
Module 4, Lesson 6 Quiz:

Leaky Gut

1. What is “leaky gut?”
 - a. Bile and gastric juices overflowing into the colon
 - b. Gaps in the GI tract where undigested material leaks**
 - c. Too much liquid in the GI tract because the body cannot regulate fluids
 - d. Places in the stomach where fluid builds up and leeches into the interstitial spaces

2. One common side effect of leaky gut is:
 - a. Weakened bones
 - b. Cardiovascular ramifications
 - c. Gut flora imbalance**
 - d. Colon cancer

3. Good recommendations for a client who suffers from leaky gut include:
 - a. A probiotic-rich diet with fermented foods**
 - b. A bowel rest diet of liquids only
 - c. A vegetarian diet
 - d. A gluten-free low fiber diet