

## Brain Fog Is A Legit Diagnosis

### Pre Test / Post Test

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### Circle True or False

1. Brain Fog is a legit diagnosis? T or F
2. Brain Fog can affect quality of life? T or F
3. People with severe Brain Fog may become angry and frustrated?  
T or F
4. Brain Fog symptoms may be related to bad milk? T or F
5. Brain Fog can be treated? T or F
6. Symptoms can improve with proper diet and rest? T or F
7. Symptoms can improve with fresh air and exercise? T or F
8. Brain Fog symptoms associated with many illnesses and  
environmental issues? T or F
9. Some physicians are not aware of Brain Fog? T or F

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Answers

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1. T
2. T
3. T
4. F
5. T
6. T
7. T
8. T
9. T