



Digestive Health Questionnaire

Name: _____

Please circle your answers to the following questions.

1. Approximately how many people in the U.S experience heartburn daily?
 - a. 105,000
 - b. 15 million
 - c. 60 million

2. Digestion is a function your body must perform to live and thrive.
 - a. True
 - b. False

3. The _____ is also known as the large intestine and its job is to store and remove waste that your body cannot digest.
 - a. Pancreas
 - b. Stomach
 - c. Gallbladder
 - d. Colon

4. Stress does not have an impact on your digestive system.
 - a. True
 - b. False

5. A way to improve digestion is:
 - a. Eating smaller bites
 - b. Eating moderate portions
 - c. Eating slower
 - d. Relaxing when you eat
 - e. All of the above

