**Explain how Holmes' concept of violence and suffering expand the definition of violence and connect to social determinants of health.**

In the Holmes’s book show that about 95 percent of agricultural workers in the United States were born in Mexico, 52 percent of them unauthorized. (Holmes, 40) These numbers it’s too high and too heavy to depend on unauthorized people to do this kind of job. Like the case of picking strawberries on the farm, Holmes interviewed with Marcelina, who work with picking strawberries, picker on the farm and on the U.S. - Maxico border said that “During my fieldwoek, I picked once or twice a week and experienced gastritis, headaches, and knee, back, and hip pain for days afterward.”(Holmes, 74) We can see that some products that we buy in the market have problems that come from the inequality on the farm and structural violence with its pernicious effects on health. Holmes talks about the concept of structural violence that the violence committed by configurations of social inequalities that, in the end, has injurious effects on bodies similar to the violence of a stabbing or shooting. which described by Fiedrich Engels, called ‘social murder.’ And much of the structural violence in the United States today is organized along the fault lines of class, race, citizenship, gender, and sexuality.(Holmes, 43) And during Holmes’s experience in fieldwork show that many Triqui people have notable health problems affecting their ability to work. Like, while the suffering of pickers in general is determined by their position at the bottom of various hierarchies. And a worker’s knee injury highlights the physical and mental suffering caused by the structural violence of segregate labor, that connect between the embodiment of the primary form of violence and its interactions with the rest of the violence continuum.(Holmes, 156) However, Triqui people are understood to deserve their location in the social hierarchy because of what are perceived to be their natural, ethnic, bodily characteristics.(Holmes, 181)So, I think, in order to improve the situation, and amelioration of social suffering, we must be aware of the inequalities that cause suffering. We could stop it and develop better ways and solutions for our living right now and the next generation.