CHAPTER I: A WAR STORY

1. TRUE OR FALSE
   “False Negative” is a term used when the results of a woman’s mammogram show that the lump in her breast is cancerous when in reality it is not.

2. Ten to _______ out of every 100 women who have mammograms receive false negatives.

3. If a lump is ___________, it shows up on the screen as a solid mass.

4. TRUE OR FALSE
   If you have a lump, always have it biopsied.

5. What is an autologous procedure.

6. A ______________ biopsy is a painful procedure of inserting a long needle deep into the hip bone to withdraw bone marrow.

7. Normal white blood cell count is between _______ and 10,000.

8. What are the six steps to fighting cancer?

   _______________________________________
   _______________________________________
   _______________________________________
   _______________________________________
   _______________________________________
   _______________________________________  

CHAPTER II: PRINCIPLE ONE – KNOW YOUR ENEMY.

9. The first ingredient in fighting cancer is ____________.

10. The second ingredient is important ________________.

11. TRUE OR FALSE
The world of sickness, disease, and health problems can be divided into two lists: “acute” and “chronic.”

12. An acute health problem is a sudden onset of a previously ____________ medical emergency.

13. Cancer is a ____________ degenerative condition in which normal cells have become chemically altered mutations.

A. Acute  B. Chronic  C. Recurrent  D. Genetic

14. TRUE OR FALSE

   It takes one to five years for a cancerous tumor the size of a pinpoint and composed of a million cells to form in the body?

15. All forms of cancer have two things in common. They are:

   1. ________________________________________________________________
   ________________________________________________________________
    
   2. ________________________________________________________________
   ________________________________________________________________
    
16. Dr. Ronald Glasser, M.D. described the synergism of our bodies as “a great movable city, made up of a ____________ individuals all with different skills, yet working together.

   A. Billion  B. Million  C. Trillion  D. Thousand

17. Cancerous Cells feed on the fermentation of ____________.

18. TRUE OR FALSE

   Truth be known, most cancer is the byproduct of our modern-day lifestyle; the result of choices we’ve made.
19. Cancer is a disease of the immune system, or more accurately, it is a disease of a __________ immune system.

20. There is absolutely no doubt that _______ ____________ is a concomitant phenomenon of cancer. (In other words, where there’s cancer, it’s a sure bet it was preceded by a poorly functioning liver.)

21. TRUE OR FALSE
   Poisonous materials are trapped in the small intestine and reabsorbed back into the bloodstream, only to arrive once again back at the already overloaded liver.

CHAPTER III – PRINCIPLE TWO – CUT OFF ENEMY SUPPLY LINES

22. According to an eight-page report in Newsweek on 5-27-1991; our rates of heart disease and some cancers, particularly _____________ and _____________; are among the highest in the world.
   A. Breast & Pancreas   B. Colon & Lung   C. Breast & Colon   D. Lung & Ovarian

23. John Robbins, heir to the Baskin-Robbins dynasty, wrote: Without it (__________), waste gets blocked up, and the length of time your food takes to pass through your colon is greatly increased.

24. TRUE OR FALSE
   Dietary fat from meat and dairy products is bad news!

25. Ingested _________ _________, which ferments at body temperature, gets slowed down and tends to rot in the intestine of a human being.

26. It makes better nutritional sense to get your calcium from raw nuts, seeds, fruits, and vegetables than from __________  ____________.
   A. Dairy Products   B. Calcium Supplements   C. Animal Fat   D. Fish Oil

27. The all-important first step in any effective program of nutritional therapy against cancer is ____________ ____________ and _________________.

3
28. TRUE OR FALSE
The ultimate goal of a self-administered cleansing program is to weaken your immune system so that it can more effectively go to work against the cancer.

29. If bile flow through the liver becomes hindered in any way, the waste products and poisons it has removed from the blood build up, and its vital functions slow down. This is referred to as a __________ liver.

30. Common staples of the American diet are ______-_______ foods that make it harder for the colon to do its job.

31. Dr. Norman Walker refers to fiber as our ______________ _________.
A. Colon Sweeper B. Intestinal Broom C. Rotor-Rooter D. Bowel Cleanse

32. TRUE OR FALSE
Inasmuch as the detoxification of the body is of the greatest importance, especially in the beginning, it is absolutely necessary to administer frequent enemas, day and night.

33. The goal of juice fasting is to work in partnership with the enemas to clean out your liver and intestines, while at the same time providing your cells with a maximum amount of full-potency ________, minerals, natural sugars for calories, and ______ ______ to build protein.

CHAPTER IV – PRINCIPLE THREE – REBUILD YOUR NATURAL DEFENSE SYSTEM

34. The goal at this stage, now that you’ve gotten a good start on detoxifying your body, is to begin to rebuild ________ cells.
A. T- B. Healthy C. Live D. Part of your

35. The key to healthy cells is the unhindered flow of nutrients from the ________ we eat.

36. Who Said: “Nature’s plan calls for food enzymes to help with digestion instead of forcing the body’s own digestive enzymes to carry the whole load.”
37. Heat destruction of enzymes begins at _____ degrees F and is complete at _____ degrees F.

38. TRUE OR FALSE
   About 40% of food in supermarkets has been processed and thus is enzymeless.

39. Name 5 cooking methods we use in preparing our food that kill the live enzymes in our food.
   __________________        __________________        __________________        __________________        __________________

40. A ____________ diet can be very satisfying, the trick is to recognize the huge variety of plant foods that God put into our world, then work hard at putting them together creatively into appetizing meals.

41. There are ____________ kinds of amino acids, __________ of which can be produced in our system.
   A. 16 / 9  B. 30 / 11  C. 22 / 10  D. 23 / 15

42. Name at least 8 foods that contain all 8 essential amino acids.
    __________________        __________________
    __________________        __________________
    __________________        __________________
    __________________        __________________

43. Name 3 food combining guidelines.

44. TRUE OR FALSE
   The cells of the body in health are alkaline …. The more acid the cells become, the sicker we feel.

45. We can remain in health by consuming a diet that is ___ percent alkaline and ___ percent acid.

46. ________ is an essential part of human nutrition.
47. Name 2 types of good fat. ____________________  _______________________

48. TRUE OR FALSE  
   It is important to start an exercise program for cancer patients.

CHAPTER V – BRING IN REINFORCEMENTS

49. The object of vitamin and mineral supplementation in the battle against cancer is to   ___________ healthy cells, change body chemistry, and reinforce the body’s own protective system.

50. TRUE OR FALSE  
   Vitamin/Mineral therapy and supplementation do not produce results overnight.

51. Vitamins are organic ______-nutrients that work in the body together with enzymes to regulate metabolic processes and convert proteins and carbohydrates to tissue and energy.

52. Vitamin ____ is known as an excellent antioxidant, able to go to bat against free radicals in the body that cause cancer.

53. ______________ is a very effective agent at stimulating the immune system to protect the body.

54. Without __________, vitamins would do us little good.

55. Name 4 minerals that help in fighting cancer.  
   ______________  ______________  ______________  ______________

CHAPTER VI – PRINCIPLE FIVE – MAINTAIN MORALE

56. Name 6 attitudes that can help patients keep their spirit detoxified and proper fed.  
   ______________________________________
   ______________________________________
   ______________________________________
CHAPTER VII – PRINCIPLE SIX – CAREFULLY SELECT YOUR PROFESSIONAL HELP

57. A ______________ _____________ is a medical doctor who specializes in helping the body renew or maintain health through nutritional biochemistry.

58. The main objective of the specialist trained in the art of ______________ is to ensure healthy functioning of the body’s nervous system.

59. ______________ describes the combined efforts of the parts that make up the whole of something.

60. TRUE OR FALSE
   Synergism in the war on cancer is the process of drawing on each field and specialist for those contributions that you deem necessary to form an effective battle plan.

CHAPTER VIII – COMING ALONGSIDE IN THE BATTLE

61. Name 6 things friend can do to stay involved in the lives of the cancer patient.