



*Gut-Brain Series Part 4: Application of the Gut-Brain Axis in Treatment*

Heather Finley, MS, DCN, RDN, CEDRD

**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 is the quickest way to change the gut?
  - A) Food
  - B) Supplements
  - C) Fasting
2. Food fermentation improves production of:
  - A) Vitamin C
  - B) Vitamin B12
  - C) Phosphorous
3. Insoluble fiber does what in the gut?
  - A) Creates harmful bacteria
  - B) Gels food
  - C) Adds bulk to stool
4. Which type of fiber provides food for gut bacteria?
  - A) Meats
  - B) Insoluble
  - C) Soluble
5. What "food" do gut bacteria need to survive?
  - A) Prebiotic fiber
  - B) Vitamin A
  - C) Zinc
6. Before working on food variety it's important to:
  - A) Ensure the client is eating enough calories
  - B) Reduce inflammation
  - C) Add magnesium
7. The compounds found in food that promote healthy gut bacteria are:
  - A) Polyphenols
  - B) Tumeric
  - C) Probiotics

8. When recommending probiotics you have to match the strain to the \_\_\_\_.
- A) Prebiotic
  - B) Fiber
  - C) Condition
9. Which mineral helps with digestive enzyme production?
- A) Zinc
  - B) Magnesium
  - C) Calcium
10. A Psychobiotic is:
- A) A strain of probiotic that has a direct impact on the brain
  - B) A type of fiber that is good for the gut
  - C) A digestive enzyme