



UNDERSTANDING LONG COVID ANXIETY & DEPRESSION

Course Study Questions

- 1) Functional Medicine:
 - a) views the body as an integrated whole
 - b) is not focused on metabolic function
 - c) first emerged in post-WWII France
 - d) is dangerous in the hands of non-medical professionals

- 2) (Which of these pathologies is not a proposed Long COVID cause?)
 - a) autoimmunity
 - b) systemic toxicity
 - c) viral debris
 - d) persistent infection

- 3) Which of the following factors does not play a role in autoimmunity?
 - a) cellular turnover
 - b) microbiome health
 - c) molecular mimicry
 - d) emotional stress

- 4) Which amino acid helps heal kidney damage?
 - a) glutamine
 - b) tryptophan
 - c) tyrosine
 - d) taurine

- 5) There is not yet any peer-reviewed published literature in the scientific evidence base explaining Long COVID pathology. (true/false)

- 6) Tyrosine can help improve adrenal function. (true/false)

- 7) Tyrosine can help with motivation and attention issues. (true/false)

- 8) Tryptophan cannot help improve gut motility. (true/false)

- 9) Which nutrient is recommended to help stabilize mast cell activation in Long COVID?
 - a) niacin
 - b) thiamin
 - c) DHA
 - d) taurine

- 10) There are currently few, if any, reports of full recovery from Long COVID. . (true/false)