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Gut-Health Quiz

Identify whether your gut health may be contributing to symptoms in digestion, mood, energy, immunity, or skin.

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**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

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Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



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The Quiz

The Gut Health Quiz

This quiz will help you identify whether your gut health may be contributing to symptoms in digestion, mood, energy, immunity, or skin. **Be as truthful as possible, having a symptom that may seem like fleeting still counts.** For each statement, select the BEST answer in the last month:

Yes (happens often/is true for me)

Sometimes (occasional or mild)

No (rarely or never true)

Digestive Symptoms	Yes	Sometimes	No
I struggle with constipation or irregular bowel movements.			
I often feel bloated after eating.			
I feel nauseated after eating.			
I get full very quickly and can only eat small amounts.			
I experience burning in my throat, heartburn, or acid reflux.			
I often feel like I have a lump in my throat or that my voice sounds hoarse.			
I experience stomach cramps or diarrhea after meals.			
I sometimes notice undigested food in my stools.			
I get gassy or uncomfortable when I eat beans, lentils, or high-fiber foods.			
I sometimes feel constipated even if I have diarrhea.			

Medication & Medical History	Yes	Sometimes	No
I use heartburn medication or antacids.			
I've been prescribed antibiotics in the past 5 years.			
I was prescribed antibiotics frequently in childhood or adolescence.			
I regularly take ibuprofen, Tylenol, or other pain relievers.			
I take digestive enzymes before meals.			
After food poisoning, my digestion never returned to normal.			

Medication & Medical History (cont)	Yes	Someti mes	No
I've been diagnosed with IBS, PCOS, or PMS.			
I've been diagnosed with insulin resistance, type 2 diabetes, or gestational diabetes.			
I've been told I had Group B strep during pregnancy.			

Mood, Energy & Brain-Gut Connection	Yes	Someti mes	No
I struggle with anxiety or low mood.			
I feel anxious, jittery, or unwell after drinking coffee.			
I often feel exhausted in the afternoon.			
My mood changes easily, and I get irritated quickly.			
I find it difficult to lose or maintain weight.			
I experience migraines.			

Immune & Skin Health	Yes	Someti mes	No
I deal with seasonal allergies.			
I have food allergies or sensitivities.			
I experience acne, skin irritations, or frequent breakouts.			
I have eczema or rashes.			
I experience yeast infections.			
I get frequent urinary tract infections (UTIs).			

Cravings & Lifestyle	Yes	Someti mes	No
I crave sugar or carbs often.			
I find it hard to maintain balanced eating habits.			
My digestion, energy, or mood get worse when I'm stressed.			
I don't usually get 7-8 hours of restful sleep.			
I rarely practice stress-reduction activities (breathing, meditation, yoga, stretching).			

Scoring

For each **YES** score 2 points, for each **SOMETIMES** score 1 point and for each **NO** score 0 points then **add up your total score**

What Your Score Means

0-15 GUT RESILIENT: Your gut health seems well-balanced. Occasional issues may happen, but they're not consistent. Keep focusing on a nutrient-rich diet, quality sleep, and stress balance. Consistent supine spinal twists can also keep your gut healthy

16-35 MILD GUT IMBALANCE: Your gut may be showing early signs of imbalance. Some symptoms show up occasionally, others more consistently. Making small changes now (adding fiber, probiotics, hydration, mindful eating, stress relief) can prevent things from worsening. You can also benefit from my [Nervous System Foundations Course](#) or a [one-to-one session with me](#)

36-55 MODERATE GUT IMBALANCE: You're experiencing multiple recurring issues that likely connect to gut health. These may already be affecting your mood, energy, or skin. Consider working with a professional for tailored support and making structured diet/lifestyle shifts. You will definitely benefit from any of [my nervous system courses](#) and a [one-to-one session with me](#)

56+ SIGNIFICANT GUT IMBALANCE: Your gut is under considerable stress. The symptoms you experience are widespread and may be interfering with daily life. Strongly consider professional guidance to help repair and rebalance your gut health. I highly recommend booking a [one-to-one session with me](#) and we can establish a treatment plan where I talk to you more about my [Nervous System Coaching program](#) or which [course](#) to purchase

Not ready to work with me yet? I'm always working on more guides and worksheets like this. Head to www.releaseology.com/gut-resources or purchase the gut-brain axis connection guide [here](#)

Vagus Nerve Courses

It is **IMPOSSIBLE** to know what will work for your system until you try it. That's why a library of exercises is ultimately recommended

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

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More Resources

to support your healing journey

Want More?

If you liked this guide, I am always working on quite a few more resources!

For the most up-to-date guides, head to:
www.releaseology.com/gut-resources

Book with Me!

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted for AZ clients only



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About the Author

What makes Releaseology different and how I can help

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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