Appendix A: Reading Prompt Questions

*10% Human (Intro, Ch. 1-2)*

1. What is your reaction to knowing that you are covered w bacteria? That they outnumber your own cells?
2. Who is Semmelweis? What is the Semmelweis Reflex that is named after him? What is an example you have seen if this or experienced within your own thinking?
3. Please explain the analogy of the cause of stomach ulcers and the current thinking on the cause of obesity.

*10% Human (Ch. 3-4)*

1. What happened when they swapped the microbiomes of BALB mice and Swiss mice?
2. Given what you have read, how much control do you feel like you really have over your choices, etc.? How does this make you feel?
3. Please explain a "leaky gut" and it's relation to chronic disease (be sure to include LPS).

*10% Human (Ch. 5-7)*

1. What is the hypothesis the author makes about strep, handwashing, and OCD?
2. What is the nutrient discussed in this chapter that is strongly linked to a healthy microbiome? How much of this nutrient did you intake on one of the past few days?
3. Collen states: "What should be the foundation of an oak woodland is instead the beginning of a pine forest." What does she mean?

*10% Human (Ch. 8, CODA, Epilogue)*

1. What does Collen mean when she says, "...we don't need cluster bombs to kill spiders"?

*Tripping over the Truth (Forward, In the Beginning, and Ch. 1)*

1. What is the definition of "dogma"? What is the dogma described in *Tripping over the Truth*? What is another place where we can find dogma in health science research? How do we escape dogma?
2. How does cancer assault the human body?
3. On what observable evidence did Warburg base his theory of cancer?

*Tripping over the Truth (Ch. 2-3)*

1. How was chemotherapy, one of the most widely-spread interventions to treat cancer, discovered?
2. The author likens chemotherapy to burning down a house to get rid of the rats. What does he mean by this analogy?
3. What does the statistician John Bailer find regarding the death rates of cancer in the late 1980's. What does this say about treatment vs prevention?

*Tripping over the Truth (Ch. 4-6)*

1. What do the results of The Cancer Genome Atlas say about the potential causes of cancer?
2. What is the discovery made by Cyril Darlington that provides further evidence for the metabolic theory of cancer?
3. Why would the fact that a treatment is either low cost or free present a problem when getting it FDA approved and publicized?

*Tripping over the Truth (Ch. 7, Afterword, Appendix)*

1. What does drug repurposing mean?
2. What is the issue with the way the FDA works regarding treatment for disease?

*The Inheritance, Part 1*

1. Why was Alzheimer's discovery largely ignored by the public in the first part of the century? What is a condition today that is similarly viewed? (Addiction, obesity, depression)
2. What is a lesson to be learned from the story of Dmitry Goldgaber?
3. What are some similarities you can identify between the search for a genetic link of Alzheimer's and a genetic link for cancer from Tripping over the Truth?

*The Inheritance, Part 2*

1. The benefits of knowing: what were the benefits of Jerry DeMoe knowing he had Alzheimer's?
2. What are the two theories of the mechanism of Alzheimer's disease?
3. What is the "baffling paradox" of tau proteins that puzzle most scientists, and why is Ken Kosik comfortable with this paradox?

*The Inheritance, Part 3*

1. Glucose is mentioned in relation to Alzheimer's Disease. What similarities can you draw between this and what is discussed in *Tripping over the Truth*?
2. Based on your reading, what typically comes first in chronic disease, figuring out the pathophysiology of testing possible medications? What is an advantage and disadvantage of this strategy?

*The Inheritance, Part 4*

1. A theme within the final chapters is the choice to know if you have the mutation and the choice to have children. Please share your thoughts on this based on what you have read.