

Cellular Medicine Basic Course

Multiple choice test

Please mark the correct answers – several or all answers may be correct for each question.

Participants in the distance-learning course: Please mail or fax the completed test for checking to the address or fax number on the reverse. If you pass the test we will send you your personal certificate which entitles you to membership of the Dr. Rath Health Alliance.

22. What are the motives of the pharmaceutical industry?

- a. Promoting human health
- b. Perpetuating illnesses as sales markets
- c. Obtaining maximum profits through the sale of pharmaceutical products
- d. Eradicating the causes of illness

23. What annual profit does the pharmaceutical industry make worldwide?

- a. Over \$100 million
- b. Over \$10 billion
- c. Over \$500 billion

24. How does the business with disease function?

- a. The severe side effects of pharmaceutical drugs give rise to new illnesses
- b. Illnesses are not combated at the causal, cellular level, rather symptoms are suppressed
- c. Through high patent fees, which lead to exploding healthcare costs
- d. Through the charitable interest of pharmaceutical investors

25. How many people in the UK fall ill each year as a result of the severe side effects of pharmaceutical drugs?

- a. 5,000
- b. 50,000
- c. 500,000

26. What research aim is pursued by our Research Institute?

- a. Research into the importance of vitamins and other micronutrients as the basis for health
- b. The effect of synthetic substances in suppressing the symptoms of illness
- c. The development of substances whose side effects give rise to new illnesses
- d. The effect of cellular micronutrients on certain illnesses

27. What are the aims of the Health Alliance?

- a. Disseminating knowledge about Cellular Medicine
- b. Information and education work, so as to help eradicate endemic diseases
- c. Achieving legal safeguards for free access to natural remedies
- d. Developing and securing a new healthcare system based on scientifically founded natural remedies
- e. Earning as much money as possible
- f. Passing on to others our own experiences of the effect of cellular nutrients

28. For what purpose are our company profits used?

- a. They fill Dr. Rath's private coffers
- b. They are paid to a charitable foundation
- c. They promote pharma-independent health research
- d. They are used to support health education for the population

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01. What are cells?

- a. The building blocks of our body and its organs
- b. Units that can only function by virtue of their dependency on organs
- c. The smallest "structural and functional units" in the human body.

02. In which regions of the cell does the production of bio-energy occur?

- a. Cell nucleus
- b. Cell membrane
- c. Golgi apparatus
- d. Mitochondria

03. What are cellular nutrients?

- a. Important energy suppliers for metabolism
- b. Natural substances needed continually by our body's cells to maintain life and optimum function
- c. Vitamins, minerals, trace elements, certain amino acids and other micronutrients important for metabolism
- d. Carbohydrates, fats and proteins

04. Cellular nutrient synergies are:

- a. Combinations of essential cellular nutrients which, when combined, have greater benefit for cell metabolism than single micronutrients alone
- b. Administration of high-dose single vitamins
- c. Simultaneous intake of arbitrarily selected cellular nutrients

05. A chronic deficiency of cellular nutrients:

- a. Causes no short- or medium-term alarm symptoms. Severe consequences only become apparent after many years
- b. Becomes clearly apparent after a short time only, similar to lack of oxygen or water

06. For which types of people is dietary supplementation advisable?

- a. People suffering from a severe illness
- b. People who wish to prevent a cellular nutrient deficiency
- c. Both healthy and sick people, from youth through to old age

07. Vitamin C:

- a. Is synthesised in sufficient quantities by our body itself, in the same way as in most mammals
- b. Plays only a subordinate role for our body's health
- c. Is the most important single substance for preventing cardiovascular diseases
- d. Plays a decisive role in the natural treatment of cancer and immune deficiency diseases
- e. Its role as decisive factor for maintaining cellular health was recognised over half a century ago through the awarding of a Nobel Prize

08. Cellular Medicine:

- a. Applies to medical treatment knowledge gained from biology and biochemistry about the importance of vitamins in cell metabolism
- b. Is a comprehensive health concept which draws on the fact that illness and health are decided at the level of the body's millions of cells
- c. Acknowledges the fact that a deficiency of cellular nutrients is a prime cause of defective cellular function and thus of a whole range of illnesses
- d. Dr. Rath and his research team developed this approach as a comprehensive basis for a new health system oriented towards prevention and eradication of illnesses, thus countering the pharmaceutical industry's efforts to spread illness and develop new sales markets

09. The aim of Cellular Medicine is:

- a. Treating the symptoms of illness
- b. Using its insights to obtain profitable patents
- c. Preventing and eradicating illnesses

10. Which research institute is a world leader in the field of natural cancer treatment?

- a. The US health authority, the National Institutes of Health in Maryland, USA
- b. The Dr. Rath Research Institute in California
- c. Bayer pharmaceutical group's research department

11. What are collagen-digesting enzymes?

- a. Biological cutting tools
- b. Enzymes for metabolising carbohydrates
- c. Micronutrients for supporting digestion

12. How can the spread of cancer cells be blocked?

- a. Through a diet rich in carbohydrates
- b. Through the sole use of minerals
- c. Through optimum intake of vitamin C, lysine and other cellular nutrients

13. When did Dr. Rath establish the basis for a breakthrough in natural cancer treatment?

- a. 1980
- b. 1991
- c. 2002

14. Heart attacks and strokes are the leading causes of death throughout Europe, as a consequence of arterial-sclerotic deposits. The prime cause of this is:

- a. Excessively high cholesterol levels, leading to arteriosclerosis
- b. A chronic deficiency of vitamin C, rendering the arteries brittle
- c. Bacteria which attack artery walls

15. The main cause of long-term high blood pressure is:

- a. A chronic deficiency of cellular nutrients
- b. Expansion of the arteries' diameter
- c. Short-term or temporary stress

16. What is decisive for understanding diabetes-related circulation problems?

- a. Knowing that vitamin C molecules and sugar molecules have a similar structure, which can lead to confusion in the metabolism of diabetes patients
- b. Knowing about the tasks and functions of enzymes active in digestion
- c. Understanding the extended function of liver and pancreas

17. Which of the following statements is correct?

- a. HIV is not the sole cause of AIDS since only some HIV-positive patients develop AIDS
- b. HIV and AIDS are the same as each other, since every HIV-positive patient will contract AIDS at some point in his life
- c. HIV is not the sole cause of AIDS since the HI virus can only be detected in some of those with immune deficiency disease

18. What effect do AIDS drugs have?

- a. They target the HI virus and thus prevent the outbreak of the immune deficiency disease AIDS
- b. They destroy the immune system and thus exacerbate immune deficiency
- c. They strengthen the immune system in its defensive response to the HI virus

19. What are the decisive factors in the spread of AIDS?

- a. Malnutrition
- b. Antiretroviral AIDS "chemo" drugs
- c. The marketing strategies of AIDS drug manufacturers

20. What effects do vitamins and other micronutrients have on AIDS patients?

- a. They strengthen the immune system
- b. They help to cure immune deficiency by natural means
- c. They have no effect
- d. They exacerbate AIDS

21. What is the Health Alliance doing in South Africa's shanty towns?

- a. Supporting AIDS patients with information programmes about the causes of AIDS
- b. Supporting AIDS patients with training programmes on proper nutrition for preventing AIDS
- c. Donating dietary supplements to strengthen people's immune systems
- d. Promoting the sale of expensive vitamin products