

GUT-BRAIN AXIS RESILIENCE QUIZ™



Self-Assessment

Gut-brain axis (GBA) resilience— your body's ability to withstand and adapt to minor disruptions and return to equilibrium— plays a vital role in your overall health. Take this simple quiz and find out your GBA resilience score.

RATING SCALE

Rate your response to each of the following questions on a scale of 1-5, then check the GBA Resilience Quiz™ Score on the next page for your results.

1	2	3	4	5
Never	Rarely	Occasionally	Frequently	Daily

1. My brain feels foggy and unfocused—I just can't seem to concentrate. Score: _____
2. I'm moody and irritable, for no good reason. Score: _____
3. My digestive system is super-sensitive: I have lots of food allergies & intolerances. Score: _____
4. I'm anxious and fearful—even little things stress me out. Score: _____
5. Even though I eat right and exercise, I keep gaining weight. Score: _____
6. My joints feel stiff and swollen, and my muscles ache. Score: _____
7. I get sad easily and can cry at the drop of hat. Score: _____
8. My sleep is a mess—it's a miracle if I get more than 6 hours a night. Score: _____
9. I'm constipated or have diarrhea, and it's worse when I'm stressed. Score: _____
10. My food cravings are out of control: I can't stop eating sugar. Score: _____
11. After eating, I'm bloated, gassy and uncomfortable. Score: _____
12. I'm exhausted all the time, even after a decent night's sleep. Score: _____
13. My skin is sensitive and easily irritated, and I get unexplained rashes and hives. Score: _____
14. I seem to get more headaches than usual, especially when I'm stressed. Score: _____

Total points: _____
(out of 70)

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How Resilient Are You?

What we call "gut feelings" are actually real: recent research has established a definitive physical connection between the gut and the brain. Called the gut-brain axis (GBA), this complex communication network links the central nervous system with the enteric nervous system—a second brain embedded throughout the gastrointestinal tract.

Because the brain and the gut are so intimately connected, disturbances in either area impacts the other. And a breakdown in the gut-brain communication pathway can lead to a range of symptoms that affect both the gastrointestinal system and the emotional and cognitive centers of the brain. Obvious signs of a gut-brain imbalance include digestive issues like bloating, gas, abdominal pain, constipation or acid reflux. Subtle, sneakier clues, like irritability, moodiness, fatigue, headaches, even joint pain or skin problems, can also point to gut-brain disturbances.

How Resilient is Your GBA?

Check your score below and see where you might need to take action.

Gut-Brain Axis Resilience Quiz™ Score

14 to 28: Your GBA is strong and resilient—keep doing what you're doing!

29 to 42: You have mild to moderate GBA issues. Keep an eye on things: check your diet and lifestyle and make modifications that support your gut and your brain.

43 to 56: You're probably experiencing gut-brain problems on a regular basis. It's time for intervention: reduce stress, rethink your diet and focus on supplements that strengthen the gut-brain connection.

57 or Higher: Your gut and brain need some serious attention! It's time to see a healthcare practitioner and take committed action to heal your gut and support your brain.



▶ SCAN for free download of GBA Nutrition and Lifestyle Guide

Notice & Disclaimer: This assessment tool is for general informational purposes only and should not replace the advice of a healthcare practitioner. If you find that your assessment strongly correlates with the situations described in this assessment, consult with a healthcare professional. An accurate diagnosis can only be made through clinical evaluation. The information provided herein is based on a review of current existing research; SFI Health does not accept responsibility for the accuracy of the information itself or the consequences from the use or misuse of the information.