

Your Body's Sign Language

Comprehension Exam

Chapter 1 Concept of Body Signs

1. The genotrophic disease concept was coined by
 - a. Roger Williams
 - b. Jacques May
 - c. William Sheldon
 - d. Robert Peshek
 - e. Giuseppe Arcimboldo
2. The psychologist who developed the concept of body types was
 - a. Roger Williams
 - b. Jacques May
 - c. William Sheldon
 - d. Robert Peshek
 - e. Giuseppe Arcimboldo
3. The artist who painted "you are what you eat" was
 - a. Roger Williams
 - b. Jacques May
 - c. William Sheldon
 - d. Robert Peshek
 - e. Giuseppe Arcimboldo
4. Which of the following body types was not elaborated by William Sheldon
 - a. Endomorph
 - b. Mesomorph
 - c. Ectomorph
 - d. Gonadal
5. The dentist who drew attention to the manner in which diet altered the development of the jaw and teeth was
 - a. Weston Price
 - b. Francis Pottenger
 - c. Jeffrey Bland
 - d. Robert Peshek
 - e. William Sheldon
6. The physician who altered the physical appearance and health of cats by modifying their diets was
 - a. Weston Price
 - b. Francis Pottenger
 - c. Jeffrey Bland
 - d. Robert Peshek
 - e. William Sheldon

Chapter 2 Body Shape: The Big Picture

7. Beer belly syndrome is least associated with

- a. Heart disease
 - b. Abnormal liver enzymes
 - c. Insulin resistance
 - d. Diabetes
 - e. Rheumatoid arthritis
8. Factors contributing to obesity would be least likely to include
- a. High sugar intake
 - b. High salt intake
 - c. Consuming trans fats
 - d. Allergy
 - e. Low density foods
9. Dr. Eric Larson found that those with the smallest circumference of the waist compared to that of the hips were how many times more likely to develop Alzheimer's disease?
- a. Two times
 - b. Three times
 - c. Four times
 - d. Five times
 - e. Six times
10. Ahmed Kissebah, M.D., found that upper body weight gain in women is associated with increased risk of developing which of the following disorders?
- a. Diabetes
 - b. Arthritis
 - c. Asthma
 - d. Breast cancer
 - e. Dementia

Chapter 3 Scalp and Hair: The Crown on Our Heads

11. Janet Roberts, M.D., found that premenopausal hair loss is often associated with deficiency of which of the following nutrients?
- a. Iron
 - b. Copper
 - c. Protein
 - d. Vitamin B3
 - e. Omega-3 fats
12. Donald Rudin, M.D., reports that when monkeys are deprived of this nutrient they invariably develop dandruff and patchy hair loss.
- a. Protein
 - b. Omega-3 fats
 - c. Zinc
 - d. Vitamin C
 - e. Vitamin B12
13. Excess facial hair on the face of a woman appears to be most associated with which of the following according to Deborah Chase?
- a. Male hormones
 - b. Female hormones

- c. Thyroid hormones
 - d. Pituitary hormones
 - e. Parathyroid hormones
14. The flag sign is most closely associated with deficiency of which of the following nutrients?
- a. Omega-3 fats
 - b. B complex vitamins
 - c. Protein
 - d. Calorie malnutrition
 - e. Trace mineral deficiency
15. Libby and Stone suggested that drug addicts are often most seriously deficient in which of the following nutrients?
- a. Protein and vitamin C
 - b. Zinc and vitamin B1
 - c. Iron and vitamin B3
 - d. Vitamin B Complex
 - e. Trace minerals
16. Prematurely gray hair (half gray by 40 years of age) increases the risk of developing osteoporosis how many times?
- a. 4.5
 - b. 3
 - c. 2
 - d. 2.5
 - e. 6

Chapter 4 Eyes and Forehead: The Windows of the Soul

17. The nutrient most effective in reducing accumulation of sorbitol in the eye, a risk factor for diabetic cataracts, is which of the following?
- a. Vitamin B3
 - b. Magnesium
 - c. Vitamin B1
 - d. Vitamin E
 - e. Vitamin C
18. Vertical forehead furrows or wrinkles are associated with increased risk of which of the following diseases according to Nelson Trujillo and Thomas Warthin?
- a. Diabetes
 - b. Ulcers
 - c. Cancer
 - d. Arthritis
 - e. Scleroderma
19. Which of the following is least likely to benefit an infection with *H. pylori* which often causes ulcers?
- a. Broccoli
 - b. Garlic
 - c. Mastic gum

- d. Soluble fiber
 - e. Nonsteroidal anti-inflammatory drugs (NSAIDS)
20. Which of the following is a risk factor for macular degeneration?
- a. Carotenoids supplementation
 - b. Broccoli
 - c. Omega-3 fats
 - d. Zinc
 - e. Antacids
21. Which of the following is not associated with nearsightedness?
- a. Tooth decay
 - b. Increased height
 - c. Early puberty in girls
 - d. High sugar diet
 - e. High vitamin A intake
22. Which of the following is not a possible allergy indicator?
- a. Puffy under the eye
 - b. Dark under the eye
 - c. Wrinkled under the eye
 - d. Protruding eyes
 - e. Failure of the pupil to respond to light

Chapter 5 Nose and Ears: Our Ventilation and Sound Systems

23. The allergic salute refers to which of the following?
- a. A wrinkle about ½ tip above the top of the nose
 - b. A callus in the palm of the hand
 - c. Lack of coordination in raising the arm
 - d. A trigger finger
 - e. A red flush on the cheek area
24. Several researchers has associated a crease in the earlobe with which of the following diseases?
- a. Diabetes
 - b. Ulcers
 - c. Cancer
 - d. Arthritis
 - e. Heart disease
25. Hearing loss is best prevented by which of the following?
- a. Supplementing with antioxidants
 - b. Supplementing with magnesium
 - c. Avoiding loud noises
 - d. Adequate intake of folic acid and vitamin B12
 - e. Lipoic acid supplementation
26. Which of the following is not contributed to by mouth breathing?
- a. Sleep apnea
 - b. Grinding of the teeth
 - c. Hyperactivity
 - d. 20% drop in oxygen saturation of the blood

- e. 20% drop in carbon dioxide in the blood
27. Which of the following foods was among the top 3 contributors to runny nose in one study?
- a. Wheat
 - b. Milk
 - c. Chocolate
 - d. Coffee
 - e. Eggs
28. Sleep disordered breathing, heart disease, and Alzheimer's are all linked by which gene.
- a. ApoE4
 - b. ApoE2
 - c. ApoE3
 - d. ApoE5
 - e. ApoE1

Chapter 6 Mouth and Teeth: Our Megaphone

29. Intolerance to which of the following foods is quite common when an individual suffers with recurrent canker sores?
- a. Milk
 - b. Egg
 - c. Chocolate
 - d. Gluten
 - e. Peanuts
30. Cracks at the corner of the mouth are characteristic of deficiency of which of the following nutrients?
- a. Riboflavin
 - b. Thiamine
 - c. Pyridoxine
 - d. Folic acid
 - e. Pantothenic acid
31. White chalky spots or brown staining on the teeth are associated with which of the following?
- a. Bromine
 - b. Fluoride
 - c. Iodine
 - d. Calcium
 - e. Iron
32. Silver fillings in the mouth may be suggestive of which of the following?
- a. Hormone imbalance
 - b. Mercury exposure
 - c. Lead exposure
 - d. Cadmium exposure
 - e. Fluoride exposure
33. A scalloped tongue suggests which of the following?
- a. Overeating

- b. Thyroid problems
- c. Allergy
- d. Excess sugar intake
- e. Digestive difficulties

Chapter 7 Neck and Shoulders: Pedestal for the Head

34. Electric shock sensation in the neck may suggest deficiency of which of the following?
- a. Vitamin B1
 - b. Vitamin B3
 - c. Vitamin B6
 - d. Folic acid
 - e. Vitamin B12
35. Excessive pigmentation of the skin when exposed to the sun is characteristic of deficiency of which nutrient?
- a. Vitamin B1
 - b. Vitamin B3
 - c. Vitamin B6
 - d. Folic acid
 - e. Vitamin B12
36. Swelling of the neck could suggest deficiency of which nutrient?
- a. Iodine
 - b. Selenium
 - c. Magnesium
 - d. Thiamine
 - e. Iron

Chapter 8 The Skin: Our Birthday Suit

37. Bumps on the skin around the hair follicle can be caused by deficiencies of which of the following nutrients?
- a. Vitamin A and iodine
 - b. Vitamin A and vitamin C
 - c. Vitamin A and vitamin B3
 - d. Vitamin B3 and magnesium
 - e. Magnesium and zinc
38. Heavy calluses on the bottom of the foot suggest increased requirements for which nutrient according to Mark Altschule, M.D.?
- a. Thiamine
 - b. Pyridoxine
 - c. Vitamin A
 - d. Vitamin C
 - e. Iron
39. A high percentage of the female population has been sensitized to what substance as a result of ear piercing?
- a. Chromium
 - b. Silver

- c. Gold
 - d. Nickel
 - e. Platinum
40. Males with an abundance of skin tags are at increased risk of developing which of the following diseases?
- a. Cancer
 - b. Heart disease
 - c. Diabetes
 - d. Alzheimer's
 - e. Stroke
41. A low temperature under the arm upon waking may indicate poor functioning of which organ?
- a. Thyroid
 - b. Parathyroid
 - c. Adrenal
 - d. Pituitary
 - e. Hypothalamus
42. Individuals with vitiligo (loss of skin pigmentation) are least likely to suffer from a deficiency of which of the following?
- a. Folic acid
 - b. Vitamin C
 - c. Stomach acid
 - d. Vitamin B12
 - e. Vitamin B3

Chapter 9 Hands and Fingers: Remote Sensing Devices

43. Guinea pigs develop osteoarthritis when they are deprived of which nutrient?
- a. Vitamin B3
 - b. Pyridoxine
 - c. Vitamin A
 - d. Vitamin C
 - e. Iron
44. Which nutrient is used to harden the hooves of horses and may be useful for brittle nails?
- a. Biotin
 - b. Protein
 - c. Magnesium
 - d. Vitamin C
 - e. Calcium
45. Carpal tunnel syndrome is associated with deficiencies of which nutrients?
- a. B1, B2
 - b. B2, B6
 - c. B3, B5
 - d. B1, B6
 - e. Folic acid, B12

46. Dupuytren's contracture is a marker for increased risk of which of the following?
- Arthritis
 - Scleroderma
 - Diabetes
 - Heart disease
 - Autoimmune disease
47. Deficiency of which nutrient can cause flattened or spoon shaped nails?
- Magnesium
 - Iron
 - B12
 - Calcium
 - Protein
48. The Quick Early Warning Sign (QEW Test) is an evaluation of which nutrient?
- Thiamine
 - Riboflavin
 - Niacinamide
 - Pyridoxine
 - Folate
49. White spots on the fingernails would most likely be associated with deficiency of which mineral?
- Magnesium
 - Iron
 - Zinc
 - Calcium
 - Iodine

Chapter 10 Back and Legs: Our Locomotive Devices

50. Sweating or pain when the hair is combed may indicate which deficiency in a child?
- Vitamin D
 - Vitamin A
 - Protein
 - Vitamin B3
 - Vitamin E
51. Discoloration of the lower leg is often characteristic of which disease?
- Heart disease
 - Cancer
 - Diabetes
 - Osteoarthritis
 - Rheumatoid arthritis
52. One of the most common deficiencies in muscle cramping which can be induced by calcium supplementation is which of the following?
- Magnesium
 - Iron
 - Zinc

- d. Potassium
 - e. Sodium
53. An often unsuspected cause of neuropathy is which of the following?
- a. Magnesium deficiency
 - b. Gluten intolerance
 - c. B12 deficiency
 - d. Vitamin B6 deficiency
 - e. Iron toxicity
54. Restless legs syndrome may indicate increased risk of which degenerative condition?
- a. Osteoarthritis
 - b. Rheumatoid arthritis
 - c. Diabetes
 - d. Heart disease
 - e. Cancer

Chapter 11 Elimination: Our Sanitation System

55. The most important factor for normal elimination is which of the following?
- a. Adequate fiber intake
 - b. Exercise
 - c. Beneficial bacteria in the digestive tract
 - d. Adequate stomach acid production
 - e. Adequate B complex and magnesium
56. Napoleon suffered with which of the following fiber deficiency diseases?
- a. Kidney stones
 - b. Hemorrhoids
 - c. Varicose veins
 - d. Diverticulosis
 - e. Hiatus hernia
57. Pink urine after eating beets suggests deficiency of which of the following nutrients?
- a. Magnesium
 - b. Iron
 - c. Zinc
 - d. Cobalt
 - e. Iodine
58. Yellow urine is caused by which nutrient?
- a. B1
 - b. B2
 - c. B3
 - d. B6
 - e. B12

Chapter 12 Appetite and Digestion: Our Energy Supply

59. Dr. Alexander Schauss suggested that a common nutrient involved in anorexia is which of the following?

- a. Magnesium
 - b. Iron
 - c. Zinc
 - d. Cobalt
 - e. Iodine
60. Which of the following is least likely to be a symptom of deficiency of hydrochloric acid production?
- a. Bloating and burping
 - b. Bad breath
 - c. Rectal itching
 - d. Intolerance to fruit juice
 - e. Stomach pain
61. Intolerance to monosodium glutamate may suggest deficiency of which of the following nutrients?
- a. B1
 - b. B2
 - c. B3
 - d. B6
 - e. B12
62. Which nutrient prevents bile from forming crystals that could lead to gallstones?
- a. Vitamin C
 - b. Vitamin B6
 - c. Zinc
 - d. Magnesium
 - e. Niacin
63. If a serious zinc deficiency exists a zinc sulfate solution will often taste like which of the following?
- a. Gradually intensifying taste
 - b. Metallic
 - c. Unpleasant
 - d. Strong but not unpleasant
 - e. Like water

Chapter 13 The Brain and Nerves: Our Onboard Computer System

64. Which of the following substances caused behavioral changes in rats according to the work of toxicologist Phyllis Mullenix?
- a. Fluoride
 - b. Mercury
 - c. Sugar
 - d. Pesticides
 - e. MSG
65. Which of the following nutrients was found by the University of Calgary research to destroy neuron structure?
- a. Fluoride
 - b. Lead
 - c. Mercury

- d. Cadmium
 - e. Arsenic
66. The most common symptom of gluten intolerance according to James Braley is which of the following?
- a. Depression
 - b. Neuropathy
 - c. Migraine
 - d. Diarrhea
 - e. Irritable bowel
67. Lack of a sense of humor can result from a deficiency of which of the following?
- a. B1
 - b. B2
 - c. B3
 - d. B6
 - e. B12

Chapter 14 Internal Organs and Conditions: The Ghost in the Machine

68. Dizziness upon rising suddenly would suggest weakness of what organ or gland?
- a. Thyroid
 - b. Adrenal
 - c. Pancreas
 - d. Heart
 - e. Pituitary
69. Statin drugs interfere which with nutrient?
- a. CoQ10
 - b. Carnitine
 - c. Vitamin E
 - d. B6
 - e. Carotenoids
70. Fibromyalgia is often associated with deficiency of which of the following nutrients?
- a. Vitamin B1
 - b. Vitamin D
 - c. Magnesium
 - d. Vitamin B6
 - e. Calcium
71. A racing pulse after eating is often indicative of which of the following?
- a. Heart problems
 - b. Stomach malfunction
 - c. Allergy
 - d. Diabetes
 - e. Neurological malfunction

Chapter 15 Male and Female: Provision for Posterity

72. A study of flavonoids was shown to slow the growth of breast cancer by a maximum of how much?
- a. 32%
 - b. 50%
 - c. 65%
 - d. 76%
 - e. 92%
73. Fibrocystic breast disease is often associated with deficiency of which nutrient?
- a. Zinc
 - b. Selenium
 - c. Iodine
 - d. Magnesium
 - e. Vitamin D
74. What common beverage or food would increase the risk of fibrocystic breast disease?
- a. Coffee
 - b. Milk
 - c. Wheat
 - d. High sugar beverages
 - e. Soy
75. Heavy menstrual bleeding will often respond to which nutrient?
- a. Vitamin A
 - b. Vitamin D
 - c. Vitamin E
 - d. Vitamin K
 - e. Vitamin B complex