

Chapter 2: Integrative Medicine and Complementary Therapies

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ___ 1. Conventional medicine may have been integrated until this scientist separated the “mind” from the “body.” That scientist was:
- Samuel Hahnemann.
 - Hippocrates.
 - Rene Descartes.
 - Andrew Taylor.
- ___ 2. Chinese medicine and Ayurvedic medicine are healing traditions dating as early as:
- 3000 years ago.
 - 8000 years ago.
 - 5000 years ago.
 - 2000 years ago.
- ___ 3. Osteopaths and chiropractors:
- Are licensed in every state.
 - Practice a form of “manual” treatment for healing.
 - Practice “mind-body” medicine.
 - Only A and B above
- ___ 4. Naturopathy:
- Classifies humans in three body types.
 - Stresses prevention and the use of nontoxic natural therapies.
 - Considers “Qi” or the “life force or energy.”
 - Teaches that energy flows in channels or meridians to all parts of the body.
- ___ 5. Distress may be alleviated by:
- Eating comfort foods, such as chocolate, corn chips, and French fries.
 - Losing 10 pounds.
 - Good nutrition, exercise, and a good support system.
 - Refusing to respond to the challenges of everyday activity.
- ___ 6. Integrative medicine also may be referred to as:
- Holistic or wholistic.
 - Alternative or accommodative.
 - Natural or complementary.
 - All of the above
- ___ 7. Negative emotions that can depress the immune system include:
- Depression and despair.
 - Panic and fear.
 - Hate and frustration.
 - All of the above
- ___ 8. A sense of joy has the ability to:
- Warm the body and cleanse the spirit.
 - Accelerate breathing and tighten muscles.
 - Cause the head to pound and the teeth to clench.

- d. Only A and B above
- ___ 9. The term “integrative medicine” was introduced by:
- a. The OAM.
 - b. The National Institutes of Health.
 - c. Andrew Weil, MD.
 - d. The World Health Organization.
- ___ 10. Herbal medicines:
- a. Are considered mainstream in many cultures.
 - b. Are approved by the Food and Drug Administration.
 - c. Are seldom based on modern traditional medications.
 - d. Are an integral part of manual healing methods.
- ___ 11. Dietary Goals for Americans, adapted from the United States Department of Agriculture include the following:
- a. The XYZs of lifestyle choices.
 - b. Aim for fitness as the primary goal in food choices.
 - c. Fitness, building a healthy base, and choosing sensibly.
 - d. Do not emphasize the food pyramid.
- ___ 12. The kind of disease that results from unexpressed negative emotion is called:
- a. Mental illness.
 - b. Psychological illness.
 - c. Psychosomatic illness.
 - d. Emotional illness.
- ___ 13. Microscopy, bacterial cultures, x-ray studies, vaccines, and antibiotics come from which medical tradition?
- a. Traditional
 - b. Ayurvedic
 - c. Traditional Chinese medicine
 - d. Osteopathy
- ___ 14. Which of the following medical traditions relies most heavily on drug-based therapies for relief?
- a. Ayurvedic
 - b. Homeopathy
 - c. Naturopathy
 - d. Traditional
- ___ 15. External environmental factors influencing personal health and well-being include:
- a. Genetic traits and physical characteristics.
 - b. Air and food.
 - c. Familial tendencies.
 - d. Both B and C
- ___ 16. Health and lifestyle are influenced by:
- a. Life’s opportunities and personal attitudes.
 - b. Education and knowledge and degree of self-confidence.
 - c. Individual responsibilities.
 - d. All of the above
- ___ 17. Which of the following statements is not true about stress?
- a. Biological organisms require some stress in order to maintain their well-being.

- b. Stress is always an indication of physical pain in the body.
 - c. Stress may produce pathological changes in the body.
 - d. The recognition of stress in one's life is essential to a healthy lifestyle.
- ___ 18. Laughter and play are important for experiencing holistic health, because they:
- a. Encourage clients to think about things other than their illness.
 - b. Enable individuals to bond together and to express their pain or grief in the "make believe" vernacular.
 - c. Stimulate the release of endorphins in the body and decrease pain.
 - d. All of the above
- ___ 19. Manual healing methods include:
- a. Osteopathic medicine.
 - b. Chiropractic medicine.
 - c. Massage therapy.
 - d. All of the above
- ___ 20. In the past decade, which of the following manual healing methods has become popular in the sports medicine area?
- a. Osteopathic medicine
 - b. Chiropractic medicine
 - c. Massage therapy
 - d. Herbal medicine
- ___ 21. Mind-body medicine promotes a strong interrelatedness between:
- a. Emotions.
 - b. Stress.
 - c. The body's reaction through the immune system.
 - d. All of the above

True/False

Indicate whether the statement is true or false.

- ___ 22. Complementary medicine depends greatly on educating and empowering individuals to take personal responsibility for their health.
- ___ 23. When discussing health care, the term "natural" always means "safe."
- ___ 24. When using dietary supplements, a client must be careful of drug interactions.
- ___ 25. Traditional Chinese medicine considers Qi to be the life force that flows in channels to all parts of the body to nourish, protect, and heal.
- ___ 26. Bioenergetic therapy concentrates on modifying the disease process by directing energy (electrical or magnetic) away from the body.
- ___ 27. In mind-body medicine, participants are taught how to use relaxation and visualization to reduce stress in their lives.
- ___ 28. Hypnotherapy, humor, music, and dance are used as therapy in mind-body medicine.

- ___ 29. Chinese medicine and Ayurvedic medicine are based on the belief that health represents a balance and harmony that includes body, mind, and spirit.
- ___ 30. Emotions do not affect organs or tissues.
- ___ 31. Sustained negative emotions over a long period of time can seriously hinder the body's immune system.
- ___ 32. According to *The Lancet*, a highly regarded British medical journal, a study has shown that changing lifestyle could prevent at least 90% of all heart disease.
- ___ 33. The environment, though important, does not play a big part in personal health and well-being.
- ___ 34. It has been shown that good nutrition, proper exercise, and a quality support system help alleviate distress.
- ___ 35. The positive effects of unconditional love are seen clearly when using pets in various kinds of therapy.
- ___ 36. The greatest successes in treatment for clients will come when health-care practitioners are able to integrate the traditional and complementary modalities.

Matching

Match the terms with their definitions.

- a. System-based approach to health care
 - b. Stresses prevention and the use of nontoxic, natural therapies
 - c. Herbs are used to assist in the healing process
 - d. Stresses five elements of fire, earth, metal, water, and wood
 - e. Promotes a strong interrelatedness between emotions, stress, and the body's reaction through the immune system
 - f. A blending of both conventional and nonconventional therapies
 - g. Miniscule amounts of certain substances leave an "energy imprint" in the body, stimulating the immune system
 - h. 8000-year-old system where humans are classified into one of three body types
- ___ 37. Traditional Chinese medicine
- ___ 38. Integrative medicine
- ___ 39. Allopathic medicine
- ___ 40. Ayurvedic medicine
- ___ 41. Homeopathy
- ___ 42. Naturopathy
- ___ 43. Herbal medicine
- ___ 44. Mind-body medicine

Chapter 2: Integrative Medicine and Complementary Therapies

Answer Section

MULTIPLE CHOICE

1. ANS: C PTS: 1
2. ANS: B PTS: 1
3. ANS: D PTS: 1
4. ANS: B PTS: 1
5. ANS: C PTS: 1
6. ANS: D PTS: 1
7. ANS: D PTS: 1
8. ANS: A PTS: 1
9. ANS: C PTS: 1
10. ANS: A PTS: 1
11. ANS: C PTS: 1
12. ANS: C PTS: 1
13. ANS: A PTS: 1
14. ANS: D PTS: 1
15. ANS: B PTS: 1
16. ANS: D PTS: 1
17. ANS: B PTS: 1
18. ANS: D PTS: 1
19. ANS: D PTS: 1
20. ANS: C PTS: 1
21. ANS: D PTS: 1

TRUE/FALSE

22. ANS: T PTS: 1
23. ANS: F PTS: 1
24. ANS: T PTS: 1
25. ANS: T PTS: 1
26. ANS: F PTS: 1
27. ANS: T PTS: 1
28. ANS: T PTS: 1
29. ANS: T PTS: 1
30. ANS: F PTS: 1
31. ANS: T PTS: 1
32. ANS: T PTS: 1
33. ANS: F PTS: 1
34. ANS: T PTS: 1
35. ANS: T PTS: 1
36. ANS: T PTS: 1

MATCHING

- | | |
|------------|--------|
| 37. ANS: D | PTS: 1 |
| 38. ANS: F | PTS: 1 |
| 39. ANS: A | PTS: 1 |
| 40. ANS: H | PTS: 1 |
| 41. ANS: G | PTS: 1 |
| 42. ANS: B | PTS: 1 |
| 43. ANS: C | PTS: 1 |
| 44. ANS: E | PTS: 1 |