

Section 1 - Introduction

1.1. Which of the following statements are true about A.Vogel products:

1. Their herbal medicines are made from freshly harvested herbs
2. Products are made from the best dried herbs sourced from all over the world
3. No chemical fertilizers and pesticides are used
4. All A.Vogel products are homeopathic medicines
5. 1 & 3 are correct
6. All are correct

1.2. Choose the correct statements about Alfred Vogel

1. He opened his health store in Basel Switzerland in 1923
2. He is recognized as a pioneer of natural medicine
3. He recommended the use of fresh plant extracts when making herbal medicines
4. He travelled the world learning about the world's healing plants
5. All of the above
6. None of the above

1.3. Choose the correct statements about using alcohol to make herbal medicines

1. They taste better
2. Water soluble and fat-soluble ingredients can be extracted from plants and the medicines are absorbed quicker
3. Alcohol is a natural preservative and improves shelf life and no heating is needed
4. They are flammable
5. 1 & 4 are correct
6. 2 & 3 are correct

1.4. Which of the following are true about alcohol?

1. Many foods naturally contain alcohol because of fermentation
2. 25 drops of Echinaforce contains 458mg of alcohol
3. A burger roll may contain as much as 550mg of alcohol
4. The amount of alcohol ingested with a dose of homeopathic or herbal tinctures is negligible
5. 1 & 2 are correct
6. 1,2,3 & 4 are correct

1.5. What are the advantages of using fresh plant extracts?

1. Fresh plant extracts contain more active ingredients than dry plant extracts
2. They are easier and quicker to make
3. Fresh Echinacea extracts have more active ingredients (alkylamides) and the antiviral effect is stronger
4. Fresh Echinacea extracts contain 5% more active ingredients
5. 1 & 3 are correct
6. 2 & 4 are correct

1.6. Are the following statements about homeopathic medicines TRUE or FALSE?

- 1.6.1. Based on 'like cures like'
- True | False
- 1.6.2. All natural remedies are homeopathic
- True | False
- 1.6.3. Always uses the minimal dose to activate the healing process
- True | False
- 1.6.4. Low potencies have a physical effect and high potencies have a deeper action
- True | False
- 1.6.5. Are only made from plants
- True | False
- 1.6. Have an energetic effect
- True | False

1.7. State TRUE or FALSE for the following statements about homeopathic medicines?

- 1.7.1. They are made using succussion and potentisation
- True | False
- 1.7.2. A homeopathic simplex contains more than one ingredient
- True | False
- 1.7.3. A homeopathic complex is like a bunch of keys and the lock is the patients illness
- True | False
- 1.7.4. The remedies can be made from plants, minerals or animals
- True | False
- 1.7.5. A homeopathic complex consists of only one ingredient
- True | False
- 1.7.6. They are absorbed through the lining of the mouth
- True | False

1.8. Are the following statements about phytotherapy medicines TRUE or FALSE?

1.8.1. Made from plants, minerals and animals

- True | False

1.8.2. Absorbed through the digestive tract

- True | False

1.8.3. Also known as herbal medicine

- True | False

1.8.4. Involves use of the whole plant

- True | False

1.8.5. They are homeopathic

- True | False

1.8.6. Made using succussion and potentisation

- True | False

Section 2 - The Digestive System

2.1. State TRUE or FALSE for the following statements about the Digestive System and its structure

2.1.1. The activities of the of the digestive system includes; ingestion, digestion, absorption and elimination

- True | False

2.1.2. The accessory digestive organs are the kidneys, prostate and bladder

- True | False

2.1.3. It begins in the mouth and ends in the anus

- True | False

2.1.4. Enzymes from accessory glands are needed for digestion

- True | False

2.1.5. Digestion prepares the food we eat for absorption into the bloodstream

- True | False

2.1.6. Saliva moistens foods and contains enzymes

- True | False

2.2. State TRUE or FALSE for the following statements about disorders of the mouth

2.2.1. Includes halitosis (bad breath) which is often caused by poor gut health

- True | False

2.2.2. Living Naturally recommends Echinaforce Sore Throat Spray, Molkosan and Thursday Plantation Tea Tree Toothpaste for disorders of the mouth

- True | False

2.2.3. Cold sores are caused by candida albicans

- True | False

2.2.4. Molkosan, Boldocynara, Nephrosolid, Multiforce are suggested for Halitosis (bad breath)

- True | False

2.2.5. Thrush (also known as candidiasis) in the mouth can be caused by antibiotics, steroids, chemotherapy or immune dysfunction

- True | False

2.2.6. Gingivitis is an inflammation of the lips

- True | False

2.3. State TRUE or FALSE for the following statements about heartburn and indigestion

2.3.1. Can be improved by chewing and swallowing quickly and only eating main meals at night

- True | False

2.3.2. Heartburn is a burning sensation behind the breast bone in the middle of the chest

- True | False

2.3.3. Heart burn is improved by lying down

- True | False

2.3.4. Indigestion is when heartburn happens with other symptoms like bloating, gas, wind or burping.

- True | False

2.3.5. Living Naturally recommends Molkosan, Indigestion Formula, Gastronol and Multiforce for heartburn and indigestion.

- True | False

2.3.6. Its aggravated by being overweight, hormones and systemic pH imbalance

- True | False

2.4. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to common gastro-intestinal problems:

2.4.1	Peptic ulcer	A	About 1.5 meters long – main function is to absorb water
2.4.2	Stomach	B	Ulcers can be found in the stomach or duodenum
2.4.3	Large intestine	C	Includes Crohn's disease and ulcerative colitis
2.4.4	Diverticular disease	D	Leads from the oesophagus and opens into the duodenum – produces 3 liters of digestive juice per day
2.4.5	Inflammatory bowel disease	E	Occurs in the large bowel, usually due to constipation or poor diet
2.4.6	Coeliac disease	F	Allergy to gluten found in wheat and other grains

2.5. State TRUE or FALSE for the following statements about Dysbiosis

2.5.1. Occurs when the balance in bowel flora is disturbed

- True | False

2.5.2. Symptoms include bloating, diarrhea, constipation and discomfort

- True | False

2.5.3. ThreshHold Real MSM is the most important supplement for dysbiosis

- True | False

2.5.4. Humans have about 100 trillion microbes living on an inside the body known as the microbiome

- True | False

2.5.5. Can be caused by antibiotics, sugar, refined foods and poor diet

- True | False

2.5.6. Is caused prebiotics and probiotics

- True | False

2.6. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to fermented foods, lactic acid and butyrate

2.6.1	Fermented foods	A	The substance responsible for the sour taste in fermented foods and is very healthy for the gut
2.6.2	Butyrate	B	The richest source of lactic acid 7g/100ml
2.6.3	Molkosan	C	Foods made using lactobacillus bacteria with a sour taste
2.6.4	Lactic acid	D	A watery substance which is separated from curd when making cheese (the origin of Molkosan)
2.6.5	Whey	E	The major food for colon cells and supports the gut barrier

2.7. State TRUE or FALSE for the following statements about leaky gut syndrome

2.7.1. Also known as 'intestinal hyperpermeability'

- True | False

2.7.2. When healthy, the mucosal barrier in the gut does not allow anything to pass it

- True | False

2.7.3. It is associated with conditions like constipation, irritable bowel syndrome and food intolerances

- True | False

2.7.4. Its caused by a bad diet (processed food, sugar etc.), gut infections, antibiotics and dysbiosis

- True | False

2.7.5. It's a condition where the gut barrier allows unwanted substances (food antigens, toxins and pathogens) through it instead of keeping them out

- True | False

2.7.6. Is another term to describe runny tummy (diarrhoea)

- True | False

2.8. A.Vogel Molkosan is a major product for digestive health, state TRUE or FALSE for the following statements about Molkosan.

2.8.1. Contains the highest known concentration lactic acid known as L(+) lactic acid

- True | False

2.8.2. Made by fermenting fresh, organic Swiss whey

- True | False

2.8.3. Cannot be used externally (must only be taken orally)

- True | False

2.8.4. Used as a tonic for the pancreas by Dr Alfred Vogel

- True | False

2.8.5. Supports healthy gut bacteria, microbiome and intestinal barrier (gut barrier)

- True | False

2.8.6. Maintains and supports gut health and function by regulating/supporting healthy bowel movement and improved gut motility

- True | False

Section 3 - Circulatory System

3.1. State TRUE or FALSE for the following statements about The Heart.

3.1.1. The heart pumps 5 litres of blood every minute and around 7200 litres per day

- True | False

3.1.2. Diastole is the contracting phase of the heart

- True | False

3.1.3. Its made up of a special type of muscle called cardiac muscle which contracts in response to an electrical signal

- True | False

3.1.4. Heart muscle receives its own supply of oxygen and nutrients from the coronary circulatory system

- True | False

3.1.5. The heart is divided into two chambers and has 2 valves in total

- True | False

3.1.6. The heart beats more than 3 billion times in a lifetime

- True | False

3.2. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Blood.

3.2.1	Red blood cells	A	Has a fluid part call plasma and a cellular part made of up red cells, white cells and platelets
3.2.2	White blood cells	B	Produce a hormone which stimulates bone marrow to make to make red blood cells
3.2.3	Platelets	C	Transport oxygen from the lungs to all tissues of the body
3.2.4	Blood	D	Make up the immune system and consist of granulocytes and agranulocytes
3.2.5	Kidneys	E	Help with the clotting of blood to prevent bleeding

3.3. State TRUE or FALSE for the following statements about Iron Deficiency Anaemia.

3.3.1. Its common during rapidly growing children and adolescents, in those who absorb iron poorly or women with heavy menstruation

- True | False

3.3.2. Risk factors for maternal iron deficiency include teenage pregnancy and having multiple pregnancies

- True | False

3.3.3. Typical symptoms include, fatigue, headache, breathlessness, depressive symptoms, immunodeficiency, brittle nails and hair loss

- True | False

3.3.4. Maternal iron deficiency is the most common nutritional deficiency in pregnant women worldwide affecting around 56 million women worldwide

- True | False

3.3.5. Plant based iron (non-haem) iron is much easier to absorb than iron in animal products

- True | False

3.3.6. Bio-Strath effectively maintains haemoglobin of pregnant women throughout pregnancy and increases the absorption of iron by 5 times

- True | False

3.4. State TRUE or FALSE for the following statements about The First 1000 days of life

3.4.1. The first thousand days is from birth until the child is 1000 days old

- True | False

3.4.2. This is the period from the onset of pregnancy until the child turns 2 years of age

- True | False

3.4.3. Insufficient iron during this period may cause brain iron deficiency

- True | False

3.4.4. 'Blood over brain' is when limited iron is used first to make red blood cells rather than to supply the growing brain

- True | False

3.4.5. Bio-Strath effectively maintains haemoglobin of pregnant women throughout pregnancy and increases the absorption of iron by 5 times

- True | False

3.4.6. Research confirms that brain iron deficiency affects behaviour, memory, concentration and IQ and if not corrected by age 2, it becomes irreversible

- True | False

3.5. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Problems of the Circulatory System.

3.5.1	Heart attack	A	Has symptoms such as palpitations, missed heartbeats, fluttering, short breath, dizziness and lethargy
3.5.2	Coronary artery disease	B	'one way valves' in the heart which leak or don't open properly
3.5.3	Angina	C	When blood supply to the myocardium is interrupted for protracted periods of time, damage is irreversible
3.5.4	Disturbance of heart rhythm	D	Presents as enlarged heart, fluid around the lungs, swelling in the legs
3.5.5	Heart failure	E	One of the coronary arteries becomes blocked, caused by stress, smoking, high blood pressure, poor diet
3.5.6	Valvular heart problems	F	A reversible condition with spasm of the heart muscle when there is a lack of blood supply.

3.6. State TRUE or FALSE for the following statements about A. Vogel Crataegus Oxy

3.6.1. Is made exclusively from fresh Crataegus (Hawthorn) leaves

- True | False

3.6.2. Is a Western Herbal cardiac and circulatory tonic which helps maintain and/or

- True | False 3.6.support heart and cardiovascular health

3.6.3. Should not be given with any other heart medicines

- True | False

3.6.4. Has been shown to improve breathlessness, exercise tolerance, quality of life and fatigue in cardiac patients with heart failure

- True | False

3.6.5. The standard dose for adults is 30 drops three times daily

- True | False

3.6.6. Can safely be given with other heart medication

- True | False

3.7. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to products for the circulatory system and what they can be used for.

3.7.1	A. Vogel Ginkgoforce	A	A Western herbal medicine (horsechestnut) used for the support of healthy veins and venous circulation
3.7.2	A. Vogel Circulation Formula	B	A Western herbal cardiac tonic made from fresh Hawthorn berries
3.7.3	A. Vogel Venaforce	C	A homeopathic medicine for supportive treatment of rectal venous congestion with pain, discomfort, itching and bleeding
3.7.4	A. Vogel Crataegus Oxy	D	A Western herbal medicine which supports peripheral circulation and cognitive health
3.7.5	A. Vogel Anucare	E	A homeopathic medicine for poor peripheral circulation i.e. cold, pale, blue and numb extremities
3.7.6	Oxiprovin	F	A health supplement containing grape seed extract (source of antioxidants) for preservation of good health and venous health

3.8. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to disorders of the arteries.

3.8.1	DASH Diet	A	Crataegus oxy, Nephrosolid, Oxiprovin, Valeriana, VegOmega-3, Multiforce
3.8.2	Hypertension	B	Helps lower cholesterol, is a Mediterranean Diet plus, almonds, sticky fibre, soy, plant sterols and legumes
3.8.3	Portfolio Diet	C	When blood flow to a part of the brain is compromised (ischemic or haemorrhagic) – BEFAST!
3.8.4	Stroke	D	Systolic blood pressure greater than 140 and diastolic pressure greater than 90
3.8.5	Supportive products for high blood pressure	E	Dietary Approaches to Stop Hypertension
3.8.6	Products to support healthy cholesterol levels	F	Boldocynara, VegOmega-3, Oxiprovin

Section 4 - Respiratory System

4.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Structure of the respiratory system

4.1.1	Lower respiratory tract	A	The nose, nasal cavity and pharynx
4.1.2	Bronchial tree	B	Warms, moistens air and traps dust in mucus lining
4.1.3	Upper respiratory tract	C	The larynx, trachea, bronchi and lungs
4.1.4	Nose, nasal cavity and sinuses	D	Includes conducting and respiratory zones and is the extensive branching of bronchi in each lung.
4.1.5	Conducting zone	E	The area where gaseous exchange occurs in the respiratory bronchioles, alveolar sacs and alveoli.
4.1.6	Respiratory zone	F	Transports air between respiratory zone and the environment

4.2. State TRUE or FALSE for the following statements about Pulmonary circulation, Respiration and Regulation of breathing

4.2.1. The lungs receive right side of the heart via the pulmonary arteries and blood returns to the left side of the heart via the pulmonary veins.

- True | False

4.2.2. The diaphragm is a muscle which necessary for ventilation

- True | False

4.2.3. An example of voluntary breathing is when we blow up a balloon

- True | False

4.2.4. Gaseous exchange is dependent on the process called diffusion

- True | False

4.2.5. Involuntary breathing is when we consciously control our breathing

- True | False

4.2.6. The Rhythmicity centre controls involuntary breathing by monitoring oxygen, carbon dioxide and blood pH levels

- True | False

4.3. Link the condition in column A to the most important products you could recommend in column B.

4.3.1	Hayfever (allergic rhinitis)	A	Pollinosan & Allergy Formula
4.3.2	Sinusitis	B	Lung Formula & Echinaforce
4.3.3	Sore throat (Pharyngitis)	C	Echinaforce Sore Throat Spray
4.3.4	Colds	D	Echinaforce and Mucoforce
4.3.5	Cough (lower respiratory tract infection)	E	Sinuforce & Echinaforce
4.3.6	Asthma and tight chest	F	Echinaforce & Cough Formula

4.4. State TRUE or FALSE for the following statements about Echinaforce Sore Throat Spray

- 4.4.1. Works only in the mouth and throat (must spit it out after spraying)
- True | False
- 4.4.2. Kills both common bacteria and viruses of the throat
- True | False
- 4.4.3. As effective as routine throat sprays for sore throat
- True | False
- 4.4.4. Can be used to treat pain, inflammation and infections of the mouth and throat
- True | False
- 4.4.5. Contains A. Vogel Echinaforce and fresh, organic Sage and peppermint
- True | False
- 4.4.6. It's antibacterial, antiviral and anti-inflammatory
- True | False

4.5. Echinaforce is a very unique form of Echinacea, indicate TRUE or FALSE for the following statements:

- 4.5.1. It's made from *Echinacea angustifolia* species
- True | False
- 4.5.2. It has a well-established mode of action
- True | False
- 4.5.3. Its is only produced from fresh *Echinacea purpure*
- True | False
- 4.5.4. New Echinacea seeds are purchased every year by A.Vogel
- True | False
- 4.5.5. It is the most researched Echinacea product in the world
- True | False
- 4.5.6. It is produced using 95% aerial parts and 5% roots
- True | False

4.6. Indicate TRUE or FALSE for the following statements about the Research on Echinaforce.

4.6.1. It is used to prevent and treat cold and flu

- True | False

4.6.2. Its an immune booster i.e. it boosts the immune system whether its needed or not

- True | False

4.6.3. It shortens the duration of illness and reduces the severity of colds and flu

- True | False

4.6.4. By preventing secondary bacterial infections it reduces the need for antibiotics in those with colds and flu

- True | False

4.6.5. It has only been tested on adults

- True | False

4.6.6. Its antiviral, antibacterial and anti-inflammatory

- True | False

4.7. Indicate TRUE or FALSE for the following statements about Echinaforce Junior.

4.7.1. Can only be taken by children who can swallow a tablet

- True | False

4.7.2. Used preventively it reduces cold and flu by 32% and days with fever by 67.3%

- True | False

4.7.3. Not yet tested in children

- True | False

4.7.4. In children 4-12 years, the prevention dose is 3 tablets daily and the treatment dose is 5 tablets daily

- True | False

4.7.5. It reduces the risk of bacterial complications by 65% and thus the need for antibiotics is reduced by 76.3%

- True | False

4.7.6. Made from fresh *Echinacea purpurea* in 95:5% ratio of aerial parts to root

- True | False

4.8. Echinaforce is known for its antiviral effects, indicate TRUE or FALSE for the following statements:

4.8.1. Its effective against influenza A & B

- True | False

4.8.2. It directly kills viruses and prevents them from infecting cells

- True | False

4.8.3. Viruses can easily become resistant to Echinaforce

- True | False

4.8.4. It has been shown to directly kill coronaviruses and their variants

- True | False

4.8.5. It reduces the inflammation that viruses cause when infecting the body

- True | False

4.8.6. Most of the symptoms, runny nose, congestion, mucus, cough are because of the inflammation the virus triggers in the body

- True | False

Section 5 - Filtration System

5.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to the Hepatobiliary System:

5.1.1	The liver produces	A	An alkaline fluid, 400-800ml produced daily by the liver and needed to digest fat, laxative effect, excrete waste and toxins
5.1.2	Bitter foods	B	Signs of reduced quality and quantity of bile
5.1.3	Indigestion, bloating, constipation, nausea, abdominal discomfort	C	Bile, heat, vitamins, amino acids and cholesterol
5.1.4	Metabolic functions of the liver	D	Carbohydrate and fat metabolism & detoxification
5.1.5	Bile	E	Stimulate all digestive juices, increases peristalsis, relieves constipation and craving for sweets
5.1.6	Gall bladder	F	Where bile is stored and concentrated

5.2. Indicate TRUE/FALSE for the following statements about Typical Liver and Gallbladder Signs

5.2.1. Coughing and tight chest

- True | False

5.2.2. Moody, tired and lightheaded, waking up at 2-3AM

- True | False

5.2.3. Bitter taste in the mouth, indigestion, nausea and constipation, piles

- True | False

5.2.4. Chronic sinusitis, high cholesterol and dry itchy skin

- True | False

5.2.5. Unexplained pain on the left side of the body

- True | False

5.2.6. A. Vogel Boldocynara is indicated for the presence of these signs

- True | False

5.3. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Disorders Of The Liver, & Disorders Of The Gall Bladder and Bile Ducts

5.3.1	Metabolic syndrome	A	Fibrosis (scarring) of the liver often from alcohol abuse
5.3.2	Acute viral hepatitis	B	Can cause jaundice, bleeding too easily, oedema and anaemia
5.3.3	Jaundice	C	Stones in the gallbladder that can cause spasms and pain
5.3.4	Cirrhosis	D	A viral infection of the liver caused by the hepatitis A, B or C virus
5.3.5	Liver failure	E	Yellowing of the skin from liver disease
5.3.6	Gallstones	F	Combination of obesity, high blood sugar and insulin, abnormal lipid (cholesterol) profile, hypertension (high BP)

5.4. Indicate TRUE/FALSE for the following statements about A. Vogel Boldocynara

5.4.1. A Western herbal tonic to support the function of the liver, gall bladder and digestive system

- True | False

5.4.2. Contains milk thistle

- True | False

5.4.3. Used to relieve unhealthy liver symptoms such as indigestion, nausea, sensation of fullness, bloating and flatulence

- True | False

5.4.4. Contains artichoke, dandelion, boldo and peppermint

- True | False

5.4.5. Also indicated in those taking chronic medications, or for detoxification

- True | False

5.4.6. In adults and children over 12 years, take 10-15 drops 3 times daily before meals

- True | False

5.5. Choose the most correct relating to The Urinary System and Anatomy of the Urinary System

5.5.1	Nephron	A	Tubes that connect the each kidney to the bladder
5.5.2	Functions of the kidneys	B	The canal running from the bladder to the exterior (carries urine out the body)
5.5.3	Ureters	C	Produce urine from filtered blood – each kidney has approx. 1 million
5.5.4	Urinary bladder	D	Pair of bean shaped organs in the found towards the back of abdomen in the lumbar (lower back) region.
5.5.5	Urethra	E	Produce urine, regulate fluid and electrolytes, excrete waste, regulate blood pressure, stimulate red cell production
5.5.6	Kidneys	F	Holds 300-500ml of urine, muscles in the wall contract when emptying

5.6. Choose the most correct statements relating to Problems of the Urinary Tract

5.6.1	Kidney infection (pyelonephritis)	A	May obstruct urine flow and cause severe pain, usually caused by dehydration, acidic urine, bad diet or obesity
5.6.2	Cystitis	B	Usually starts with cystitis then spreads to the kidneys causing nausea, fever chills and back pain
5.6.3	Kidney stones	C	Bacterial infection of the bladder, causing frequent, painful urination, lower abdominal pain and smelly urine
5.6.4	Management of chronic kidney disease	D	Damage and inflammation of the bladder wall with pelvic pain, painful bladder and intercourse and cystitis symptoms.
5.6.5	Chronic kidney disease	E	Detect it early, drink more water, follow an alkaline diet, exercise regularly, treat and control the causes
5.6.6	Interstitial cystitis	F	When kidney function is weakened by uncontrolled diabetes or hypertension, stage 5 requires dialysis

5.7. The warning signs of weakness within the kidneys and urinary system include the following (indicate TRUE or FALSE)

5.7.1. Right sided symptoms

- True | False

5.7.2. Sore joints, muscles, heels and lower back

- True | False

5.7.3. Swelling of the face, ankles and legs

- True | False

5.7.4. Low blood pressure

- True | False

5.7.5. Feet – smelly, achy, athletes foot

- True | False

5.7.6. Too little urine, often smelly, dark or discoloured

- True | False

5.8. Indicate TRUE/FALSE for the following statements about A. Vogel Nephrosolid

5.8.1. A homeopathic liver tonic

- True | False

5.8.2. Promotes irrigation of the urinary tract

- True | False

5.8.3. Western herbal medicine which acts as a tonic to support the function of the kidneys, bladder and urinary tract

- True | False

5.8.4. Contains 4 herbal ingredients – Goldenrod (Solidago), Silver birch, Restharrow and Horsetail

- True | False

5.8.5. Adults and children over 12 years take 15 drops in a little water three times daily

- True | False

5.8.6. Indicated for infections, water retention, treatment and prevention of kidney stones and as a general tonic to maintain kidney and urinary tract health

- True | False

Section 6 - Musculoskeletal System

6.1. Indicate TRUE/FALSE for the following statements about The Muscular System, The Human Skeleton and The Skeletal System

- 6.1.1. There are 3 types of muscle in the body, smooth, cardiac and skeletal
- True | False
- 6.1.2. There are over 1000 bones in the human body
- True | False
- 6.1.3. Muscles are necessary for movement, to generate heat and for postural support
- True | False
- 6.1.4. The skeletal system consist of bones, joints, tendons, ligaments and cartilage
- True | False
- 6.1.5. Bones are important for protection of internal organs, they also provide support, form blood cells, are important for mineral balance and store fat and minerals
- True | False
- 6.1.6. Bone mainly consists of hydroxyapatite which is made up of calcium and phosphate
- True | False

6.2. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to the Important Structures within the Musculoskeletal System

6.2.1	Ligaments	A	A gel-like substance which provides cushioning in joints
6.2.2	Tendon	B	Consists of 33 vertebrae and protects the spinal cord
6.2.3	Cartilage	C	Fibrous connective tissue which join one bone to another and stabilize joints
6.2.4	Spine/vertebral column	D	Connect muscles to bones
6.2.5	Synovial fluid	E	Lubricates joints
6.2.6	Intervertebral disc	F	Separates the vertebrae and provide shock absorption

6.3. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Common Conditions Affecting the Musculoskeletal System

6.3.1	Sciatica	A	When an intervertebral disc bulges out of its normal position causing pain and spasm in the back
6.3.2	Tendonitis	B	As a result of a herniated disc compressing the nerve and causing pain in the leg
6.3.3	Sprain	C	Painful, inflammatory condition most commonly as a result of excess activity e.g. tennis elbow
6.3.4	Disc prolapse	D	When the joint is moved beyond its normal range of motion
6.3.5	Rheumatoid arthritis	E	Degenerative wear and tear on the joints with cartilage damage typically in the elderly
6.3.6	Osteoarthritis	F	An autoimmune disease causing painful joints which can occur at any age

6.4. Indicate TRUE/FALSE for the following statements about GOUT

6.4.1. Red meat is the only food that causes gout

- True | False

6.4.2. It commonly presents as sudden, hot, red, painful joint – most commonly the big toe

- True | False

6.4.3. Due to a build up of acid known as uric acid in the body thus Multiforce is indicated

- True | False

6.4.4. Can be prevented by drinking more water, and a more plant based (alkaline) diet

- True | False

6.4.5. Can be prevented by supporting the liver and kidneys with Boldocynara and Nephrosolid

- True | False

6.4.6. Gout only ever occurs once and doesn't come back

- True | False

6.5. Indicate TRUE/FALSE for the following statements about OSTEOARTHRITIS

- 6.5.1. Multiforce is clinically proven to effectively treat osteoarthritis
- True | False
- 6.5.2. Its due to degeneration of the joints and cartilage caused by wear and tear
- True | False
- 6.5.3. Is common in young patients
- True | False
- 6.5.4. Acidic synovial fluid in the joints harms cartilage leading to osteoarthritis
- True | False
- 6.5.5. Key products include ThreshHold Real MSM, Multiforce, Arthroforce Joint Formula and Oxiprovín
- True | False
- 6.5.6. Pain starts suddenly and affects mostly small, joints that don't bear weight
- True | False

6.6. Indicate TRUE/FALSE for the following statements about OSTEOPOROSIS

- 6.6.1. Weight bearing exercise causes osteoporosis
- True | False
- 6.6.2. Is when bones become less dense, brittle and more prone to fractures
- True | False
- 6.6.3. Its more common in women than in men due to the effect of menopause
- True | False
- 6.6.4. The early stage is called osteopenia
- True | False
- 6.6.5. When the body is too acidic, alkaline minerals stored in the bones are released, because bones lose their minerals, this weakens the bones over time
- True | False
- 6.6.6. Multiforce which contains alkaline minerals, is the key product to recommend, when the body is more alkaline less minerals are removed from the bones
- True | False

6.7. Indicate TRUE/FALSE for the following statements about CSSMA (acidity in the body)

6.7.1. Acidity (CSSMA) is caused the acidogenic diet and lifestyle i.e. acid forming foods and stress

- True | False

6.7.2. An alkaline diet contains, large amounts of meat, dairy, sugar and alcohol

- True | False

6.7.3. The harmful effect of CSSMA (acidity) include, gout, arthritis, back pain, and is harmful to bone health

- True | False

6.7.4. Calcium, magnesium and potassium are alkaline minerals

- True | False

6.7.5. Citrates are substances which only alkalinising when they are absorbed into the blood

- True | False

6.7.6. An acidogenic diet contains mainly fruit, vegetables

- True | False

6.8. Indicate TRUE/FALSE for the following statements about Multiforce

6.8.1. It contains the alkalinising minerals (calcium, magnesium and potassium), citrates bicarbonate and phosphate

- True | False

6.8.2. Contains sodium bicarbonate

- True | False

6.8.3. It protects against osteoporosis and gout, and relieves joint pain and arthritis

- True | False

6.8.4. Its designed to combat the effects of the Western, acidogenic diet and lifestyle

- True | False

6.8.5. The daily dose is 7.5g (1 heaped teaspoon/1 sachet) in a glass of water

- True | False

6.8.6. Its clinically tested and proven effective for osteoarthritis, pain, tenderness and stiffness

- True | False

Section 7 - Nervous System

7.1. Indicate TRUE/FALSE for the following statements about The Nervous System, Structure of the Nervous System, Central and Peripheral Nervous System

7.1.1. The individual cellular unit of the nervous system is the neuron which carry information through chemical and electrical signal

- True | False

7.1.2. The nervous system only has one function i.e. to collect sensory information from the body and environment

- True | False

7.1.3. The central nervous system consists only of the brain, all other structures form the peripheral nervous system

- True | False

7.1.4. The brain consists 3 major parts, the cerebrum and the cerebellum and brainstem and is divided into two hemispheres

- True | False

7.1.5. The spinal cord is protected by the vertebrae and extends from the brainstem downward

- True | False

7.1.6. The peripheral nervous system is all nerves outside the brain and spinal cord, it sends sensory information to the spinal cord and motor (movement) signals to the muscles

- True | False

7.2. Indicate TRUE/FALSE for the following statements about The Autonomic Nervous System

7.2.1. The autonomic Nervous System is part of the peripheral nervous system

- True | False

7.2.2. Stress triggers the parasympathetic nervous system

- True | False

7.2.3. It controls arterial pressure (BP), gastrointestinal functions (motility and secretion), the bladder, sweating and body temperature

- True | False

7.2.4. The Sympathetic Nervous gives rise the 'fight or flight' response

- True | False

7.2.5. Adrenalin is a hormone triggered by the parasympathetic nervous system

- True | False

7.2.6. Stimulation of the sympathetic nervous system causes raised blood pressure, and release of glucose

- True | False

7.3. Indicate TRUE/FALSE for the following statements about Insomnia

7.3.1. Sleep is necessary because the liver detoxifies the body between 23:00 and 03:00 and growth hormone is secreted and the brain is cleaned of toxins

- True | False

7.3.2. Living Naturally recommends A.Vogel Dormeasan and Nerves and Sleep Formula to help promote healthy sleep

- True | False

7.3.3. The hormone which controls sleep is called adrenalin

- True | False

7.3.4. Long term effects of poor sleep include chronic memory loss, increased risk of infections, obesity and premature ageing

- True | False

7.3.5. There are 5 stages of sleep in the sleep cycle which takes 90-120 minutes to complete

- True | False

7.3.6. Sleep hygiene is a way of life which helps to ensure better sleep and includes having a dark, noise free room, avoiding stimulants like coffee, alcohol and removing electronic devices from the bedroom

- True | False

7.4. Indicate TRUE/FALSE for the following statements about Anxiety

7.4.1. There are 9 types of anxiety, common types include specific phobias, panic disorder and generalised anxiety disorder

- True | False

7.4.2. Effects of anxiety include behavioural effects, emotional effects and physiological effects

- True | False

7.4.3. Non-medicinal therapies for anxiety include breathing exercises, walking, visualisation, progressive muscle relaxation and music therapy

- True | False

7.4.4. According to Holmes and Rahe the most stressful event an adult can experience is retirement and for a child its change of acceptance by their peers

- True | False

7.4.5. Living Naturally recommends Bio-Strath and A.Vogel Neuroforce and Nerves & Sleep and Dormeasan as supportive remedies for Anxiety

- True | False

7.4.6. Breathing exercises for anxiety include rapid, short, shallow breaths

- True | False

7.5. Indicate TRUE/FALSE for the following statements about Depression

7.5.1. Depression is a relatively rare mental disorder in South Africa

- True | False

7.5.2. Depression symptoms include diminished interest, slowing down, fatigue, poor concentration, feeling worthless or having thoughts of death

- True | False

7.5.3. Depression symptoms can be associated with other conditions like, anaemia, adrenal burnout, chromium, vitamin B, folate or vitamin D deficiency and insulin resistance

- True | False

7.5.4. The Portfolio Diet is needed to help support depression through diet

- True | False

7.5.5. Gut health plays a major role with mood through the 'gut brain axis' – a healthy addressing dysbiosis and supporting the microbiome is important for healthy mood

- True | False

7.5.6. Living Naturally recommends supportive products like Bio-Strath, A.Vogel Neuroforce

- True | False

7.6. Indicate TRUE/FALSE for the following statements about Adrenal Exhaustion and Burnout

7.6.1. Late stages of burnout causes, fatigue, coffee/sugar addiction, frequent infections, unable to handle stress and low libido

- True | False

7.6.2. The body manages stress using the hypothalamic-pituitary-adrenal axis (HPA)

- True | False

7.6.3. Adrenal glands produce a hormone called cortisol when under stress which helps the body cope

- True | False

7.6.4. During burnout stimulants, like a strong cup of coffee or an energy drink are recommended

- True | False

7.6.5. An overload of stress can make cortisol levels too high initially and too low later both lead to unwanted symptoms

- True | False

7.6.6. In burnout cases, Living Naturally recommends Bio-Strath, A.Vogel Nerves and Sleep, Neuroforce, Valeriana and Dormeasan (if sleep is negatively affected)

- True | False

7.7. Indicate TRUE/FALSE for the following statements about Attention Deficit Hyperactivity Disorder (ADHD)

1. Living Naturally recommends Bio-Strath, A.Vogel Concentration Formula, GinkgoForce and VegOmega-3 as supportive treatment for ADHD
- True | False
- 7.7.2. ADHD can present as inattentive or hyperactive/impulsive symptoms or a mixture of both
- True | False
- 7.7.3. ADHD only can occur in children
- True | False
- 7.7.4. Foods to avoid in ADHD are artificial colourants, too much sugar and fast foods
- True | False
- 7.7.5. Bio-Strath is confirmed to improve impulsiveness, and attentiveness in children with ADHD and have positive effects on behaviour in special needs children
- True | False
- 7.7.6. Symptoms of ADHD include, being distracted, forgetful, unorganised, not listening, careless mistakes, fidgeting, cant sit still, talking too much, interrupting others
- True | False

7.8. Indicate TRUE/FALSE for the following statements about Dementia and Cognitive Decline

- 7.8.1. Dementia is when intellectual ability declines because of degeneration of nerve cells and shrinking of brain tissue
- True | False
- 7.8.2. Alzheimer's is the most common type of dementia
- True | False
- 7.8.3. Typical symptoms include, memory loss, mistakes with language, poor judgment, misplacing things, mood and behaviour changes, difficulty with known tasks
- True | False
- 7.8.4. Echinaforce is the major remedy indicated for dementia
- True | False
- 7.8.5. The MIND diet is recommended which is rich in leafy green vegetables, nuts, beans and berries
- True | False
- 7.8.6. Living Naturally recommends Bio-Strath, A.Vogel GinkgoForce, VegOmega-3 and Concentration Formula as well as Oxiprovín
- True | False

Section 8 - Women's Health

8.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Introduction to Female Anatomy and The Menstrual Cycle

8.1.1	Cervix	A	From the first day menstruation until the next period starts (usually around 28 days)
8.1.2	Fallopian tube	B	Provides mechanical support to the developing foetus and prepares itself monthly for a potential pregnancy
8.1.3	Menstrual cycle	C	Collects the ovum (egg) from the pelvis using hairs and direct it through to the uterus.
8.1.4	Ovary	D	Produces hormones and makes eggs (oocytes)
8.1.5	Uterus	E	When a mature follicle ruptures and ovum (egg) is released usually happens on day 14 of the menstrual cycle
8.1.6	Ovulation	F	The lower cylindrical part of the uterus which during pregnancy seals off the uterus from the outside world

8.2. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Common Conditions Affecting Women

8.2.1	Amenorrhoea	A	Excessively heavy periods
8.2.2	Polycystic ovarian syndrome (PCOS)	B	Excessively painful periods
8.2.3	Premenstrual syndrome	C	When endometrial cells grow in the wrong places causing painful, heavy periods, painful intercourse and bowel or bladder pain with periods
8.2.4	Dysmenorrhoea	D	Metabolic and hormonal imbalance usually including obesity, acne, ovarian cysts, irregular periods, fertility problems, insulin resistance
8.2.5	Menorrhagia	E	Physical and emotional symptoms which occur before menstruation in the luteal phase
8.2.6	Endometriosis	F	When the period is absent i.e. either never had a period or had periods before and now they have stopped

8.3. State TRUE or FALSE for the following statements about Menopause

8.3.1. Menopause is when the period stops for at least three months in a women over 30 years of age

- True | False

8.3.2. A normal physiological process when menstruation stops permanently and the ability to bear children ends

- True | False

8.3.3. The lead up to menopause and the final period when most women experience many symptoms is called peri-menopause usually occurring between 40-50 years of age

- True | False

8.3.4. Hot flushes are the only symptoms of menopause

- True | False

8.3.5. Hormone replacement therapy is contraindicated or relatively contraindicated with a history of liver disease, coronary artery disease, DVTs, migraine, cancer, fibroids

- True | False

8.3.6. Surgical menopause occurs prematurely when a non-menopausal women's ovaries are removed surgically

- True | False

8.4. State TRUE or FALSE for the following statements about A.Vogel Menoforce

8.4.1. Improves menopausal symptoms without influencing a women's oestrogen levels

- True | False

8.4.2. Made from organic fresh Sage extract

- True | False

8.4.3. Contraindicated in women with a history cancers

- True | False

8.4.4. Improves both the intensity and number of hot flushes

- True | False

8.4.5. Improves hot flushes by 55% within 28 days

- True | False

8.4.6. Works directly on sweat glands and centrally on the hypothalamus and central nervous system

- True | False

8.5. State TRUE or FALSE for the following statements about A.Vogel Menoforce

8.5.1. Works on all menopause symptoms (MRS) reducing them by 43% over 8 weeks.

- True | False

8.5.2. Sweating, flushing, palpitations, joint/muscle pain and sleep problems are reduced by 40.85% within 28 days.

- True | False

8.5.3. The recommended dosage 1 tablet three times daily

- True | False

8.5.4. Mood, sleep and anxiety is also improved in menopausal women who take Menoforce

- True | False

8.5.5. Its safe and well tolerated

- True | False

8.5.6. Is a form of Bio-identical Hormone Replacement Therapy

- True | False

8.6. Link the condition/situation in column A to the most important products you could recommend in column B.

8.6.1	Premenstrual Tension (PMS)	A	A.Vogel Menopause Formula
8.6.2	For initial, short term quick relief from menopausal symptoms in addition to Menoforce	B	A.Vogel Menstruation formula, taken in the last week of the cycle leading up to the menstrual period
8.6.3	To support the emotional symptoms of PMS	C	A.Vogel Menstruation formula taken daily for 3 cycles to establish normality
8.6.4	A young girl with irregular periods	D	A.Vogel Boldocynara
8.6.5	To enhance the absorption of magnesium and vitamin B1 in a women with PMS	E	A.Vogel Neuroforce
8.6.6	When there is suspected oestrogen dominance and supporting liver detox is needed	F	Bio-Strath

8.7. State TRUE or FALSE for the following statements about Breast Health

8.7.1. Cruciferous vegetables such as broccoli, cabbage, brussels spouts and cauliflower contain a substance which promotes healthy breakdown of oestrogen

- True | False

8.7.2. Plastics contain harmful chemicals called xenoestrogens which cause hormone imbalances and can lead to cancer

- True | False

8.7.3. Breast cancer prevention includes regular screening, self-examination, and mammograms but also healthy diet and lifestyle

- True | False

8.7.4. Breasts contain tissue which is hormone sensitive and thus hormone imbalances or artificial hormones can affect them

- True | False

8.7.5. Breast cancer can present as a hard, non-moveable lump, dimpling or puckering of the breast, unusual nipple discharge or scaly skin

- True | False

8.7.6. All women need mammograms yearly from age 20

- True | False

8.8. State TRUE or FALSE for the following statements about The Menstrual Cycle

8.8.1. The luteal phase is the final phase of the ovarian cycle and occurs after ovulation has taken place

- True | False

8.8.2. The follicular phase is the first part of a new cycle where a follicle matures inside the ovary

- True | False

8.8.3. Both the combination pill and the emergency contraceptive work by preventing ovulation from happening

- True | False

8.8.4. Ovulation takes place on day 14 of the cycle when a mature follicle ruptures and releases the egg into the pelvis

- True | False

8.8.5. The uterine cycle only happens after the ovarian cycle is finished

- True | False

8.8.6. Menstruation signifies that a woman is not pregnant and happens when the lining of the uterus breaks away and is discharged through the vagina

- True | False

Section 9 - Men's health

9.1. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Introduction to Male Anatomy

9.1.1	Vas deferens	A	A sac which houses and protect the testicles as well as help control their temperature
9.1.2	Testes	B	The seminal vesicles, prostate and bulbourethral glands that produce alkaline fluids
9.1.3	Accessory glands	C	The sperm duct which moves sperm from the testes to the ejaculatory duct
9.1.4	Scrotum	D	The male equivalent of the female ovaries, this is where sperm are produced
9.1.5	Prostate gland	E	Neutralizes acid urine the urethra before semen arrives
9.1.6	Bulbourethral glands	F	Makes 30% of semen volume and promotes sperm motility

9.2. State TRUE or FALSE for the following statements about The Prostate Gland

9.2.1. It makes prostatic fluid which is highly alkaline and promotes sperm motility

- True | False

9.2.2. Has a pumping action in the process of ejaculation and is important in the erectile response

- True | False

9.2.3. The prostate typically enlarges in men from 40 years of age

- True | False

9.2.4. The prostate is typically the size of an orange in healthy men

- True | False

9.2.5. Because the urethra runs through the prostate it may affect urine flow and bladder emptying

- True | False

9.2.6. PSA is the substance the prostate makes which stimulates the swimming action of sperm

- True | False

9.3. State TRUE or FALSE for the following statements about Benign Prostatic Hypertrophy (BPH)

9.3.1. It is non-cancerous enlargement of the prostate

- True | False

9.3.2. Common prescription drugs for BPH often cause abnormal ejaculation or erectile dysfunction as unwanted side effects

- True | False

9.3.3. BPH is common in young men below the age of 30

- True | False

9.3.4. Typical symptoms include, frequent urination, hesitancy, slow and weak flow, dribbling urine and having to strain to empty the bladder

- True | False

9.3.5. Foods with a protective effect include pumpkin seeds, broccoli and cruciferous vegetables, berries and tomatoes

- True | False

9.3.6. Men with enlarged prostates have an increased risk of erectile dysfunction

- True | False

9.4. State TRUE or FALSE for the following statements about A.Vogel Prostasan

9.4.1. Prostasan has been shown to improve prostate symptom scores (IPSS) by 52%

- True | False

9.4.2. Men with sexual dysfunction as a result of enlarged prostate improve by 40% in when taking Prostasan

- True | False

9.4.3. The dosage is 1 capsule three times daily

- True | False

9.4.4. Like chemical drugs for BPH, Prostasan may also cause erectile problems as a common side effect

- True | False

9.4.5. In addition to improving symptoms of BPH, laboratory research found there to be a protective effect against prostate cancer cells

- True | False

9.4.6. The active ingredient is Saw palmetto also known as Sabal serrulata or Serenoa serrulate

- True | False

9.5. State TRUE or FALSE for the following statements about Male Endocrinology and Andropause

9.5.1. Testosterone is made in the Leydig cells of the testes

- True | False

9.5.2. A lack of REM sleep may contribute to lower testosterone levels

- True | False

9.5.3. Regular beer consumption may reduce testosterone by 6.8% in men

- True | False

9.5.4. Exposure to xenoestrogens brings on puberty in boys much sooner

- True | False

9.5.5. Men with andropause may have, hot flushes and night sweats, low energy and moods, loss of muscle mass, development of breast tissue and increased abdominal fat

- True | False

9.5.6. Resistance exercise promotes testosterone in men

- True | False

9.6. State TRUE or FALSE for the following statements about the treatment/management of Benign Prostatic Hypertrophy

9.6.1. A.Vogel Prostate Formula is a homeopathic medicine for supportivesymptomatic relief of mild disorders of the male urinary tract – it can be used initially with Prostan for quick symptomatic relief of BPH symptoms

- True | False

9.6.2. Lycopene, and vitamin C should not be given to men with enlarged prostates

- True | False

9.6.3. Limiting red meat, dairy, caffeine, alcohol and sodium may be beneficial for men with enlarged prostates

- True | False

9.6.4. Certain medicines can make BPH symptoms worse such as decongestants, diuretics, and some high blood pressure medicines

- True | False

9.6.5. There is extensive historical evidence of Saw palmetto leaves and roots in treating BPH.

- True | False

9.6.6. Patients can be started on A.Vogel Prostate Formula and Prostan for the first month, then maintained on Prostan alone.

- True | False

Section 10 - Integumentary System

10.1. State TRUE or FALSE for the following statements about the Anatomy of the Skin

10.1.1. The epidermis consists of many layers of cells the upper layers consist of dead cells filled with a substance called keratin

- True | False

10.1.2. The skin is the largest organ in the body

- True | False

10.1.3. The dermis is a deeper layer containing, blood vessels, hair follicles, sweat glands as well as connective tissue and collagen

- True | False

10.1.4. The Hypodermis is the outermost layer of skin exposed to the outside world

- True | False

10.1.5. Hair follicles are found in the epidermis

- True | False

10.1.6. There are three types of sweat glands, sebaceous, sudoriferous and ceruminous

- True | False

10.2. State TRUE or FALSE for the following statements about the Anatomy of the Nails and Anatomy and Physiology of Hair and the Function of Hair Skin & Nails

10.2.1. Like the epidermis, nails also consist of dead keratinised cells compacted into a hard clear covering of the fingers and toes

- True | False

10.2.2. The nail root is called the matrix and is the site where the nail grows from

- True | False

10.2.3. Hair follicles are found in the epidermis of the skin

- True | False

10.2.4. Hair is important for temperature regulation, protection, touch sense and communication

- True | False

10.2.5. Skin is important for protection as a mechanical barrier, it is also a blood reservoir and is needed for both absorption and excretion.

- True | False

10.2.6. Nails only serve an aesthetic purpose and no other function

- True | False

10.3. State TRUE or FALSE for the following statements about Acne Vulgaris

10.3.1. Comedones is the medical word for blackheads

- True | False

10.3.2. Acne rosacea is another word for acne vulgaris (they are the same condition)

- True | False

10.3.3. Acne occurs when hair follicles become blocked with dead skin cells and oils and occurs where there are lots of sebaceous glands e.g. face, upper chest and back.

- True | False

10.3.4. Acne vulgaris affects 80-90% of teenagers and is the 8th most common disease in the world.

- True | False

10.3.5. The most likely causes of acne include hormones, PCOS, bacteria, stress and genetics

- True | False

10.3.6. Living Naturally recommends A. Vogel Breakout Formula, Echinaforce, and Bio-Strath. Where menstruation worsens acne add A.Vogel Menstruation Formula.

- True | False

10.4. State TRUE or FALSE for the following statements about Dermatitis

10.4.1. Stasis dermatitis presents as dark, pigmented areas on the legs and is due to poor circulation

- True | False

10.4.2. The gut skin axis refers to the link between gut health and skin health and includes factors like leaky gut syndrome and dysbiosis

- True | False

10.4.3. Seborrheic dermatitis is also known as 'dandruff' in adults or 'cradle cap' in babies and children

- True | False

10.4.4. Atopic dermatitis is an allergic condition with an itchy rash plus other allergic conditions such as asthma or hay fever

- True | False

10.4.5. Causes of atopic dermatitis include, being 'too clean,' problems with the microbiome, food allergies, stress or when the eliminatory system is over burdened

- True | False

10.4.6. Living Naturally recommends A. Vogel DermX Formula, Boldocynara and Nephrosolid to promote elimination and detoxification as well as Molkosan to support the gut microbiome

- True | False

10.5. State TRUE or FALSE for the following statements about Psoriasis

10.1.1. It presents as scaly patches of skin on the scalp, knees, elbows and navel

- True | False

10.1.2. Nails may be involved which become pitted or distorted

- True | False

10.1.3. It occurs when skin cells grow at a much slower rate than normal

- True | False

10.1.4. Its often triggered by physical injury, infections, psychological trauma or certain

- True | False drugs

10.1.5. Key aspects of treatment include, manage stress, support elimination, pH, microbiome and follow an anti-inflammatory diet

- True | False

10.1.6. Living Naturally recommends A.Vogel Molkosan, Boldocynara, Nephrosolid, DermX Formula, Multiforce

- True | False

10.6. Link the condition/situation in column A to the most important products you could recommend in column B.

10.6.1	Urticaria	A	A. Vogel Echinaforce
10.6.2	Local treatment of impetigo	B	A. Vogel Molkosan locally and internally
10.6.3	Boils that reoccur	C	Thursday Plantation Tea Tree Oil
10.6.4	Candida of the skin	D	A. Vogel Allergy Formula
10.6.5	Local treatment of shingles	E	Bio-strath when frail and Neuroforce if triggered by emotional trauma
10.6.6	Systemic treatment of shingles	F	A. Vogel St Johns Wort oil and/or ThreshHold Gel

10.7. State TRUE or FALSE for the following statements about Skin Infections

10.7.1. Fungal skin infections typically infect dead cells i.e. skin, hair and nails

- True | False

10.7.2. Impetigo causes sores on the skin and is usually because of a bacterial infection

- True | False

10.7.3. Ring worm is a skin infection making ring shaped patches and is caused by a worm infection

- True | False

10.7.4. Reoccurring candida infections can suggest a systemic dysbiosis problem and microbiome imbalance

- True | False

10.7.5. Many viral infections cause skin rashes, a typical example of this is German measles

- True | False

10.7.6. Chicken pox and shingles are caused by the same virus

- True | False

10.8. Link the product in column A to their matching indications listed in column B.

10.8.1	Thursday Plantation Tea Tree Oil	A	Local treatment of shingles pain
10.8.2	A. Vogel DermX Formula	B	For local treatment of small boils, mild acne, nail infections with antibacterial and antifungal actions
10.8.3	A. Vogel St Johns Tissue Oil	C	A homeopathic medicine for supportive treatment of pimples and problem skin
10.8.4	A. Vogel Echinaforce	D	A homeopathic medicine for the supportive treatment of dermatitis (dry and moist rashes)
10.8.5	A. Vogel Breakout Formula	E	For skin problems caused by infections from viruses and bacteria
10.8.6	A. Vogel Molkosan	F	To support the microbiome in psoriasis, candida infections caused by dysbiosis and locally for fungal skin infections

Section 11. Products

11.1. State TRUE or FALSE for the following statements about A. Vogel Multiforce

11.1.1. Multiforce is a source of calcium, magnesium, phosphorus, and potassium as well as citrate and bicarbonate salts (alkalising minerals) and has a systemic alkalising effect.

- True | False

11.1.2. Sodium bicarbonate (baking soda) is one of the major active ingredients in Multiforce.

- True | False

11.1.3. Multiforce supports the body's acid buffering mechanism by providing alkalising minerals, the aim being to combat the effects of a typical acidogenic diet and CSSMA.

- True | False

11.1.4. In a clinical trial, Multiforce resulted in significant reduction in pain, stiffness and tenderness in patients with osteoarthritis of the hands.

- True | False

11.1.5. Multiforce increases urine pH (makes it more alkaline) which confirms its systemic alkalising effect.

- True | False

11.1.6. Multiforce may help to support bone health, reduce heartburn and indigestion, reduce joint pain in arthritis as well prevent gout and kidney stone formation.

- True | False

11.1.7. Multiforce is anti-inflammatory as it contains sulphur.

- True | False

11.2. State TRUE or FALSE for the following statements about A. Vogel Echinaforce

11.2.1. Echinaforce is proven to have anti-viral, antibacterial and anti-inflammatory effects

- True | False

11.2.2. Echinaforce is safe for long term use and safe to use during pregnancy and breastfeeding

- True | False

11.2.3. Echinaforce has potent antiviral properties specifically against enveloped viruses e.g. influenza, herpes simplex, RSV and coronaviruses

- True | False

11.2.4. Echinaforce Junior reduces the need for antibiotics by 76% and the complications of respiratory tract infections by 65% in children

- True | False

11.2.5. Although Echinaforce is antiviral against many viruses, it is not effective against coronaviruses

- True | False

11.2.6. Echinaforce is clinically proven to prevent and treat colds, flu and reduce the risk of their complications e.g. otitis, bronchitis, pneumonia, sinusitis

- True | False

11.2.7. Echinaforce is an 'immune booster' i.e. it indiscriminately boost the immune system

- True | False

11.2.8. Echinaforce is uniquely made from fresh, organic *Echinacea purpurea*, in the ratio of 95:5 herb to root, has a proven mode of action and is the most research Echinacea product

- True | False

11.3. State TRUE or FALSE for the following statements about A. Vogel Molkosan

11.3.1. Molkosan is made from lacto-fermented Swiss organic whey and is a source of lactic acid and butyrate.

- True | False

11.3.2. Molkosan contains healthy hydrochloric acid

- True | False

11.3.3. Molkosan acts as a pre-biotic in the digestive tract, supporting the microbiome and gut barrier.

- True | False

11.3.4. Molkosan is proven to increase butyrate levels as lactic acid is converted into butyrate in the intestine.

- True | False

11.3.5. Molkosan relieves the symptoms of irritable bowel syndrome such as bloating, cramping, gas, urgent stools and alternating constipation and diarrhoea

- True | False

11.3.6. Molkosan is not for those who are lactose intolerant

- True | False

11.3.7. Molkosan can be used externally for fungal infections

- True | False

11.3.8. Butyrate is the main food for colon cells and regulates their growth, it is anti-inflammatory and supports the gut barrier and combats the negative effects of antibiotics.

- True | False

11.4. State TRUE or FALSE for the following statements about ThreshHold Real MSM

11.4.1. The active ingredient in ThreshHold Real MSM is OptiMSM® comprising 99.9% pure, four times distilled MSM

- True | False

11.4.2. One of the key areas of research on OptiMSM is exercise recovery confirming the effectiveness of ThreshHold in preventing inflammation, shortening recovery time and reducing post exercise soreness

- True | False

11.4.3. ThreshHold Real MSM is also confirmed to be effective in osteoarthritis, reducing pain and improving joint function

- True | False

11.4.4. ThreshHold Real MSM should not be taken long term because like other anti-inflammatories it can damage the stomach lining

- True | False

11.4.5. ThreshHold Real MSM unlike other anti-inflammatories and some other natural joint products has no known drug interactions and no contraindications.

- True | False

11.4.6. ThreshHold Real MSM should never be given to anyone with sulphur allergies because they will be allergic to it

- True | False

11.4.7. Each tablet contains 100mg of OptiMSM®

- True | False

11.4.8. ThreshHold Real MSM is safe to use during pregnancy and breast feeding

- True | False

11.5. State TRUE or FALSE for the following statements about Bio-Strath

11.5.1. Research on Bio-Strath confirms that it significantly enhances the absorption of nutrients in the digestive tract

- True | False

11.5.2. Bio-Strath increases the absorption of Iron by 5 times and Vitamin B1 by 10 times

- True | False

11.5.3. Bio-Strath increases the absorption of Zinc and Magnesium by 60 times

- True | False

11.5.4. Bio-Strath improves the absorption of iron by 5 times and maintain haemoglobin levels in pregnant women throughout their pregnancies.

- True | False

11.5.5. Bio-Strath has been clinically proven to be beneficial in special needs children and children with ADD

- True | False

11.5.6. Bio-Strath contains building substances which are needed first by cells before any other nutrients

- True | False

11.5.7. Bio-Strath contains 21 different nutrients

- True | False

11.5.8 Bio-Strath is needed in the first 1000 days of life, i.e. during pregnancy through the mother and to supplement in the infant until he/she reaches age 2 (at least).

- True | False

11.6. State TRUE or FALSE for the following statements about Oxiprovin

11.6.1. Oxiprovin is a balanced antioxidant as its antioxidant effect is achieved through multiple pathways rather than simply neutralising free radicals

- True | False

11.6.2. Oxiprovin directly protects cells, organs and tissues from oxidative stress, reducing inflammation and restoring balance

- True | False

11.6.3. Oxiprovin's anti-oxidant effects are due to the presence of grape fruit seed extract which is the main active ingredient in Oxiprovin

- True | False

11.6.4. Oxiprovin provides protection in those following an unhealthy diet, a sedentary lifestyle, those who are, stressed, smokers, overweight or have a family history of cardiovascular, inflammatory or degenerative disease

- True | False

11.6.5. Specific conditions known to improve from grape seed extract include cardiovascular, metabolic, neurodegenerative, inflammatory or degenerative conditions

- True | False

11.6.6. Oxiprovin, like most other anti-oxidants should not be used long term as it could have a pro-oxidant effect

- True | False

11.6.7. Oxiprovin consists of 100% grape seed extract produced in South Africa with 140mg per capsule and contains polyphenols including oligomeric proanthocyanidins

- True | False