



Gut-Brain Series Part 3: Trauma and 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 mineral deficiency has similar symptoms to anorexia?
  - A. Zinc
  - B. Magnesium
  - C. Calcium
  - D. Phosphorous
  
2. How quickly after a traumatic brain injury does research show the gut is impacted?
  - A. 6 days
  - B. 6 hours
  - C. 6 weeks
  
3. What is the enteric nervous system?
  - A. The gut
  - B. The brain
  - C. The body
  
4. When does bacterial inoculation start?
  - A. Between age 5-7
  - B. After puberty
  - C. At birth
  
5. What is the superhighway between the gut and the brain?
  - A. Autonomic nervous system
  - B. Vagus nerve
  - C. BDNF
  
6. When probiotics eat prebiotics it produces (fill in the blank)?
  - A. Postbiotics
  - B. Inflammation
  - C. Digestive enzymes
  
7. Which type fiber is prebiotic?
  - A. Soluble fiber
  - B. Insoluble fiber
  - C. None
  
8. A deficiency in what mineral can lead to loss of taste and smell?
  - A. Calcium
  - B. Magnesium
  - C. Zinc

9. Which mineral helps with digestive enzyme production?

- A. Zinc
- B. Magnesium
- C. Calcium

10. The type of fiber that is also known as “roughage”:

- A. Insoluble fiber
- B. Soluble fiber
- C. Psyllium husk