



NEVER BE SICK AGAIN

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CLASS: G300

This is your test but... do not try to fill in the blanks! We created a Test Answer Sheet which is easy to download, fill in the answer, and email.

Chapter 2

1. According to the World Health Organization, the U.S. ranks _____ in overall health quality.
2. After accidents, what is now the leading cause of death for children? _____.

Chapter 3

3. There is only one disease: _____ cells.
4. There are only two causes of disease: _____ & _____.
5. There are six pathways between health and disease:

| | |
|---|---|
| A | D |
| B | E |
| C | F |

6. The scientific term for a malfunctioning cell is _____.
7. Disease is the result of a large number of _____ cells.
8. Our bodies produce more than 10 million cells every _____, as we constantly rebuild our tissues.

9. What is America's leading cause of disease? _____.
10. Our thoughts and emotions trigger a cascade of biochemical reactions the either _____ or damage health.
11. Our genes are certainly not the _____ cause of disease that modern medicine would have us believe.

Chapter 4

12. Your _____ choices determine whether your cells stay healthy or get sick.
13. Building _____ starts in a mother's womb.
14. Impaired cellular _____ is one of the most basic common denominators of disease, no matter how the disease happened or what it is called.
15. Chemical reactions make life possible and an estimated _____ such reactions take place every second. Enzymes make these reactions possible.
16. Building a cell membrane from _____ oils impairs the passage of oxygen into the cell and oxygen deficient cells become cancerous.

Chapter 5

17. The four worst food choices are:
- A. _____ C. _____
- B. _____ D. _____
18. Eating sugar is death by _____.
19. ...whole-wheat bread, rolled oats, granola, multigrain cereals. _____ of these are processed, make-believe foods.
20. The best sources of absorbable calcium are dark _____ vegetables.

21. _____ allergies are the primary cause of ear infections in children. According to Dr. Oski, "At least 50% of all children are allergic to dairy."
22. _____ of commercial chickens have cancer at the time of their slaughter.
23. According to a study by the U.S. Department of Agriculture, of the 21,500 people in the study, not a single person was obtaining 100% (RDA standards) of just _____ nutrients on a daily basis.
24. Most absorption of nutrients takes place in the _____ intestine.
25. Most vitamins marketed today are _____ and often contain petroleum residues from their manufacture.

Chapter 6

26. To prevent or reverse disease, we must limit our exposure to _____ and we must give our bodies what they need to detoxify themselves.
27. Environmental toxins are not our only problem. We also generate _____ toxins inside our body.
28. Name 3 highly contaminated oils.
1. _____
 2. _____
 3. _____
29. What are mycotoxins? Toxins produced by _____.
30. The Department of Health Services in California reports that women who drink bottled or filtered water have substantially lower rates of _____ and miscarriages compared to women who drink tap water.
31. Personal care products are the largest source of toxic absorption through the skin and _____ membranes.

32. When bad bacteria and yeasts overgrow, they displace the friendly bacteria necessary for producing nutrients such as the _____ vitamins, vitamin B12 and vitamin K.
33. True or False? Yeast/*Candida* may physically invade and damage intestinal tissue.
34. At any given time, about ____% of all the blood in your body is in your liver, awaiting detoxification.
35. Much of our body is made of water; the _____ need it to excrete water-soluble toxins.

Chapter 7

36. For Lisa and Ruth, certain “rewards” for being sick superseded their desires to get well or stay well. This way of life is not uncommon; people often have psychological reasons to get sick or stay sick - usually not on a _____ level. People often learn _____ instead of hopefulness.
37. Scientific work with the _____ proves what we already know instinctively: Beliefs, attitudes and patterns of behavior play a major role in health and disease.
38. Deepak Chopra, MD shared this observation in his book *Creating Health*: “I have frequently observed that a _____ progression of symptoms and then death from cancer occurred after the diagnosis of cancer was made. It is almost as if the patient was dying from the diagnosis and not from the disease.”

Chapter 8

39. Exercise is like an _____ nutrient; without it, your body malfunctions.
40. Just four hours of exercise per week lowers a woman’s risk of breast cancer by almost ____% .
41. Skin brushing for a few minutes before taking a bath or shower helps circulate _____ fluid and is especially important for people who do not get enough regular exercise.

42. Lack of adequate sleep also causes _____ imbalances and interferes with other body functions.
43. High cortisol levels can damage cells in the _____ that control learning and memory.
44. Breathing downward with the diaphragm is also called _____ breathing.
45. In other words, _____ may cause skin cancer, rather than preventing it.
46. Sweat gets rid of water-soluble _____. Oil glands help remove oil-soluble toxins that the body would otherwise have a difficult time eliminating.
47. Taking saunas or other “ _____ ” is not a luxury, but like exercise, is a physical responsibility and an important element of the physical pathway.
48. EMF stands for _____ .
49. Cell phone _____ are capable of damaging cellular DNA.
50. Alice Stewart, M.D., concluded the radiation delivered in _____ doses over time (as we are exposed to today through common medical X rays) may carry a higher risk of cancer than the same total radiation delivered in a single dose.

Chapter 9

“Genetics may load the gun, but the environment pulls the trigger.” - Pamela Peeke

51. By enhancing the function of the cells, genetic _____ can remain potential problems, rather than becoming real problems, regardless of what “runs in the family”.
52. You cannot control your heredity; you can control the _____ you create for your cells.
53. What causes genetic mutation?
- A. _____ radiation
- B. _____ radiation
- C. _____

54. Worse, if genetic mutations take place in a _____ cell, a 50/50 chance exists of passing these on to an unborn child.
55. Perfect _____ using these gene-splicing techniques and knowing exactly what will be produced is almost impossible.
56. America's crops are so _____ by genetic modification that the Organic Federation of Australia announced in 2001 that it could no longer verify the purity of organic crops imported from the United States.
57. Defects caused by problematic conditions in the womb are _____ , not genetic.

Chapter 10

58. Conventional medical treatments can be both a blessing and a curse. These treatments are good, even excellent, in crisis intervention and treatment of _____. But conventional medicine does not prevent nor cure disease: it manages symptoms.
59. Cortisone damages the _____ system by inhibiting the productions of antibodies and "killer" T-cells.
60. _____ strip nutrients such as magnesium, calcium, potassium, zinc and iodine.
61. The United States has the most expensive, yet one of the most inadequate health care systems in the world. Our _____ mortality rate is worse than Cuba's.
62. Such procedures completely ignore one of the greatest scientific discoveries of the twentieth century: _____ individuality .
63. In practice, FDA-approved, properly prescribed (*accepted use and also not mis-use*) drugs kill about four hundred people every _____.

64. The most recent annual estimate of hospital-caused death is divided into 5 categories. These numbers total _____ deaths per year, but the real total is far greater.... Medicine-caused deaths in outpatient settings have been estimated as an additional _____ per year.
65. In March 1997 the Physicians Committee for Responsible Medicine published a statement saying that only _____ percent of hysterectomies are justified.
66. Unfortunately, when drugs cause _____, we have all been trained not to call it disease. Instead, we use the deceptive term “side effects”.
67. NSAIDS cause intestinal bleeding by blocking action of messenger molecules called prostaglandins. Some prostaglandins cause inflammation and pain, and others stimulate healing and _____.
68. Beneficial intestinal bacteria produce vitamins, such as B-complex vitamins, vitamin _____ and vitamin K.
69. Yeasts also produce numerous _____ - reactive substances that force the immune system to form antibodies constantly.
70. Steroids can cause _____ and devastating damage, even after a single dose; once the body is thrown out of its natural self-regulatory mode, it sometimes never “gets back”.
71. The British Medical Journal in August 1994 reported that extensive eye damage and _____ loss can be caused by using topical, over-the-counter, 1 percent _____ ointment for two weeks.
72. Hormones, such as birth control pills, create _____ imbalances in the gut, thus promoting yeast infections such as *Candida*.
73. To avoid an _____ disease, you don't need to have vaccinations; you need to keep your immunity strong.

74. Since 1988, the Environmental Protection Agency has classified scrap dental amalgams as a _____ waste.

Chapter 11

75. If a product cannot be ingested without _____ you, then it is not safe enough to put on your skin or your hair or your teeth.

76. Like any disease, skin problems are the result of _____ cellular malfunction.

77. Allergies should be looked upon as a serious acquired immune _____ syndrome and treated by improving cellular health and strengthening the immune system.

78. Modern medicine is based on the belief that you are healthy until you have a _____ disease...

79. Because the food supply is unhealthful, and has been for several _____ we are now seeing entire populations where no real perspective of "health" exists. Disease has become the _____, so we view ourselves as healthy.

80. A massive misconception in America is that most of us are _____. In reality, most of us are sick. You don't have to look sick to be sick.

81. Health is a choice. Disease is the result of poor choices, and almost all diseases are _____.

—————END OF TEST