

CHIROPRACTIC HEALTH CENTER & HOLISITIC HEALTHCARE
SERVICES WELLNESS QUIZ

1. T or F there are no safe levels of Trans Fats? _____
2. T. Colin Campbell, PhD in his book, "The China Study," says that a _____ is the most powerful weapon we have against disease and sickness.
3. Every biological marker of aging is directly related to our body's response to _____?
4. We should eat low and _____ glycemic index foods, which have index numbers below _____?
5. Which fruits and vegetables should we eat organic? _____

6. Which combination of foods has Dr Barry Sears, PhD labeled the perfect nutritional storm? _____

7. Which fats are pro-health? _____
8. One of the first signs of dehydration is _____?
9. Sodas are creating an epidemic of _____ due to their high _____ content?
10. High glycemic index foods include all the _____ of sugar, flour, rice, pasta and potatoes?
11. What are some dead and lifeless foods that should be eliminated from our diets? _____

12. What are some examples of foods that contain trans fats? _____

13. When choosing and eating fruits and vegetables which two principles should we follow? _____ & _____

14. Which fats are plastics and totally indigestible? _____

15. We increase our speed of aging in direct response to the amount of _____ we eat?

16. What are four daily practices we can implement that will aid detoxification? _____

17. The glycemic index of a carbohydrate refers to how quickly a food turns into _____ in our blood stream?

18. What is a general rule regarding the amount of daily water we should intake? _____

19. What sugary substance gets stored as fat faster and is more dangerous to our body than sugar? _____
What is the abbreviation of this substance _____

20. Does thin always mean healthy? _____

21. How do you know if a food has a trans fat in it? _____

22. Which omega 3 fatty acids are the best fats for the cell membrane? _____ & _____

23. The nutrients in _____ & _____ are well- documented protectants against cancer, inflammation, degenerative diseases and aging?
24. What do we have to beware of packages that are labeled “trans fat free”? _____
25. To lower the glycemic index of a carbohydrate we should always eat what kind of food with it? _____
26. What internal conditions make people resistant to weight loss? _____
27. What are some examples of omega 6 fatty acids? _____
28. Which three categories of fats make us more pro disease? _____
29. Why are trans fats so harmful? _____
30. The U.S. Dept of Agriculture suggests we eat _____ servings of fruits and vegetables per day for the prevention of cancer?
31. To restore normal cell membranes and therefore cellular function- which means increased energy, weight loss, hormone balance, feelings of well-being- it is important to stop ingesting _____ fats, to decrease the intake of omega ____ fatty acids and to dramatically increase the intake of omega ____ fatty acids which is primarily accomplished by _____.
32. Dr. Walter Willet of Harvard Medical School of Public Health believes that heart disease can be reduced by greater than 50% simply by eliminating which food from our diet? _____
33. What type of water should we drink? _____ and _____