

a. How does the body respond to overeating?

The body responds to overeating by sending signals that make you full, and then if you keep eating, nauseous.

b. What are “satiety signals” and why are we able to ignore them?

Satiety signals make you feel full, but we are able to ignore them because in the past it was beneficial to pig out because there wasn't so much food available all the time.

c. What are two reasons why heart attack risk appears to increase following a big meal?

It causes the heart to work extra hard to pump more blood to the stomach, and increases the risk of blood clots, both of which give you a higher risk of a heart attack.

d. According to Dr. Goldberg, why is the "popular wisdom" that turkey causes drowsiness untrue, and what does this imply about all big meals?

The drowsiness is supposedly caused by a chemical in the turkey, but Dr Goldberg says that the amount of the chemical present is too small to effect most people. The drowsiness is most likely due to your stomach working overtime to digest all that food.

e. What is a “natural circadian dip”?

A natural period of drowsiness after eating loads of food.

f. What is the function of the gallbladder, and why are gallstone attacks more frequent after large meals?

As the stomach releases food into the intestines, the gallbladder begins to squeeze out bile to help with fat digestion. Like the rest of the body, it has to work harder after a big meal — a frequent cause of gallstone attacks, which occur when clusters of solid material get stuck in the narrow duct that connects the organ to the intestine. These have been known to feel like a heart attack, but are seldom fatal.

g. How does the average consumption of “4,500 calories and 229 grams of fat” on Thanksgiving Day stack up to recommended calorie and fat intake levels?

Not well. Average stomach capacity is about 8 cups, and the stomach sends signals to the eater, saying “Stop! I'm full!”

h. After reading the article, how would you respond to the author’s opening question, “Is pigging out during the holidays a harmless indulgence or a real health worry?”

I believe it is definitely a real health worry, not something to be taken lightly, and we all should work as hard as we can to educate people on the dangers of overeating.