FINAL EXAM HECO 1322

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1- According to the Allergies Chapter please explain what Histamine is and its relationship to food allergies (See pages 568 to 569).

2- Describe the situation on food labels according to figure 14-4 about the Food ALLERGY WARNING LABEL on page 570 and describe how the peanut and casein situation causes lactose intolerance and other food allergies and/or intolerances (see page 571 on Lactose intolerance).

3- Explain the dangers of peanuts in regards to the toxin associated with PEANUTS AFLATOXIN (See LINK BELOW ON INVISIBLE FOOD HAZRD WWW LINK).

4- Explain about food allergies and the food label warning on figure 14-4 page 570, and the dangers of AFLATOXIN a fungus pathogen mold like organism- See link below on INVISBLE FOOD HAZARD LINK:

5- Does the food warning label on peanuts on figure 14-4 on page 570 warn about the consumption of not only peanuts, but of corn, cotton, pistachios, brazil nuts, milk and walnuts, as well?

6- Does the article on THE INVISIBLE FOOD HAZARD <http://www.foxnews.com/health/2014/09/17/aflatoxin-invisible-food-hazard.html> link describe the effects of AFLATOXIN and its CARCINOGENIC Effect? AND DOES IT EXPLAIN ABOUT LIVER CANCER AND This Fungus Parasite Like Pathogen Cancer Causing Organism?

7- According to the INVISIBLE FOODS HAZARD www LINK Here BELOW:

<http://www.foxnews.com/health/2014/09/17/aflatoxin-invisible-food-hazard.html>

Describe your understanding of the FOLLOWING:

If The Cancer CAUSING FUNGUS LIKE ORGANISM is related to the parasites found throughout the body's digestive system and other body systems connected to the digestion process, such as the lymphatic system, the spleen organ, the respiratory and the lungs system, the urinary and adrenal gland support hormonal balance system and organs, such as the thyroid, the colon and the absorption of nutrients on the surface of the villi on the small intestine, the pancreas, and insulin receptors related to the heart and blood pressure, and other organs and body systems, such as the brain, and the serotonin and cortisol related pathways and the sleep producing melatonin functions and a number of other organs and body systems...DO YOU BELIEVE THAT CANCER, DIABETES, AND HEART DISEASE, AS WELL AS Anorexia, depression, anxiety, binge eating and other mental health related diseases and disorders ARE ALL ASSOCIATED and RELATED WITH ONE ANOTHER?

AND MOST IMPORTANTLY, DO YOU BELIEVE IN YOUR OWN WORDS THAT THE FOOD AND MOOD CONNECTION AFFECTS SEXUAL FUNCTIONS OF THE ADRENAL GLANDS AND THESE ARE AFFECTED BY STRESS, and OBESITY, and FOOD AND MOOD CONNECTED Psychology related MENTAL HEALTH DISORDERS, such as, diabetes, depression and anxiety, as well, as other nutrient DEFICIENT FOODS Due to the malabsorption and lack of nutrients in the diet, and the lack of MINDFULNESS FOR EATING?

OR

DO YOU BELIEVE THAT THE NEED FOR SUPPLEMENTS LIKE THOSE ON PAGE 422 and 427, As Well As In Other Pages of Your Textbook, such as ADAPTOGENS, HERBS, NUTS, SEEDS, SPICES, and other NUTRIENT RICH FOODS, like Blueberries, Cacao, MACA Powder, and other mentioned during the semester and your class assignments, and/or documentaries HAVE AN EFFECT ON THE FOOD AND MOOD CONNECTION AND ON CANCER, HEART DISEASE AND MENTAL HEALTH DISORDERS? YES OR NO,

EXPLAIN WHY YES AND WHY NOT

THANK YOU HAVE A NICE SUMMER SEASON!

SINCERELY

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