

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