

# *Art of Wellness – Nutrition*

Name: \_\_\_\_\_

## **Final Exam**

Date: \_\_\_\_\_

### **PERSPECTIVES**

1. What is the difference between health and wellness?
2. Can you have health without wellness?
3. What is Nutrition?

### **NUTRITION SCRIPT: VIDEO**

4. What is the plasma membrane?
5. What role does protein play in your plasma membrane?
6. What is the role of cholesterol in your plasma membrane?
7. Where does the waste go when it leaves the cell?
8. What happens if the lymph can't handle the cell waste?

### **NUTRITION SCRIPT: PART 1**

9. What organ has the highest cholesterol content?
10. Can the body make its own cholesterol?
11. How do statin drugs affect CoQ10?
12. What affect does CoQ10 have on your cells?
13. What are mitochondria?
14. What role does your 'sodium potassium pumps' play in cellular energy?
15. What system supports the blood and handles 2-3 times its volume?
16. What moves the lymph system?
17. Where do fats go for processing?
18. What are some of the signs that you may not be digesting fats well?

19. What is the optimal fuel mix for resting cellular energy?
20. What percent of your fuel mix should come from Glucose?
21. What fuel does your body burn If you can't digest fat?
22. What does glucose need to be absorbed into the cells?
23. What organ produces insulin?
24. Can the blood process fats?

### **NUTRITION SCRIPT: PART 2**

25. What are the 4 Routes of Elimination?
26. What organ picks up the slack for the Bowel?
27. What organ picks up the slack for the Kidneys?
28. What are the 2 types of Nutrient Deficiencies?
29. What are the 5 Basic Levels of Nutrient Deficiency?
30. On what Level do symptoms appear?

### **NUTRITION SCRIPT: PART 3**

31. How many seconds do you have to prevent a thought from producing harmful chemicals?
32. What are some of the chemical consequences of emotion?
33. Name 2 tools often used to help produce a mood?
34. What is the relationship between Feelings and emotion?
35. How is energy like water?
36. How is energy like money?

### **DIGESTION SCRIPT: PREFACE**

37. Why is a high fever dangerous?
38. At what temperature do enzymes die?
39. What else can kill enzymes?

#### **DIGESTION SCRIPT: VIDEO 4**

40. Where does most of our Carbohydrate digestion take place?
41. Where does Protein digestion start?
42. What part of the digestive tract digests Fats?
43. What organ picks up the slack if the gallbladder can't do its job?
44. What organ produces enzymes as needed to complete digestion?
45. What might happen to the pancreas if its enzyme production is overworked?

#### **DIGESTION SCRIPT: PART 5**

46. What is the role of Candida?
47. When addressing Candida, what also needs to be addressed?
48. If you kill off all your Candida without first addressing diet & digestion, what might happen?
49. What is the proper pH range for digestion in the small intestine?
50. In what pH range does Candida thrive?
51. Can food allergies be cured?
52. What is one alternative that may achieve similar results as vaccination?
53. Do vaccines last a lifetime?
54. What role might homeopathy play in disease prevention/protection?
55. What affect do drugs have on your immune system?
56. What happens when you suppress symptoms?

57. What is the connection between low-fat diets and diabetes?
58. What is a 'fractionalized' vitamin or mineral supplement?
59. What 3 things were mentioned as necessary for calcium absorption?
60. Is low-fat milk good for you? Why?
61. What do all vitamins and minerals need to be absorbed?

### **DIGESTION SCRIPT: VIDEO 6**

62. Once digested, where do nutrients go to have their fate decided?
63. What organ acts as the Grand Central Station of the body?
64. What transport vehicle do proteins + carbs use to get to the liver?
65. If you have gallbladder issues, what organ should you treat?
66. If you have pancreatic issues, what organ should you also treat?
67. If you have liver issues, what system should you focus on clearing?
68. What kind of enzymes should you take to help the pancreas heal?
69. What kind of enzymes should you take if your pancreas is shot?
70. If you have allergies, what needs to be addressed?
71. Regarding allergies, is it the germ or allergen that makes you sick or your immune systems reaction to it?
72. How does taking a fractionalized supplement affect your body?
73. Can it sometimes be beneficial to take a fractionalized supplement?
74. How long can you take a fractionalized supplement without harm?
75. Why is it important that a delicate mineral balance be maintained?
76. If you have a chronic issue, what should you address first?
77. If your diet is perfect, where's the first place you might look for the root cause of a chronic condition?

78. Name 2 reasons why proper hydration is important.
79. What impact does exercise have on your health?
80. What aspects of the Intuitive Protocol are affected by exercise?
81. Can deep-seated emotions have an impact on your health?
82. What aspects of the Intuitive Protocol are affected by emotions?

*The answer key can be found at...*

<https://drive.google.com/open?id=1YYJOqxQqjBe3lQx85tpPueGhbBhJ6tzO>