The Whole Health Warrior

Student Workbook

Mike Chaet, Ph.D.
The Whole Health Warrior
Your guide to living a healthy and long life.
A multi-dimensional approach to whole person health

STUDENT WORKBOOK
EXAM AND CASE STUDY

By
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Summary: “Focusing on a unique approach to whole person health. The Whole Health Warrior Workbook accompanies the textbook of the same name. The purpose is to allow students to record notes and key concepts as presented in the textbook.”

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Please Note
Nothing in this book is intended to constitute medical advice or treatment. For development of an individualized diet or using fasting cycles, it is advised that any person first consult his or her holistic physician and remain under their supervision throughout any major shift in diet or while fasting.

- Mike Chaet Ph.D. – Author
WELCOME TO THE
WHOLE HEALTH WARRIOR
STUDENT WORKBOOK

This workbook is meant to accompany the Whole Health Warrior Guide or textbook. It is designed as a study guide to help you learn many of the key concepts as presented in the book. As you read the Whole Health Warrior book fill in the workbook. It serves as a great place for you take notes and highlight key concepts, ideas and thoughts.

In the back of your workbook you will find a two part student exam. The first part consists of ten questions each from each lesson. Answer these questions to the best of your ability. This is an open book exam. The second part of the exam is a case study you will be required to create and turn in as partial fulfillment of the program. You May do this as a separate document or you may use the Whole Health Warrior Wokbook (brown cover book)

You will be required to fulfill these instructions and submit them in completed form once again as partial fulfillment of your program.

Start by filling out the information below.

NAME______________________________________________________________
ADDRESS___________________________________________________________
CITY________________________STATE________ZIP_______________________
COUNTRY____________________
EMAIL____________________________________________________________
PHONE NUMBERS____________________________________________________
DATE ENROLLED IN PROGRAM________________________________________
Lesson one
THE WHOLE HEALTH WARRIOR IS A REVOLUTION OF ONE

Name three battles you fight when becoming a Revolution of One.

Name the five battles you wage when becoming a Whole Health Warrior.

Name six ways the Whole Health Warrior wins the battles.

Did you read and sign the Whole Health Warrior Creed? What does it mean to you?

Why do we live in the perfect time to conquer the anti health forces in the world?

What is the first step to becoming a Whole Health Warrior?

Discuss addition, replacement and substitution as pertains to this journey….
What is enlightened education?

Name ten items and issues we should question…

Name five benefits of a health pathway…

What are the three concepts of the inner mind of the Whole Health Warrior?….

What are food scientists? What are they studying and why?

The U.S. government subsidized what product that is a major food source of factory farmed beef and fish?

Why does this seem to be a problem?

What is whole person health?

How do we “create” our own diseases?
Becoming a Whole Health Warrior is all about what?

Is “conventional wisdom” providing us with proper guidance regarding whole person health? Discuss this.

What does “Your body should last a lifetime mean?

What are the seven sacred practices of the Whole Health Warrior?

Who was Edmond Szekely?
Lesson Two

HOW FOODS EFFECTS THE BODY – MIND AND SPIRIT OF THE WHOLE HEALTH WARRIOR

According to Dr. Jensen what is the most important aspect of overall human health? What percentage did he consider it to weigh in at?

What are the three components of the Whole Person Health Tri-Loop?

What are the three components of the Whole Health Complex Tri-loop? Briefly discuss the 3 components.

According to Dr. Gabriel Cousens the bio-photonic energy field consists of what?

What role do order and chaos play in our individual personal health?

Write one positive and uplifting comment (in regards to veganism) regarding each of the following:

Green smoothies

Nutritarian

Wheatgrass
Chlorophyll

Plant based foods

Vitamin C

Vitamin B-12 and veganism

Omega-3

DHA

Amino Acids

What does Dr. Cousens mean by the term “Super-conductor to the Divine Spirit”?
Lesson Three

THE NEW WHOLE HEALTH WARRIOR PARADIGM
ON THE PHYSICAL AND ESOTERIC ASPECTS OF
HUMAN ANATOMY AND PHYSIOLOGY

What is the “Traditional view of anatomy and physiology”?

Discuss the “Esoteric aspect or approach to human physiology.

What does Dr. Cousens mean when he call the body a “physio-chemical machine”?

When cells combine with other cells what is usually formed?

What is the integumentary system? List 3 main functions.

List four functions of the musculo-skeletal system

What do bones consist of?

What initiates muscular movement.
What makes up the cardio-respiratory system?

What percentage of blood is water?

What is the path of the blood through this body?

What makes up the central nervous system?

What makes up the peripheral nervous system?

List 4 locations in the body that contain sensory receptors.

What is a neurotransmitter?

List two examples of an excitotoxin.

The primary function of the digestive system is.
List the organs and pathway of the digestive system.

When can diabetes occur and what is the role of insulin?

List six glands that make up the endocrine system.

What does the thyroid gland influence?

What is the seat of our vital energy?

The primary purpose of the urinary system is what?

What is the primary job of the immune system and generally how does it work.

What does the ter esoteric mean?

List ten forms of energy that affect the human body in one way or another.
What term does Dr. Cousens use to describe the sum total of all of these energies?

Discuss the term SOEF.

What is a chakra?

Describe Kundalini in your own terms.

What is prana and what is pranayama?

Dr. Cousens discusses crystalline like properties and functions. Where are these found in the body?

Name ten ways in which we open ourselves to the esoteric aspects of human anatomy and physiology.
Lesson Four

THE WHOLE HEALTH WARRIOR
CHOoses A PLANT BASED DIET

What are the three factors and conditions that tend to tip the scale in favor of a major shift in consciousness?

How would these three factors come into play regarding moving people into a plant based diet?

List 10 factors regarding the health benefits of a plant based diet.

Who coined the term “Vegan” and in what year?

Dr. Cousens outlines four stages of shifting from a meat based diet to a plant based diet. List these four phases.

List seven constitution killers.

What does ANDI stand for and what does it mean?
Who coined the term ANDI?

List five 1000 rated ANDI foods

List five foods rated under 50.

Why is green the most important color in your diet?

What does ORAC stand for?

List five Orac foods….List five low ORAC foods.

List 19 plant based protein source foods.

What is a GMO? Why may it be a problem?
What does irradiation do to foods?

List ten foods you can eat on a plant based diet.

List six factors to consider when buying your foods to attain maximum nutrition.

What are your thoughts on factory farming and spirituality?

List seven factors regarding global resources that are affected negatively by factory farming.

What is the solution to stop planetary degradation?
Lesson Five

THW WHOLE HEALTH WARRIOR EVOLVE TO A LIVE AND RAW FOOD DIET

At what point in history did humans significantly reduce the amount of enzymes they were taking in from their foods?

How would you define the word Ahimsa?

Describe the terms biogenic, bioactive, biostatic, and bioacidic.

List four benefits of live and raw foods.

What happened in Pottinger’s cat study?

So what happens to food when we cook or heat it up significantly?

What are enzymes?

What are the two primary types of enzymes? Why are each of them important?
List five ways to preserve enzymes.

What happens when enzymes are heated at various temperatures?

What is an enzyme inhibitor? Why do we care? What do we do to get rid of them.

Explain the law of addition and substitution.

What are the seven pillars of the Whole Health Warrior food plan?

According to Dr. Cousens what is the optimal ratio between live and cooked foods in percentages.
Lesson Six

INDIVIDUALIZING
THE WHOLE HEALTH WARRIOR
DIET FOR MAXIMUM PERFORMANCE

List five reasons why we should individualize a person’s diet

How would you best describe optimal health….as a destination or a journey? Discuss. Your answer

List five factors that define a person's individuality.

What is metabolic dominance?

Describe the morphological patterns and tendencies.

What is Ayurvedic medicine? Discuss the doshas.

What is the difference between a fast and slow oxidizer?
List the percentage ideal breakdown of protein, carbohydrates and fats for a fast, slow, and medium oxidizer.

How would seasons come into play regarding individualization?

Lest 10 steps in getting started with individualizing a diet.
Lesson Seven

THE WHOLE HEALTH WARRIOR’S SECRET WEAPON
THERAPEUTIC AND SPIRITUAL FASTING

Name 2 books written by Arnold Ehret.

What is the Whole Health Warrior primary definition of fasting?

What are the two primary types of fasting? Briefly discuss them.

List a few reasons to fast.

List 6 benefits of fasting.

Generally speaking how does a fast work?

How would you best prepare to fast?

What role do liquids play in a fast?

How long should a person fast?
What types of activities should one undertake when fasting?

What is the safest and best way to break a fast?

What kind of followup diet is best after fasting?

What spiritual activities would best accompany the food fast? Why would these be important?
Lesson Eight

THE WHOLE HEALTH WARRIOR
BECOMES SELF SUFFICIENT
THROUGH
FOOD GROWTH AND PREPARATION

Discuss Dr. Jensen’s quote in regards to today’s society…”Man’s convenience is not always man’s ultimate good”.

Why would personal gardening be an enlightened or spiritual activity. List at least five examples

What is the difference between germination and sprouting?

How long should you soak mung beans? __________ Garbanzo beans? __________
Sunflower seeds __________.

Why do we soak seeds?

What is sprouting?
What is the simple three step sprouting process?

When should wheatgrass be harvested?

List 6 items from the dirty dozen and clean fifteen. Why are they called this?

What are the five main appliances in a Whole Health Warrior kitchen?

How would you make almond mylk?
Lesson Nine

MODERNITY
PAVING THE NEW PATH
AS A WHOLE HEALTH WARRIOR

Describe the term “modernity” as it relates to society today.

What is the role of epigenetics in today’s paradigm of prevention?

List four underlying causes of disease.

List six results of disease.

How can we prevent disease? List eight ways and include the elimination system discussion.
What is the difference between life span and life expectancy?

What is the one thing all Theraputae or naurals healers hav in common?

List the seven sacred practices….the seven building blocks and the seven evolutionary behaviors.
Whole Health Warrior
CASE STUDY
Two Choices

Option #1
Susan – 5’5” – weighs 185 pounds
Your new Jewish client is 45 years old – eats a diet that she calls reasonably healthy - Including bread, meat, almost all cooked foods - She eats out regularly - occasionally in a fast food place - loves her deserts - Loves to cook and entertain - Walks occasionally but has no regular physical activity – has never meditated - works a lot and has some money. Has 2 grown children, one eats anything and everything, the other is a vegan – Susan calls herself spiritual but has no formal religious practices. She does love to read. Her husband is much like her, but loves to fish and even has a small garden in the backyard.

The doctor recently told her she had mildly high blood pressure and is pre-diabetic. Her father died prematurely of a heart attack..

It is your job to develop a 13 week total immersion whole person wellness program for your new client. Demonstrate your ability to do this by creating her program starting with client intake…personal evaluation…program creation…implementation…ongoing monitoring…This case study should be a complete work-up for Susan from beginning to end. You may use anything from the Whole Health Warrior book, workbook, or from your own practice or any other resources you wish to use. The object is to demonstrate how you would apply the materials of the Whole Health Warrior to the creation of a whole person health program.

Option #2
Self applied case study
Using yourself as a subject, create a complete 13 week personal wellness program as described above and carry it out. In this case study you are required to use the Whole Health warrior workbook (brown book) As part of the case study take the profile before and after and report the results as part of your case study.
100 QUESTION EXAM
In partial fulfillment of the program
Instructions

This is an open book exam. Each question counts 1 point. It is pass fail. 80 points is the mark you must reach to pass the exam. You may work on this during your course, but it must be submitted with this completed student workbook and your case study all at once.
Please circle the one answer of your choice

LESSON 1

1. The Whole Health Warrior wins a battle each time you do which of the following?
   a. prevent torture of an animal
   b. buy local organic foods
   c. a and b
   d. none of the above

2. Who wrote the book titled Create Peace by Being Peace?
   a. Carl Sagan
   b. Mike Chaet
   c. Gabriel Cousens
   d. Kathleen Schmalz

3. What type of force may be working against your personal health as well as the health of the entire planet?
   a. centrifugal force
   b. anti-health forces
   c. natural forces
   d. none of the above

4. Which of the following negative forms of energy are eliminated through the theory of addition, replacement and substitution?
   a. laziness
   b. processed foods
   c. a and b
   d. none of the above

5. You have a better chance of fulfilling your potential and reaching whole person health if you live closer to the rules of what?
   a. Divine Nature
   b. the earth
   c. the universe
   d. a and b

6. Which of the following is an example of an energetic organism?
   a. the body
   b. the mind
   c. the soul
   d. none of the above

7. What opens the door for many of the lifestyle diseases in today’s world?
   a. gluttony
   b. not getting enough physical activity
c. not drinking enough pure clean water
d. all of the above

8. Which approach accurately describes whole person health?
   a. two-dimensional
   b. multi-dimensional
   c. three-dimensional
   d. none of the above

9. Which of the following is NOT one of the seven sacred practices?
   a. energetics
   b. natural hygiene and protection
   c. offer service
   d. order/chaos

10. The seven sacred practices are all various forms of what?
    a. life
    b. energy
    c. health
    d. love

**LESSON 2**

11. The “Whole Health Complex” consists of what concept(s)?
    a. whole health continuum
    b. cellular replacement
    c. body consciousness
    d. all of the above

12. What is the process called when the cells in your body consistently die off and are replaced by new ones?
    a. cellular replacement
    b. cellular synthesis
    c. cellular exchange
    d. none of the above

13. Which of the following is considered a manifestation of a constant biochemical and electrical process?
    a. the soul
    b. the mind
    c. the body
    d. all of the above

14. Having too much stress in one’s life can cause which of the following?
    a. slow digestion
b. constriction in the toxic elimination process

c. a and b

d. none of the above

15. The Whole Health Continuum is which of the following?
   a. a destination
   b. an end-game
   c. a final point
   d. a lifelong process

16. Which of the following comes from blockages and stoppages from an unnatural lifestyle?
   a. happiness
   b. chaos
   c. adaptability
   d. all of the above

17. Chaos is caused by which of the following?
   a. wrong lifestyle habits
   b. deficiencies
   c. toxemia
   d. all of the above

18. What allows an individual to consume large quantities of greens without having to chew and digest massive amounts of leaves and weeds?
   a. green smoothies
   b. brown smoothies
   c. a and b
   d. none of the above

19. Wheatgrass Juice provides the body with which of the following?
   a. magnesium
   b. calcium
   c. sodium
   d. all of the above

20. Which of the following contains the antioxidant ascorbic acid that absorbs free radicals in the body?
   a. vitamin E
   b. vitamin A
   c. vitamin C
   d. vitamin B

LESSON 3
21. Which of the following are main functions of the integumentary system?
22. The Central nervous system consists of what?
   a. spinal chord
   b. cranial nerves
   c. brain
   d. a and c

23. What produces bile that is secreted into the small intestine?
   a. gall bladder
   b. appendix
   c. liver
   d. stomach

24. Which organ system filters waste product from liquids?
   a. digestive system
   b. immune system
   c. urinary system
   d. endocrine system

25. Which of the following can activate the chakra and allow an individual to accept the energies?
   a. right living
   b. meditation
   c. a and b
   d. none of the above

26. What is the vital life energy in the body?
   a. kundalini
   b. prana
   c. electro-magnetic
   d. chakras

27. What are commonly known as geological formations that absorb and act on various energies?
   a. crystals
   b. rocks
   c. diamonds
   d. all of the above

28. What concentrates on absorbing the universal energy or chi into the body while holding specific positions?
   a. yoga
b. **pranayama**  
c. **qi gong**  
d. **none of the above**

29. What diet provides an individual with maximum nutrition with minimal caloric intake?  
   a. **a live plant based diet**  
   b. **DASH diet**  
   c. **TLC diet**  
   d. **ornish diet**

30. What puts the human body in direct contact with the universal energy field?  
   a. **walking**  
   b. **communications with nature**  
   c. **fasting**  
   d. **exercise**

**LESSON 4**

31. Which of the following is NOT a factor involved in “Being the Right Time?”  
   a. **stars lining up**  
   b. **availability of resources and opportunity**  
   c. **the law of readiness**  
   d. **communications and awareness**

32. A diet that is solely based on food that grows as some sort of plant is called what?  
   a. **pescatarian**  
   b. **vegan**  
   c. **omnivore**  
   d. **vegetarian**

33. Which loop takes a look at how it will affect global eco-resources and environmental issues?  
   a. **one**  
   b. **two**  
   c. **three**  
   d. **four**

34. Which of the following is NOT an example of a micronutrient?  
   a. **vitamins**  
   b. **phytochemicals**  
   c. **calories from carbs**  
   d. **minerals**
35. What foods are the only ones that provide humans with the highest possible nutritional value per calorie consumed?
   a. grains
   b. greens
   c. fruits
   d. meats

36. How many grams of protein does an average male adult need every day?
   a. 45 grams
   b. 50 grams
   c. 60 grams
   d. 85 grams

37. What term is used to describe foods that are engineered or designed by man to act or behave in a certain way?
   a. genetically modified organisms
   b. genetically engineered foods
   c. a and b
   d. none of the above

38. Which of the following is a simple rule to follow when buying plant based food?
   a. seasonal
   b. pure
   c. whole
   d. all of the above

39. The United Nations FAO reports states that livestock production produces what percent of the nitrous oxide produced by human activities?
   a. 65%
   b. 70%
   c. 83%
   d. 91%

40. What has become the financial hot potato that no one has any answer for?
   a. social reform
   b. healthcare
   c. job security
   d. none of the above

**LESSON 5:**

41. What word sums up the philosophical viewpoint of veganism and may set the stage for changes beyond dietary habits?
   a. ahimsa
   b. asteya
c. bindu
d. atman

42. Humans feed their cells the highest level of bioenergetics foods to build healthy new cells when they eat what type of diet?
   a. pescatarian
   b. a raw live food diet
   c. vegetarian
   d. none of the above

43. What is (are) the key factor(s) in the issue aging and disease creation, prevention and cure, and most of all the moment to moment functioning of the human body?
   a. water intake
   b. enzymes
   c. a and b
   d. none of the above

44. Which enzyme plays the greatest role in breaking down carbohydrates?
   a. protease
   b. amylase
   c. lipase
   d. none of the above

45. At what temperature in an enzyme completely destroyed that is supposed to come along with live foods to help us digest?
   a. 200 degrees Fahrenheit
   b. 110 degrees Fahrenheit
   c. 118 degrees Fahrenheit
   d. 210 degrees Fahrenheit

46. What is the first food pillar of the Whole Health Warrior diet?
   a. sprouts
   b. green smoothies
   c. wheatgrass
   d. the rainbow salad

47. What is (are) the most nutritiously dense form of food you can consume?
   a. fresh vegetable juices
   b. fresh fruit juices
   c. a and b
   d. none of the above

48. Which of the following is an example of a healthy fat?
   a. avocados
   b. olive oil
49. What is the seventh food pillar?
   a. wheatgrass
   b. green smoothies
   c. cultured and fermented foods
   d. none of the above

50. The Whole Health Warrior eating plan and diet consists of which of the following?
   a. whole, pure, natural and fresh raw foods
   b. live foods
   c. a and b
   d. none of the above

LESSON 6:
51. What is the purpose of the Whole Health Warrior and individualizing one’s diet?
   a. not consume fats
   b. live each day to the absolute fullest
   c. a and b
   d. none of the above

52. Which of the following is (are) involved in developing one’s own whole health program?
   a. trial and error
   b. constant observation
   c. introspection
   d. all of the above

53. Which somatotype would a classic tall, thin person be?
   a. ectomorph
   b. endomorph
   c. mesomorph
   d. none of the above

54. Which of the following is NOT one of the three doshas of kapha?
   a. pitta
   b. kapha
   c. beta
   d. vata

55. What system is responsible for converting protein, carbohydrates, and fats into usable bodily energy?
   a. oxidative system
   b. endocrine system
c. nervous system
d. muscular system

56. People with which type of blood have thicker blood than other types?
   a. type O
   b. type A
   c. type AB
   d. type B

57. The sympathetic dominant person’s constitution is generally left brained which would indicate a person who is which of the following?
   a. analytic
   b. rational
   c. objective
   d. all of the above

58. When exploring individuality one may wish to consider which of the following?
   a. climate
   b. seasonality
   c. a and b
   d. none of the above

59. What should not be used to simply fill in holes or deficiencies in a person’s nutritional program?
   a. pure water
   b. green smoothies
   c. nutritional supplementation
   d. none of the above

60. Which is the following is the most effective diet?
   a. south beach diet
   b. a diet individualized for a person
   c. paleo diet
   d. flat belly diet

**LESSON 7:**

61. What term is used to describe when an individual refrains from solid foods as well as negative outside influences?
   a. fasting
   b. dieting
   c. a and b
   d. none of the above

62. What form of energy is available to use as a pure unstructured energy ready to be given form by our subtle organizing energy systems?
   a. light energy
b. tachyon energy
c. heat energy
d. none of the above

63. Which of the following is (are) a reason to fast?
   a. to open yourself to greater sources of energy
   b. to eliminate mucous and disease from the body
   c. to reverse the aging process
   d. all of the above

64. The body spends a lot of energy to do which of the following?
   a. digest food
   b. convert food to energy
   c. a and b
   d. none of the above

65. What is the term used to describe the turning point of which some of a person’s
   cells, tissue or organs are either shifting to full degeneration, aging and disease or
   to regeneration, youthing and healing?
   a. bifurcation
   b. purification
   c. a and b
   d. none of the above

66. Which of the following will occur during a seven to ten day fast?
   a. spirituality will be heightened
   b. cleansing
   c. organs will rest
   d. all of the above

67. What will pull out the structured water and essential nutrients from the vegetable
   to help the body cleanse?
   a. green smoothies
   b. juices
   c. a and b
   d. none of the above

68. When is the best time to fast?
   a. icy weather
   b. warmer weather
   c. colder weather
   d. rainy weather

69. Which type(s) of food will cause serious problems if consumed while breaking a
   fast?
   a. foods full of toxins
b. foods too high in insoluble fiber
   c. a and b
   d. none of the above

70. Which of the following will be absorbed into the cells of the body to be used build healthy new cells and tissues after completing a fast?
   a. nutrients
   b. life force
   c. enzymes
   d. all of the above

**LESSON 8:**

71. Which of the following is (are) benefits of growing food in one’s own kitchen?
   a. doesn’t take up a lot of space
   b. doesn’t make a big mess
   c. a and b
   d. none of the above

72. Which of the following is the correct order of a plant’s growth series?
   a. seed, young shoot, plant
   b. young shoot, plant, seed
   c. plant, seed, young shoot
   d. none of the above

73. What is the beginning growth period after germination called?
   a. soaking
   b. sprouting
   c. warming
   d. none of the above

74. Which of the following is NOT a step to successful sprouting?
   a. heat seeds in oven for 10 minutes at 140 degrees Fahrenheit
   b. soak seeds appropriate time
   c. place in sprout system of your choice – rinse twice per day
   d. keep in darkness at room temperature until ready

75. Which of the following supplies would an individual need to grow his/her own wheatgrass?
   a. organic potting soil
   b. wheatgrass seed
   c. wheatgrass trays
   d. all of the above

76. Which of the following foods is in the clean fifteen list?
   a. strawberries
   b. cherries
   c. asparagus
77. What appliance is used to grate, chop, cut and mix food items into a salsa like texture?
   a. blender
   b. spiralizer
   c. juicer
   d. food processor

78. What appliance allows a person to make a variety of crunchy foods while retaining all nutrient value?
   a. dehydrator
   b. juicer
   c. spiralizer
   d. food processor

79. Which of the following recipes could be used as a coating for veggie of all types?
   a. spicy tasty hummus
   b. dehydrated chip and veggie sauce
   c. great guacamole
   d. tabouli with sprouted quinoa

80. In the recipe for which food does a person mix all ingredients in his/her food processor except the thyme, basil, chives, oregano, and sage?
   a. raw chili
   b. walnut mylk
   c. marinara and spaghetti
   d. tabouli with sprouted quinoa

**LESSON 9:**
81. In history the term modernity referred to which of the following?
   a. philosophical constructs
   b. social trends
   c. political doctrine
   d. all of the above

82. The key shift in approach and behavior regarding whole person health, moving forward must be which of the following?
   a. prevention-centric
   b. prevention-peripheral
   c. activation-centric
   d. none of the above

83. Who said, “Overeating is like a deadly poison to any constitution and is the principal cause of all disease?”
   a. Dr. Elson Haas
b. David Wolfe
c. Gabriel Cousens
d. Dr. Tilden

84. Which of the following may be a result of poor lifestyle choices?
   a. chronic pain or fatigue
   b. degeneration and aging
   c. loss of dignity and independence
   d. all of the above

85. Which of the following is NOT considered one of the elimination systems?
   a. lungs
   b. heart
   c. skin
   d. kidneys

86. What may be one of the most overlooked aspects of whole person health in today’s society?
   a. oral hygiene
   b. food hygiene
   c. hand hygiene
   d. occupational hygiene

87. According to David Wolfe, which of the following is NOT in the top ten superfoods list?
   a. cacao
   b. bee pollen
   c. strawberries
   d. aloe vera

88. What regular practice will assist with structural integrity and spinal flexibility?
   a. kickboxing
   b. weight-training
   c. yoga
   d. zumba

89. What term is used to describe the potential length of time that a complete organism will live based on genetic disposition and the general characteristics of the organism?
   a. life-span
   b. longevity
   c. a and b
   d. none of the above

90. The goal is to live in our modern world while being inspired to our highest level of what type of health?
a. spiritual
b. physical
c. mental
d. all of the above

LESSON 10:

91. What is a possible option for an individual to start toward whole person health?
   a. the 21 day reset program
   b. the 10 day quickstart program
   c. the freestyle plan
   d. all of the above

92. What will illustrate and serve as a constant reminder in your strive towards whole person health?
   a. whole person health LoopOgram
   b. whole person health pie chart
   c. whole person health bar graph
   d. whole person health histogram

93. Whole person health is the art of living which of the following?
   a. 7 building blocks of life
   b. 7 sacred practices
   c. 7 evolutionary behaviors
   d. all of the above

94. What must be cultivated in order to maintain optimal health and sufficient systemic energy to carry on throughout the day, and ward off disease?
   a. joy
   b. service
   c. energetics
   d. quiet mind

95. What is a way of indicating the human health is in constant flux?
   a. adaptability
   b. the whole health continuum
   c. body consciousness
   d. universal connection

96. What is a healthy way to maintain your sovereignty?
   a. question everything
   b. offer love and gratitude
   c. respect all living things
   d. discover your balance

97. Which of the following would be considered a minor impact energy drainer?
   a. sunlight
b. *chinese herbal tonics*

c. over training
d. sleep deprivation

98. The goal is to improve, which would mean your graph results will move to what are of the graph on page 251?
   a. *upper*
   b. *right side*
   c. *lower*
   d. *left side*

99. What is the third step in the six steps to building your individualized 13 week pathway?
   a. *develop your first weekly plan*
   b. *score and graph your profile results*
   c. *keep track in your diary*
   d. *fill out the whole person health workbook*

100. What Whole Health Warrior plan is most appropriate for those who choose total flexibility?
   a. *13 week “all in” transformation plan*
   b. *the 21 day reset plan*
   c. *the freestyle plan*
   d. *10 day 7 sacred practice challenge*

**SCORE WORKBOOK** ___________________ **DATE** _______________________{Score Exam} ______________________ **DATE** ______________________

**SCORE CASE STUDY** ___________________ **DATE** ______________________

**EXAMINER** ____________________________