**Quiz for Bodhi Medicine Online Course part 1**

**What are the 3 elements that need to be present in a situation in order to create symptoms in the body?**

* Physical, mental and emotional.
* Weak immune system, viruses, inflammation.
* An unexpected, shocking situation, lived in isolation.

A situation with these 3 components is what takes the Body, Mind and emotions out of balance and will start creating symptoms or Dis-ease in the body.

**What are the 3 areas that receive an impact when someone experiences a DHS?**

* The brain, the heart and the skin.
* A part of the brain, an organ and the psyche.
* Home, work and family.

Yes, a DHS will impact an organ or tissue of the body of the person. It will also have an impact in a specific area of the brain, which is the area that controls the organ that got activated. And it will also impact the psyche of that person (thoughts, emotions and behavior).

**In which moment do the Hamer Herds appear in the Brain CT scan?**

* When a person gets sick.
* When someone has brain surgery.
* When a person experiences a strong unexpected shock in his/her live.

Dr. Hamer found that the shock or impact the person experiences, literally creates a physical effect that can be visualized in a brain CT scan image. They are called Hamer Herds.

**After an unexpected, shocking situation, lived in isolation, a person can activate a:**

Special Biological Survival Program

**A person can activate a SBSP through:**

* An impact of First or Second order reality.
* Psychological issues.
* An argument with someone.

**Reality of 1st order** is what actually happens that creates an impact in the physical, mental and emotional bodies of the person in the moment of the shock. **Reality of 2nd order** is how the person interprets the situation through their psyche, related to their whole life history and conditioning.

**The Autonomous Nervous System is divided in:**

* Central and Peripheric Nervous Systems.
* Sympathetic and Parasympathetic Nervous Systems.
* Automatic and Conscious Nervous Systems.

The Autonomous Nervous System has two branches:

The [**Sympathetic Nervous System**](https://en.wikipedia.org/wiki/Sympathetic_nervous_system), often considered the "[fight or flight](https://en.wikipedia.org/wiki/Fight-or-flight_response)" system.

The [**Parasympathetic Nervous System**](https://en.wikipedia.org/wiki/Parasympathetic_nervous_system), often considered the "rest and digest" or "feed and breed" system.

**The Sympathetic Nervous System is also called:**

* The Rest, Digest and Repair System.
* The Intuitive Response System.
* The Fight, Flight or Freeze System.

The **Sympathetic Nervous System**is designed to helps us in situations that our life is threatened and gets activated when us humans and animals perceive a situation from which we need to escape, fight or in extreme situations freeze to survive, as some animals do to appear dead, so the predator does not eat them.

**Some of the symptoms that can appear during a parasympathetic activation are:**

* High blood pressure, tachycardia, panic.
* Insomnia, fast breathing and dilated pupils.
* Low blood pressure, inflammation and muscle pain.

The **Parasympathetic Nervous System**is usually active during the night, when we go to sleep and rest. During this time the body does different functions for repairing, digesting, nourishing different organs so we can have energy and be active the next day.

**Most people in the modern world live in a high activation of the:**

Sympathetic Nervous System

**The Second Biological Law explains:**

* The origin of Tumors in the body.
* What happens in the Brain, organ and psyche after a DHS.
* How bacteria rebuild tissue in the body.

This is explained in the Law of Two Phases. The person passes through an Active Phase and a Healing Phase in order to survive a biological shock.

**Normotony is:**

* An ideal state where everything is in balance.
* The common state that most people live in today.
* The Healing Phase of the Survival Program.

Normotony is an ideal state that most of us are rarely in. That would be a gentle Sympathetic state during the day and a gentle Parasympathetic state during the night.

**Fever appears during:**

* The Epicrisis
* The Active Phase
* PCL-A
* PCL-B

Fever occurs only during PCL-A, when there is stronger inflammation in the organ that is going through the Healing Phase.

**The moment when people most commonly go to the doctor is when they enter:**

* PCL-A
* PCL-B
* Active Phase

**During PCL-A the person feels “Sick”,** this is usually when people go to the Doctor, when they get a Diagnosis and treatment. The person might be feeling tiredness, inflammation in the organ that was in sympathetic mode and in the brain area that controls it (brain edema), there might be pain, fever or other symptoms of inflammation related to the affected area of the body.

**The longest time a person can be in PCL-A is:**

* 3 weeks being under stress.
* 3 months being relaxed.
* 21 days being relaxed and receiving support.

This is helpful to know, in order to be relaxed when we enter a healing Phase, knowing that no matter how long we were in an Active phase of any program, if we are calm and take care of ourselves appropriately, this strong discomfort of PCL-A will last 3 weeks.

**The body starts releasing mucus, pus and other detoxing fluids during the:**

Epicrisis

**A person is in Fight, flight or freeze response during:**

* PCL-A and PCL-B
* Active Phase and Epicrisis
* Active Phase and Healing Phase.

Both the Active Phase and the Epicrisis are a Sympathetic Activation of the Autonomous Nervous System. There can be symptoms of cold hands and feet, tachycardia, anxiety, insomnia, mental hyperactivity, etc.

**CL stands for:**

* Catalytic level.
* Crisis Length.
* Conflicto Lysis.

The CL is the moment when the Active Phase is disolved and the person enters the Healing Phase.

**Embryology studies:**

* The development of the baby inside the uterus.
* Reproduction of human beings.
* Anatomy of the nervous system.

Embryology is a branch of Medical studies that analyze the development of the baby from the moment of conception until the moment of birth.

**The 4 main embryonic layers are:**

* Brain stem, Cerebellum, White Matter and Brain Cortex.
* Old Brain, Endoderm, New Brain and Mesoderm.
* Endoderm, Old Mesoderm, New Mesoderm and Ectoderm.

All organs, tissues and cells of the body come from 4 main types of Embryologic Tissues that are created in the development of the baby in the uterus. This happens around 12 days after the moment of conception.

**The organs and tissues of the Old Brain increase their function and cells during the:**

Active Phase

**Tumors grow in the human body during:**

* Active Phase of the New Brain tissues and Healing Phase of the Old Brain tissues.
* Healing Phase of all tissues.
* Active Phase of the Old Brain Tissues and the Healing Phase of the New Brain tissues.
* PCL-A and PCL-B.

There are 2 different behaviors for all the organs and tissues of the body when their SBSP is activated, and only 2 situations in which cells reproduce faster and can create a tumor in the body. For the organs of old Brain the cells reproduce to increase even more the function of that organ to help us survive the situation we are encountering, and in the organs of New brain they reproduce to repair and recover the tissue that had been lost during the Active Phase.

**Tumors that grow in the body are:**

* Bad cancer cells that want to kill us.
* Strong inflammatory processes that need to be taken out through surgery.
* Tissues from Old Brain that grow extra cells to help us during strong survival processes.
* Tissues from New Brain that grow extra cells to to help us during strong survival processes.

For the organs of old Brain, sometimes during very intense and prolonged survival responses, the body needs to multiply the cells of that tissue so it can work even more to help us survive.

**What percentage of the cells of the body are microorganisms?**

* 30% to 60% of our body´s cells are microorganisms.
* 10% of our body´s cells are microorganisms.
* 60% to 90% of our body´s cells are microorganisms.

Different studies state that around 60 - 90% of the cells in the Human body are Fungus, Mycobacteria, Bacteria, Viruses, parasites, etc.

**Some of the functions of microorganisms in the human body are:**

* Fighting with the immune cells and the lymphatic system.
* Synthesizing hormones and detoxing the body.
* Causing infections.

Other functions of these microorganisms are: helping us digest food, producing short chain fatty acids, communicating with the immune system and Nervous system.

**The main function of Fungus and Mycobacteria in the human body is:**

* Destroying tumor cells.
* Creating inflammation and infections.
* Creating a protective layer on the skin.

They live in the tissues of Endoderm and Old Mesoderm and during the Healing Phase of those organs, they help to remove the extra tissue that had grown before.

**The main function of viruses in the body is:**

* Creating infections on the skin.
* Providing protein and nucleic acids to rebuild tissue that was lost.
* Spreading contagious diseases.

There are a large number of very small nucleic acid-protein compounds (called globulins) during an inflammatory process specially in tissues originated from Ectoderm, these are called Viruses. Dr. Hamer stated that these viruses do not cause the inflammation or infection but help repair tissue. It is interesting to note that the most essential element to re-build tissue is protein, and these globulins are basically **protein**.

**A flu epidemic is:**

* A contagious disease in a big population.
* A weak immune system in many people.
* A simultaneous Healing Phase in a group of people.

Epidemics are collectively perceived impacts or emotions in families (for example when mother suddenly needs to go to work), school classes (a very difficult exam), or entire regions (When there is war, natural disaster, economic crisis). When they all enter a Healing Phase they will manifest the same kind of symptoms.

**How can we best support our Microbiome?**

* Taking Probiotics and good quality fiber in our diet.
* Taking Antibiotics when we have an infection.
* Traveling to foreign countries.

We can also support our Microbiome through ingesting Prebiotics, eating as much possible organic food, drink plenty of water, use antibiotics only when strictly necessary.

**What is a Disease?**

* An inflammatory process in the body.
* A malfunction in the body that makes us suffer.
* A Biological program for self-destruction.
* A survival mechanism to help us encounter unexpected difficult situations to evolve.

**“**Dis-eases or symptoms in the body are not a mistake, and error, a curse or a weakness of the body. We could instead say that symptoms or Dis-eases, or as I prefer to call them Special Biological Survival Programs are unique processes in the body, brain and psyche of a person that have a unique meaning and purpose to help us encounter a strong biological conflict or impact, for which we are not prepared, in order to be able to survive and therefor evolve”.

**90% of our health is determined by:**

* The support of the Medical System.
* Diet, relationships and Microbiome.
* Medications.
* Hospitals

Also this 90% is composed by social, behavioral and environmental factors (relationships, exercise, supplements we take, health history, family history, environmental exposures, Our capacity to respond consciously to unexpected difficult situations in life, and others.