

# Book Quiz

Important information you need to know in order to maintain your health from the book  
The Pharmaceutical Myth: Letting Food be Your Medicine Is the Answer for Perfect Health.

1. Scurvy is caused by a deficiency in Vitamin \_\_\_\_\_ .
2. In 2010, which country had the highest percentage of people taking a prescription medication at 61%? \_\_\_\_\_
3. There are \_\_\_\_\_ emergency medicine doctors in the U.S who can help save victims of acute trauma and life-threatening emergencies.
4. Nitrogen mustard, a biochemical weapon used in World War II is marketed as chemotherapy to treat \_\_\_\_\_.
5. For any pharmaceutical dosage adjustment, always consult with the prescribing physician to avoid the risk of \_\_\_\_\_ syndrome.
6. The very first edition of the book titled *Drug-Induced-Diseases*, written by L. Meyler & H.M. Peck was published in \_\_\_\_\_.
7. Cholesterol, an essential substance for health is made primarily by which organ? \_\_\_\_\_.
8. The author spent an average of \$ \_\_\_\_\_ monthly, catering lunches to doctors' offices and hosting lavish dinners at 5-star restaurants.
9. Dr. \_\_\_\_\_ discovered 14 societies of men, women and children who had less than 1% of tooth decay and perfectly straight teeth. They were also solidly strong and free from all disease and illness.
10. Dr. \_\_\_\_\_ found that infertility in cats could be reversed with proper nutrition.
11. Gluten is found in the \_\_\_\_\_ part of the whole wheat kernel. (Hint: it's not in the germ)
12. Synthetic vitamins are made from coal tar, petroleum and \_\_\_\_\_.
13. Mad Cow disease, aka Bovine Spongiform Encephalopathy (BSE), is linked to organo\_\_\_\_\_ toxicity.
14. The removal of a gallbladder with no transplantation of a replacement causes patients to improperly assimilate the fat-soluble nutrients like Vitamins \_\_\_\_\_.
15. The building block macronutrient that represents 70% the strength in our bones is Collagen \_\_\_\_\_.
16. All oils and fats contain saturated fats. The oil with a high density (nearly 92%) saturated fat is \_\_\_\_\_.
17. \_\_\_\_\_ vegetables are particularly high in nutrients such as indole-3-carbinols that support the liver's ability to detoxify the body of chemicals, heavy metals and other toxins.
18. We have \_\_\_\_\_ % to \_\_\_\_\_ % control over the expression of our genes.
19. It is not uncommon for seizures to occur after a \_\_\_\_\_ or \_\_\_\_\_ vaccine is administered to a child.

# Answers

1. C
2. United States
3. 28,000
4. cancer
5. withdrawal or discontinuation
6. 1962
7. liver
8. 5,000
9. Weston A. Price
10. Francis Pottenger
11. starch or endosperm
12. corn syrup
13. organophosphate
14. A, D, E, F and K
15. protein
16. Coconut oil
17. Cruciferous
18. 80-97%
19. Hepatitis B or DTP (Diphtheria, Tetanus, Acellular Pertussis) vaccine.