

Module 6, Lesson 1 Quiz:

Autoimmune 101

1. When the immune system, which usually does a great job fighting and attacking bacteria, germs, and viruses, can't tell the difference between foreign cells and healthy cells, you are dealing with:
 - a. Immunodeficiency
 - b. Autoimmune disease**
 - c. Virology syndrome
 - d. Intrinsic immune disease

2. Who is most likely to develop an autoimmune disease?
 - a. Women of child-bearing age**
 - b. Men between 15 - 50
 - c. Menopausal women
 - d. Children

3. There are many, many forms of autoimmune disease, which statement is not true about this type of illness?
 - a. Different diseases may have very similar symptoms
 - b. The symptoms may come and go
 - c. Certain ethnic groups are more susceptible
 - d. Most of them are relatively simple to diagnose**

4. What dietary influence is most likely to trigger an autoimmune disease response?
 - a. Low fiber diet
 - b. Macro counting and Keto style diets
 - c. High fat and processed food diets**
 - d. High carbohydrate and high sugar diets