



Naturopathy for the 21st Century by Robert J Thiel

CLASS: G530 Test Questions

It is necessary to mentally evaluate every book you read. Not everything in every book is necessarily correct and research is unable to separate all the variables and always give a correct conclusion. Some “things” work but, the reason behind why it worked is flawed. The question is, will it work for a specific individual? Always view each person in light of their strengths, weakness, exposures, and listen for clues.

1. “Naturopathy’, to quote Benedict Lust, “is a distinct school of healing, employing the beneficent agency of Nature’s forces, of water, air, sunlight, earthpower, electricity, magnetism, exercise, rest, proper diet, various kinds of mechanical treatment, and mental and _____ science..”
2. Symptoms give an indication of the cause. Identify the _____ and support its healing and everything else will improve.
3. Naturopaths work with the whole person and understand that there is a _____ nature of health and disease.
4. Naturopaths, and the modalities that we employ, do not _____. The body “cures” itself.
5. Everyone is different. Biochemically, genetically mentally, environmentally, and spiritually. Naturopaths do not believe that everyone with the same problem will benefit from the same _____.
6. By removing the cancer, the question of what the disease is has not been answered. Since cancer is the end _____, it cannot be the cause of the first symptom.
7. Without nerve energy, the functions of the various organs of the body cannot be carried on. _____ are necessary for preparing the building-up material to take the place of worn-out tissue.
8. A study of Nature produces the illuminating truth that man, to long endure, must live for _____ - not through giving alms but through helping others to help themselves.

9. Excessive emotion - jealousy, for example, or great anger, precipitates a profound enervation which inhibits _____.
10. No form of _____ disease can arise in the system unless there is present some handicap to health which Nature is endeavoring to overcome and to get rid of.
11. The most advanced works on pathology admit the constructive and beneficial character of inflammation. However, when it comes to the treatment of acute diseases, physicians seem to forget entirely this basic principle of pathology and treat inflammation and _____ as though they were, in themselves, inimical and destructive to health and life. *Chronic inflammation is not beneficial, acute has a purpose.
12. Everywhere in Nature rules the great Law of Action and Reaction. All life sways back and forth between giving and receiving, between action and _____.
13. Dr. Lindlahr says- "Every thought and every emotion has its _____ effect upon the physical constituents of the body. The mental and emotional vibrations become physical vibrations and structures.."
14. A technique that every health professional should use is the initial _____.
15. True or False? It has been reported that various B vitamin deficiencies can exist while serum levels of these nutrients appear to be normal. _____
16. Reflex Nutrition Assessment, otherwise known as RNA, is an ancillary form of nutrition assessment. It is a technique used to assess nutrition status by observing the response of _____ under externally provided human-force.
17. Feel the clients hands to see if they are cold. If the hands are cold, it may suggest heart and/or _____ involvement.
18. To reflex assess potential food or environmental sensitivities, simply place the suspect food/vial in the palm of the subject's hand while applying _____ against the other wrist. *It is not a wrestling match! It is a comparison of before and after resistance to the substance.
19. The human body contains several hundred miles of nerves which are capable of conducting _____ energy. **"Biomagnetism is the phenomenon where magnetic fields are produced by the living things, especially by the human body; (different from magnetic fields applied to the body, called magnetobiology)." - David Cohen, MIT

20. Digestion and metabolism are sluggish and the sphincter of the pupil is likewise sluggish. Large sluggish pupils denote bodily _____.
21. White signs in the _____ themselves can indicate inflammation or overstimulation. The whiter the signs, the more acute, inflammatory and sometimes painful is the organ.
22. The thermal and luminous rays are directly stimulating to the _____ of the tissues, causing a development and accumulations of heat while the actinic rays act upon the nervous system in a most powerful manner.
23. True or False? For winter depression, studies support the idea that full spectrum light, or light that includes a balance of both visible and UV wavelengths, is necessary for successful therapy. _____ *Vitamin D is often low when winter depression exists.
24. Blue and Violet are nervines, astringents, febrifuges, and sedatives. They _____ the nerve and vascular systems, and are good where there is inflammation and nervousness.
25. The great remedy against impure air is, of course, proper _____.
26. Magnets are believed to stimulate _____ flow, increase oxygen supply, encourage the healing of damaged tissue, aid in the management of M.S. symptoms, help with dental concerns, decrease inflammation, and help the skin detoxify.
27. Physiological and mechanical _____ has long been known to be the best means of promoting recovery in cases of injury, and it is equally valuable in recruiting depleted vital energies or in repairing a breach in the continuity of the tissues.
28. The diaphragm not only acts as a great lymph pump, but by _____ of the stomach and liver during the act of forcible inspiration, it exercises these important organs, and by promoting absorption, aids in emptying the stomach of its contents; while, by mechanical compression, it empties the liver of bile, and hastens the passage of the blood through its capillaries.
29. Lymph channels are most abundant in the _____ tissue and in the fascia which cover and lie between the muscles, so that these vessels are mechanically acted upon in massage, especially by friction and kneading movements.
30. Massage is certainly a most efficient means of increasing tissue _____ by which oxygen is absorbed by the tissues and CO₂, taken up by the blood.
31. The influence of the air upon the body depends not only upon its temperature but also upon the amount of _____ which it contains.

32. Under no circumstance should a cold bath be induced either immediately before or immediately after a _____.
33. The warm bath diminishes the frequency of the _____, especially when it has been greater than natural, and this effect is almost exactly in proportion to the duration of immersion.
34. Now in this day and age, the best source of water is probably that naturally found in _____ fruits and vegetables.
35. It has been written that, "All toxins and negative radiation are attracted to clay and are eliminated out of the body and besides the colloidal properties of clay, it acts as a _____ agent eliminating all noxious substances."
36. Fasting for health is absolutely _____ as long as the intestines and colon are full of decaying and rotten feces.
37. Almonds contain oil, proteins and phosphorus, and are useful as a general _____ both to the body and brains.
38. Garlic is a great disinfectant; it contains some strong odored acid. It cures obstinate sores and tuberculosis. Small pieces of garlic should be eaten with grated coconut and lemon juice. It can be used _____ also.
39. There are over _____ proteins in cow's milk which can cause allergic reactions in humans.
40. Clinical experience suggests that problems associated with _____ include gastrointestinal problems, behavioral problems, and even sometimes severe mental health problems.
41. USP vitamins are _____, standardized chemical isolates. In nature vitamins are never isolated: they are always present in the form of food vitamin-complexes.
42. An animal study found that synthetic vitamin A in the form of retinal acetate significantly reduced vitamin _____ utilization; this has not been shown to occur with natural vitamin A.
43. Interestingly, it is known that diets with high vitamin C content from fruits and vegetables are associated with lower _____ risk. *There are numerous beneficial nutrients in fruits and vegetables.

44. Unfortunately most mineral supplements contain minerals in the form referred to as 'mineral salts.' Even though mineral salts are often called "natural", they are _____ or they are chemically produced in accordance with the United States Pharmacopoeia.
45. Anemia, neutropenia, and osteoporosis are observed with _____ deficiency; copper is involved in connective tissue, iron metabolism, the central nervous system, melanin pigment, thermal regulation, cholesterol metabolism, immune function, and cardiac function.
46. Iodine is needed by the thyroid gland to produce thyroid hormones which influence most of the body's _____ processes.
47. In humans, zinc deficiency does not exist without a deficiency of other _____.
48. Co-enzymes are inorganic and organic substances which accelerate or control enzyme _____.
49. Synergistic action is the ability of one substance to _____ the therapeutic or physiological action of another.
50. Physiological or Pharmacological Action refers to the _____ or influence an agent exhibits upon certain organs or systems.

Note: Coenzymes (cofactors) consist of small organic molecules, many of which are derived from vitamins. Coenzymes are required by certain enzymes. They bind to the active site of the enzyme and participate in catalysis but are not considered substrates of the reaction. Some vitamins that are cofactors include B1, B2, B3, B6, B12, Niacin, Folic Acid, and Biotin.

"Coenzyme Q10 (CoQ10) is a substance similar to a vitamin. It is found in every cell of the body. Your body makes CoQ10, and your cells use it to produce energy your body needs for cell growth and maintenance. It also functions as an antioxidant, which protects the body from damage caused by harmful molecules." - WebMD.com

Metalloenzymes based on iron, zinc, copper, and cobalt are widespread, and a few enzymes have been found that contain nickel. Perhaps the largest group are those containing zinc, over 300 examples of which are known.

—————END OF TEST