

How to Take the THHP Final Exam

The final exam for the Traditional Doctor of Naturopathy and Holistic Health Professional programs at Genesis School of Natural Health should only be taken after all other coursework and student projects have been completed and submitted.

This is a learning exercise designed to test your ability to successfully research and find answers to issues that are common to clients. You are not expected to immediately know all of the answers, although you may be surprised at just how much you do know. As a natural health professional, it is our duty to find the answers our family and clients need to support their body in its recovery of vitality. The final exam reflects this investigative process.

The questions have been formulated using course materials which include books, manuals, and class notes. This exam is “open-book” and “open computer”. Be prepared to spend the amount of time necessary to research questions and potential answers thoroughly.

Prior to submitting your completed final exam, please double check all your answers. Any answers left blank will be marked wrong. Additionally, we ask that you research the answers to any missed questions to increase your understanding as they are foundational for you as a health professional.

It has been our pleasure to serve you and we hope for the very best as you complete this exercise and step forward into making your dreams a reality. Thank you.

FINAL EXAM



Traditional Doctor of Naturopathy & Holistic Health Professional

Select the best answer for each question.

1. _____ Which set of herbs would be the most appropriate for most children?
 - A. Goldenseal, Poke Root, Cayenne
 - B. Barberry, Elderberry, Chamomile
 - C. Comfrey, Mugwort, Blue Cohosh
 - D. Skullcap, Black Walnut, Blue Flag

2. _____ Which set(s) of foods are good sources of Vitamin A?
 - A. Nuts, Navy beans, Pinto beans
 - B. Carrots, Pumpkins, Sweet potato
 - C. Egg whites, coconut oil, blackberries
 - D. All of the above

3. _____ (True or False) Hepatic herbs are used to strengthen, tone, and stimulate the secretive functions of the kidneys, causing an increased flow of urine.
4. _____ The “common thread” of gastrointestinal abnormalities occurs in:
 - A. Children with ASD (Autism Spectrum Disorders)
 - B. Those suffering from depression
 - C. People exhibiting symptoms of some forms of psychiatric disorders
 - D. All of the above
5. _____ (True or False) The use of reflexology on a regular basis may interrupt stress responses and improve conditions that occur in response to stress.
6. _____ Select the set of herbs that are vasodilators which open the blood vessels, preventing the muscles from tightening.
 - A. Hawthorn, Ginger, Cayenne
 - B. Garlic, Flaxseed, Black Mustard
 - C. Damania, Rosemary, Thyme
 - D. Kava Kava, Tarragon, Virginia Snake Root
7. _____ (True or False) For many people autoimmune issues start in the bowels.
8. _____ (True or False) Legumes are a good source of protein, however, they contain anti-nutrients that must be neutralized before cooking.
9. _____ Most overweight/obese individuals are:
 - A. Suffering from systemic inflammation
 - B. Deficient in minerals, vitamins, and omega-3 fatty acids
 - C. Allergic to pet dander
 - D. A & B only
10. _____ Which set(s) of herbs would be most helpful for mood swings and menopause-related hot flashes?
 - A. Black Walnut, Cayenne, Garlic
 - B. Motherwort, Sage, Maca
 - C. Comfrey Root, Irish Moss, Wild Cherry
 - D. Rosemary, Neem, Pennyroyal

11. _____ (True or False) Fresh lemon juice in water stimulates the liver.
12. _____ Which herb(s) would be considered tonic/nutritional specifically for the prostate?
- A. Chamomile
 - B. Licorice
 - C. Saw Palmetto
 - D. All of the above
13. _____ (True or False) Disease may be thought of as increased symptom complexes due to repeated toxic crises. Once the influx of toxins has ceased, disease generally disappears unless there is organ degeneration due to the innumerable crises.
14. _____ (True or False) When recommending probiotics, it is a beneficial to change brands and potencies after every bottle or so to seed a broader spectrum of the healthy strains of bacteria in the digestive system of the client.
15. _____ What might the elderly, pregnant females (especially at 3-4 months), and women with heavy or long menstruation have in common?
- A. Parasites
 - B. Alzheimer's
 - C. Low Iron
 - D. Excessive Energy
16. _____ (True or False) Alteratives are herbs that are tonic and healing to the nerves. They moderate, improve, or inhibit the Central Nervous System or other nervous system activities.
17. _____ Dietary fiber:
- A. Lowers the risk of diabetes, heart disease, and some cancers
 - B. Creates the necessary bulk to move stool through the colon
 - C. Comes from fruit and vegetables and has little or no nutritional value
 - D. All of the above
18. _____ (True or False) Parasites normally confined to the intestines can move into other areas of the body and cause problems as a result of leaky gut.

19. _____ Which are the most common allergens found in infants and young children?
- A. Cows Milk, Eggs, Soy
 - B. Chicken, Turkey, Beef
 - C. Avocado, Apples, Peaches
 - D. Liver, Spinach, Onions
20. _____ Which organs or body systems use a series of valves to prevent back-flow of fluids?
- A. The Ureters, the Lymphatic System, and the Heart
 - B. The Lymphatic System, the Heart, and the Veins
 - C. The Veins, the Spinal Cord, and the Lymphatic System
 - D. The Veins, the Heart, and the Ureters
21. _____ (True or False) Pork as a food poses no problem as long as it is cooked to over 165 degrees internal temperature.
22. _____ When ingesting essential oils the body's metabolism must be taken into consideration:
- A. Lipophilic properties will be lost once the essential oil reaches the liver
 - B. The liver transforms chemicals into a water-soluble state for excretion through the kidneys
 - C. Lipophilic properties are better administered through a topical solution
 - D. All of the above
23. _____ (True or False) Magnesium supplementation may reverse the following symptoms: anxiety, apathy, depression, headaches, restlessness, and sulkiness.
24. _____ Essential fatty acids (EFAs):
- A. Influence the passage of nutrients and information into and wastes out of cells
 - B. Are made up of omega-3 and omega-6 fatty acids
 - C. In the body they can be replaced by synthetic fats, rancid fats, and toxic fats
 - D. All of the above

25. _____ Hepatic herbs are used to strengthen, tone, and stimulate the secretive functions of the liver causing an increased flow of bile. Which herbal set(s) are Hepatic?
- A. Milk Thistle, Yellow Dock, Dandelion Root
 - B. Black Cohosh, Red Raspberry Leaf, Violet
 - C. Lemon Balm, Spearmint, Passionflower
 - D. All of the above
26. _____ (True or False) Wheat germ oil should not be consumed by those with Celiac disease.
27. _____ Betain is:
- A. Made by the body
 - B. A powerful liver detoxifier
 - C. Found in beets & beet greens
 - D. All of the above
28. _____ (True or False) Oregon grape is a great choice for issues pertaining to the skin, especially when combined with herbs like poke root and nettles and vitamin A and omega-3 fatty acids.
29. _____ When a person has a hard time “turning off their brain” so they can fall asleep it is usually:
- A. Too much magnesium
 - B. A lack of B vitamins
 - C. Not really a big deal
 - D. A & C Only
30. _____ Which of the following is a wonderful nervous system tonic for the very young, the elderly, the convalescing, and those with anxiety, anger, irritability, grief, or who are in transition?
- A. Cranesbill Root
 - B. Milky Oats
 - C. Fennel Seed
 - D. Black Walnut

31. _____ Homeopathic Nosodes are made using pathological organs, tissues, or causative agents that:
- A. Assist the body to recognize disease-causing entities and stimulate the elimination of pathogens
 - B. Provide a “response template” for the immune system and cell walls which acts to reduce susceptibility to a pathogen
 - C. The disease material, which is the starting ingredient, is rendered completely safe after a long series of dilutions and succussions (which is the way all homeopathics are made). No other additives or preservatives are used.
 - D. All of the above
32. _____ Bitters are herbs with a bitter taste that serve as a stimulant tonic to the gastrointestinal mucous membranes. Which herb set(s) below are especially bitter?
- A. Gentian, Horehound, Wormwood
 - B. Sheep Sorrel, Oxalis, Senna
 - C. Rosemary, Peppermint, Plantain
 - D. All of the above
33. _____ There is a strong correlation between Pediatric Bipolar Disorder and:
- A. Tonsillitis
 - B. Tick-borne Illness
 - C. The Chickenpox
 - D. Head Lice
34. _____ (True or False) Chronic inflammation is so common that it is not a problem for most clients.
35. _____ Which of the following might be a symptom(s) of a Vitamin B-Complex deficiency?
- A. Athlete’s Foot
 - B. Muscle Weakness
 - C. Candida
 - D. All of the above

36. _____ It is important to consume adequate protein because:
- A. Muscles, bones, skin (and other tissue), and blood are made and repaired from protein
 - B. Hormones and enzymes are made up of proteins
 - C. Proteins determine the flexibility and permeability of the cell
 - D. A & B only
37. _____ In sensitive individuals, and possibly most people, the consumption of gluten and lectin found in wheat causes:
- A. Hepatitis B
 - B. Halitosis
 - C. Leaky Gut
 - D. A & C only
38. _____ The Ketogenic Diet consists of:
- A. Low Carbs, Moderate Protein, High Fat
 - B. No Carbs, Moderate Protein, Low Fat
 - C. Low Fat, High Protein, Moderate Carbs
 - D. High Fat, Low Protein, High Carbs
39. _____ (True or False) Chia seeds, pumpkin seeds, spinach, green beans, Brussel sprouts, broccoli, and walnuts are foods that contain high amounts of Alpha-Linolenic Acid (ALA).
40. _____ Glucosamine:
- A. Helps cartilage, tendons, and ligaments to repair quicker by speeding up their metabolism
 - B. Causes tendons to rupture
 - C. Reduces inflammation in connective tissues and therefore helps with pain
 - D. A & C only

41. _____ Which of the following techniques are useful to induce sleep and to reduce stress?
- A. Looking at a bright cell phone or computer screen for an hour right before bed
 - B. Moderate daily exercise, eliminating caffeine, calcium/magnesium, and/or EFA supplementation, reading quietly, chamomile tea before bed
 - C. Eating dinner late at night
 - D. Watching a horror movie, playing video games, or using social media before lying down for the night
42. _____ (True or False) Adults are more likely than children to contract Lyme disease.
43. _____ It is extremely important to choose a supplement or herbal products company that?
- A. Is a “one-stop-shop” for all of your supplement/herbal product needs
 - B. Donates to charity
 - C. Has strict quality control measures
 - D. Is recommended by the natural health school that you attended
44. _____ The best source of cellular energy comes from:
- A. Glucose
 - B. Fructose
 - C. Sucrose
 - D. All of the above
45. _____ Most clients benefit beginning their herbal protocol by:
- A. Supporting the elimination process of the bowels
 - B. Cleansing both the blood and the lymphatics
 - C. Supporting the regeneration and detoxification of the liver
 - D. All of the above
46. _____ Which is necessary to supply adequate moisture to the skin, eyes, and mucous membranes of the mouth, nose, throat, and lungs?
- A. Manganese
 - B. Vitamin A
 - C. Selenium & Zinc
 - D. Vitamin C

47. _____ A parasite cleansing program should be followed with:
- A. Astringent and intestinal soothing herbs, probiotics, and nutrient dense food to promote complete intestinal cleansing
 - B. A diet high in grains and high glycemic-index foods
 - C. Over-the-counter proton pump inhibitors to reduce stomach acid
 - D. All of the above
48. _____ Symptoms of *Trichomonas vaginalis* may include which of the following?
- A. Pain, burning, or itching in the penis, urethra, or vagina
 - B. A yellow-green discharge from the penis in men
 - C. *Trichomonas vaginalis* is asymptomatic and only affects women
 - D. All of the above
49. _____ Statin medications artificially lower CoQ10 levels in the body with the potential to cause deficiencies that may present as:
- A. Chronic Pain, Physical, and Mental Fatigue
 - B. Neurological Disorders
 - C. Obesity, High Blood Pressure, and High Cholesterol
 - D. All of the above
50. _____ Antibiotic use in children can cause:
- A. Geriatric Skin Cancer
 - B. An increased risk of Juvenile Arthritis
 - C. Antibiotic Resistant Viruses
 - D. The Swine Flu
51. _____ (True or False) Consuming beef imported from overseas poses no problem with exposure to toxins and/or parasites.
52. _____ (True or False) The phosphoric acid in colas is the type that increase bone absorption of calcium.

53. _____ Fat soluble vitamin deficiencies may occur as a result of:
- A. Low-fat Diets
 - B. Removal of the Gall Bladder
 - C. Chronic Pancreatitis
 - D. All of the above
54. _____ (True or False) Autistic children have constipation, diarrhea, and food sensitivities more often than children without autism.
55. _____ Autoimmune syndromes may be caused by:
- A. Decreased intestinal permeability, probiotic supplements, raw foods
 - B. Pharmaceuticals, pollution, vaccinations, increased intestinal permeability
 - C. Eating unwashed fruits and vegetables
 - D. All of the above
56. _____ (True or False) Melissa oil is one of the strongest antiviral agents available in aromatherapy.
57. _____ Which set(s) of herbs are primarily nutritional tonics (they increase system or organ tone, energy, vigor, and strength)?
- A. Nettle Leaf, Alfalfa, Bladderwrack
 - B. Dandelion Leaf, Oat Straw, Red Raspberry
 - C. Mandrake, Bilberry, Self-Heal
 - D. All of the above
58. _____ Elderly women with osteoporosis should:
- A. Drink skim milk, increase fiber by consuming more grains, and reduce physical exercise
 - B. Supplement with calcium (citrate, lactate, or malate), vitamin D and fish oil, and increase vegetable intake
 - C. Supplement with calcium carbonate because it is cheap and does not require stomach acid to dissolve.
 - D. A & C only

59. _____ (True or False) To be considered constipated and in need of a bowel remedy a client's "poop" could be difficult to move without straining and/or occur less than daily.
60. _____ Which of the following homeopathic principles accurately describe the action of a remedy prepared from onions that may alleviate watery eye conditions and an allergic runny nose?
- A. The Law of Proving
 - B. The Law of Potentization
 - C. The Law of Similars
 - D. The Law of Gravity
61. _____ The natural health professional can assume medical liability if certain terms or phrases are used. Which of the following terms should not be allowed in your profession?
- A. Prevent, Alleviate, and Cure
 - B. Examination, Treatment, and Prescription
 - C. Patient, Doctor, and Disease Names unconfirmed by an MD
 - D. All of the above
62. _____ When using energetic biofeedback modalities such as Kinesiology and EAV/EDS the natural health professional must understand:
- A. That a positive reaction to a specific nosode homeopathic is not a diagnosis of a disease.
 - B. A substance that makes you stronger/reads positive should be avoided
 - C. A negative reaction implies that the person will always test negative for the substance
 - D. All of the above
63. _____ (True or False) Those with chronic Lyme often have large swollen "bumps" under the skin as well as swollen knees, elbows, and hands.
64. _____ The liver is designed for which of the following:
- A. To withstand all modern-day chemicals and toxic exposures without damage
 - B. Metabolize carbohydrates, fats, and proteins, and store fat-soluble vitamins
 - C. To provide immune regulation in the presence of microorganisms
 - D. B & C only

65. _____ (True or False) The principles of natural, holistic health support both the internal and external environments that foster the body's innate ability to heal itself.
66. _____ (True or False) The enzyme lactase breaks down the sugar lactose that is found in cows milk. Most adult humans have too much lactase.
67. _____ It is possible for Homeopathics to cause past symptoms to reoccur in the healing process (go back in time to resolve the issue). For a client that gets headaches or body aches, what would be the best way to handle this?
- A. Have them take Tylenol or Aspirin
 - B. Reduce the homeopathic to once per day instead of 2-3 times and re-evaluate the amount of support needed
 - C. Double the dose, you know it's working
 - D. Nothing. The client just needs to "cowboy up"
68. _____ The enzymes that break proteins into amino acids are called protease enzymes. They are important because:
- A. They cause the production of free radicals which support the body's healing processes
 - B. Their function supplies acidity to the blood and can alleviate bacterial and viral infections
 - C. They allow those with Celiac disease to eat gluten with no side effects
 - D. They increase inflammation which is beneficial for healing the small intestine
69. _____ Common causes of Vitamin B12 deficiencies are:
- A. Pharmaceuticals such as proton pump inhibitors or H2 blockers, and metformin
 - B. Malabsorption or weight-loss surgery
 - C. A vegan or vegetarian diet
 - D. All of the above
70. _____ (True or False) Reflexology is a gentle energetic technique that is safe for babies, young children, and the elderly.
71. _____ (True or False) Aromatherapy is most effective for metabolic and degenerative conditions.

72. _____ Liver sulfation (the process for eliminating excess toxins of various types)
- A. Is inhibited by the most commonly used drug called NSAIDS (non-steroidal anti-inflammatory drugs)
 - B. Can be improved by eating a diet that includes cruciferous veggies, garlic, onions, kale, radishes, runny-yolk eggs, and collard greens
 - C. May be helped by supplements such as methionine, MSM, N-acetyl-cysteine, vitamin B1/thiamine, vitamin B2/riboflavin, and magnesium
 - D. All of the Above
73. _____ How does the lymph move forward and keep from backing up?
- A. From the pressure within the aorta
 - B. Drinking water increases pressure in the bodily fluids and pushes lymph forward
 - C. Through a series of one-way valves and smooth muscle attached to the lymphatic vessels, skeletal muscle movements, and a permeable membrane at the subclavian veins where lymphatic fluid enters but cannot leave
 - D. All of the above
74. _____ (True or False) Nonalcoholic fatty liver disease (NAFLD) has become epidemic, affecting as much as 10% of children in the United States.
75. _____ The pancreas secretes two primary hormones directly into the blood. They are:
- A. Glucagon & Amylase
 - B. Melatonin & Insulin
 - C. Insulin & Glucagon
 - D. Thyroxine & Epinephrine
76. _____ Which herb has the most direct influence on pituitary function?
- A. Alfalfa leaf
 - B. Saw Palmetto berries
 - C. *Vitex agnus-castus* (Chasteberry)
 - D. Poke berries

77. _____ What is the purpose of a cold?
- A. To foster a need for pharmaceuticals
 - B. To create a healing crisis that will eliminate toxins from the body
 - C. To dampen the enjoyment of holiday festivities
 - D. To get much-needed time off from work
78. _____ To clean up a tough case of Candida one may:
- A. Look for past antibiotic use and bowel issues that never resolved, then begin “cleanup” with a parasite formula
 - B. Alternate using an herbal combination of Thyme, Oregano, and Pau D’Arco with probiotics
 - C. Include protease enzymes along with a homeopathic for Candida and multispecies bacteria
 - D. All of the above
79. _____ (True or False) Structurally, the adrenal glands are positioned on top of the bladder.
80. _____ (True or False) Chronic Dehydration can cause back pain, headaches, and high blood pressure.
81. _____ Mycoplasma are a mollicute genus of bacteria that lack a cell wall around their cell membrane. Which of the following are true:
- A. They have a rigid cellular shape and have never been found in vaccines
 - B. They are often missed as the pathogenic cause of disease
 - C. They are easily eradicated by penicillin or other antibiotics
 - D. All of the above
82. _____ Viruses thrive in a body that has:
- A. Nutrient Deficiencies
 - B. A Compromised Liver
 - C. Heavy Metal Accumulation
 - D. All of the above

83. _____ Select the best definition(s) of herbs that are astringent.
- A. Herbs that help relieve spasms
 - B. Herbs used to reduce pain when administered orally
 - C. Herbs that influence the vital contractility of cell walls (especially skin and mucous membranes), condense the tissues, make them denser and firmer, and arrest discharges
 - D. Herbs used to eliminate excess body fluids or dropsy
84. _____ Fat-soluble vitamins (A, D, E, and K) are likely needed as a supplement:
- A. When a client is an alcoholic or has recently quit
 - B. When a client seldom eats vegetables
 - C. When a client has lowered immune function
 - D. All of the above
85. _____ (True or False) It is highly unlikely that viruses trigger Multiple Sclerosis.
86. _____ Although rates are increasing and people with symptoms are getting younger, Alzheimer's and Dementia are not a normal sign of aging. Which of the following are factors known to contribute to this type of brain dysfunction?
- A. Heavy metals such as mercury or aluminum
 - B. The spirochete *Treponema pallidum* that causes syphilis
 - C. Chronic inflammation
 - D. All of the above
87. _____ Which of the following herb(s) are considered "anti-viral"? (Note: Anti-viral herbs inhibit viral activity. Nothing actually kills viruses.)
- A. Echinacea
 - B. Licorice
 - C. Astragalus
 - D. All of the above

88. _____ Those with chronic, high levels of cortisol in the blood are more likely to display:
- A. Lowered immunity, increased abdominal fat, and elevated blood sugar and insulin resistance
 - B. Coughing and wheezing
 - C. Leukonychia (white spots under the nails)
 - D. Beriberi
89. _____ Which of the following are methods to test for food sensitivities?
- A. Kinesiology or EDS/EAV
 - B. The Elimination Diet
 - C. Pulse Assessment
 - D. All of the above
90. _____ Which is the best definition of ATP (Adenosine Triphosphate)?
- A. ATP is a slow-acting molecule only found in plant cell walls
 - B. ATP is an energy-carrying molecule found in the cells of all living things which captures chemical energy obtained from the breakdown of food molecules and releases it to fuel other cellular processes
 - C. Adenosine Triphosphate is the frequently angry wife of Antipholus of Ephesus in Shakespeare's play entitled, "The Comedy of Errors"
 - D. ATP is only needed and used by cells when blood glucose levels decrease between meals
91. _____ (True or False) Food intolerances may be avoided by consuming a wide variety of foods in moderation.
92. _____ Extreme emotional events such as grief, trauma, and anger:
- A. Are not a problem for children because they are resilient
 - B. Affect the digestive system causing food to ferment and become toxic, which creates potential illness down the road
 - C. Are very enervating and can lead extreme forms of anxiety
 - D. B & C only
93. _____ (True or False) A natural health professional should only see sick people. They should not use herbal remedies and supplements to clean up minor issues for prevention.

94. _____ Calcium Carbonate is which of the following:
- A. Used as an antacid to relieve heartburn, acid indigestion, and upset stomach
 - B. The active ingredient in agricultural lime and is created when calcium ions in hard water react with carbonate ions to create limestone
 - C. A major contributor of pancreatic stones and is found occasionally in salivary stones and in many pigment gallstones
 - D. All of the above
95. _____ (True or False) A SAD diet is implicated in most prostate issues.
96. _____ Which set of herbs are vulnerary (promote the healing of fresh wounds)?
- A. Blue Cohosh, Peppermint, Cayenne
 - B. Aloe Vera, Comfrey, Calendula
 - C. Hawthorne, Mullein, Sage
 - D. All of the above
97. _____ (True or False) Cravings for salt or salty food may be an indication of adrenal fatigue, but excessive sweating from physical work or exercise and excessive water intake must also be considered.
98. _____ (True or False) Fish liver oil contains preformed vitamin A (retinol) and beta carotene is a precursor of vitamin A.
99. _____ Select the best definition of herbs that are expectorant.
- A. Herbs that are particularly healing to cerebral conditions and diseases
 - B. Herbs used to eliminate a biliary or jaundice condition in the body
 - C. Herbs that promote and facilitate the discharge of mucus from the broncho-pulmonary passages
 - D. Herbs that increase the secretion of milk
100. _____ (True or False) Adaptogens are herbs that improve immune system functions and generally improve the body's responsiveness and adaptability to stress.

___ END OF TEST ___