



# Digestive Health Questionnaire

## Answers

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

