

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

PROGRESS TEST #1:

ON *THE HEALTH SEEKERS' YEARBOOK*

COVERING LESSONS #1 & #2

Do not write your answers on these pages. "Student Answer Sheets" on which to write your answers are provided on Pages 31 - 33.

1. **QUESTION AND ANSWERS:** Using the general knowledge provided throughout Chapter One and your own general observations in America today, can you give at least 10 ways in which Natural Hygiene as The Superlative, Alternative Health Care System is absolutely REVOLUTIONARY? Just list: explanations are not necessary.
2. **FILL IN THE BLANKS:** A fast whereby The Health Seeker reaches the highest state of physiological purification is called "The _____."
3. **FILL IN THE BLANKS:** Concerning Energy Enhancer #2 — Pure Air: The pair of human lungs is made up of _____ (How many?) tiny cells. We inhale _____ (How many?) cubic inches of air a day. The tiny cells exchange _____ (What?) for _____ (What?) . _____ (How many?) barrels of blood a day flow through the lungs for this exchange.
4. **QUESTION & ANSWER:** What is a concise, complete definition of "The Ideal Diet"?

5. **MULTIPLE CHOICE:** As Victoria BidWell begins her teachings of “The One Cause of All Disease,” what 3 words and their mutually exclusive, specific definitions does she deem so crucial to grasp that she breaks the words down into word elements and their meanings for the students?
- A. Energy • Enervation • Excitation
 B. Toxemia • Auto-Intoxication • Toxicosis
 C. Endogenous • Exogenous • Toxemia
 D. Acute • Chronic • Short-lived
6. **FILL IN THE BLANK:** During The Hygienic Fast, only _____ water is ingested.
7. **MATCH NUMBERED TERMS WITH LETTERED DEFINITIONS:**
- | | |
|-------------------------|---|
| 1. Induration | A. Tissue destruction and pain gets worse. |
| 2. Toxemia | B. Pain and pathological symptoms start. |
| 3. Irritation | C. Tiredness and poor elimination start. |
| 4. Inflammation | D. Poisons build-up in blood and tissues. |
| 5. Ulceration | E. Pathological point of no return is reached. |
| 6. Enervation | F. No actual pain is felt, just misery, nothing a doctor can put his finger on. |
| 7. Chronic Degeneration | G. Chronic inflammation and hardening of tissues begins; and more pain than ever ensue. |
8. **CIRCLE “TRUE” OR “FALSE”:** Anyone can take a Hygienic Fast, just as long as it is properly supervised by a professional and complete rest is secured.
9. **FILL IN THE BLANKS:** Concerning Energy Enhancer #3 — Pure Water: Water is made up of 2 molecules of _____ and 1 molecule of _____. The human body is approximately _____% water. The average person holds _____ quarts of water. He takes in and loses about _____ quarts a day.

10. **FILL IN THE BLANKS:** Scientists are measuring manifestations of Nerve Energy when they measure
1. _____
or when they chart
2. _____.
11. **CIRCLE "TRUE" OR "FALSE":** Daily cat naps and even longer siestas are recommended in the Natural Hygiene paradigm and can many times "do wonders" to enable the body to boost The Health Seekers' available energy levels.
12. **CIRCLE "TRUE" OR "FALSE":** "The 10 Energy Enhancers" is a unique list of healthful living practices and can, therefore, also correctly be called "The 10 Immunoenhancers."
13. **FILL IN THE BLANKS:** Sunshine and Natural Light are taken into the body in the two following ways:
1. _____
and
2. _____.
14. **CIRCLE "TRUE" OR "FALSE":** According to Dr. Cinque, perhaps, the best indicator of The Health Seeker's supply of Nerve Energy is how one feels at the end of the day, after a stimulating, good day of positive activity and challenge.
15. **QUESTION AND ANSWERS:** If it can be said that, "The Human body is a Wondrous, Electro-Chemical Power Plant," then explain, metaphorically, what is the brain, what is the spinal cord and the peripheral nerves and the 75,000,000 cells of the body?
16. **CIRCLE "TRUE" OR "FALSE":** Dr. Shelton is quoted as saying this: "The time to fast is when it can be fit into the schedule, so that The Health Seeker does not have the stress of leaving a life at loose ends."
17. **CIRCLE "TRUE" OR "FALSE":** Animals are seldom seen to fast: this, like the use of language and fire, is another distinguishing feature between humans and animals.

18. **FILL IN THE BLANK:** The period of starvation about to begin is subjectively experienced most commonly and most importantly when The Health Seeker becomes extremely _____.
19. **QUESTION AND ANSWERS:** What 5 factors determine “Your Highest Health Potential”?
20. **FILL IN THE BLANK:** During The Hygienic Fast, The Health Seeker’s body will restore enough Nerve Energy to eliminate _____.
21. **FILL IN THE BLANKS:** When considering T.C. Fry’s “The 22 Essentials of Health,” most fit under just two of Victoria’s 10 Energy Enhancers: # _____: _____ and # _____: _____.
22. **CIRCLE “TRUE” OR “FALSE”:** Unlike many of the words and terms in Hygiene, the terms “ACUTE DISEASE” and “CHRONIC DISEASE” basically mean the same thing in the medical world and in the dictionary, as they do in Natural Hygiene.
23. **FILL IN THE BLANK:** The Hygienic Fast involves a program of _____ rest.
24. **QUESTION & ANSWER:** Use the mnemonic device on Page 6 of this course ,and commit to memory. Then answer this: What are “The 4 Main Bodily Activities during a Fast?”
25. **CIRCLE “TRUE” OR “FALSE”:** “Autolyze” means “self” + “cleansing.”
26. **CIRCLE “TRUE” OR “FALSE”:** Dr. Shelton is famous for having supervised tens of thousands of Hygienic Fasts.
27. **CIRCLE “TRUE” OR “FALSE”:** An overweight Health Seeker who decides to undertake a fast can pick a weight to which he would like to fast and just stick with it until his goal is reached.

28. **MULTIPLE CHOICE:** If the brain were to be likened to a high-powered battery, that sees constant use, what is the one way in which this metaphor breaks down, when making the comparisons below?
- A. The brain must be given right temperatures, just like this battery.
 - B. The brain is used to do work, just like this battery.
 - C. The brain must be daily recharged, just like this battery.
 - D. None of the above.
29. The Hygienic Fast provides a block of time for what 2 primary bodily activities?
30. **MULTIPLE CHOICE:** Approximately how many different medications does The Average Senior Citizen take during any given 12 month period:
- A. 3
 - B. 7
 - C. 10
 - D. 13

UNIVERSITY OF NATURAL HEALTH™

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

PROGRESS TEST #1:

LESSONS #1 & #2

STUDENT ANSWER SHEETS

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

2. "The _____."

3. _____ (How many?) tiny cells. We inhale
_____ (How many?) cubic inches of air a
day. The tiny cells exchange _____
_____ (What?) for _____ (What?) .
_____ (How many barrels of blood?)

4. _____
- _____
- _____
- _____

5. A. B. C. D.

25. ANSWER: TRUE • Page 89
26. ANSWER: TRUE • Page 81
27. ANSWERS: Page 91
“Moderate Alcohol Intake”: one to two drinks a day
“Heavy Drinking”: three or more drinks during any given day
“Hard Drinking”: Drinking at all hours, often without showing signs of drunkenness
28. ANSWER: Caffeine • Page 90
29. ANSWER: 500 • Page 95
30. ANSWERS: Page 102
1. Peak Performers are mission motivated.
 2. Peak Performers are made through their efforts, not born that way.
 3. Peak Performers use mental rehearsal.
 4. Peak Performers treat failure as a temporary situation or as stepping stones.
 5. Peak Performers tolerate confusion, ambiguity, anxiety and have faith that hard work will pay off eventually.

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

PROGRESS TEST #2

COVERING LESSONS #3 & #4

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

Do not write your answers on these pages. "Student Answer Sheets" on which to write your answers are provided on Pages 58 - 60.

1. **QUESTION & ANSWER:** After going through the list of "The Tell-Tale Signs of Depression," explain the relationships between an individual experiencing Depression and his practice of The Energy Enhancers and The Energy Robbers?
2. **CIRCLE "TRUE" OR "FALSE":** The human body tends to stay "set" at a specific Set Point weight; even if a person overeats occasionally, his tendency is to not gain weight with an occasional indiscretion of overeating.
3. **CIRCLE "TRUE" OR "FALSE":** Generally speaking, a Positive Addiction, as defined by Dr. William Glasser, is a good thing.
4. **FILL IN THE BLANK:** Adrenaline, noradrenaline, serotonin, and endorphins: these are all biochemical molecules; some are natural opiates while others are hormones; all are associated with exercise and a mental/emotional state known as
"_____."
_____.
5. **QUESTION & ANSWERS:** What are four ways by which a program of Regular Exercise can save The Health Seeker money?
6. **CIRCLE "TRUE" OR "FALSE":** Adrenaline and noradrenaline are the body's own, natural opiates and morphine-like chemicals that induce a "Natural High."

7. CIRCLE "TRUE" OR "FALSE": The Set Point cannot be pushed higher and higher: it is naturally "set" to be self-limiting.
8. MULTIPLE CHOICE: Sustained, aerobic activity of 1/2 hour to one hour increases volume of blood pumped through the heart by how many times?
- A. Two-fold
 - B. 1/2
 - C. Several
 - D. Many
9. MATCH THE NUMBERED AUTHOR / PHILOSOPHERS / ANONYMOUS PROPONENTS WITH THE LETTERED STANCE ESPOUSED IN THE FOLLOWING:
- | | |
|-----------------------------|---|
| 1. Dr. Hans Selye | A. Get Addicted to Positive Pastimes. |
| 2. Nathaniel Branden | B. Forgive Everybody Everything. |
| 3. Victoria BidWell | C. See Yourself at Your Best. |
| 4. Dr. Herbert Shelton | D. Attitudinal Healing through Love. |
| 5. Gerald Jampolsky | E. Seek Gratitude of Others. |
| 6. Dr. Herbert Benson | F. Love Thy Neighbor as Thyself. |
| 7. Bible Authors | G. Seek Self-Worth and Self-Efficacy. |
| 8. Visualization Proponents | H. Verbally State Yourself at Your Best. |
| 9. Affirmation Proponents | I. Practice The 10 Energy Enhancers. |
| 10. William Glasser | J. Relax and faith into hypo-metabolic state. |
10. MULTIPLE CHOICE: "A unique biochemical state induced by vigorous, sustained, physical, aerobic activity and accompanied by open capillary beds that pinken the skin and heighten the happy

emotions” — this is a definition which is best recognized among activity enthusiasts as which of the following?

- A. Healthy Glow
 - B. Rosy Cheeks
 - C. Exerciser’s High
 - D. Blossom on the Cheeks
11. CIRCLE “TRUE” OR “FALSE”: There is virtually no limit for the human body to compensate for overeating, as the “luxoconsumption “ factor will always kick in and stop further weight gain.
12. CIRCLE “TRUE” OR “FALSE”: Lymph must flow uphill through The Lymphatic System and must pass through many valves in the lymph vessels.
13. FILL IN THE BLANK: The body chemicals that mimic the street drug, morphine, in their molecular, “lock and key” structure, and that induce an emotional state of euphoria, are known as “_____.”
14. MULTIPLE CHOICE: In Natural Hygiene, Regular Exercise can be broken down into which of the following three categories?
- A. Yoga, Body-Building, and Aerobics
 - B. Stretching, Weight-Training, and Aerobics
 - C. Stretching, Resistance Work, and Aerobics
 - D. Stretching, Antigravity, and Aerobics
15. MULTIPLE CHOICE: “Target Heart Rate” refers to the heart stimulated not to its maximum potential — but to between which two percentages of its maximum?
- A. 65% & 85%
 - B. 50% & 75%
 - C. 50% & 85%
 - D. None of the above
16. QUESTION & ANSWERS: What are the four “Benefits” of a Regular Program of Weight-Training? Commit them to memory, and then list them in below.

17. **QUESTION & ANSWERS:** What are the four main components of The Lymphatic System?
18. **CIRCLE "TRUE" OR "FALSE":** Restricted diets don't work, because when food consumption is decreased, the body slows down its metabolism to conserve fat stores in cases of emergency.
19. **QUESTION & ANSWERS:** What are the seven forms of passive or active techniques to move lymph through The Lymphatic System?
20. **CIRCLE "TRUE" OR "FALSE":** The amount of brown fat that a person carries on his body is genetically determined.
21. **MATCH THE HEALTH SEEKERS' THREE FORMS OF EXERCISE WITH THE NUMBERED UNIQUE FEATURES OF EACH BELOW.**

STRETCHING:

WEIGHT-TRAINING:

AEROBICS:

1. Uses several repetitions
 2. Uses few repetitions
 3. Most notably, yields improved cardiovascular fitness
 4. Most notably, can multiply muscular strength
 5. Requires little exertion
 6. Requires much exertion, specifically, against resistance
 7. Employs fast motion without rest periods
 8. Employs slow motion with a sustained hold and rest periods
 9. Involves much exertion, specifically of circulatory system
 10. Employs slow motion with rest periods
 11. Most notably, yields superior flexibility
 12. Uses many repetitions
22. **CIRCLE "TRUE" OR "FALSE":** Due to its stimulating caffeine kick, the most popular drug in the world, taken as a beverage, is the soda pop.
 23. **FILL IN THE BLANK:** According to Dr. Shelton, short shocks and prolonged shocks of a fearful sort are the greatest annihilators of our supply of _____ and can lead to our downfalls.

24. CIRCLE "TRUE" OR "FALSE": Toxic build-up, and therefore Toxemia, are moving in a state of reversal during vigorous exercise.
25. MULTIPLE CHOICE: The Beatles taught, in one of their songs: "All You Need Is Love!" This attitude toward life best fits the teachings of which of the following?
- A. Dr. Herbert Benson
 - B. William Glasser
 - C. Gerald Jampolsky
 - D. Dr. Herbert Shelton
26. CIRCLE "TRUE" OR "FALSE": When The Health Seeker is practicing Natural Hygiene and feels somewhat tired, a short session of vigorous Exercise should be engaged in to stimulate him into more vital activity.
27. QUESTION & ANSWER: List at least eight of the many personality traits that describe "The New Self."
28. QUESTION & ANSWER: What is Dr. Hans Selye's very exacting definition of the word "stress"?
29. CIRCLE "TRUE" OR "FALSE": "The Second Wind Physiology" takes The Health Seeker from momentarily tired to aerobically awake and renewed after 10 to 20 minutes of exercise.
30. MULTIPLE CHOICE: According to Dr. Hans Selye and Hygienically speaking, both, "The General Adaptation Syndrome" is best identified in which of the following set of stages?
- A. Emotional Un-Balance, Squandering of Nerve Energy, Exhaustion of Nerve Energy
 - B. Emotional Un-Balance, Exhaustion of Nerve Energy, Toxemia
 - C. Emotional Un-Balance, Lowering of Nerve Energy, Toxemia
 - D. Emotional Un-Balance, Toxemia, Descent into Disease

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

PROGRESS TEST #3

COVERING LESSONS #5, #6 & #7

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

Do not write your answers on these pages. "Student Answer Sheets" on which to write your answers are provided on Pages 107 - 112.

1. MATCH THE NUMBERED ITEMS WITH THE ALPHABETIZED ITEMS AND CORRECTLY COMPLETE THE FOLLOWING SENTENCES:
 - A. Incompatible Food Combinations lead to...
 - B. Protein digestion requires an environment which is...
 - C. A Protein/Starch meal would defy the digestion of...
 - D. The most difficult of all foods to digest is...
 - E. The milk-digesting enzyme is...
 - F. Protein digestion requires the combination of...
 - G. Acid fruits may be eaten compatibly with...
 - H. Fats and sugars both inhibit...
 - I. Sugar/Starch combinations defy the digestion of...
 - J. The enzyme in protein digestion is...
 - K. "Nature's Most Perfect Food" is...
 - L. The starch-splitting enzyme is...
 1. Highly acidic.
 2. Hydrochloric acid/pepsin.
 3. Salivary Amylase.
 4. Nuts and seeds.
 5. Protein.
 6. Protein digestion.
 7. Meat and potatoes.
 8. Pastries and frosted cereals.

9. Rennin.
 10. Milk.
 11. Pepsin.
 12. Indigestion.
-
2. CIRCLE "TRUE" OR "FALSE": Detoxification and healing can take The Health Seeker in circles.
 3. FILL IN THE BLANK: An "enzyme" is likened to a spark plug: scientifically, it is called a " _____ ,"
 4. MULTIPLE CHOICE: Which of the below is not one of characteristics of The Basic Four Food Groups?
 - A. Uses toxic food, unsuited to our biological adaptation
 - B. Uses chemicals in growing and/or preparation
 - C. Uses cooking, processing, refining
 - D. Uses mostly unrefined, complex carbohydrates__
 5. MULTIPLE CHOICE: In the text, to "short-circuit overeating" best refers to which of the following?
 - A. Physiological normalcy through short-term detoxification habits
 - B. A rewiring of the neurological patterns to normalcy
 - C. Outsmarting oneself successfully to normalcy
 - D. Behavior Modification Techniques applied to achieve normalcy
 6. FILL IN THE BLANK: The normal state of _____ pH is slightly alkaline.
 7. QUESTION & ANSWER: How does a diet high in animal protein contribute to the development of cancer?
 8. QUESTION & ANSWER: What is the effect of pasteurization on the calcium in milk products?

9. MATCH THE NUMBERED ITEMS WITH THE ALPHABETIZED ITEMS:

- A. Digestion
 - B. Enzyme
 - C. Fermentation
 - D. Gastric
 - E. Natural Hygiene
 - F. Putrefaction
 - G. Food Combining
1. The science of all those factors that affect health
 2. A catalyst in food digestion
 3. Decomposition of protein
 4. Referring to the stomach
 5. Referring to stomach processing of food
 6. The practice of eating foods compatible in digestive chemistry
 7. Decomposition of carbohydrates

10. FILL IN THE BLANKS: vegetables can be divided into these two categories, according to their nutritive substances: _____

1. _____ and
2. _____ - _____.

11. MULTIPLE CHOICE: Fruits and vegetables are basically what percent water by composition?

- A. 70%-99%
- B. 68%-90%
- C. 58%-90%
- D. 78%-95%

12. 9QUESTIONS & ANSWERS:

1. What is the dictionary definition of the term: "peristalsis"?
2. What is the adjective term?
3. And what is the relationship between fiber in the diet and peristalsis?

13. TRUE OR FALSE: The "hypothalamus" is a term synonymous with "appetat."

14. MULTIPLE CHOICE: "Red blood cells stick together, less surface

area of red blood cells for carrying of oxygen, up to 1/3 of normal oxygen supply cut off, experienced lethargy and sleepiness": these symptoms, collectively, are called which of the following?

- A. The Fat/Sleep Syndrome
 - B. The Rouleaux Effect
 - C. The Stroke Syndrome
 - D. The Stickiness Effect
15. CIRCLE "TRUE" OR "FALSE": Heated fats are carcinogenic, mainly because of the toxic free-radicals and cyclic-hydrocarbons created when fats are subjected to heat.
16. MULTIPLE CHOICE: Practicing The Mono-Meal Concept frees The Health Seeker up from compulsive eating in which of the following ways?
- A. Food fantasies stop because food choices are limited to just one.
 - B. It is harder to overeat on just 1 food: "Enough is enough!"
 - C. Because overeating is minimized, self-loathing is also minimized.
 - D. ALL OF THE ABOVE
 - E. NONE OF THE ABOVE
17. CIRCLE "TRUE" OR "FALSE": Dr. Pottenger proved that feeding cats raw food produced healthy cats, and feeding them cooked food produced unhealthy cats.
18. FILL IN THE BLANKS: To maintain the proper acid/alkaline balance in the healthy human body, his diet should be _____ % alkaline-forming foods and _____ % acid-forming foods upon their metabolic processing.
19. MULTIPLE CHOICE: The biggest, practical need of the human body, by far, is for what nutrient and for what purpose?
- A. Protein to build good muscles and internal organs
 - B. Carbohydrates to provide a lesser concentrated fuel for heat and movement
 - C. Fats to provide the most concentrated form of fuel for heat and movement
 - D. Phytochemicals to provide the huge multitude of body

functions

20. **QUESTIONS & ANSWERS:** What is the Definition of "Food Combining"? What is the Rationale for this practice? What are five Reasons the practice is a good idea?
21. **QUESTION & ANSWER:** The following poisons - pesticides, herbicides, artificial fertilizers, hormones - are accumulated in what food products?
22. **MULTIPLE CHOICE:** Identify the poor combination in the following:
- A. Acid Fruits and Sweet Fruit
 - B. Acid Fruits and Sub-Acid Fruit
 - C. Sub-Acid Fruit and Sweet Fruit
 - D. Fruit and lettuce and celery
23. **CIRCLE "TRUE" OR "FALSE":** It is physiologically correct to make the following statement: "Table salt is a water-retention agent."
24. **FILL IN THE BLANKS:** In The United States, approximately ___% of The People are at least ___pounds overweight, and an estimated ___% are defined as "clinically overweight" which means that they weight ___% more than their recommended weight for their body size.
25. **MATCH THE NUMBERED ITEMS WITH THE ALPHABETIZED ITEMS:**
- A. Fruit
 - ~~B.~~ Seed or nut
 - ~~C.~~ Pericarp
 - ~~D.~~ vegetable
 - ~~E.~~ Fruit-Bearing "vegetables"
 - F. Green vegetables
 - G. Tubers, Bulbs, Roots
 - 1. The mature ovary
 - 2. Any of the following: stalks, leaf clusters, bulbs, tubers, roots
 - 3. The edible flesh of a fruit
 - 4. The "non-sweet fruits" which are not really fruits at all
 - 5. The underground vegetables
 - 6. The reproductive product of a tree or plant

7. Leafy greens of all kinds and sprouts
26. FILL IN THE BLANKS: The foods in The Ideal Diet are, ideally, eaten _____% raw, while the misinformed, addicted people still eating primarily foods from The SAD Diet are eating an estimated _____% to _____% cooked.
27. MULTIPLE CHOICE: According to the United States Surgeon General, in 1988, what personal choice seems to influence long-term health prospects more than any other?
- A. What medications we take
 - B. How regular our doctor checkups are
 - C. What we eat
 - D. How much regular exercise we take
 - E. Whether or not we smoke
28. QUESTION & ANSWERS: What are the three "Dis-services of The Dead-Food Disease Industrialists," and what characterizes each?
29. CIRCLE "TRUE" OR "FALSE": The universal, common denominator, most popular detoxification symptom is mucous membrane cleansing and any one or more of many signs once called "symptomatic of the common cold."
30. FILL IN THE BLANKS: To quote Dennis Nelson in *Food Combining Simplified*, "The human digestive system works best ... when meals are _____ and the combinations are _____."
31. MULTIPLE CHOICE: The Recommended Daily Allowance for protein is about __grams a day. The average American eats about _____ grams of protein a day. Scientists estimate we need only about _____ grams of protein a day.
- A. 50 • 75 • 25
 - B. 25 • 100 • 50
 - C. 50 • 100 • 25
 - D. 50 • 100 • 75
32. QUESTION & ANSWERS: What are the basic comparisons between the kinds of fats on The Ideal Diet compared to the kinds of fats on The SAD Diet?

33. FILL IN THE BLANKS: Meats and all animal products are notorious for the 2 arterial plaque-promoting substances:
 _____ and

34. FILL IN THE BLANKS: The Ideal Diet yields _____% efficiency upon digestion, absorption, and elimination, while The SAD Diet yields _____% efficiency.
35. CIRCLE "TRUE" OR "FALSE": The average American eats about 100 grams of protein a day.
36. CIRCLE "TRUE" OR "FALSE": Due to its curdling feature, milk combines poorly with all foods.
37. QUESTION & ANSWER: Explain how The Ideal Diet is right for man and womankind as it is justified through Aesthetics.
38. QUESTION & ANSWER: What is very likely to happen to the Eating Disordered Individual when blood glucose levels drop?
39. MULTIPLE CHOICE: Which of the following words is not synonymous with "hypothalamus"?
- A. "Appestat"
 - B. "Appetite Thermostat"
 - C. "Hunger-Satiety Mechanism"
 - D. "Craving Center"
40. FILL IN THE BLANK: The science of "aesthetics" is that branch of philosophy that deals with _____.
41. FILL IN THE BLANKS: _____" refers to decomposition of proteins into poisonous substances, and " _____" refers to decomposition of carbohydrates into poisonous substances.
42. CIRCLE "TRUE" OR "FALSE": A definition of "The Ideal Diet" can be nicely summarized in just 4 words: "Natural, Whole, Raw, and Plant."
43. CIRCLE "TRUE" OR "FALSE": The Ideal Diet, including all food groups taken into the meals on a regular basis, is about 5-10% protein, in terms of caloric value.

44. **QUESTION & ANSWER:** What is the only difference between today's chicken food and today's SAD food?
45. **MULTIPLE CHOICE:** According to Dr. Shelton, of what body organ or body tissues should The Health Seeker have no awareness when he or she is experiencing a healthy, True Hunger?
- A. Taste buds
 - B. Stomach
 - C. Mouth
 - D. Throat
46. **FILL IN THE BLANKS:** "Omni" is a word element that means: _____." And an "omnivore" is a living organism that will eat _____foods. (The same word fits in both blanks.)
47. **CIRCLE "TRUE" OR "FALSE":** The meat and dairy propaganda messages teach that we need 3 to 4 times as much protein as physiologists tell us we really do need.
48. **QUESTION & ANSWER:** What is promised The Female Health Seeker in terms of her menstrual cycle when she practices Natural Hygiene strictly?
49. **CIRCLE "TRUE" OR "FALSE":** Eat melons alone or with lettuce or celery.
50. **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.
51. **QUESTION & ANSWERS:** How does The Health Seeker best deal with weakness during "The Initial GetWell Phase" of detoxification?
52. **QUESTIONS & ANSWERS:** What Is the definition of a "fruit"? What is the definition of a "vegetable"?
53. **MATCH THE NUMBERED CHARACTERISTICS WITH THE 3 FOLLOWING CATEGORIES. NUMBERED ITEMS MAY BE USED MORE THAN ONCE.**

CARNIVORE:
HERBIVORE/GRAMINIVORE:

FRUGIVORE/VEGETARIAN:

1. 3 - 4 stomach compartments
 2. Intestinal tract is 3 times body length
 3. 4 footed with claws
 4. 2 hands and 2 feet
 5. Acid reaction of saliva and urine
 6. Teeth adapted for grinding grasses and stalks and grains
 7. Stomach simple and roundish
 8. Teeth adapted for tearing into flesh
 9. Does not secrete uricase
 10. Walks upright
 11. Convoluted colon
 12. Intestinal tract 20 times body length
 13. 4 footed with hooves
 14. Intestinal tract is 12 times body length
 15. Well-developed salivary glands
 16. Stomach with duodenum
 17. Teeth adapted for biting into vegetation and chewing
 18. Small salivary glands
 19. Alkaline reaction of saliva and urine
 20. Secretes uricase
54. **FILL IN THE BLANKS:** List the 3 categories into which fruits are best divided.
55. **CIRCLE "TRUE" OR "FALSE":** The process of Food Refining actually includes 2 processes: direct removal of fiber and further breakdown of fiber through cooking.
56. **FILL IN THE BLANK:** When _____ levels drop in the blood, True Hunger sensations are experienced.
57. **QUESTION & ANSWERS:** What, in a highly concise form of answering, are the 6 things The Health Seeker can do when the chewing of raw foods is difficult?
58. **TRUE OR FALSE:** Overeaters Anonymous boasts a recovery rate over 4 times higher, modestly speaking, than any other weight-loss program.

59. QUESTION & ANSWER: Which of The Natural, Physiological Laws of Life causes a muscle to lay down more muscle tissue on The GetWell Weight-Gain System?
60. FILL IN THE BLANKS: Fruits require _____ hour(s) for gastric digestion: vegetables require up to _____ hour(s): proteins require up to _____ hour(s).
61. MULTIPLE CHOICE: The main problem with the use of amphetamines for appetite suppression and weight-loss is which of the following?
- A. They directly inhibit the feeding center of the pituitary gland.
 - B. They stimulate the nervous system and result In extreme nervousness.
 - C. They lower blood pressure and can, therefore, be dangerous.
 - D. It is much harder these days to get a prescription for them.
62. TRUE OR FALSE: A large percentage of The American People have gotten several pounds overweight, basically, because of the sheer bulk of the food they have consumed.
63. QUESTION & ANSWER: Why is Philippians 4:8 on the same page as the Eating Disorder information?
64. QUESTION & ANSWERS: What rather unkind, uncompassionate words and terms do Dr. Shelton and Dr. Gibson use to describe the act or condition of eating more food than is physiologically correct? Select at least 4.
65. QUESTIONS & ANSWERS:
- 1. If The Health Seeker Is wanting to gain weight, what kind of body tissue is most desirable to lay on the body with this weight gain?
 - 2. And how, specifically, is this weight-gain best accomplished?
66. FILL IN THE BLANKS: In addition to all The 10 Energy Robbers as important to avoid while on The Natural Weight-Loss System, list 3 very specific practices that should be completely avoided.
67. CIRCLE "TRUE" OR "FALSE": No plants contain cholesterol in their cellular makeup, although the cellular membrane of a few plants do have small amounts of cholesterol.
68. QUESTION & ANSWERS: What 2 specific behaviors are "setting the

scene" conditions for all the other GetWell Slow-Down Behaviors?

69. **FILL IN THE BLANK:** The most common weight-loss medication throughout the years has been: _____
70. **CIRCLE "TRUE" OR "FALSE":** Victoria BidWell's menus in Chapter 9 are prepared In "The True Vetranean Style."

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

PROGRESS TEST #3:

STUDENT ANSWER SHEETS

1. A. & ____ . • B. & ____ . • C. & ____ . • D. & ____ . • E. & ____ . • F. & ____ .
• G. & ____ . • H. & ____ . • I. & ____ . • J. & ____ . • K. & ____ . • L. & ____ .

2. CIRCLE "TRUE" OR "FALSE"

3. _____

4. A. B. C. D.

5. A. B. C. D.

6. _____

7. _____

8. _____

9. A. & ____ . • B. & ____ . • C. & ____ . • D. & ____ . • E. & ____ . • F. & ____ .
• G. & ____ .

10. 1. _____

2. _____ - _____

11. A. B. C. D.

12. 1. _____

2. _____

eating Hygienically. It is wasteful of Nerve Energy. It leads to premature death.

36. ANSWER: FALSE • Page 344

37. ANSWERS: Page 350

1. They have a higher suicide rate than their patients.
2. They feel more hopeless than their patients.
3. They die faster under the age of 65.

38. ANSWER: TRUE • Page 355

39. ANSWER: Reverse • Page 344

40. POSSIBLE ANSWERS: Stimulants • thrill-seeking • excitement •
Page 346

6. CIRCLE "TRUE" OR "FALSE": The conventional, medical world in the 1700's and 1800's in America was virtually a male monopoly.
7. QUESTION & ANSWER: According to Dr. Alec Burton, what is the relationship of environment to The Health Seeker?
8. FILL IN THE BLANKS: Dr. Russell Trall, in 1863, declared boldly this pronouncement, antithetical to The Hygienic System: "The Medical System is entirely _____: The Medical System is _____ in its philosophy: it is _____ in science: it is in opposition to _____ principles: it is _____ to common sense: it is _____ in results; and it is a _____ to humanity."
9. FILL IN THE BLANKS: The National Cancer Institute advises that Americans consume up to _____ grams of fiber a day: this is _____ times as much as the current average fiber consumption per capita in America today.
10. MULTIPLE CHOICE: Why does Dr. Vetrano speculate that so many Health Seekers new to Natural Hygiene put so much time and attention on Energy Enhancer #5 — The Ideal Diet?
 - A. This way of eating is so interesting, and making all the recipes and menus is so intriguing.
 - B. This way of eating is so delicious, and mastering the many recipes and menus available becomes compelling.
 - C. This way of eating is so different from the conventional and so difficult to adjust to.
 - D. This way of eating takes a lot of study in Food Combining.
 - E. C and D
11. CIRCLE "TRUE" OR "FALSE": At one time in America in the 1800's, there were more doctors practicing what came to be called "Natural Hygiene" than there were traditional, conventional, allopathic doctors.
12. QUESTION & ANSWERS: How does Dr. Shelton define the term, "WRONG LIVING HABITS"? Use the three parameters provided in his quote.

13. CIRCLE "TRUE" OR "FALSE": If you actually watch television 4 hours a day but have it going 8 hours a day, you are one of "The American Norms."
14. FILL IN THE BLANKS: Dr. Russell Trall, in 1863, declared boldly this pronouncement, antithetical to The Hygienic System: "The Hygienic System is _____ with nature • _____ with the principles • _____ in science • _____ in philosophy • _____ with common sense • _____ in results • _____ to mankind.
15. CIRCLE "TRUE" OR "FALSE": The Hygiene Economist spends his or her money wisely when buying fruits and vegetables. For every dollar spent, an equitable 50 cents goes for the actual cost of The Ideal Food, while the other equitable 50 cents goes for the transportation, packaging, promoting, and profit mark-up.
16. MULTIPLE CHOICE: To which Hygienic Giant do these various terms best belong: "The Let Alone Plan," "The Do Nothing Cure," "The No Medicine Practice"?
- A. Sylvester Graham
 B. Dr. J.H. Tilden
 C. Dr. H.M. Shelton
 D. Dr. Issac Jennings
17. QUESTION & ANSWERS: What is Victoria's unique definition of the term: "SAD-SAP Exorbitance"?
18. CIRCLE "TRUE" OR "FALSE": It is no exaggeration to say that the average American family can save \$5,000 to \$10,000 a year by giving up The SAD-SAP lifestyle and turning to Natural Hygiene.
19. MATCH the following practices and people of the early 1800's with the following choices. MATCH the best choices with the practices and people. A choice can be used more than once.

FAVORITE BEVERAGE
NOT COMMON
HAD NO POLITICAL POWER
COMMON
POPULAR BEVERAGE
FEARED

1. Ventilation of fresh air in homes
 2. Fresh air taken outside
 3. Bath-taking
 4. Sunlight taken into homes
 5. Tobacco use among men
 6. Alcohol use for adults
 7. Coffee use for adults
 8. Black People
 9. Women
 10. Medical doctors
20. MULTIPLE CHOICE: What time period most accurately dates the formal acceptance of the term "Natural Hygiene" to name the program typified by The 10 Energy Enhancers?
- A. Early 1800's
 - B. Mid 1800's
 - C. Late 1800's
 - D. Early 1900's
 - E. Mid 1900's
21. FILL IN THE BLANK: According to Dr. Gross: "It is the individual himself who makes the disease possible in his own _____ body because of poor living habits."
22. MULTIPLE CHOICE: According to Dr. Mendelsohn, for whom is it especially ill-advised to go to a medical doctor?
- A. A Health Seeker with no specific symptoms
 - B. A Health Seeker with symptoms of Acute Disease
 - C. A Health Seeker with symptoms of Chronic Disease
 - D. ALL OF THE ABOVE

23. **FILL IN THE BLANKS:** Bernard Mac Fadden, in 1904, boldly declared: "Sickness is a _____, and ill-health is a _____."
24. **CIRCLE "TRUE" OR "FALSE":** The following statement is merely metaphor and should not be taken literally: "The television viewer is 'plugged into' his television set when he is watching it."
25. **CIRCLE "TRUE" OR "FALSE":** The act of television viewing has the direct effect of sharpening the viewer's powers of discernment, when being viewed with that intent.
26. **CIRCLE "TRUE" OR "FALSE":** SAD junk food costs about ten times more for all that is involved in getting it to you than is spent on the cost of the actual food.
27. **FILL IN THE BLANKS:** The man who set forth a philosophy that ushered in the decline of health reform in the late 19th century through his theories of the virulent nature of microorganisms was from the nation of _____ : he was a _____ by trade: his name was _____.
28. **MULTIPLE CHOICE:** The television phenomenon is best described by which of the following?
- A. 15,000 to 25,000 "electron guns" aimed at you and fired continuously that then numb your mind and body
 - B. A blue-glowing light grid that hypnotizes you
 - C. A box to which you are electronically hooked up and that cuts off left brain functioning
 - D. A device that uses light and sound to render the viewer immobile
 - E. ALL OF THE ABOVE
29. **MULTIPLE CHOICE:** Select the choice below to best describe what all the following terms have in common: "Hygieotherapeutics, Hygeopathy, Hogeopathy, Hygiene Medication, Hygiene System, Hygieo-Medicare, Hygeio-Curapathy, Hygienic Medicine."

- A. The several terms were offered in the early 1900's as considerations for what now has come to be called "Natural Hygiene."
 - B. The several terms were proposed during the mid 1850's to be the classic name for the health care program fathered by Dr. Issac Jennings.
 - C. Several of the terms reflect the European hydrotherapy/water cure/nature cure influence on The Natural Hygiene Movement of the 1800's.
30. **MULTIPLE CHOICE:** What one American event brought the flourishing of Hygiene and Health Reform to its rather abrupt end?
- A. The acceptance of The Germ Theory
 - B. The rise of the medical/pharmaceutical industry
 - C. The advent of The Civil War
 - D. The advent of The Industrial Revolution
31. **MULTIPLE CHOICE:** Imagining a world free of television, I can envision only beneficial effects." These are the words of which of the following teachers?
- A. Dr. Herbert M. Shelton
 - B. Victoria BidWell
 - C. Jerry Mander
 - D. T.C. Fry
32. **QUESTION & ANSWERS:** What are "The Four Arguments for the Elimination of Television"?
33. **QUESTION & ANSWERS:** What are the five ways that The Hygienist saves money and time and quality of life when compared to The SAD-SAPper?
34. **CIRCLE "TRUE" OR "FALSE":** According to Sylvester Graham, no one person is ever entirely responsible for his own physical disease or suffering, as there are so many other societal and environmental factors involved that are simply beyond his or her control.
35. **FILL IN THE BLANK:** According to Dr. Shelton's quote: The

Second Requisite (or Step) to Restoring Health is to _____ The Conditions of Health.

36. **MULTIPLE CHOICE:** Referring to knowledge in Chapters 2, 3, and selected quotes from Chapter 13, pick the single most precise and all-inclusive term for all of the following: “causes the body to accelerate lymph movement • causes the body to lessen bodily Toxemia • causes the body to accelerate blood circulation.”
- A. Hygienic Fasting
 - B. Vigorous Exercise
 - C. Passive Exercise
 - D. Fresh Air
37. **CIRCLE “TRUE” OR “FALSE”:** According to Dr. Tilden, there is no hope that medical science will ever be a real and true science.
38. **QUESTION & ANSWERS:** What is the definition of the following terms: “democracy” • “autocracy” • “plutocracy”? Use the dictionary. List alternative definitions.
39. **QUESTION & ANSWERS:** What are the three ways that The SAD Food Industrialists, with their SAD Food products, exploit the consumer?
40. **FILL IN THE BLANK:** According to Dr. Shelton’s quote: The First Requisite (or Step) to Restoring Health is to _____ The Causes of Disease.
41. **CIRCLE “TRUE” OR “FALSE”:** The American Revolution of the late 1700’s prepared the mentalities and sentiments of The American People for wanting freedoms of all kinds — including health freedoms.
42. **QUESTION & ANSWERS:** What were the 7 reasons for the “Slow Hygiene Progress since The Civil War”?
43. **QUESTION & ANSWERS:** What are the four major recommendations of Surgeon General Everett Koop in 1988 given to The American People as dietary guidelines?

44. **QUESTION & ANSWERS:** What are the four ways that The Germ theory undermined the teachings of Natural Hygiene?
45. **FILL IN THE BLANK:** According to Dr. Alec Burton: “The more toxic your system, the greater the body’s workload and the _____ your pulse.”
46. **MULTIPLE CHOICE:** According to Dr. Mendelsohn: “The Germ Theory is still very much in vogue,” because which of the following?
- A. The Natural Hygienists have not been able to educate The People.
 - B. The Medical Mentalists continue to promote The Germ Theory.
 - C. The Pharmaceutical Complex continues to push vaccinations.
 - D. The People are relieved to be free of personal responsibility.
 - E. The Medicine Men continue to discover more, new germs.
 - F. ALL OF THE ABOVE
47. **FILL IN THE BLANKS:** What one word fits into all of the following blanks in the quote by Albert Schweitzer? “‘The Essence of Evil’ is: destroy _____, harm _____, hamper the development of _____. ‘The Essence of Goodness’ is preserve _____, promote _____, help _____ to achieve its highest destiny.”
48. **CIRCLE “TRUE” OR “FALSE”:** It is common knowledge that the average lifespan is a little over 78.
49. **MULTIPLE CHOICE:** Which of the following choices does not describe what Dr. Shelton did for The Natural Hygiene Movement?
- A. Revitalize
 - B. Resuscitate
 - C. Resurrect
 - D. Create
 - E. Re-popularize
50. **FILL IN THE BLANK:** Referring back to “The Natural, Physiological Laws,” which Law is reflected in Dr. William Esser’s quote: “The basis of this putting together (of human flesh and bone and in creating

man and woman) was the fact that His (God's) organism was self-renewing, self-repairing, self-maintaining.”?

51. CIRCLE “TRUE” OR “FALSE”: According to Ralph Waldo Emerson, “The first wealth is health.”
52. QUESTION & ANSWER: “Every person over the age of 40 is responsible for how his face looks.” This famous warning by Abraham Lincoln is taught to us best through which 2 Energy Enhancers? And what is the lesson?
53. CIRCLE “TRUE” OR “FALSE”: Dr. Russell T. Trall, in 1860, proclaimed that The Hygienic System is not only “revolutionary but ruinous.”
54. QUESTION & ANSWER: Using the knowledge gained in Chapter 1 that introduces Natural Hygiene to you, how does Socrates’ famous quote, “The unexamined life is not worth living,” relate to Natural Hygiene and The 10 Energy Enhancers?
55. CIRCLE “TRUE” OR “FALSE”: According to Dr. Scott, The Natural Hygiene System works to our benefit (toward health), as well as to our destruction (toward disease).
56. CIRCLE “TRUE” OR “FALSE”: According to Dr. Sidhwa, we humans have a brand-new body every nine years, virtually all tissue being replaced many, many times over during that time or at least once.
57. QUESTION & ANSWERS: According to Dr. Siegel, what are the 5 “sound, scientific reasons” that call for hearty laughter?
58. MULTIPLE CHOICE: According to Dr. Esser, cite which of “The Natural, Physiological Laws of Life” is featured most prominently when he said that God created man and woman to be “tough, durable, and flexible.”
 - A. The Law of Autolysis
 - B. The Law of Order
 - C. The Law of Action
 - D. The Law of Power

59. **QUESTION & ANSWER:** According to Dr. Tilden, what is the role of a person's chosen vocation and his or her health situation?
60. **QUESTION & ANSWER:** What famous Emancipation Proponent from India recommended fasting be popularized as a therapy among medical professionals?

ADVANCED NATURAL LIFESTYLES & PHILOSOPHIES

BND-104

PROGRESS TEST #4:

STUDENT ANSWER SHEETS

1. 1. _____
2. _____
2. _____
3. _____
4. CIRCLE "TRUE" OR "FALSE"
5. A. B. C. D.
6. CIRCLE "TRUE" OR "FALSE"
7. _____

8. entirely _____ • _____ in its philosophy •
_____ in science • _____
principles • _____ to common sense •
_____ in results • _____ to humanity
9. _____ grams • _____ times
10. A. B. C. D. E.
11. CIRCLE "TRUE" OR "FALSE"
12. 1. _____
2. _____
3. _____