

# CAPSTONE PROGRAM ~ ELECTIVES ~ HOLISTIC HEALTH

NAME: \_\_\_\_\_



**HUNGRY FOR CHANGE** exposes shocking secrets the diet, weight-loss and food industry don't want you to know about; deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever.

Featuring interviews with best selling health authors and leading medical experts plus real life transformational stories with those who know what it's like to be sick and overweight. Learn from those who have been there before and continue your health journey today.

James Colquhoun and Laurentine ten Bosch are Nutritional Consultants turned filmmakers. Motivated by an illness in their own family the duo set off to make 'Food Matters' and now 'Hungry For Change'.

They believe that your body is worthy of good care and that no one is more suitably qualified to care for it than yourself.

**HUNGRY FOR CHANGE** breaks through the confusion with a very simple idea. Our bodies are designed to run on real food. Our natural default state is health.

**Learn** how to navigate your supermarket. **Discover** the truth behind "diet" "sugar-free" and "fat-free" products. **Overcome** food addictions and cravings.

## NOTES: “HUNGRY FOR CHANGE”

[illegible]

## DISCUSSION QUESTIONS: "HUNGRY FOR CHANGE"

- 1) What is the percentage of men/women on a diet in the US?
- 2) How much is spent on diet and weight loss products each year in the US?
- 3) What does MSG do to our brains? What percentage of our modern day food contains MSG?
- 4) What are the addictive factors in diet soda?
- 5) What does the combination of the above do to our brain cells?
- 6) Name 3 foods that contain aspartame other than diet soda.
- 7) What are some of the side effects of aspartame to our bodies? Name at least 3.
- 8) Research studies suggest that \_\_\_\_\_ contribute to weight gain.
- 9) What is propylene Glycol and what is it used for? What common food is it found in?
- 10) What percentage of US adults are overweight or obese?
- 11) What are the worst fats we can consume?
- 12) The number one source of calories in the US is...
- 13) In the 1900s, people consumed \_\_\_\_\_ of fructose.  
Today, the average American consumes \_\_\_\_\_ and teens up to \_\_\_\_\_.
- 14) Each person consumes on average, 150 pounds of \_\_\_\_\_ per year and 79 pounds of \_\_\_\_\_ per year, which is 22 teaspoons of \_\_\_\_\_ per day!
- 15) What does chlorophyll do in our bodies? What are two examples of greens that the movie gives?

- 16) What do gelatinous fibers do to our livers?
- 17) What are some of the first effects that a good diet has on the outer appearance of the body?
- 18) What are considered “beauty foods”? Name at least 3.
- 19) \_\_\_\_\_ food (such as yogurt, kimchi, sauerkraut) help cleanse our intestinal tract.
- 20) Silica, iron, manganese, sulfur are examples of...
- 21) When you exercise, or simply laugh, what are some things that happen?
- 22) We eat a lot of calories, but are not getting the nutrients that we need. Explain this. How do our bodies respond to fats and sugars?
- 23) How has what we put into our bodies changed over time for Americans? Explain this and give examples.
- 24) Explain food addiction. How does the documentary compare this to cigarette addiction?
- 25) What does the food industry do to food to make money off of their consumers?
- 26) Sugar is “fat free”, however, it produces fat. How does this happen? Explain the body’s process.