

## Quiz for Your Gut Health

Did you mom take antibiotics while she was pregnant with you?

Did you mom take steroids like prednisone while she was pregnant with you?

Were you born by C - section?

Were you breast-fed for less than one month?

Did you suffer from frequent ear and/or throat infections as a child?

Did you require ear tubes as a child?

Did you have your tonsils removed?

Have you ever needed steroid medications for more than one week, including steroid nasal or breathing inhalers?

Do you take antibiotics at least once every two to three years?

Do you take acid-blocking drugs for digestion or reflux?

Are you gluten-sensitive?

Do you have food allergies?

Are you extra sensitive to chemicals often found in everyday products and goods?

Have you been diagnosed with an autoimmune disease?

Do you have type-2 diabetes?

Are you more than 20 pounds overweight?

Do you suffer form irritable bowel syndrome?

Do you have diarrhea or loose bowel movements at least once a month?

Do you require a laxative at least once a month?

Do you suffer from depression?

Complements of Dr. David Perlmutter's book: [Brain Maker](#)  
[pearsonweary.com](http://pearsonweary.com)

