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UNIVERSITY OF NATURAL HEALTH™

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

FINAL EXAMINATION

TEXT: *The Health Seekers' Yearbook* by Victoria Bidwell, Ph.D.

SECTION I: TRUE OR FALSE

- 1.•4 CIRCLE "TRUE" OR "FALSE": According to Victoria Bidwell, as she summarizes *The Compulsive Personality* tamed, she recognizes only 2 pools from which all emotions bubble up, metaphorically speaking: fear and love.
- 2.•12 CIRCLE "TRUE" OR "FALSE": The majority of the early Hygienic doctors and teachers were wise enough to be deistic in their spiritual beliefs and were not traditionally Christian.
- 3.•4 CIRCLE "TRUE" OR "FALSE": If *The Health Seeker* will just take care of the physical needs of the body, then the biochemistry and physiology will normalize; and Emotional Balance will be the natural outcome.
- 4.•1 CIRCLE "TRUE" OR "FALSE": The living organism itself alone acts, while none of *The 10 Energy Enhancers* do any actual acting.
- 5.•5 CIRCLE "TRUE" OR "FALSE": The body needs only 30 to 40 grams of protein a day, and this is fully supplied in *The Ideal Diet*.
- 6.•1 CIRCLE "TRUE" OR "FALSE": It is possible for medicines and

drugs to act, at certain times, as healing agents, and at other times, as pathogenic materials, depending on how they are administered, when they are administered, and in what amounts they are administered.

- 7.•6 CIRCLE “TRUE” OR “FALSE”: The Fruit & Vegetable Group of The Basic Four Food Groups save The SAD American by providing, at least, some superlative nutrition founds in fruits and vegetables, and is the saving grace of The SAD Diet.
- 8.•12 CIRCLE “TRUE” OR “FALSE”: Advertising is the true content of virtually all television programming
- 9.•6 CIRCLE “TRUE” OR “FALSE”: The Food Giants have access to nearly 5,000 legally approved chemicals with which to preserve and treat the American food supply.
- 10.•1 CIRCLE “TRUE” OR “FALSE”: Part of the Natural Hygiene paradigm is to recognize and accept that it is natural to get a bit more and a bit more tired as the years go by and that some aches and pains and some disease symptoms are certainly to be expected as the years go by: what is not to be recognized or accepted, however, is to get very tired and racked with aches and pains as the years pass.
- 11.•13 CIRCLE “TRUE” OR “FALSE”: According to Dr. Tilden, one of The Seven Stages of Disease is not a disease at all.
- 12.•5 CIRCLE “TRUE” OR “FALSE”: As long as The Health Seeker is on The Ideal Diet and following The 10 Energy Enhancers, he or she can be quite sure that any one of a multitude of uncomfortable symptoms are from detoxification.
- 13.•2 CIRCLE “TRUE” OR “FALSE”: Natural Hygiene promotes The Hygienic Fast as a “cure-all” for virtually all disease symptoms, as long as The Health Seeker does not wait until “The Pathological Point of No Return” to undertake a the fast.
- 14.•6 CIRCLE “TRUE” OR “FALSE”: The Basic Four Food Groups are a fairly recent food plan presented to The American People in the last half of the 1900’s.

- 15.6 CIRCLE "TRUE" OR "FALSE": In 1988, the United States Surgeon General stepped forward with statements and findings that were, in essence, a huge move in support of The Standard American Diet and The Disease Industrialists.
- 16.2 CIRCLE "TRUE" OR "FALSE": A period of Hygienic Fasting can do so much to reverse or eliminate disease that it is the next best thing to a panacea, and what The Hygienic Fast can accomplish in terms of results is sometimes miraculous!
- 17.3 CIRCLE "TRUE" OR "FALSE": After 10 to 50 minutes of aerobic activity, The Health Seeker kicks into a unique, physiological state known as the "Second Wind," characterized by going from tired to renewed due to increased oxygenation.
- 18.13 CIRCLE "TRUE" OR "FALSE": According to A.T. Hovannessian: "There is no greater activity of greater humanitarian value than the propagation of raw-eating."
- 19.7 CIRCLE "TRUE" OR "FALSE": Dr. Shelton does concede that The Health Seeker can take himself on a fast of one to three days for weight-loss and a boost to the detoxification process without supervision of a professional.
- 20.13 CIRCLE "TRUE" OR "FALSE": According to Dr. Vetrano and many others in The Natural Hygiene Movement, fasting two days a week is a very good practice for most Health Seekers.
- 21.3 CIRCLE "TRUE" OR "FALSE": The essence of The Set Point Theory is that The Health Seeker can lower his weight simply by revving up his digestive system with fruits and vegetables, nuts and seeds.
- 22.7 CIRCLE "TRUE" OR "FALSE": True Hunger is generally satisfied within 30 minutes of moderate eating, chewing well and practicing The Slow Down Behaviors.
- 23.4 CIRCLE "TRUE" OR "FALSE": Most Health Seekers who already have Emotional Balance and Nurturing Relationships are just naturally more interested in The Energy Enhancers that address

physical issues of diet, exercise, sunshine, and sleep.

- 24.•13 CIRCLE “TRUE” OR “FALSE”: Pythagoras, in 582 B.C., made a dietary statement much like the Genesis 1:29 dietary statement God made, In The Beginning.
- 25.•12 CIRCLE “TRUE” OR “FALSE”: “Exorbitance” means something to the effect that an item or a product is “so high-priced it is ready to go out into orbit.”
- 26.•2 CIRCLE “TRUE” OR “FALSE”: The most compelling signal that is it time to break An Hygienic Fast is the clearing of the tongue to a rosy pink and the appearance of a sweet-smelling breath.
- 27.•4 CIRCLE “TRUE” OR “FALSE”: That event which is electrically charging enough to stimulate the cerebral cortex to move into The Fight-or-Flight Response is not limited to a fearful event but can also include a positively exciting event.
- 28.•3 CIRCLE “TRUE” OR “FALSE”: A body fever and a session of vigorous exercise have one thing in common: they both result in increased body temperature which demobilizes waste by-products and decelerated elimination.
- 29.•4 CIRCLE “TRUE” OR “FALSE”: Concerning the “dis-stresses” of life, if it truly is the perceptions of life’s events that trigger The Fight-or-Fight Response that unlocks so much fear and wild, physiological, Nerve Energy draining, all one has to do to minimize all of this nonsense is to change his or her perceptions to nonthreatening: this will release that trigger.
- 30.•3 CIRCLE “TRUE” OR “FALSE”: The real beauty of Regular Aerobic Exercise is that the body accommodates to the regular, vigorous stress of aerobic activity by increasing the metabolism for up to three hours after each exercise session.
- 31.•7 CIRCLE “TRUE” OR “FALSE”: When Health Seekers new to Natural Hygiene begin The 10 Energy Enhancers, weight-gain typically takes place with more difficulty than weight-loss.

- 32.4 CIRCLE "TRUE" OR "FALSE": To build on William Glasser's paradigm of "Love and Worthiness," The Health Seeker pursues experiences that will strengthen his character and make his life richer because he sees himself as having value and because he loves and allows himself to be loved in return.
- 33.4 CIRCLE "TRUE" OR "FALSE": Shelton's three-word solution to Emotional Un-Balance and Toxic Relationships was "Give Everybody Everything!"
- 34.5 CIRCLE "TRUE" OR "FALSE": In the Natural Hygiene paradigm and in reference to The Ideal Diet, the word "natural" refers to any fresh fruits or vegetables that are served just as nature serves them up and that have not been prepared in the kitchen, except to be washed, nor processed in a food plant, except to be washed.
- 35.4 CIRCLE "TRUE" OR "FALSE": The Addict is not likely to go back to his addiction if he can just go through withdrawal and get physiologically and cellularly clean.
- 36.7 CIRCLE "TRUE" OR "FALSE": The Chicken Feed Factor is based on the simple idea that humans and chickens are basically alike in their response to being fed over a period of time with poisoned food.
- 37.4 CIRCLE "TRUE" OR "FALSE": For The Emotional Sufferer, deep into addiction and toxic relationships, Energy Enhancers #9 and #10 may be the very most important of all The 10 Energy Enhancers to embrace first.
- 38.4 CIRCLE "TRUE" OR "FALSE": According to Nathaniel Branden: "Personal Efficacy" is defined as "the belief that you can do things of value, that you can achieve high goals, that you make useful things, that you can create beauty."
- 39.12 CIRCLE "TRUE" OR "FALSE": Television is a relatively new medium, but we can still draw some conclusions as to its harmfulness, knowing what we do about radiation, electrical fields, and the obvious mind-body numbing effects on viewers.
- 40.13 CIRCLE "TRUE" OR "FALSE": Dr. Issac Jennings is well-known for The Let Alone Plan, also called "The Placebo Plan."

- 41.•12 CIRCLE “TRUE” OR “FALSE”: Dr. Shelton is famous for having supervised approximately 20,000 fasts at his various health schools over his entire career.
- 42.•12 CIRCLE “TRUE” OR “FALSE”: The final SAD-SAppers of the unsuspecting American eating The Standard American Diet and following the energy draining lifestyle are usually The SAD Food Industrialists.
- 43.•12 CIRCLE “TRUE” OR “FALSE”: The late 1700’s was a time of conservatism in American history — including health conservatism.
- 44.•12 CIRCLE “TRUE” OR “FALSE”: Television is a relatively new medium, and not enough long-term research has been conducted to be able to make any definitive statements or draw any conclusions about the good or the bad of the medium.
- 45.•12 CIRCLE “TRUE” OR “FALSE”: The number of Hygiene-oriented doctors in America, during the mid 1800’s, actually exceeded the number of conventional medical doctors.
- 46.•12 CIRCLE “TRUE” OR “FALSE”: According to Jerry Mander, if one watches the television programming only two hours a day, many benefits are forthcoming.
- 47.•4 CIRCLE “TRUE” OR “FALSE”: The Fight-or-Flight Response can often be seen as a primitive and physically damaging one in modern, “civilized” society where fighting and fleeing are often not socially correct options.
- 48.•4 CIRCLE “TRUE” OR “FALSE”: It is virtually impossible for an individual to turn a deaf ear to his bodily responses and to ignore a chronically activated Fight-or-Flight physiology.
- 49.•12 CIRCLE “TRUE” OR “FALSE”: According to “The Natural, Physiological Laws of Life,” it is entirely possible for one organ in the body to be diseased, while virtually all the rest of the body remains well.
- 50.•4 CIRCLE “TRUE” OR “FALSE”: “Protoplasm” is defined as “the primary substance, the viscous, grayish, translucent, colloidal ‘stuff’

which makes up our cells.”

- 51.•4 CIRCLE “TRUE” OR “FALSE”: Alcohol is the favored and most popular protoplasmic poison, in the form of a beverage, in the world.
- 52.•5 CIRCLE “TRUE” OR “FALSE”: In the Natural Hygiene paradigm and in reference to The Ideal Diet, the word “whole” refers to any fresh fruits or vegetables that have not been processed via heat and made into canned, frozen, or bottled products.
- 53.•4 CIRCLE “TRUE” OR “FALSE”: When caught in the throes of The Addiction Syndrome, The Addict-in-the-making typically seeks higher doses and even other addicting substances or habits to get his thrills and then levels off to amounts with which he can live comfortably without going into complete self-destruction.
- 54.•2 CIRCLE “TRUE” OR “FALSE”: Physiologists, scientists who study the body and its functioning, speculate that 70% to 75% of our Nerve Energy is spent on the processing of daily food: chewing, ensalivating, swallowing, secreting, digesting, absorbing, eliminating.
- 55.•4 CIRCLE “TRUE” OR “FALSE”: According to Gerald Jampolsky: “Forgiveness is the total absence of fear and the basis for all psychosomatic healing.”
- 56.•4 CIRCLE “TRUE” OR “FALSE”: “The Killing Emotions” are called just that because entertaining them in the mind, emotions, and body is an Energy Drain that can literally kill.
- 57.•12 CIRCLE “TRUE” OR “FALSE”: The radiation given off by a television set may be hazardous to your health.
- 58.•12 CIRCLE “TRUE” OR “FALSE”: “The Salt Conspiracy” to which the Victoria BidWell refers is an actual, subversive, organized group in America today.
- 59.•3 CIRCLE “TRUE” OR “FALSE”: The essence of The Set Point Theory is that The Health Seeker can lower his weight simply by revving up his Regular Exercise Program.

60.13 CIRCLE "TRUE" OR "FALSE": According to Dr. Vetrano, to live Natural Hygiene successfully, you must — first and foremost — get organized!

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

FINAL EXAMINATION

TEXT: *The Health Seekers' Yearbook* by Victoria Bidwell, Ph.D.

STUDENT ANSWER SHEETS

SECTION 1: TRUE OR FALSE

1. CIRCLE "TRUE" OR "FALSE"
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ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

FINAL EXAMINATION

TEXT: *The Health Seekers' Yearbook* by Victoria Bidwell, Ph.D.

SECTION 2: FILL IN THE BLANKS

- 1.•1 FILL IN THE BLANK: The Natural Hygiene Revolution formally began in the year _____ .
- 2.•1 FILL IN THE BLANKS: List the two-fold purpose of *The Health Seekers' YearBook*.
- 3.•1 FILL IN THE BLANKS: List the first two steps in an individual becoming a Health Seeker.
- 4.•1 FILL IN THE BLANKS: List the four ways by which regeneration of Nerve Energy takes place.
- 5.•7 FILL IN THE BLANKS: In the early 1950's, it took _____ to _____ weeks to bring a chicken to slaughter weight and required _____ pounds of feed to produce just one pound of chicken meat: 50 years later, more or less, it takes just _____ weeks and _____ pounds of feed to yield that same one pound of flesh. (All answers are numbers.) This phenomenon is known as "The _____."
- 6.•3 FILL IN THE BLANKS: Mild exercise, taken about 20 minutes after at least two meals a day, initiates a phenomenon known as "_____" causing the body to burn more post-meal heat calories up to _____% higher than if no exercise were taken, which is sometimes as much as _____ (How many?) times as many calories are burned.
- 7.•4 FILL IN THE BLANK: The Addict seeks higher and higher doses of

his toxic substance or habit because of the body's adaptation to the systemic poisoning, also formally called "the body's _____."

8.7 FILL IN THE BLANK: The classification of foods maximized on The Natural Weight-Loss System are the _____.

9.9 FILL IN THE BLANK: Studying the menus in Chapter 9, Dr. Vetrano's editing of Victoria's menus demonstrate that Dr. Vetrano was very, very big on one common and lowly vegetable: _____.

10.1 FILL IN THE BLANKS: Name 2 more, specific terms that are generally synonymous with "TOXEMIA":
" _____ "
and " _____ ."

11.6 FILL IN THE BLANKS: The Ideal Diet, with no fruit or vegetable juices taken, contains foods that are _____% fiber-rich, while The SAD Diet typically is made up of foods that are _____% fiber-deplete.

12.2 FILL IN THE BLANKS: Fasting was employed throughout Biblical times and reported in *THE HOLY BIBLE* to be employed by people for what 2 primary reasons?

13.6 FILL IN THE BLANKS: The Ideal Diet contains _____ to _____ ounces or more of fiber daily, which amounts to _____ to _____ grams, while The SAD Diet contains about _____ ounce(s) or less of fiber daily, which amounts to about _____ grams. (All answers are numbers or fractions of numbers.)

14.2 FILL IN THE BLANKS: "The _____" is a specific term in Natural Hygiene to name the period during The Hygienic Fast or while eating an eliminating diet, whereby The Health Seeker experiences intense cleansing symptoms which may be mild to dramatic while toxic matter is being eliminated.

15.12 FILL IN THE BLANK: According to Dr. Shelton, we Natural

Hygienists are not Reformists: we are _____!

16.4 FILL IN THE BLANKS: According to William Glasser, the 2 sources of strong self-esteem are _____ and _____.

17.12 FILL IN THE BLANKS: The average American household has the television set going more than _____ hours a day. If there is a child in the home there, the television set is going more than _____ hours a day. Using an average number of hours amongst the American people, a person actually watches the television set for nearly _____ hours a day. (The answers are all numbers.)

18.12 FILL IN THE BLANK: Not only does The SAD Food Addict pay way too much for the actual cost of his SAD junk food, but he must pay for the SAPPING of his overall _____ as soon as the SAD junk food catches up with him.

19.13 FILL IN THE BLANK: According to Dr. Tilden, "THE ONLY NEMESIS AT OUR HEELS IS OUR _____."

20.12 FILL IN THE BLANK: _____ is the lowest profit item in the supermarkets today.

21.12 FILL IN THE BLANK: The average American spends as much as _____% of its income on medical care and medical insurance.

22.1 FILL IN THE BLANKS: Victoria BidWell calls "Natural Hygiene"... "The Superlative, Alternative Health Care System" because it is the _____ of _____ the health care systems out there and it is in direct opposition to _____.

23.4 FILL IN THE BLANK: The ultimate form of expressing that one is giving up on being loved and on loving, in return, and of being unable to live with the emotional pain of that reality is _____.

24.12 FILL IN THE BLANK: The late 1980's United States Surgeon

General who was famous for being the first to alert The American People to the toxic nature of some of the foods in The Basic Four Food Groups was named _____.

25.•12 FILL IN THE BLANKS: List 6 of the common “patent medicines and home remedies” used by The Traveling Medicine Man in the early 1800’s.

26.•7 FILL IN THE BLANKS: A “calorie” is defined as “a unit of heat energy required to raise the temperature of ____ (How many?) gram(s) of water ____ (How many?) degree(s) Centigrade.” Science tells us that _____ (How many?) calories assimilated from foodstuffs beyond our daily needs results in one pound of fat gained.

27.•4 FILL IN THE BLANK: Dr. _____ was the world’s foremost authority on stress and its many effects on the human body.

28.•4 FILL IN THE BLANK: In studying the common denominator of the items in “The Life-Events Stress Test,” it becomes obvious that “_____” of any kind in a person’s life-routine situation is a potential, big-time stressor.

29.•4 FILL IN THE BLANK: According to Gerald Jampolsky, “The only reality in life is _____.”

30.•4 FILL IN THE BLANKS: In America today, approximately ____% drink coffee, tea, and caffeine-soda, while ____% smoke and ____% drink alcohol. Worst of all, close to ____% medicate or supplement themselves.

31.•4 FILL IN THE BLANK: The worst part about breaking free of addiction is going through _____.

32.•7 FILL IN THE BLANKS: According to Jeffrey Bland, in children, when “delicate biochemical balances in the brain are upset” with a diet of junk foods, not only is obesity the result physically, but _____ and _____, emotionally.

- 33.4 FILL IN THE BLANK: Another term for breaking free from an addiction by stopping it all at once, instead of going through withdrawal a little at a time, is called going
 “_____.”
- 34.2 FILL IN THE BLANKS: The return of hunger after undertaking The Complete Fast may be described as a pleasant
 _____ and _____ sensation.
- 35.4 FILL IN THE BLANKS: Selye differentiated between a happy, loving event that caused stress and an unhappy, fearful event that caused stress by calling the former “_____” and the latter “_____.”
- 36.3 FILL IN THE BLANKS: To lower The Set Point, The Health Seeker must pay attention to 3 factors: TYPE OF EXERCISE:
 _____; DURATION AND FREQUENCY OF EXERCISE: _____ times a week for at least _____ minutes each time; and INTENSITY OF EXERCISE: performed at a _____ level.
- 37.7 FILL IN THE BLANKS: What 4 Classifications of Foods or Ideal Foods are minimized on The Natural Weight-Loss System?
- 38.3 FILL IN THE BLANKS: The Lymphatic System ends by pouring its contents into 2 major veins: _____ and _____.
- 39.4 FILL IN THE BLANK: THE admonition to: “Earn Thy Neighbor’s Love” has also been called a state of psychological functioning that is totally conducive to ideal health, and this uniquely peaceful and healthy state has been named:
 _____.”
- 40.12 FILL IN THE BLANKS: In the acronym, “SAD-SAP,” the “SAD” refers to “The _____.” And the “SAP” refers to _____” the individual.

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

FINAL EXAMINATION

TEXT: *The Health Seekers' Yearbook* by Victoria Bidwell, Ph.D.

STUDENT ANSWER SHEETS

SECTION 2: FILL IN THE BLANKS

1. _____
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3.
 1. _____
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 1. _____
 2. _____
 3. _____
 4. _____
5. _____ to _____ weeks • _____ pounds • _____ weeks •
_____ pounds • _____
6. _____ • _____
% • _____ times.
7. _____
8. _____

9. _____
10. _____
11. _____% fiber-rich • _____% fiber-deplete
12. 1. _____
2. _____
13. _____ to _____ ounces • _____ to _____ grams • _____ ounce • _____ grams
14. _____
15. _____
16. _____
17. _____ hours a day. If • _____ hours a day. Using • nearly _____
18. _____
19. _____
20. _____
21. _____
22. the _____ of • _____ the health care • _____
23. _____
24. _____
25. 1. _____ •4. _____
2. _____ •5. _____
3. _____ •6. _____
26. _____ gram(s) • _____ degree(s) • _____ calories
27. _____
28. _____
29. _____
30. _____% drink coffee • while _____% smoke • _____% drink • _____% medicate

31. _____

32. _____

33. _____

34. _____

35. _____ •

36. _____ exercise _____ times • _____ minutes •
_____ level

37. 1. _____

2. _____

3. _____

4. _____

38. _____ •

39. _____

40. _____

_____, _____

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

FINAL EXAMINATION

TEXT: *The Health Seekers' Yearbook* by Victoria Bidwell, Ph.D.

SECTION 3: MULTIPLE CHOICE

- 1.•1 MULTIPLE CHOICE: “You are going to have to learn to live with it!” Which mentality best fits this attitude?
- A. Health Seeker’s Mentality
 - B. Medical Mentality
 - C. Health Revolutionist’s Mentality
 - D. Natural Hygiene Mentality
- 2.•9 MULTIPLE CHOICE: To what does “True Vetrarian Style” refer?
- A. Preparing raw menus and recipes in an ultimate gourmet fashion
 - B. Preparing raw foods cleaned and otherwise untouched and served
 - C. Preparing raw foods minimally into simple recipes with few ingredients
 - D. Preparing only raw foods into menus and recipes
- 3.•2 MULTIPLE CHOICE: Under conditions of The Hygienic Fast, which of the following is not 1 of “The 4 Main Bodily Activities during a Fast”?
- A. Nerve Energy supplies are first used at a rapid rate in the healing processes.
 - B. Nerve Energy is diverted from food processing to healing.
 - C. Deep, Physiological Rest is achieved.
 - D. Autolysis of inferior and/or diseased tissue takes place.

- E. Excess body fat and inferior tissues are consumed.
- 4.2 **MULTIPLE CHOICE:** Select the single, most precise and all-inclusive term for all of 3 of the following terms: “speedy detoxification • near panacea • disease reversal”:
- A. Hygienic Fasting
 - B. Regular Exercise
 - C. Passive Exercise of The Lymphatic System
 - D. Fresh Air
- 5.4 **MULTIPLE CHOICE:** The fact that stressed-out laboratory animals all develop similar biochemical, neurological, physiological, and anatomical changes away from the healthy norm served to substantiate which of the following stances?
- A. That the bodily adaptation to prolonged stress is not specific to the specific kind of stress imposed: happy stress or fearful stress
 - B. That the kind of stress imposed is not specific and, therefore, not significant
 - C. The fact that a nonspecific stress was imposed is all that was important
 - D. That the bodily adaptation to prolonged stress is not specific just to one part of the body but is generally abnormal throughout the body
- 6.7 **MULTIPLE CHOICE:** What is the very best, scientific reason below to explain why The GetWell Slow-Down Behaviors teach The Health Seeker to slow down?
- A. It takes approximately 20 minutes for the body satiety to signal the mind.
 - B. The Health Seeker can overeat a huge amount in a very few minutes.
 - C. The Health Seeker needs to slow down so he relaxes and eats stress-free.
 - D. The Health Seeker can get even more anxious and eat with even more compulsivity if he eats hurriedly.

- 7.13 **MULTIPLE CHOICE:** According to both Dr. Tilden and Ellen White, which of the following habits is the biggest undoing of the most people?
- A. Burning the candle at both ends and not getting enough sleep
 - B. Ambitious pursuits in vocational activities
 - C. Self indulgence
 - D. Toxic Relationships
- 8.4 **MULTIPLE CHOICE:** When The Fight-or-Flight Response initiated in the human body by either a good stress or a bad stress is a “non-specific” response, this most accurately means which of the following?
- A. That the entire body, in general, responds, not just some specific organ or some specific system or some specific set of cells
 - B. That the good stress or bad stress can be of a general type, not specifically an intensely happy or a terribly fearful event, but any general kind of event perceived as greatly demanding by the individual
 - C. That the response cannot be specifically located or charted in the body
 - D. None of the above
- 9.6 **MULTIPLE CHOICE:** According to Dennis Burkitt, the food component that has changed the most in Western diets is which of the following?
- A. Addition of up to 10,000 different chemicals allowed by law
 - B. Increased consumption of fat and animal foods
 - C. Decreased amount of soft and hard fibers
 - D. Increased consumption of refined sugar
- 10.6 **MULTIPLE CHOICE:** The generous use of table salt in the diet over a length period of time is most notorious for what one effect performed by the body?
- A. Salt addiction
 - B. Water retention

- C. Irritability
- D. Chronic thirst

11.4 MULTIPLE CHOICE: According to William Glasser, The Emotionally Tormented without vision for escape has but 1 of 5 choices:

- A. Suicide, Grin and Bear It, Fake It, Hope without Hope, Depression
- B. Suicide, Acting Out, Emotional Obsession, Mental Illness, Psychosomatic Illness
- C. Suicide, Depression, Distraction, Introversion, Addiction
- D. Suicide, Counseling, Learning to Live with It, Hobbies, New Friends

12.3 MULTIPLE CHOICE: Why cannot The Circulatory System do the work of The Lymphatic System, as well?

- A. Circulatory blood cannot mix with lymph without serious problems.
- B. Circulatory vessels are a complete tubing system and cannot accept lymph fluid at any point along the way.
- C. Circulatory capillaries are not larger and more permeable and cannot handle trapped blood proteins and the larger molecules of waste.
- D. NONE OF THE ABOVE

13.13 MULTIPLE CHOICE: What famous American from our history made this quote? "Most people are about as happy as they make their minds up to be."

- A. Mark Twain
- B. Abraham Lincoln
- C. Benjamin Franklin
- D. Ralph Waldo Emerson

14.12 MULTIPLE CHOICE: Select "The Four Top Killer Diseases" in order of worst first:

- A. Cancer, Cardiovascular Disease, Diabetes, Cirrhosis of the Liver

- B. Cardiovascular Disease, Cancer, Diabetes, Cirrhosis of the Liver
- C. Cardiovascular Disease, Diabetes, Cancer, Cirrhosis of the Liver

15.4 MULTIPLE CHOICE: Which of the following best completes this “Biblical Antidote” to compulsivity: “Love knows no _____.”?

- A. Fear
- B. Bounds
- C. Negativity
- D. Limits

16.6 MULTIPLE CHOICE: The use of milk and dairy products most often occasions an elimination, especially, from which bodily tissues?

- A. Digestive system
- B. Respiratory system
- C. Immune system
- D. Reproductive system

17.4 MULTIPLE CHOICE: The Addict experiences lower and lower Nerve Energy with higher and higher doses because — most specifically — of which of the following Natural, Physiological Laws of Life?

- A. The Law of Repose
- B. Life’s Great Law
- C. The Law of Stimulation
- D. The Law of Vital Accommodation

18.5 MULTIPLE CHOICE: The guidelines for when to drink and when not to drink before a meal are as follows:

- A. 15 minutes before a meal • 30 minutes after a fruit meal • 2 hours after a starch or vegetable meal • 4 hours after a protein

- meal
- B. 30 minutes before a meal • 30 minutes after a fruit meal • 1 hours after a starch or vegetable meal • 3 hours after a protein meal
 - C. 10 minutes before a meal • 20 minutes after a fruit meal • 30 minutes after a starch or vegetable meal • 40 minutes after a protein meal
 - D. 15 minutes before a meal • 1 hour after a fruit meal • 2 hours after a starch or vegetable meal • 4 hours after a protein meal

19.5 MULTIPLE CHOICE: “The amino acid pool” refers to which of the following?

- A. The flow of amino acids from digestion in the stomach to movement into the small intestines for assimilation
- B. The pooling of amino acids in the stomach once a high protein meal is eaten
- C. The body ecology that recycles proteinacious breakdown material into usable amino acids material
- D. The conservation of vegetarian foods high in protein to be used by the body at a slower rate

20.4 MULTIPLE CHOICE: When The Addict undergoes a fast to go through withdrawal from an addictive substance and experience bodily restoration to normal, which — most specifically — of the following Natural, Physiological Laws of Life is in effect to achieve that detoxification?

- A. The Law of Autolysis
- B. The Law of Stimulation
- C. The Law of Development
- D. The Law of Power

21.3 MULTIPLE CHOICE: In addition to the three primary forms of Regular Exercise presented in Chapter 3, a fourth form of exercise, which is anti-gravity in nature, is introduced to The Health Seeker and is termed which of the following?

- A. Rebounding
- B. Mini-trampolining
- C. Lymphasizing
- D. Bouncing for Health
- E. ALL OF THE ABOVE
- F. NONE OF THE ABOVE

22.•4 MULTIPLE CHOICE: The physiological and biochemical processes that go on in the body of The Addict or the person with The Compulsive Personality are best understood in the most detail by studying which of the following?

- A. The Natural, Physiological Laws of Life
- B. The Basic Tenets of Natural Hygiene
- C. The Fight-or-Flight Response
- D. The Tell-Tale Signs of Depression

23.•3 MULTIPLE CHOICE: What is The Lymphatic System most closely likened to?

- A. The Circulatory System
- B. The Electrical System
- C. The Sewage System
- D. ALL OF THE ABOVE
- E. NONE OF THE ABOVE

24.•3 MULTIPLE CHOICE: Restricted dieting or Hygienic Fasting for weight loss is a poor strategy, unless which of the following habits is adopted?

- A. The Raw Food Diet
- B. Regular Exercise
- C. The Raw Food Diet and Regular Exercise
- D. Continued, short fasts on a regular basis

25.•4 MULTIPLE CHOICE: The Addict is able to adjust to higher and higher doses of the toxic substance or habit because — most specifically — of which of the following Natural, Physiological Laws of Life?

- A. The Law of Repose
- B. Life's Great Law
- C. The Law of Stimulation
- D. The Law of Vital Accommodation

26.2 MULTIPLE CHOICE: Under conditions of The Hygienic Fast, the body engages in what kinds of activities?

- A. Healing
- B. Detoxification
- C. Elimination
- D. Purification
- E. ALL OF THE ABOVE

27.2 MULTIPLE CHOICE: Under conditions of an Hygienic Fast, the body engages in which one of the following?

- A. Increased Nerve Energy is sent to the gastrointestinal tract.
- B. The disease process progression continues but with less virulence.
- C. The ongoing disease process undergoes a reversal.
- D. Nerve Energy supplies are used at a highly increased rate.

28.4 MULTIPLE CHOICE: Which is the sequence of events in The Addiction Syndrome?

- A. Use of toxic substance or habit, tolerance, dependency, addiction
- B. Use of toxic substance or habit, dependency, tolerance, addiction
- C. NEITHER OF THE ABOVE

29.2 MULTIPLE CHOICE: Under conditions of The Hygienic Fast, which statement is entirely erroneous?

- A. The Hygienic Fast provides for The Health Seeker The Conditions for Health.

- B. The Hygienic Fast will heal The Health Seeker.
- C. The Hygienic Fast is simply a period of time during which The Health Seeker partakes of several kinds of rest.
- D. The Hygienic Fast must be followed up by Hygienic Living, for the most benefits to accrue.

30.1 MULTIPLE CHOICE: Dr. J.H. Tilden's "The Seven Stages of Disease" were presented in which decade of the 1900's?

- A. 1920's
- B. 1930's
- C. 1940's
- D. 1950's

31.13 MULTIPLE CHOICE: Which Energy Enhancer did Shakespeare call the "Chief Nourisher in life's feast"?

- A. #10: Nourishing Relationships
- B. #4: Adequate Rest & Sleep
- C. #6: Sunshine
- D. #9: Emotional Balance

32.1 MULTIPLE CHOICE: When the toxins increase to beyond an individual's special ability to tolerate them, what occurs?

- A. Depression
- B. Healing Crisis
- C. Toxemia
- D. Exhaustion

33.3 MULTIPLE CHOICE: Exercise physiologists recommend that the Target Heart Rate made variable according to which of the following?

- A. Age and Maximum Heart Rate
- B. Age and Maximum Heart Rate and Weight
- C. BOTH OF THE ABOVE

34.2 MULTIPLE CHOICE: Under conditions of The Hygienic Fast, which

of these statements is incorrect?

- A. A highly intense period of elimination always occurs at some point.
- B. Increased speed of detoxification occurs when The Health Seeker's disease situation is chronic.
- C. Fasting is the next best thing to the existence of a cure, a panacea, or magic.
- D. "Mental Rest" and "Emotional Rest" are similar, both being functions of the brain, yet different enough to be in separate categories under "Kinds of Rest while Fasting."

35.1 MULTIPLE CHOICE: What percent of The American People are taking medicine?

- A. 65%
- B. 91%
- C. 44%
- D. 78%

36.3 MULTIPLE CHOICE: How can a person achieve death by drowning in his own toxic fluids?

- A. Check into a retirement community, get into bed, and stay in bed
- B. Sit or position oneself very, very still for a prolonged period
- C. Practice *The Tibetan Book of The Dead* ritual
- D. Give up on life and roll over in bed for the duration
- E. ALL OF THE ABOVE
- F. NONE OF THE ABOVE

37.6 MULTIPLE CHOICE: A fragmented food is always which of the following?

- A. Nutrition-deficient
- B. Nutrition-sufficient
- C. Broken into parts and then made more nutritious by enriching

38.5 MULTIPLE CHOICE: Fermentation of fruit in the stomach produces which poisons?

- A. Carbon dioxide, acetic acid, lactic acid, and alcohol
- B. Ptomaines and leukomaines
- C. Endorphins and enkephalins

39.•7 MULTIPLE CHOICE: Which of the following is the biggest beauty of the mono-meal when on The Natural Weight-Loss System?

- A. It is so quick and easy to prepare and clean up.
- B. It is so easy and efficient to digest and, thus, frees up Nerve Energy.
- C. It is so tasty, especially when the favorite food in season is ready.
- D. It is monotonous, without variety to drive compulsive over-eating.

40.•7 MULTIPLE CHOICE: Which of the following is considered to be The Health Seeker's "greatest downfall" when on The Natural Weight-Loss System?

- A. Losing focus on the weight-loss objectives due to distractions
- B. Getting discouraged
- C. Eating for stimulation, instead of resting when needed
- D. Isolating, instead of having a support system

41.•4 MULTIPLE CHOICE: "The Visualization Antidote" to compulsivity is based on which of the following principals?

- A. That we can see the future; and if we are to get well, we will see wellness
- B. That we can make the future; and if we are to get well, we will make wellness
- C. That our sick bodies will respond to powerfully commanded, visual images of wellness to make wellness
- D. NONE OF THE ABOVE

42.•3 MULTIPLE CHOICE: "Ego-feeding, euphoric, trancelike, Exerciser's High, spinning-free, intellectual stimulation": these are experiences directly attributed to which of the following biochemical and physiological realities?

- A. Increased adrenaline output
- B. Increased and sustained oxygenation of the brain
- C. Increased endorphin output
- D. ALL OF THE ABOVE
- E. NONE OF THE ABOVE

43. •12 MULTIPLE CHOICE: Which of The 10 Energy Enhancers did The Medicine Men of the early 1800's most openly and violently oppose?

- A. #1, #4, #5, #6, #7
- B. #1, #2, #4, #9, #10
- C. #2, #3, #4, #5, #8
- D. #1, #2, #3, #5, #6

44. •12 MULTIPLE CHOICE: Who gained a large following among The American People in the post-Revolutionary, early 1800's, teaching anti-medicine philosophy and praising the self-healing properties of the human body?

- A. Dr. Issac Jennings
- B. Dr. Russell Thacker Trall
- C. Samuel Thompson
- D. Sylvester Graham

45. •12 MULTIPLE CHOICE: Which of the following best describes the deepest core/main difference between The Water Curists and The Hygienists during the 1800's?

- A. The Hygienists prescribed distilled water for drinking, while The Water Curists prescribed natural spring water.
- B. The Hygienists employed water for drinking and bathing exclusively, while The Water Curists employed a varied of pleasant therapies using water.
- C. The Hygienists denounced all therapies and advocated letting the body heal naturally, while The Water Curists maintained the stimulation of water in and on the body as a therapy was curative in nature.
- D. The Hygienists denounced water therapy as stimulating and enervating, while The Water Curists declared water therapy as

- pleasant and healing.
E. ALL OF THE ABOVE

46.•12 MULTIPLE CHOICE: Which of the following best defines a “plutocracy”?

- A. A democracy where the rich influence major governmental decisions
- B. A society wherein the wealthy obviously rule
- C. A democracy where the people are actually slaves to the upper class
- D. A society where the people think they are in control but where the wealthy sit behind the scenes and have ultimate control
- E. ALL OF THE ABOVE

47.•4 MULTIPLE CHOICE: A healthy individual is healthy on what 4 broad levels?

- A. Physical, physiological, biochemical, neurological
- B. Physical, metaphysical, imaginative, emotional
- C. Physical, mental, emotional, spiritual
- D. Physical, physiological, biochemical, neuro-transmittal

48.•4 MULTIPLE CHOICE: Which best describes the oxymoron, “Altruistic Egoism,” as a wise stance to take in life?

- A. Loving others and doing nice things for them as you would for yourself
- B. Loving others and extending yourself in gesture to nurture others
- C. Doing the right thing for yourself and, thus, benefiting all others
- D. Doing the right thing for others, as long as you are benefited at the time the act is performed or shortly thereafter

49.•4 MULTIPLE CHOICE: “The Affirmation Antidote” to compulsivity is based on which of the following principals?

- A. That we can say the future; and if we are to get well, we will just say wellness

- B. That we can make the future; and if we are to get well, we just say wellness
- C. That our sick bodies will respond to powerfully commanded, well-worded statements to create wellness
- D. NONE OF THE ABOVE

50.6 MULTIPLE CHOICE: The Average American on The SAD Diet drinks how many bottles of soda pop a year? Each bottle contains up to how many teaspoons of sugar?

- A. 300 & 7-14
- B. 300 & 7
- C. 365 & 14
- D. 200 & 7