



# THE DIGESTIVE SYSTEM & GUT HEALTH

## WORKBOOK

Q1. WHAT IS THE DIGESTIVE SYSTEM AND WHAT IS IT COMPRISED OF?

Q2. WHAT IS THE ROLE OF HYDROCHOLIC ACID IN THE STOMACH?

Q3. PROTEIN IS BROKEN DOWN IN THE STOMACH BY WHAT ACTIVE ENZYME?

Q4. THE MACRONUTRIENTS, CARBS, PROTEIN AND FATS, TAKE WHAT FORMS ONCE FULLY DIGESTED BY THE BODY?

Q5. DESCRIBE THE 4R'S PROTOCOL AND HOW IT CAN BE USED TO HELP CLIENTS ACHIEVE OPTIMAL DIGESTION AND ABSORPTION OF NUTRIENTS.

Q6. WHY IS THE GUT AN IMPORTANT SYSTEM TO HELP PROTECT THE BODY?

Q7. WHAT ARE THE COMMON REACTION CAUSES TO TRIGGER AN IMMUNE RESPONSE TO CERTAIN FOOD OR FOOD GROUPS?

Q8. DESCRIBE THE MOST COMMON SYMPTOMS AND RESPONSES WITHIN THE BODY WHEN EXPOSED TO A FOOD ALLERGY OR INTOLERANCE?

Q9. WHAT ARE THE MOST EFFECTIVE PRACTICES TO UNDERTAKE WHEN TRACKING FOOD ALLERGIES OR INTOLERANCES IN CLIENTS?

Q10. WHAT KEY SUPPLEMENTS CAN BE USED TO HELP CORRECT ANY DEFICIENCIES IN DIGESTION?

Q11. WHAT KEY SUPPLEMENTS CAN BE USED TO AID THE REPAIR OF...

A) IMMUNE RESPONSE -

B) FATIGUE -

C) INFLAMMATION -

D) ULCERATE COLITIS -

E) CROHN'S DISEASE -

F) RESPIRATORY  
DISEASE -

G) SKIN ISSUES -

...ASSOCIATED WITH FOOD ALLERGIES OR INTOLERANCES?

Q12. WHAT SUPPLEMENT CAN BE EFFECTIVE AS REPOPULATING THE GUT WITH GOOD BACTERIA?