



**Title:** *Gut Instincts -- The Gut-Brain Connection in the Treatment of Eating Disorders*

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**Credit:** One (1) Continuing Education Credit Awarded

**Post-Test (For reference only. You must take and pass the test online for CE credit.)**

1. What connects the gut and the brain?
  - A) The Vagus Nerve
  - B) The Central Nervous System
  - C) The Enteric Nervous System
2. The symptoms of what mineral looks similar to anorexia:
  - A) Magnesium
  - B) Zinc
  - C) Calcium
3. What mineral is depleted with SSRI use?
  - A) Calcium
  - B) Magnesium
  - C) Zinc
4. Which of these is a short chain fatty acid?
  - A) Butyrate
  - B) Lactobacillus
  - C) Bifidobacteria
5. A study on brain trauma found that the intestinal microvilli were damaged in what amount of time?
  - A) 2 hours
  - B) 6 hours
  - C) 6 days
6. When does the migrating motor complex happen after meals?
  - A) 1-2 hours
  - B) 6-7 hours
  - C) 3-5 hours
7. What is the Central Nervous System?
  - A) The gut
  - B) The brain and spine
  - C) The HPA Axis
8. Where does digestion begin?
  - A) The colon
  - B) The mouth
  - C) The small intestine
9. What is dysbiosis?
  - A) The balance of good bacteria in the gut
  - B) An improper balance of good and bacteria in the gut
  - C) The bad bacteria in the gut
10. When does the gut-brain axis start?
  - A) Within the first 2 years of life
  - B) At birth
  - C) After puberty