

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