

“Real Food Nutrition & Health” Study

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CHAPTER 10

Chapter 10 — Keys to Good Health

Discussion Questions.

Use the following optional questions to guide your discussion of Chapter 10.

1. How do most people define being healthy?
2. When most people experience discomfort or symptoms, what is the normal strategy?
3. What questions does the author ask when faced with symptoms?
4. Where do we find germs? How does a healthy person survive in the presence of germs?
5. The French scientist Antoine Bechamp believed that germs do not cause disease. According to him, what is the cause of disease?
6. Who stands to benefit from our society's acceptance of the germ theory?
7. Fill in the blanks: Our weakened immune systems make us sick not because they can't _____ infection, but because they _____ infection.
8. What are some examples of how our body uses symptoms (such as fever or coughing) to heal itself?
9. What does your liver do? If the liver is overly taxed, what problems arise? How can you keep your liver healthy?

10. What is the gut? How can we best care for our guts?

11. What are the adrenal glands? How do adrenal glands become fatigued? How can you keep your adrenal glands healthy?

12. What does the thyroid gland do in the body? When the thyroid gland is under-active, what is this called? When it is overactive what is this called? How can you keep your thyroid gland healthy?

Activities.

Choose any of the following optional activities to supplement your student's grasp of Chapter 10.

1. Make a list of all the ways to maintain liver, gut, adrenal and thyroid health (as mentioned in this chapter). Mark off what you're doing now and highlight what you need to work on. Choose three to improve right away. Write down any improvements you experience in digestion, concentration, mood, stamina, etc.
2. Answer the author's question on page 178: "What foods and drinks contain caffeine? If caffeine helps give you energy to keep you going, why does it stress your body instead of helping it cope with stress?"

Notes.

Use this space to make notes about Chapter 10, or to add additional questions or activities of your own.



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Embracing "God's Natural, Organic,
Whole Foods, Grown Locally, In Season"

Real Food Nutrition and Health by Kristen Michaelis

The book which guides this study is available [here](#).
This study is conducted with the author's kind permission.