Review for Exam 1 (Chapters 1-3)

Holistic Health

- What is it?
- How well is it used today? And by who? And which are used the most?
- What are the principles of holistic medicine?
  - How do they compare to traditional or allopathic medical practices?
- What are the six components of holistic health?
  - Be able to define each
- What is the physiologic state the body needs to be in to be well?
  - What are some examples of this imbalance?

Holistic Care

- What are the three key areas of emphasis for optimum health?
- How do they interconnect?
  - Body
    - Know basic diet and nutrition, and exercise guidelines
    - Gives some examples of exercise discussed
    - Is there a connection between exercise and the environment?
    - What can you do be more environmentally aware or active?
  - Mind
    - Be able to explain how affirmations, breathwork, journaling and laughter work to better your mind.
  - Spirit
    - What is spiritual health?
    - Be able to explain how prayer, meditation, gratitude, and spending time in nature work to better your spirit.
    - Do all of them have to be accomplished to have spiritual health?

Nutritional Medicine

- Why is nutritional medicine a cornerstone of holistic medicine? Explain in terms of need for the typical American.
- What are the six guidelines for healthy eating?
- Why don’t RDA’s work for most?
- Know the basics of all six nutrient categories: Protein, Carbohydrates, Fat (lipids), Vitamins, Minerals, Water
  - What are the basic requirements for each macronutrient? Examples of smart choices for each of the macronutrients. Caloric values of each?
  - Where are most vitamins found? Difference between water soluble and fat soluble vitamins. Are there dangers of taking too much or too little? Be able to explain an example
- When using nutritional medicine, what are the guidelines for taking supplements?
- Be able to support your opinion on how nutritional medicine can work or not work.