

Beyond the Plate: Exploring the Complex Relationship Between Gastrointestinal Health and Eating Disorders

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Credit: One (1) Continuing Education Credit Awarded

Posttest (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
 - D) They are not connected
2. What does dysbiosis mean?
 - A) An imbalance of “good” and “bad” bacteria
 - B) Too many “good” bacteria
 - C) Dysfunction between the gut and the brain
 - D) That you have H pylori
3. Digestion starts where?
 - A) The stomach
 - B) The intestines
 - C) The mouth
 - D) In the rectum
4. When does the migrating motor complex happen after meals?
 - A) 1-2 hours
 - B) 6-7 hours
 - C) 3-5 hours
 - D) 30 minutes
5. What is the Central Nervous System?
 - A) The gut
 - B) The brain and spine
 - C) The HPA Axis
 - D) The thyroid
6. What is the enzyme made by the salivary glands?
 - A) Amylase
 - B) Lipase
 - C) Protease
 - D) Betaine HCL
7. When does the gut-brain axis start?
 - A) Within the first 2 years of life
 - B) At birth
 - C) After puberty
 - D) When you activate it

8. Which of these is not a sign of low stomach acid?
- A) Nausea
 - B) Feeling like food sits in your stomach like a brick
 - C) Bumps on the back of your arms
 - D) Food in stool
9. Where is bacteria housed?
- A) Intestines
 - B) Stomach
 - C) Pancreas
 - D) The liver
10. What is butyrate?
- A) A short chain fatty acid (SCFA)
 - B) An enzyme for digestion
 - C) A “bad” bacteria
 - D) A good bacteria