T



Disclaimer: This guide is for informational and educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. The content reflects the opinions and experience of Dr. Patricia May, D.C., and is not a substitute for personalized medical advice, diagnosis, or treatment from a qualified healthcare provider. Always consult your physician or other licensed health professional before making any changes to your health routine, especially if you have a medical condition or are taking medication. Reading this guide or booking a Discovery Call does not establish a doctor-patient relationship.

TAKE THE FIRST STEP



Ready to Feel Like You Again?!

If this guide resonated with you, don't wait for things to get worse.

Your body is asking for help—and the first step is listening.

Let's uncover what's really going on beneath the surface and create a clear path forward—one that's aligned with your unique body and your goals.

Book your free Discovery Call today and take the first step toward real, lasting healing.

**[Click here to schedule your free
Harmony Discovery Session](#)**



Natural Wellness

Dr. Patricia May

Natural Wellness Healthcare

At Natural Wellness Healthcare, we believe your body was designed to heal—and when you listen to its signals, everything changes. Founded by Dr. Patricia May, D.C., our practice helps professionals and entrepreneurs reclaim their energy, clarity, and confidence by uncovering the real reasons behind stress, burnout, and gut imbalance. With over 35 years of experience in natural healing, Dr. Patricia combines science, intuition, and heart to create personalized wellness plans that meet you where you are—and guide you back to balance. Because true wellness isn't about pushing harder. It's about healing smarter—and learning to trust your body again.

👉 **Learn more at: [Natural Wellness Healthcare.com](https://www.naturalwellnesshealthcare.com)**

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Harmony Discovery
Session**



DR. PATRICA MAY



Hi, I'm Dr. Patricia May, founder of Natural Wellness Healthcare, and I'm so glad you're here.

If you've been feeling stressed, exhausted, foggy, bloated, or stuck on a hormonal rollercoaster—wondering why your body is working against you—I want you to know this: you're not alone, and you're not broken.

I know what it's like to push through the day with symptoms no one seems to have answers for.

Years ago, I hit a breaking point in a high-stress hospital job—battling migraines, gut issues, and hormonal chaos. That moment became a turning point, leading me to deep healing and a new purpose: helping others stop guessing and start truly healing from the inside out.

At Natural Wellness Healthcare, I blend medical insight with holistic tools and advanced diagnostics to create personalized healing plans.

This is not about managing symptoms—it's about helping you reclaim your energy, mental clarity, gut health, and joy.

My clients often tell me they feel like themselves again—only better. They're thinking clearly. They're waking up with energy. They're showing up for their work and families fully present, no longer running on empty.

That's what I want for you, too.