Appendix C: Article Response Questions

Chapter 2 and 3 from *Human Heart, Cosmic Heart*

1. The word "paradigm" is mentioned early in this reading. What does this word mean, in your own words?
2. What is the limitation of angiogram tests to diagnose coronary artery disease (CHD) that the authors discusses?
3. What is your overall reaction to this reading?

Relevance of SNS Activation in Obesity and Metabolic Syndrome

1. How is it speculated that overeating can lead to an increase in SNS stimulation?
2. How may central adiposity lead to increased SNS output?
3. What is missing from this article regarding potential lifestyle modifications to reduce chronic SNS activity?

Mechanisms and Metabolic Implications of Regional Differences among Fat Depots (starting at “Fat Distribution, Adipose-Tissue Blood Flow, and Metabolic Dysfunction

1. Where are the various fat depots in the human body, and how would you describe them? How do these different fat depots relate to disease risk?
2. What is the relationship between insulin, upper body subcutaneous fat, visceral fat, and lower body subcutaneous fat?

Personalized Nutrition by Prediction of Glycemic Responses

1. What does “high intervariability in PPGRs to the same food” mean?
2. Please explain the significance of Figure 2A-2G.
3. What were the effects of the personalized nutrition programs? What is the significance of these effects when considering chronic disease?

Sections 1.14-2.2 from *Life: The Epic Story of our Mitochondria*

1. What are free radicals (you may need to look this up on your own)?
2. What are the important signals free radicals send discussed in the chapter?

A Two‐Year Randomized Controlled Trial of Progressive Resistance Exercise for Parkinson's Disease

1. What are two strengths of this study? Be sure to explain why an aspect is a strength.
2. What are two limitations of this study? Be sure to explain why an aspect is a limitation.

Ketogenic Diets and Alzheimer’s Disease

1. What is a ketone? How do a ketogenic diet and fasting relate?
2. What is the vicious hypometabolic cycle that may happen with Alzheimer’s Disease?
3. According to the article, what is the potential relationship between the mitochondria and Alzheimer’s Disease?