



SUGAR, BRAIN & BEHAVIOR | HEALING SUGAR ADDICTION  
Course Study Questions

- 1) The first historical reference to sugar was in whose literature?
  - a) India
  - b) muslim
  - c) portugese
  - d) greeks
  
- 2) The addictive neurotransmitter sugar consumption triggers is:
  - a) cortisol
  - b) dopamine
  - c) norepinephrine
  - d) adrenaline
  
- 3) The vitamin heavy sugar consumption depletes which can contribute to anger management and abuse issues is:
  - a) thiamin
  - b) magnesium
  - c) glutathione
  - d) vitamin D
  
- 4) The social institution that the sugar trade underwrote economically in the 15th through the 19th centuries was:
  - a) the Catholic Church
  - b) the British empire
  - c) socialism
  - d) slavery
  
- 5) (T/F) Studies on laboratory animals demonstrated cocaine is more addictive than sugar.
  
- 6) (T/F) Overdriving dopamine pathways can create the symptoms of ADHD.
  
- 7) (T/F) Tyrosine is an amino acid that can help with motivation and attention issues.
  
- 8) (T/F) Insulin surges in response to rapid blood sugar increases can lead first to pulses of serotonin release, and then stress hormones a little later.
  
- 9) Which amino acid is recommended to ease sugar cravings?
  - a) tryptophan
  - b) tyrosine
  - c) glutamine
  - d) taurine
  
- 10) (T/F) food manufacturers increased sugar content in their wares when creating low-fat food products.