



Gut-Brain Series Part 2: The Gut-Brain Axis and Communication Pathways

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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 does the enteric nervous system oversee?
  - A) The spinal cord
  - B) Mood
  - C) Microbiome
2. What is the second brain?
  - A) The hypothalamus
  - B) The enteric nervous system
  - C) Neurotransmitters
3. The migrating motor complex is also known as...
  - A) What makes you constipated
  - B) The gut cheerleading crew
  - C) The cleanup crew
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 hunger hormone?
  - A) leptin
  - B) ghrelin
  - C) serotonin
6. What does the autonomic nervous system consist of?
  - A) Parasympathetic and Sympathetic
  - B) Just the parasympathetic system
  - C) Just the sympathetic system
7. When does central nervous system consist of?
  - A) The brain
  - B) The brain and spinal cord
  - C) The spinal cord
8. What does the HPA Axis control?
  - A) How the body digests protein
  - B) How the body moves food through the intestines
  - C) How the body responds to stress

9. What impact does stress have on digestion?
- A) No impact
  - B) More saliva
  - C) Slowed food breakdown
10. Having a balanced sympathetic nervous system helps with...
- A) Speech
  - B) Digestion
  - C) Chewing