EXPLORING CREATION WITH HEALTH AND NUTRITION



Table of Contents

INTRODUCTION	13
Module 1	15
WHO AM I AND WHY DOES HEALTH MATTER?	
Why Study Health?	15
Genetics	
Project 1.1	22
Temperament	22
Project 1.2	23
Project 1.3	
Other Natural Inclinations and Patterns	
Project 1.4	26
Consider a Health Profession	
Answers to "On Your Own" Questions	29
Module 2	31
PHYSICAL INFLUENCES ON THOUGHTS AND F	EELINGS
The Nervous System	31
Brain Illness	
The Endocrine System	
Consider a Health Profession	
Answers to "On Your Own" Questions	51
Module 3	53
MENTAL AND EMOTIONAL STABILITY	
Mental Health	53
Brain Reserve	55
Project 3.1	55
Other Support for Clean Thinking	
Decision Making	
Project 3.2	
Routine	
Barriers to Thinking Deeply	
Project 3.3Attention and Distraction	
Autism Spectrum	
Decompensation	

Mental Illness	
Complications of Mental Illness	
Project 3.4	
Emotional Health	
The Wheel of Emotions	
Inappropriate Use of Emotion	
Project 3.5	
Expressing Negative Emotions Thoughtfully	
Project 3.6	
Project 3.7	
Expressing Positive Emotions Intentionally	
Project 3.8	79
Consider a Health Profession	
Answers to "On Your Own" Questions	82
27/////	
Module 4	83
INTERPERSONAL HARMONY	
The Inestimable Value of Another Human Bei	
Our Culture	
Roles in Society as Men and Women	
Project 4.1	
Family	
Project 4.2	
Project 4.3	
Defining Socialization	
Friends	
Project 4.4	
Project 4.5	
Project 4.6	
Communication Skills	
Courtesy for Building Good Relationships Conflict	
Project 4.7	
Project 4.8	
Conflict Resolution	
Consider a Health Profession	
Answers to "On Your Own" Questions	
, wiswers to en roar even gassieris	
Module 5	115
	113
TREASURING YOUR SENSES	11.0
The Eyes and Vision	
Project 5.1	
Eye Health The Ear and Hearing	
Project 5.2	
The Vestibular System of the Ear	
The Senses of Touch	
Touch and Equilibrioception	
Touch and Temperature Concerns	
Taste	
Smell	
Project 5.3	
Project 5.4	

Project 5.5	142
Electrical Safety	
Project 5.6	
Consider a Health Profession	145
Answers to "On Your Own" Questions	
Madula C	1/0
Module 6	149
PROCESSING NOURISHMENT AND HYDRATION	7 (0
Digestion	149
The Mouth	
Project 6.1	
Project 6.2	
Involuntary Muscles of Digestion	
The Pharynx	
Esophagus	
Project 6.3	162
The Stomach	162
Project 6.4	163
GERD	
Small Intestine	166
Large Intestine	
Urination	
Consider a Health Profession	
Answers to "On Your Own" Questions	
Madula 7	107
Module 7	.103
FOOD SCIENCE I—MACRONUTRIENTS	10/
Project 7.1	
Metabolism	
Inflammation and Diet	
Carbohydrates	
Storage and Release of Glucose	
Project 7.2	
Fat	
Protein	
Consider a Health Profession	
Answers to "On Your Own" Questions	. 205
Module 8	207
FOOD SCIENCE II—MICRONUTRIENTS	
Support for Life Processes	207
Vitamins	
Project 8.1	
Minerals	
Dietary Recommendations for the Macrominerals	
Project 8.2	012
Secret Powers Revealed	
Food You Can't Digest	
Truth on the Package	
Fresh, Frozen, Canned, and Dry Foods	
Food Preservatives	
Project 8.3	
Color Additives	225

Project 8.4	226
Flavor Additives	226
MSG	227
Project 8.5	227
Texture Enhancements	228
Sugar	228
Project 8.6	
Sugar Substitutes	
Eating Better	
Project 8.7	
Dealing with Hunger	
Improving Nutrition with a Vitamin Pill	
Consider a Health Profession	
Answers to "On Your Own" Questions	
7 (15)Vers to Off Todi OWIT Questions	200
Madula O	277
Module 9LET'S LOOK AT WHAT YOU EAT	25 /
	277
Project 9.1	237
Establishing the Right Amount of Calories	
Project 9.2	
Project 9.3	
Establishing the Right Balance of Macronutrients	
Project 9.4	
Meeting Micronutrient Goals	
Project 9.5	
Project 9.6	
Fixing Galadriel's Diet	
Fixing Your Diet	
Project 9.7	242
Consider a Health Profession	242
Madula 10	2/5
Module 10	245
DELIVERING THE OXYGEN	
The Respiratory System	
The Cardiovascular System	
Blood	
Blood Vessels	
Project 10.1	
The Heart	
Project 10.2	
Heart Problems from Circulation	
Heart Problems from Rhythm	
Consider a Health Profession	
Answers to "On Your Own" Questions	277
Mandada 22	200
Module 11	279
LET'S MOVE	
Bone Development	
Long Bones	
The Skeleton	
The Skull	
Bones of the Spine	291

Ribs and Sternum	.295
Joints	.296
Tendons	298
Ligaments	.299
Muscles	
Consider a Health Profession	309
Answers to "On Your Own" Questions	311
Module 12	313
YOU'RE STRONGER THAN YOU LOOK	
Physical Fitness	313
Strength Training	314
Project 12.1	316
Project 12.2	
Core and Upper Body Strength-Training Exercises	317
Lower Body and Balance Strength-Training Exercises	322
Aerobic Exercise	.325
Stretching	.327
Further Resources on Exercise	.329
Consider a Health Profession	329
Madula 17	771
Module 13	551
AT WAR WITH INFECTION	777
Skin	
Mucous Membranes Have Got You Covered	
Good .c	344
Innate Immunity: The Fight against Foreign Invaders	
The Lymphatic System	
Adaptive Immunity: Remembering the Enemy	
Project 13.2	
Lymphocyte Error	
Immunization Choices	
Consider a Health ProfessionAnswers to "On Your Own" Questions	
Allswers to Oli four Own Questions	.505
Module 14	367
PEACE IN DIFFICULT TIMES	
Rest	368
Project 14.1	.370
Project 14.2	.370
Project 14.3	371
Choose Joy in Spiritual Life	373
Project 14.4	.375
Preserving Contentment	.379
Project 14.5	
Project 14.6	.379
F10Ject 14.0	
Project 14.7	.383
	383 .384

Module 15	387
THE GIFT OF REPRODUCTION	
Sexual Reproduction Gives Diversity	389 393 401 404 405 408 409 410 415 415 415 415 415 417 419
WORKS CITED	
NDEX	
MAGE SOURCES	437