

Section 7 - Nervous System

7.1. Indicate TRUE/FALSE for the following statements about The Nervous System, Structure of the Nervous System, Central and Peripheral Nervous System

7.1.1. The individual cellular unit of the nervous system is the neuron which carry information through chemical and electrical signal

- True | False

7.1.2. The nervous system only has one function i.e. to collect sensory information from the body and environment

- True | False

7.1.3. The central nervous system consists only of the brain, all other structures form the peripheral nervous system

- True | False

7.1.4. The brain consists 3 major parts, the cerebrum and the cerebellum and brainstem and is divided into two hemispheres

- True | False

7.1.5. The spinal cord is protected by the vertebrae and extends from the brainstem downward

- True | False

7.1.6. The peripheral nervous system is all nerves outside the brain and spinal cord, it sends sensory information to the spinal cord and motor (movement) signals to the muscles

- True | False

7.2. Indicate TRUE/FALSE for the following statements about The Autonomic Nervous System

7.2.1. The autonomic Nervous System is part of the peripheral nervous system

- True | False

7.2.2. Stress triggers the parasympathetic nervous system

- True | False

7.2.3. It controls arterial pressure (BP), gastrointestinal functions (motility and secretion), the bladder, sweating and body temperature

- True | False

7.2.4. The Sympathetic Nervous gives rise the 'fight or flight' response

- True | False

7.2.5. Adrenalin is a hormone triggered by the parasympathetic nervous system

- True | False

7.2.6. Stimulation of the sympathetic nervous system causes raised blood pressure, and release of glucose

- True | False

7.3. Indicate TRUE/FALSE for the following statements about Insomnia

7.3.1. Sleep is necessary because the liver detoxifies the body between 23:00 and 03:00 and growth hormone is secreted and the brain is cleaned of toxins

- True | False

7.3.2. Living Naturally recommends A.Vogel Dormeasan and Nerves and Sleep Formula to help promote healthy sleep

- True | False

7.3.3. The hormone which controls sleep is called adrenalin

- True | False

7.3.4. Long term effects of poor sleep include chronic memory loss, increased risk of infections, obesity and premature ageing

- True | False

7.3.5. There are 5 stages of sleep in the sleep cycle which takes 90-120 minutes to complete

- True | False

7.3.6. Sleep hygiene is a way of life which helps to ensure better sleep and includes having a dark, noise free room, avoiding stimulants like coffee, alcohol and removing electronic devices from the bedroom

- True | False

7.4. Indicate TRUE/FALSE for the following statements about Anxiety

7.4.1. There are 9 types of anxiety, common types include specific phobias, panic disorder and generalised anxiety disorder

- True | False

7.4.2. Effects of anxiety include behavioural effects, emotional effects and physiological effects

- True | False

7.4.3. Non-medicinal therapies for anxiety include breathing exercises, walking, visualisation, progressive muscle relaxation and music therapy

- True | False

7.4.4. According to Holmes and Rahe the most stressful event an adult can experience is retirement and for a child its change of acceptance by their peers

- True | False

7.4.5. Living Naturally recommends Bio-Strath and A.Vogel Neuroforce and Nerves & Sleep and Dormeasan as supportive remedies for Anxiety

- True | False

7.4.6. Breathing exercises for anxiety include rapid, short, shallow breaths

- True | False

7.5. Indicate TRUE/FALSE for the following statements about Depression

7.5.1. Depression is a relatively rare mental disorder in South Africa

- True | False

7.5.2. Depression symptoms include diminished interest, slowing down, fatigue, poor concentration, feeling worthless or having thoughts of death

- True | False

7.5.3. Depression symptoms can be associated with other conditions like, anaemia, adrenal burnout, chromium, vitamin B, folate or vitamin D deficiency and insulin resistance

- True | False

7.5.4. The Portfolio Diet is needed to help support depression through diet

- True | False

7.5.5. Gut health plays a major role with mood through the 'gut brain axis' – a healthy addressing dysbiosis and supporting the microbiome is important for healthy mood

- True | False

7.5.6. Living Naturally recommends supportive products like Bio-Strath, A.Vogel Neuroforce

- True | False

7.6. Indicate TRUE/FALSE for the following statements about Adrenal Exhaustion and Burnout

7.6.1. Late stages of burnout causes, fatigue, coffee/sugar addiction, frequent infections, unable to handle stress and low libido

- True | False

7.6.2. The body manages stress using the hypothalamic-pituitary-adrenal axis (HPA)

- True | False

7.6.3. Adrenal glands produce a hormone called cortisol when under stress which helps the body cope

- True | False

7.6.4. During burnout stimulants, like a strong cup of coffee or an energy drink are recommended

- True | False

7.6.5. An overload of stress can make cortisol levels too high initially and too low later both lead to unwanted symptoms

- True | False

7.6.6. In burnout cases, Living Naturally recommends Bio-Strath, A.Vogel Nerves and Sleep, Neuroforce, Valeriana and Dormeasan (if sleep is negatively affected)

- True | False

7.7. Indicate TRUE/FALSE for the following statements about Attention Deficit Hyperactivity Disorder (ADHD)

1. Living Naturally recommends Bio-Strath, A.Vogel Concentration Formula, GinkgoForce and VegOmega-3 as supportive treatment for ADHD
- True | False
- 7.7.2. ADHD can present as inattentive or hyperactive/impulsive symptoms or a mixture of both
- True | False
- 7.7.3. ADHD only can occur in children
- True | False
- 7.7.4. Foods to avoid in ADHD are artificial colourants, too much sugar and fast foods
- True | False
- 7.7.5. Bio-Strath is confirmed to improve impulsiveness, and attentiveness in children with ADHD and have positive effects on behaviour in special needs children
- True | False
- 7.7.6. Symptoms of ADHD include, being distracted, forgetful, unorganised, not listening, careless mistakes, fidgeting, cant sit still, talking too much, interrupting others
- True | False

7.8. Indicate TRUE/FALSE for the following statements about Dementia and Cognitive Decline

- 7.8.1. Dementia is when intellectual ability declines because of degeneration of nerve cells and shrinking of brain tissue
- True | False
- 7.8.2. Alzheimer's is the most common type of dementia
- True | False
- 7.8.3. Typical symptoms include, memory loss, mistakes with language, poor judgment, misplacing things, mood and behaviour changes, difficulty with known tasks
- True | False
- 7.8.4. Echinaforce is the major remedy indicated for dementia
- True | False
- 7.8.5. The MIND diet is recommended which is rich in leafy green vegetables, nuts, beans and berries
- True | False
- 7.8.6. Living Naturally recommends Bio-Strath, A.Vogel GinkgoForce, VegOmega-3 and Concentration Formula as well as Oxiprovín
- True | False