



Gut Instincts: The Gut Brain Connection in Mental Health and Eating Disorder Treatment  
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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. 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
  
3. Digestion starts where?
  - A) The stomach
  - B) The intestines
  - C) The mouth
  
4. When does the migrating motor complex happen after meals?
  - A) 1-2 hours
  - B) 6-7 hours
  - C) 3-5 hours
  
5. What is the Central Nervous System?
  - A) The gut
  - B) The brain and spine
  - C) The HPA Axis
  
6. What is the enzyme made by the salivary glands?
  - A) Amylase
  - B) Lipase
  - C) Protease
  
7. When does the gut-brain axis start?
  - A) Within the first 2 years of life
  - B) At birth
  - C) After puberty

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
9. Where is bacteria housed?
- A) Intestines
  - B) Stomach
  - C) Pancreas
10. What is butyrate?
- A) A short chain fatty acid (SCFA)
  - B) An enzyme for digestion
  - C) A "bad" bacteria