

ALLERGIES, INFLAMMATION, ANXIETY, DEPRESSION
Course Study Questions

- 1) Which dynamics drive autoimmunity?
 - a) insulin surges
 - b) glutathione metabolism
 - c) leaky gut, peptide crossreactivity, molecular mimicry
 - d) TSH and Reverse T3

- 2) Glial cells inflame:
 - a) the small intestine
 - b) neurons in the brain
 - c) hair
 - d) muscles

- 3) How vigilant (or not) our immune systems are is also called immune
 - a) molecular mimicry
 - b) crossreactivity
 - c) habituation
 - d) tolerance

- 4) When we're fighting off an infection, become grouchy, go home and self-isolate we're
 - a) being selfish
 - b) harming ourselves
 - c) displaying sickness behavior
 - d) self-innoculating

- 5) (T/F) Vitamin C has no impact on affect.

- 6) (T/F) Microglia help infant brains mature by killing off excess brain neurons.

- 7) (T/F) Our metabolic detox pathways are easily overtaxed today.

- 8) (T/F) Autoimmune diseases cannot be healed; they're with us for life.

- 9) Which nutrients can help calm an inflamed brain, and why?
 - a) zinc carnosine and l-glutamine heal leaky gut linings
 - b) eating the rainbow
 - c) berberine
 - d) all of the above

- 10) (T/F) CDP-choline can slow cognitive decline.