

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

FINAL EXAMINATION

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

STUDENT ANSWER SHEETS

SECTION 3: MULTIPLE CHOICE

1. ANSWER: A. B. C. D.
2. ANSWER: A. B. C. D.
3. ANSWER: A. B. C. D. E.
4. ANSWER: A. B. C. D.
5. ANSWER: A. B. C. D.
6. ANSWER: A. B. C. D.
7. ANSWER: A. B. C. D.
8. ANSWER: A. B. C. D.
9. ANSWER: A. B. C. D.
10. ANSWER: A. B. C. D.
11. ANSWER: A. B. C. D.
12. ANSWER: A. B. C. D.
13. ANSWER: A. B. C. D.
14. ANSWER: A. B. C.
15. ANSWER: A. B. C. D.

16. ANSWER: A. B. C. D.
17. ANSWER: A. B. C. D.
18. ANSWER: A. B. C. D.
19. ANSWER: A. B. C. D.
20. ANSWER: A. B. C. D.
21. ANSWER: A. B. C. D. E. F.
22. ANSWER: A. B. C. D.
23. ANSWER: A. B. C. D. E.
24. ANSWER: A. B. C. D.
25. ANSWER: A. B. C. D.
26. ANSWER: A. B. C. D. E.
27. ANSWER: A. B. C. D.
28. ANSWER: A. B. C.
29. ANSWER: A. B. C. D.
30. ANSWER: A. B. C. D.
31. ANSWER: A. B. C. D.
32. ANSWER: A. B. C. D.
33. ANSWER: A. B. C.
34. ANSWER: A. B. C. D.
35. ANSWER: A. B. C. D.
36. ANSWER: A. B. C. D. E. F.
37. ANSWER: A. B. C. D.
38. ANSWER: A. B. C.
39. ANSWER: A. B. C. D.
40. ANSWER: A. B. C. D.
41. ANSWER: A. B. C. D.
42. ANSWER: A. B. C. D. E.

43. ANSWER: A. B. C. D.
44. ANSWER: A. B. C. D.
45. ANSWER: A. B. C. D. E.
46. ANSWER: A. B. C. D. E.
47. ANSWER: A. B. C. D.
48. ANSWER: A. B. C. D.
49. ANSWER: A. B. C. D.
50. ANSWER: A. B. C. D.

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SECTION 4: QUESTIONS & ANSWERS

- 1.1 QUESTION & ANSWER: Why has Natural Hygiene been a “grassroots movement”?
- 2.13 QUESTIONS & ANSWERS:
 1. Who made the following claim: “I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed. To you, it shall be for food”?
 2. When was this claim made?
- 3.13 QUESTION & ANSWER: Which of The 10 Energy Enhancers did Dr. Sylvester Graham, in his 1839 extol as being: “the most important tonic of the body”?
- 4.13 QUESTION & ANSWERS: In the quote by Dr. Esser, what amazing pieces of advice does he give to avoid “the killing emotions”? List at least six.
- 5.12 QUESTION & ANSWERS: What are the “three BASIC REASONS” a SAD Food Addict eats the SAD food?
- 6.1 QUESTION & ANSWERS: What are the three ways the human body gets its water supply?
- 7.1 QUESTION & ANSWER: Why, in all fairness, must we give deference to “The Good Doctors”?

- 8.3 QUESTION & ANSWER: What is the relationship between practicing Regular Exercise and The Health Seeker's psychological health?
- 9.3 QUESTION & ANSWERS: Use the mnemonic device presented on Page 6 of this course. Commit to memory the four "Training Effects" of Aerobic Exercise. Program. What are the four "Training Effects" of Aerobic Exercise? List them below.
- 10.1 QUESTIONS & ANSWERS: What are the two ideal ways The Health Seeker fulfills the Pure Water Energy Enhancer?
- 11.6 QUESTIONS & ANSWERS: What broad, general category of circulatory diseases does the use of generous servings of table salt over a long period of time precipitate and / or aggravate?
- 12.2 QUESTION & ANSWER: How does surgery to cut out bad tissue differ from Hygienic Fasting to get rid of bad tissue?
- 13.3 QUESTION & ANSWERS: What are the three problems that can occur when a person lives on a restricted diet and decreased physical activity?
- 14.2 QUESTIONS & ANSWERS: What are the etymologies of the 2 words: "fasting" and "starvation"? How do these etymologies actually help us understand the meanings of these 2 words in common use today?
- 15.6 QUESTION & ANSWERS: According to Paul Stitt in his book, *Fighting the Food Giants*, what are the 4 primary goals of The Food Giants?
- 16.1 & 4 QUESTION & ANSWERS: Use the mnemonic device presented on Page 6 of this course. Commit to memory "The Five Stages of Job Burnout." What is the parallel analysis of "The Five Stages of Job Burnout" with Dr. J.H. Tilden's "Seven Stages of Disease"?
- 17.6 QUESTION & ANSWERS: What are at least 10 kinds of beverages that are called "Pure Junk Beverages"?

- 18.12 QUESTION & ANSWER: Who was SAD SACK? Provide a profile of him.
- 19.12 QUESTION & ANSWERS: What were the seven reasons for the “Success of The Health Reform Movement from 1822 to The Civil War”?
- 20.12 QUESTION & ANSWERS: How does chronic viewing of television programming on the part of The American People help
1. the rich get richer, and
 2. the poor get poorer?
- 21.3 QUESTION & ANSWERS: What are the 3 steps, in chronological order, in finding your Target Heart Rate directly after strenuous exercise?
- 22.12 QUESTION & ANSWER: How does SAD SACK relate to “The Average Joe” in America today?
- 23.1 QUESTION & ANSWERS: In what 2 huge areas do the “Good Doctors” to whom we should rightfully give deference fall mildly to miserably short in their prescriptions and treatments?
- 24.6 QUESTION & ANSWERS: What are the 3 “Main Objections to The Standard American Diet?” Provide examples of each?
- 25.4 QUESTION & ANSWER: When the term “stress” is defined as “the nonspecific response of the body to any demand made upon it,” what is meant by the term: “nonspecific”?
- 26.4 QUESTION & ANSWER: How can the top stress doctor’s findings and Victoria’s Fight-or-Flight Response Chart that summarizes the bodily, physical parameters of this response best counsel Health Seekers today?
- 27.3 QUESTION & ANSWER: Why has Regular Exercise been called “one of the most potent antidotes to over-stress”?

28.•2 QUESTION & ANSWERS: What are the 2 top ways that The Health Seeker can speed up his or her own, personal Health Revolution?

29.•2 QUESTIONS & ANSWERS:

1. How is Nerve Energy affected during a properly conducted Hygienic Fast?
2. What is the natural consequence when Nerve Energy is so affected?

30.•14 QUESTION & ANSWER: Refer to Victoria BidWell's definition of "Hygiene Joy" written after her long fast at Dr. Scott's, and answer this question: "How anyone could feel that good after a long fast?"

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STUDENT ANSWER SHEETS

SECTION 4: QUESTIONS & ANSWERS

1. _____

2. 1. _____
2. _____
3. _____
4. 1. _____ • 4. _____
2. _____ • 5. _____
3. _____ • 6. _____
5. 1. _____
2. _____
3. _____
6. 1. _____
2. _____
3. _____
7. _____

8. _____

9. 1. _____

2. _____

3. _____

4. _____

10. 1. _____

2. _____

11. _____

1. _____

and 2. _____

3. _____

12. _____

13. 1. _____

2. _____

3. _____

14. _____

1. "Fasting":

2. "Starvation":

15. 1. _____
2. _____
3. _____
4. _____

16. 1. _____

2. _____

3. _____

4. _____

5. _____

17. 1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

18. _____

19. 1. _____

2. _____

3. _____

- 4. _____
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- 20. 1. _____
- 2. _____

- 21. 1. _____
- 2. _____
- 3. _____

- 22. _____

- 23. 1. _____
- 2. _____

- 24. 1. _____
- 2. _____
- 3. _____

25. _____

26. _____

27. _____

28. 1. _____
2. _____

29. 1. _____
2. _____

30. _____

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SECTION 5: MATCHING

1.6 MATCH THE NUMBERED FOODS ON THE SAD DIET WITH THE ALPHABETIZED NUMBER OF POUNDS PER YEAR CONSUMED BY THE AVERAGE AMERICAN ON THE SAD DIET.

- | | |
|-----------------------|-------------------|
| 1. Animal fat | A. 10 - 15 pounds |
| 2. Grain and cereal | B. 130 pounds |
| 3. Refined sugar | C. 150 pounds |
| 4. Chemical additives | D. 10 pounds |
| 5. Sodium chloride | E. 13 pounds |
| 6. Red meat | F. 308 pounds |
| 7. Poultry and eggs | G. 50 pounds |
| 8. Seafood | H. 86 pounds |
| 9. Dairy products | I. 157 pounds |

2.6 MATCH THE IDEAL DIET AND THE STANDARD AMERICAN DIET WITH THE NUMBERED ITEMS BELOW:

- ~~1.~~ 70 - 94% Natural Fruit Sugar & Unrefined Complex Carbohydrates
- ~~2.~~ 24% refined sugar
- ~~3.~~ 37% fat
- ~~4.~~ 5% protein
- ~~5.~~ 12% protein
- ~~6.~~ 27% complex carbohydrates, mostly refined
- ~~7.~~ 1% to 25% fat

3.1 Match each of "The Natural, Physiological Law of Life" with its definition counterpart:

THE NATURAL, PHYSIOLOGICAL LAWS OF LIFE

1. Life's Great Law
2. The Law of Order
3. The Law of Action
4. The Law of Power
5. The Law of Distribution
6. The Law of Autolysis
7. The Law of Limitation
8. The Law of Special Economy
9. The Law of Vital Accommodation
10. The Law of Stimulation
11. The Law of Repose
12. The Law of Selective Elimination
13. The Law of Utilization
14. The Law of Quality Selection
15. The Law of the Minimum
16. The Law of Development

DEFINITION COUNTERPARTS TO "THE NATURAL,
PHYSIOLOGICAL LAWS OF LIFE"

- A. Rest and sleep replenish substance & energy.
- B. The living organism is self-constructing, self-maintaining, self-healing.
- C. The body's vital power is called upon, but not supplied by, a toxicant
- D. The living organism attempts to stop unnecessary Nerve Energy expenditures when exhausted and especially when death may be imminent.
- E. Every living cell of the living organism is endowed with Nerve Energy and an innate capacity for survival.
- F. The living organism holds a reserve fund for "a rainy day."
- G. The living organism acts from power within, not from without.
- H. The development of the living organism is determined by the supply availability and amount.
- I. The living organism allocates its Nerve Energy according to the necessities of the body, its various tissues and organs.

- ~~J.~~ The living organism can only make use of natural materials of life.
- ~~K.~~ The organism uses inferior tissue, excess supplies, and toxic build-up while fasting.
- ~~L.~~ The living organism constantly works to detoxify harmful substances
- ~~M.~~ The growth of the living organism is found to occur according to the Nerve Energy and sustenance brought to it
- ~~N.~~ The living organism creates higher grade of tissues wherever it can.
- ~~O.~~ The living organism adjusts to demands made upon it.
- ~~P.~~ The living organism puts out vital resistance to an excitation and then has to recover from this energy expenditure.

4.12 MATCH the numbered dates on the left and the person in the middle with the lettered most famous role of that person on the right.

- | | |
|--|--|
| 1. 1806... Samuel Thompson | A. Authors of <i>Fit for Life</i> : impure Hygiene & all-time best seller on diet & nutrition |
| 2. 1822... Dr. Issac Jennings | B. First Health Food Store owner to offer books on Natural Hygiene |
| 3. 1830... Presbyterian Minister Sylvester Graham | C. Founder of The American Red Cross: combines Hygiene with nursing |
| 4. 1833... Dr. Russell T. Trall | ^{4 or 9} D. Crusader for Hygieo-Therapy: brings all Hygienic teachings into one great system |
| 5. 1837... Dr. Mary Gove | E. Famous suffragette: advocates more healthful, less restrictive clothing |
| 6. 1843... Henry David Throeau | F. Temperance Movement Leader: combines Hygiene with alcohol |

- | | | |
|--|---------------|---|
| 7. 1844... Dr. Joel Shew | G. | rehabilitation and combines Hygiene with women's rights Usher for "a new era in the medical science world" based on natural law |
| 8. 1849... Amalia Bloomer | H. | Health reform & women's rights activist |
| 9. 1853... Dr. Russell T. Trall | I. | European hydrotherapist & water curist intertwines Hygiene & hydrothrapy |
| 10. 1858... Drs. Harriet Austin & James Jackson | J. | Main crusader of early 1900s & Christian orientation: authors <i>Toxemia Explained</i> |
| 11. 1864... Ellen White | K. | Author of best handbook on Pure Hygiene & Founder of GetWelløStayWell, America! outlet with largest selection: brings Hygiene back to Christian roots |
| 12. 1881... Nurse Clara Barton | L. | Father of Physiology: combines Hygiene, Christianity & alcohol rehabilitation |
| 13. 1887... Dr. Susanna Dodds | M. | Naturalist & philosopher starts first of many vegetarian/utopian communes |
| 14. 1900... Dr. J.H. Tilden | N. | Founders of Our Home on the Hillside, 250 bed institute for Hygiene |
| 15. 1920... Dr. H. Shelton | O. | Primary world promoter of late 1900s |
| 16. 1937... Jack Dunn Tropp | P. | Father of Natural Hygiene: starts Hy giene |

- | | | |
|--|---------------|--|
| 17. 1970... T.C. Fry | Q. | with placebos & Do Nothing Plan Main crusader of mid 1900s & agnostic: teacher, doctor & author of 40 books |
| 18. 1986... The Diamonds | R. | Proponent and rabble rouser for the self- healing body |
| 19. 1984 on... Victoria BidWell | S. | Founder of Seventh Day Adventism: combines Hygiene with Christianity |

5.7 MATCH THE NUMBERED TERMS WITH THE ALPHABETIZED COUNTERPARTS:

- | | |
|---|---------------------------|
| 1. SAD Foods 60% fat and over | 8. A gram of stored fat |
| 2. SAD Foods 30% - 60% fat | 9. A pound of stored fat |
| 3. SAD Foods 30% fat and under | 10. Anorexia Nervosa |
| 4. Ideal Foods with trace amounts - 10% fat | 11. Bulimia |
| 5. Ideal Foods with about 30% fat | 12. Compulsive Overeating |
| 6. The SAD Diet | 13. True Hunger |
| 7. A calorie | 14. Jaded Appetite |

MATCH THE ABOVE NUMBERED TERMS ABOVE WITH THE ALPHABETIZED COUNTERPARTS BELOW:

- A. Neurotic habit of overeating without the purging rituals
- B. 9.3 calories of extra nutritional energy
- C. Intense psychological demands of body for food
- D. Refusal to eat enough to maintain normal body weight
- E. A unit of heat required to raise 1 gram of water 1° centigrade
- F. Many dishes with cheese and oil, eggs, whole milk products, most salad dressings, fried and creamed dishes, dark turkey, red meats, pork, processed meats, chocolate foods, most pastries,
- G. 3,500 excess calories
- H. Many lesser fat meats, many lesser fat dairy products, most all pastries, some lesser fat salad dressings, many lesser fat chips and crackers
- I. Nuts, seeds, avocados
- J. Intense physiological demands of body for food
- K. 37% fat
- L. Neurotic habit to eat huge amounts of food, often with purging rituals
- M. Fruits and vegetables
- N. Skinless chicken, skinless and white meat turkey, most seafood, light desserts, gelatins, puddings, sherbets, many grain and cereal products, including most cookies, most skim milk recipes

6.1 MATCH THE FOLLOWING DESCRIPTIONS WITH EITHER “ACUTE DISEASE” OR “CHRONIC DISEASE” BY WRITING “ACUTE” OR “CHRONIC” BELOW:

- 1. ACUTE or CHRONIC: ends with full breakdown, misery, and death.
- 2. ACUTE or CHRONIC: has a long period of development, due to high ability to tolerate toxins
- 3. ACUTE or CHRONIC: is remedial in nature only if “The 10 Energy Enhancers” are resorted to in a very strict fashion.
- 4. ACUTE or CHRONIC: has a short period of development, due to low ability to tolerate toxins
- 5. ACUTE or CHRONIC: ends with feeling enervated, indifferent, or exhilarated.
- 6. ACUTE or CHRONIC: reflects a toleration of continual auto-intoxication

7. ACUTE or CHRONIC: is a long, drawn out disease affair.
8. ACUTE or CHRONIC: is remedial in action because Nerve Energy is good.
9. ACUTE or CHRONIC: results in reversal of the disease process, if "The Energy Enhancers" are followed.
10. ACUTE or CHRONIC: will last a lifetime if Hygienic care is not given.
11. ACUTE or CHRONIC: reflects a strong supply of Nerve Energy to eliminate.
12. ACUTE or CHRONIC: results in arrest of the disease process and possible reversal, if "The 10 Energy Enhancers" are followed.

7.2 MATCH THE 3 FORMS OF EXERCISE WITH THEIR OVERRIDING NUMBERED PROMISES BELOW:

STRETCHING • WEIGHT-TRAINING • AEROBICS

1. Cardiovascular Fitness
2. Flexibility
3. Muscular Strength
4. Muscular Endurance
5. Ease of Movement
6. Circulatory Strength

8.4 MATCH ORDER WITH STAGE: Following are the 1ST through the 11TH stages a person goes through with The Addiction Syndrome and descriptions of these stages in a mixed up order. Match these lettered descriptions with the 1ST through the 11TH stages.

- | | | |
|-----|---------------|---|
| 1ST | A. | The person realizes he is deeply hooked and dependent on his habit after trying to go through withdrawal unsuccessfully. |
| 2ND | B. | The person feels he is in control of his life. |
| 3RD | C. | When the person realizes he is not only An Addict, but a Full-Blown Addict, he realizes his life has become unmanageable. |
| 4TH | D. | Finally, the person realizes he is hooked; and when he first tries to get free, painful withdrawal symptoms follow. |
| 5TH | E. | Pathological symptoms appear, along with Killing |

- Emotions, as the quality of his life and relationships suffer.
- 6TH ~~F.~~ The person toys with destructive substances and/or emotions.
- 7TH ~~G.~~ The body develops a toleration to the toxic habits.
- 8TH ~~H.~~ The person experiences a Nerve Energy lowering, if not depletion, due to the draining effects of his destructive habits.
- 9TH ~~I.~~ The person is hopelessly out of control, addicted, and destructive in thought and action: he fits the classic profile of The Addict.
- 10TH ~~J.~~ The person repeatedly engages in newfound destructive habits.
- 11TH ~~K.~~ Stronger doses of the destructive habits are needed to get the desired kick.

9.4 MATCH THE NUMBERED
AUTHORS/PHILOSOPHERS/ANONYMOUS PROPONENTS
WITH THE LETTERED STANCE ESPOUSED BY EACH IN THE
FOLLOWING:

- | | | | |
|---------------|--------------------------|---------------|--|
| 1. | Dr. Hans Selye | A. | Love Is The Only Reality. |
| 2. | Nathaniel Branden | B. | Get a Positive Addiction State of Mind. |
| 3. | Victoria BidWell | C. | Love Thy Neighbor as Thyself. |
| 4. | Dr. Herbert Shelton | D. | Forgive Everybody Everything. |
| 5. | Gerald Jampolsky | E. | Get Rid of The Old Self, Get The New Self. |
| 6. | Dr. Herbert Benson | F. | See Yourself Well. |
| 7. | Bible Authors | G. | Practice Altruistic Egoism. |
| 8. | Visualization Proponents | H. | Speak Yourself Well. |
| 9. | Affirmation Proponents | I. | Pass Positive Judgments on Yourself. |
| 10. | William Glasser | J. | Meditate and Have Faith. |

10.8 MATCH THE NUMBERED CHARACTERISTICS WITH THE 3 FOLLOWING CATEGORIES: IDEAL FOODS • SAD FOODS • TRUE TRANSITION FOODS

- | | | |
|--|---------------|----------------------|
| 1. Meats | 2. Raw fruit | 3. Cooked fruit |
| 4. Onions | 5. Mayonnaise | |
| 6. Salad dressings made fruits, vegetables, nuts, seeds | | |
| 7. Salt | | |
| 8. Frozen banana ice cream | | |
| 9. Olive oil | 10. Cheese | 11. Cayenne pepper |
| 12. Red bell pepper | 13. Wine | 14. Steamed broccoli |
| 15. Soy sauce | 16. Popcorn | 17. Whole grains |
| 18. Seasonings from raw, powdered fruits and vegetables with mild seasonings | | |
| 19. Roasted nuts and seeds | | |
| 20. Vegetable oil | | |
| 21. Carrot juice | | |
| 22. Guacamole made from avocado, celery, red bell pepper, tomatillo | | |
| 23. Garlic | | |
| 24. Raspberry and orange juice smoothie | | |
| 25. Boiled black beans | | |

11.12 MATCH “The 4 Top Killer Diseases” on the left with the numbered lifestyle habits on the right in the following:

- | | |
|---------------------------|--|
| 1. Cancer | A. Diet high in cholesterol and saturated fat, animal protein, salt and low-exercise |
| 2. Diabetes | B. Alcohol addiction |
| 3. Cirrhosis of the Liver | C. High-sugar diet and chronic overeating |
| 4. Cardiovascular Disease | D. High animal protein diet and smoking |

12.2 MATCH THE FOLLOWING NUMBERED ITEMS TO EITHER THE HYGIENIC FAST OR TO THE IDEAL-JUICE DIET.

1. Rest and retreat are necessary.
2. Salt is rapidly eliminated.
3. Digestion continues.
4. Nutritional balance is maintained.
5. Fewer days are required to regain strength.
6. Hunger continues.
7. Digestion halts.
8. Several to many days are required to regain strength.
9. Weight loss is minimized.
10. Weight loss is maximized.
11. Hunger halts.
12. Salt is eliminated less quickly.
13. Rest on all levels is absolutely required.
14. Work can still be carried on in daily life.
15. Supervision is necessary.
16. Detoxification can be tremendous.
17. The Health Seeker is stimulated on the gastrointestinal level.
18. Nerve Energy restoration is minimal.
19. No supervisor is needed.
20. Nutritional imbalances can occur.

13.13 MATCH: Categorize the following terms into 2 groups: "HEALTHY" or "UNHEALTHY."

- | | | |
|-----|---------------------|------------------------------|
| 1. | HEALTHY • UNHEALTHY | ...Self-control |
| 2. | HEALTHY • UNHEALTHY | ...Temperance |
| 3. | HEALTHY • UNHEALTHY | ...Emotional Balance |
| 4. | HEALTHY • UNHEALTHY | ...Indulgence |
| 5. | HEALTHY • UNHEALTHY | ...Nerve Energy Conservation |
| 6. | HEALTHY • UNHEALTHY | ...Nerve Leaks |
| 7. | HEALTHY • UNHEALTHY | ...Toxin Drunkenness |
| 8. | HEALTHY • UNHEALTHY | ...Fleshly Pursuit |
| 9. | HEALTHY • UNHEALTHY | ...Sensual Satisfaction |
| 10. | HEALTHY • UNHEALTHY | ...Moderation |
| 11. | HEALTHY • UNHEALTHY | ...Physiological Obedience |
| 12. | HEALTHY • UNHEALTHY | ...Discipline |

14.2 MATCH THE NUMBERED TERMS WITH THE ALPHABETIZED, COUNTERPARTS:

- | | | |
|------------------------------|---------------|---|
| 1. REST | A. | A period of withholding food and all liquids but water until one is actually harmed |
| 2. FASTING | B. | A moment when bodily detoxification is finished |
| 3. STARVATION | C. | A word incorrectly applied to The Hygienic Fast |
| 4. ETYMOLOGY | D. | A period of holding fixed, firm away from food and all liquids but water |
| 5. DETOXIFICATION | E. | A period of bodily inactivity, during which the faculties can restore expended Nerve Energy |
| 6. THE HEALING CRISIS | F. | A period of mild to intense, bodily detoxification |
| 7. THE COMPLETE FAST | G. | The study of word origins |
| 8. CURE | H. | The purifying process |

15.13 MATCH THE ALPHABETIZED CHARACTERISTICS WITH "A. REFORM" OR WITH "B. REVOLUTION" AS TAKEN FROM QUOTES BY DR. SHELTON:

- | | | |
|----------------------------|----|---|
| A. REFORM • B. REVOLUTION: | 1. | A change from within |
| A. REFORM • B. REVOLUTION: | 2. | Imperative when the old is rotten-to-the-core |
| A. REFORM • B. REVOLUTION: | 3. | Patchwork |
| A. REFORM • B. REVOLUTION: | 4. | Called for when the existing is basically sound |
| A. REFORM • B. REVOLUTION: | 5. | Worth saving |
| A. REFORM • B. REVOLUTION: | 6. | Not worth saving |
| A. REFORM • B. REVOLUTION: | 7. | Corrects evil at the roots |
| A. REFORM • B. REVOLUTION: | 8. | Makes conditions bearable by fixing them |
| A. REFORM • B. REVOLUTION: | 9. | Fundamental reconstruction |

16.7 MATCH THE FOLLOWING NUMBERED ITEMS WITH THE BEST LETTERED COUNTERPARTS:

- | | |
|--------------------------------|--|
| 1. Appestat | A. Improves all cellular metabolism |
| 2. Fat-o-stat | B. Moves oxygen and nutrients |
| 3. Set Point Theory | C. Builds attitudes of self-confidence, positivity, and happiness |
| 4. Luxoconsumption Theory | D. Explains how the body gets rid of excess calories |
| 5. Blood transport system | E. Regulates fat and weight |
| 6. Lymph transport system | F. Lowers Set Point |
| 7. Increased oxygenation | G. Controls the appetites |
| 8. The active, fit person | H. Wastes extra caloric energy |
| 9. The sedentary, unfit person | I. Holds onto caloric energy |
| 10. Brown fat | J. Moves metabolic wastes |
| 11. Adipose, yellow fat | K. Builds attitudes of low self-esteem, oversensitivity, touchiness |
| 12. Regular aerobic exercise | L. Explains "weight stickiness" — how one tends to stick at a certain weight |

17.6 & Page 393 MATCH THE NUMBERED TERMS WITH THEIR ALPHABETIZED COUNTERPARTS:

- | | |
|------------------|---------------------------------|
| 1. Sodas | A. Starch-splitting enzyme |
| 2. Proteins | B. Fiber |
| 3. Carbohydrates | C. Chemicalized foods |
| 4. Lactase | D. Plastic foods or quasi-foods |
| 5. Casein | E. Fruits and vegetables |
| 6. Lactose | F. Fragmented foods |
| 7. Putrefaction | G. Pectins and gums |
| 8. Grains | H. Food |

- | | |
|---------------------------------|---|
| 9. Salivary amylase | I. #1 food flavor enhancer/condiment |
| 10. Junk Foods | J. 1/2 the calories of fat |
| 11. Fat | K. #1 source refined sugar in SAD Diet |
| 12. Acid-forming foods | L. 1/3 the calories of fat |
| 13. Alkaline-forming foods | M. Pathological water retention |
| 14. Refined sugar | N. Calcium/protein in milk |
| 15. Synthetic food | O. Enzyme that breaks down milk |
| 16. Refined foods | P. Milk sugar |
| 17. Preserved foods | Q. 1956 |
| 18. Processed foods | R. Celluloses and lignin |
| 19. Nonnutritive bulk of plants | S. Recreational foods |
| 20. Cell content of the plant | T. Meat, refined grain, refined sugar |
| 21. Soft fibers | U. Aging process or rotting process |
| 22. Hard fibers | V. 800 calories to the cup |
| 23. Table salt | W. Altered or overcooked foods |
| 24. Edema | X. 1991 |
| 25. The Basic Four Food Groups | Y. 1/3 of American carbohydrate consumption, mostly refined |
| 26. The Eating Right Pyramid | Z. 3 times as many calories as Carbohydrates |

18.5 MATCH THE FOLLOWING ALPHABETIZED ITEMS AS EITHER "RIGHT BRAIN" OR "LEFT BRAIN":

- ~~1.~~ Commonly thought of as "less reliable"
- ~~2.~~ More developed in language distinctions
- ~~3.~~ Commonly thought of as "more reliable"
4. Nonverbal, gestalt, emotional, intuitive
5. Verbal, linear, logical, analytical
- ~~6.~~ The Artist
- ~~7.~~ More primitive
- ~~8.~~ The Scientist

19.1 MATCH THE FOLLOWING "POISONS" AS "A.": EXOGENOUS TOXINS OR "B." ENDOGENOUS TOXINS:

1. A. or B. Poisons from spent debris of dead cells
2. A. or B. Poisons from natural food, deranged by cooking, preserving
3. A. or B. Poisons from spent debris from cellular activity
4. A. or B. Poisons from impure air & water
5. A. or B. Poisons from tobacco, alcohol, recreational drugging
6. A. or B. Poisons from physical fatigue, distress, and excess
7. A. or B. Poisons from environmental, commercial, industrial pollutants
8. A. or B. Poisons from emotional and mental distress and excess
9. A. or B. Poisons from metabolic waste
10. A. or B. Poisons from unnatural food and drink
11. A. or B. Poisons from medical, pharmaceutical, herbal drugging

20.2 MATCH THE NUMBERED TERMS WITH THE ALPHABETIZED COUNTERPARTS:

- | | |
|---------------------------------------|---|
| 1. THE HYGIENIC FAST | A. A period of a properly supervised, complete rest and intense detoxification |
| 2. THE HEALING CRISIS | B. Clear tongue, sweet breath, return of hunger |
| 3. THE COMPLETE FAST | C. The extremely fearful, extremely emaciated, extremely weakened |
| 4. PHYSICAL REST | D. A period of properly supervised, complete rest, including rest of the digestive system, but allowing distilled water |
| 5. PHYSIOLOGICAL REST | E. Complete rest of gastrointestinal tract |
| 6. CASES OF FASTING CONTRAINDICATIONS | F. Complete rest of musculoskeletal system |

7. **SIGNS OF COMPLETE FAST G.** A period of properly supervised, complete rest, including rest of the digestive system until detoxified totally, but allowing distilled water

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

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FINAL EXAMINATION

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

STUDENT ANSWER SHEETS

SECTION 5: MATCHING

1. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ • 7. & ____ • 8. & ____ • 9. & ____.
2. THE IDEAL DIET: _____
THE STANDARD AMERICAN DIET: _____

3. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ • 7. & ____ • 8. & ____ • 9. & ____ • 10. & ____ • 11. & ____ • 12. & ____ • 13. & ____ • 14. & ____ • 15. & ____ • 16. & ____.
4. • 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ • 7. & ____ • 8. & ____ • 9. & ____ • 10. & ____ • 11. & ____ • 12. & ____ • 13. & ____ • 14. & ____ • 15. & ____ • 16. & ____ • 17. & ____ • 18. & ____ • 19. & ____.
5. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ • 7. & ____ • 8. & ____ • 9. & ____ • 10. & ____ • 11. & ____ • 12. & ____ • 13. & ____ • 14. & ____.
6. 1. & _____ • 2. & _____ •

- 3. & _____ • 4. & _____ •
- 5. & _____ • 6. & _____ •
- 7. & _____ • 8. & _____ •
- 9. & _____ • 10. & _____ •
- 11. & _____ • 12. & _____ •

7. STRETCHING: _____
 WEIGHT-TRAINING: _____
 AEROBICS: _____

8. 1ST & _____. • 2ND & _____. • 3RD & _____. • 4TH & _____.
 • 5TH & _____. • 6TH & _____. • 7TH & _____. • 8TH & _____.
 • 9TH & _____. • 10TH & _____. • 11 & _____.

9. 1. & _____. • 2. & _____. • 3. & _____. • 4. & _____. • 5. & _____. • 6. & _____. •
 7. & _____. • 8. & _____. • 9. & _____. • 10. & _____.

10. IDEAL FOODS:

SAD FOODS:

TRUE TRANSITION FOODS:

11. 1. & _____. • 2. & _____. • 3. & _____. • 4. & _____.

12. THE HYGIENIC FAST:

THE IDEAL-JUICE FAST:

13. 1. _____ • 2. _____ • 3. _____ •
4. _____ • 5. _____ • 6. _____ •
7. _____ • 8. _____ • 9. _____ •
10. _____ • 11. _____ • 12. _____ •

14. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ •
7. & ____ • 8. & ____.

15. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ •
7. & ____ • 8. & ____ • 9. & ____.

16. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ •
7. & ____ • 8. & ____ • 9. & ____ • 10. & ____ • 11. & ____ • 12. & ____.

17. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ •
6. & ____ • 7. & ____ • 8. & ____ • 9. & ____ •
10. & ____ • 11. & ____ • 12. & ____ • 13. & ____ •
14. & ____ • 15. & ____ • 16. & ____ • 17. & ____ • 18. & ____ •
19. & ____ • 20. & ____ • 21. & ____ • 22. & ____ •
23. & ____ • 24. & ____ • 25. & ____ • 26. & ____.

18. RIGHT BRAIN: _____
LEFT BRAIN: _____

19. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ •
7. & ____ • 8. & ____ • 9. & ____ • 10. & ____ • 11. & ____.

20. 1. & ____ • 2. & ____ • 3. & ____ • 4. & ____ • 5. & ____ • 6. & ____ •
7. & ____.