

Ayurveda

1. Whom did Lord Brahma teach the science of Ayurveda?

- a) Aryabhatta
- b) Dhanwantari
- c) Charaka
- d) Sushruta

2. How many Marma points are there in the body?

- a) 93
- b) 100
- c) 107
- d) 45

3. What is the life giving energy running through the body called?

- a) Sthanasamshraya
- b) Prana
- c) Ayurveda
- d) Pitta

4. How many Marma points are on the head and neck?

- a) 12
- b) 14
- c) 22
- d) 37

Cactus Massage

5. What is the name of the "Cactus Pieces" used for Cactus Massage?

- a) Stems
- b) Paddles
- c) Nopal Juice
- d) Aloe Vera

Oncology Massage

6. The term "carcinogen" is defined as:

- a) a benign tumor
- b) a term that defines a tumor
- c) means the absence of cancer
- d) an agent that can cause cancer such as a toxin

7. Leukemia is defined as:

- a) Cancer of white blood cells or a cancer of the cells that develop into white blood cells
- b) Myeloma, cancer of bone marrow
- c) Lymphoma, cancer of the Lymph Nodes
- d) Benign tumor

8. The treatment of Chemotherapy involves:

- a) Cold baths
- b) Drugs
- c) Alternative medicines
- d) Radiation

9. Immunotherapy focuses on:

- a) Stimulating the immune system
- b) Using hydrotherapy during treatment
- c) Using only alternative methods of treatment
- d) Using light therapy to treat the cells

Creole Bamboo Massage

10. Bamboo sticks are used to perform tapotement at _____ per minute

- a) 10 - 12 beats
- b) 100 - 120 beats
- c) 120 - 140 beats
- d) 60 - 80 beats

11. Bamboo sticks are generally filled with either rice or _____

- a) Pebbles
- b) Sand
- c) Bananas
- d) Coconut pieces

Hilot Filipino

12. Hilot Filipino originated in

- a) Philippines
- b) Bali
- c) South America
- d) Canada

Hydrotherapy

13. The "father" of hydrotherapy is:

- a) Dr. Sitz
- b) Father Joseph
- c) Father Sebastian Kneipp
- d) Dr. McNally

14. In signs of stages of inflammation, LOF stands for:

- a) Loss of feeling
- b) Loss of facts
- c) Loss of function
- d) Loss of face

15. "Watsu" is a type of _____

- a) Aquatic Massage
- b) Hydrotherapy
- c) Hot Sauce
- d) Bamboo stick

Lomi Lomi

16. The term "Lomi" in Hawaiian culture means:

- a) Water
- b) Sun
- c) Oil
- d) Massage

17. At times, different tools are added into the "Lomi Lomi" massage and include:

- a) Sticks and Rice

- b) Stones and Rice
- c) Herbs and Rice
- d) Sticks, Stones and Herbs

Manual Lymph Drainage

18. Manual Lymph Drainage has the history of originating in Germany or?

- a) Spain
- b) France
- c) Asia
- d) England

19. The lymphatic system is a complex drainage or _____ system

- a) touch
- b) temperature
- c) sewer
- d) regulated

20. The Lymphatic System has how many "pumps"?

- a) None
- b) one
- c) two
- d) three

21. The Cisterna Chyli is the largest?

- a) Lymph Node
- b) Thoracic Duct
- c) Organ
- d) Closed System

22. The Cisterna Chylia is located in the?

- a) Thoracic Cavity
- b) Abdominal Cavity
- c) Sacrum

d) Femoral Triangle

23. The Cisterna Chylii is one of _____ reservoirs of the lymph system

a) Two

b) Three

c) Four

d) Five

Neuromuscular

24. "T.P." stands for

a) Trigger Point

b) Touch Practice

c) Teach Protocol

d) Treatment Practice

25. Trigger Points are

a) Not sensitive

b) Hypersensitive

c) Cold

d) Red