

Quiz for Module: Colon Health

Name _____ Date _____

1. Colon health is far more important than we ever new before. We have more bugs in our gut than we have cells in our body?
 1. True
 2. False

2. The reason we are seeing a destruction in our bug population relates to:
 1. Herbicides
 2. Chlorinated water
 3. Excess sugar ingestion
 4. Antibiotic use on the rise
 5. All of the above

3. Firmicutes are more commonly seen as a whole in industrialized societies and are notable for harvesting all the possible calories they can from food resulting in overweight status?
 1. True
 2. False

4. Prebiotics are critical to consume so our bug population does not die?
 1. True
 2. False

5. Fermentation is our friend and we should be consuming some type of fermented food every day in order to repopulate our good bug status?
 1. True
 2. False

6. Your bugs have much to do with how well your immune system works. A poor bug population may result in autoimmune diseases that include the following:
 1. Rheumatoid Arthritis
 2. Systemic Lupus
 3. Psoriatic arthritis
 4. Type I diabetes
 5. All of the above

7. Those who are diabetic are more prone to developing Alzheimer's?

1. True
2. False

8. Type 2 Diabetes develops from a result from how we eat?

1. True
2. False

Answers listed below.

Answers

1. 1
2. 5
3. 1
4. 1
5. 1
6. 5
7. 1
8. 1