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Questions/Answers

Q 1) I hereby affirm that I have viewed the class "Gut Health " in its entirety. I have already or will shortly complete 1 to 2 hours of self study, research, reading, reflection and/or application of the concepts/skills presented using the AIU online library or other mediums.

A 1) Yes

Q 2) Provide a short summary of the concepts or topics you learned about today" (minimum 300 characters)

A 2) Gut health is also known as the gastrointestinal tract (GI) . Digestion starts in the mouth but we can say it starts from the brain as you look at food. It is then broken down into nutrients. Guts are individual just like fingerprints, they are not the same but we are to keep our gut healthy by eating a diverse range of foods to safeguard our gut for they are trillions of bacteria and fungi in our body.

Q 3) What is the most important concept(s) that you gained for today's Live Class? (minimum 300 characters)

A 3) The concept are gained from the Live Session is protecting the gut. We are to protect the gut, for gut bacteria helps to maintain the gut lining to keep harmful substances out of the bloodstream. We can protect the gut by eating fermented foods ie yoghurt with live bacteria, brown rice and whole grain bread. If you are breastfeeding it is important to note breastfeed for at least 6 months.

Q 4) How would you apply what you learn today to improve your life of work? (minimum 300 characters)

A 4) I would apply what I learnt by eating healthy, limiting artificial sweetness for this inturn will help with stable sugar levels throughout the day at work. Artificial sweeteners bloat and cause gas to some people. So I would feel comfortable all throughout the day if I limit my intake of artificial sweetness, meaning more production at work and no stress. In a nutshell this would improve my mood and mental well being and good performance at work is guaranteed.

Q 5) Independent Research: AIU Live Classes are a starting point for further learning beyond the class. Search similar content either online or in the AIU online library and review it then share the name or link here. If its from AIU Library copy the Source or ISSN, [show me how?](#) (can be a video, academic publication, web site. lecture or book) (minimum 10 characters)

A 5) "The Good LFE Cookbook: Low Fermentation Eating For Improved Digestive Health " and " The Microbiome Connection "