

Pages	Visit	Chapter	Topic	Date	Check in questions
168-174	1	16	Protein The Building Blocks of Life		What is a good source of animal protein? What is a good source of plant protein?
174-182	2		The Fats of Life		Olive oil is ____% saturated fat. Coconut oil is ____% saturated fat.
182-185			Sugars are bad		Are there any essential sugars that we must obtain from our diet for health?
185-186	3	9	Water- The Other Essential Substance		How much water do you need everyday?
186-188			Don't Over Cook, Ferment		What kind of bacteria are produced when raw whole foods are fermented?
93-97			Malnutrition & Disease		Name the dentist who studied 14 completely healthy societies and what they ate.
97-98	4	10	Cavities are symptoms		Is filling a cavity a cure to preventing new cavities from forming? If not, what is?
98-99			Drug Induced Nutrient Depletion		How do prescription drugs worsen the natural healing process?
101-102			The Cats of potenger		Amino acids are essential to our diet. What happens when they are exposed to heat?
102-103	5	11	Reversing Infertility		Which doctor found that feeding cat's raw milk and raw meat would reverse their infertility?
103-106			Nutritional Biochemistry		Who is the dentist that created the Phase II food plan to normalize blood chemistry?
107-108			Raw Whole Food-Base Concentrates		What was the very first raw, wholefood, product Dr. Royal Lee created in 1929?
108-111	6	12	From Seed to Concentrate		What do you need to grow the healthiest produce possible?
111-114			Fresh Ingredients		What kinds of things are tested at the organic farm on food?
117-118			The Illusions of "Enriched Bread"		When refining wheat, which 2 nutrient-rich components are removed to increase its shelf life?
118-121	7	13	Tricks are for kids		Who can we ask to get direct information on how our food is grown and processed?
121-124			If the FDA approves it, is it safe and sound?		What law was passed that had the aid of president Theodore Roosevelt behind it in 1906?
124-127			Genetically Modified = Frankenfood		What are one of the 4 major GMO food crops in the U.S.?
127-128	8	14	Modern Day Health Crusader		Who was the biggest financial supporter for proposition 37 in 2012?
129-131			Synthetic vitamins do not do a body good		Nutraceuticals (aka synthetic vitamins) are manufactured by what type of companies?
131-137			High Dose Synthetics = Pharmacology		Why do taking synthetic vitamins not help conditions like Scurvy?
137-138	9	15	Plants Eat Rocks		Should we eat minerals from rocks?
138-139			The Life Force of Food		Which particular part of a watch keeps time? How does this apply to vitamins?
140-141			Empty Harvest		What source of energy does the body make Vitamin D from AND plants need for photosynthesis?
141-143	10	17	Macro and Micro Minerals		Which 3 minerals are synthetic fertilizers producers focused on?
143-145			Nourishing the Soil		What is needed to nourish the soils that we grow our food from?
145-147			The Poisons in the Soil		Name some poisonous pesticides that have been sprayed onto our food.
152-154	11	18	Organotherapy		In Chinese, there is a saying, "Eat the organ you want to.... ?"
154-156			Shrinkage by Hormones		Taking an exogenous hormone for too long causes the gland that makes that hormone to _____?
156-160			Don't rip out my organs		Why are organs being removed by surgeons even though all organs are necessary for health?
162-164	12	6	Crossroads		What does the endocardiograph allow the healthcare professionals to do?
164-165			The Double Standard of Care		Who is Big Pharma and how are they harming human health?
165-167			Health Insurance		Who pays the insurance premium, and who earns the largest portion? The doctor or the insurance company?
190-193	13	7	Detoxification is for everyone		What are the 4 major routes our body is exposed to toxins?
193			Warning: Weight loss occurs if overweight		What does body fat do with toxins?
193-195			Making the Leap		Pregnant or lactating women who undergoes a purification program, what are the concerns to the fetus or baby?
197-198	14	8	Upgrading Your Body		How much control do we have over our genes? Between ____ and ____%
198-199			Cheers to your Health		What are the 5 most important factors of achieving optimum health or vitality?
199-201			Closing Words		What are some ways to change to become healthier?
61-64	15	1	The Cholesterol Illusion		What are some of the reasons why our liver produces cholesterol?
66-67			Treat the Person, Not the Number		What are some of the organs that help regulate blood pressure?
68			Dialysis provides little hope		From the case study discussed, can someone improve kidney health and avoid dialysis?
68-71	16	2	The Myth of Excellence		Is it possible to restore your health and live medication free?
73-77			Pharmaceutical Selling		List a few ways how drug reps sell pharmaceuticals?
77-78			Nowhere To Hide		How much \$\$\$ can a Medical Doctor earn to speak to other medical doctors about a pharmaceutical drug?
82-83	17	3	Seek Out the Right Doctor		What is a holistic health care practitioner?
11-13			A Sick Society		Which country has the highest the most people taking 4 or more medications?
13-15			Poor Value in the Healthcare System		Do Americans have the longest life expectancy?
16-19	18	4	Allopathic Medicine		What is allopathic medicine?
22-26			Pandora's Medicine Box		Does chemotherapy also cause cancer?
26-27			Doctors Don't Want Chemo		What percentage cancers is due to lifestyle and diet?
27-29	19	5	Betrayal of the Hippocratic Oath		What are one of the principles of the hippocratic oath?
29-31			The "Benefits Outweigh the Risks" Mantra		Medical doctors prescribe drugs with risks. Why not use remedies without risks and only benefits?
34-38			Risk1: Withdrawals Syndrome (AKA Addiction)		What are some symptoms of withdrawal?
38-40	20	5	Risk2: Adverse Reactions (AKA Side Effects)		What are one of the 3 ways medical doctors get patients to take all their medications?
40-42			Side Effects Develop Over Time		When taking a drug, how long does it take for a side effects develop?
44-46			Risk 3: Liver & Kidney Damage		How does the body divert pharmaceuticals when the liver and kidneys are taxed?
46-48	21	6	Drugs are #1 Cause of Liver Failure		Which over the counter (OTC) drug is the #1 cause of acute liver failure in the US?
51-53			Drug Induced Diseases		What are some examples of drug induced diseases?
53-55			Standing on the Sidelines		Does the FDA know everything about a drug before it approves it?
56-58	22	7	Drug-Induced Death		Name a pharmaceutical drug that has been withdrawn from the market for killing patients.