
Module 4, Lesson 3 Quiz: The Gut & Brain Connection

1. The communication pathway that links the gut to the brain is the:
 - a. Femoral nerve
 - b. Carotid nerve
 - c. **Vagus nerve**
 - d. Neurological plexus

2. Neurotransmitters play a major role in the gut and brain connection. A major neurotransmitter that is responsible for making us feel calm and relaxed is:
 - a. **Serotonin**
 - b. Cortisol
 - c. Leptin
 - d. Ghrelin

3. When working with a client who is dealing with digestive issues, research finds it may be extra beneficial to prioritize _____ to decrease, reverse and repair GI damage.
 - a. Sleep
 - b. Exercise
 - c. Hydration
 - d. **Stress**

4. A client comes to you with depression and wonders if changing her diet will help. You suggest:
 - a. **Probiotic-rich foods to stimulate her gut flora, which is linked to the reduction of depressive symptoms**
 - b. Antioxidant-rich foods to stimulate her gi tract, which is linked to the reduction of depressive symptoms
 - c. A vegetarian lifestyle to decrease stress on her gi tract and promote positive feelings
 - d. The DASH diet to reduce her blood pressure and make her heart more efficient, which may be the cause of the depression