

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