



# **Certified Health & Nutrition Counselor Course Test Manual**

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By:

**Brenda R. Generali, C.N.C.  
Founder, JLS  
Certified Nutritional Consultant  
Certified Iridologist  
Certified Herbalist  
Nature's Sunshine Manager**

**JOYFUL LIVING SERVICES**  
P.O. Box 485  
Weimar, CA 95736-0485

**Phones:** 530-878-1119 & 800-704-9800  
**Fax:** 530-878-1119

**E-mail:** [iridology@netzero.net](mailto:iridology@netzero.net)  
**URL:** <http://www.joyfullivingservices.com>

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# Certified Health & Nutrition Counselor Course Notarized Statement

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Name \_\_\_\_\_ Degree  
Initials  
if any: \_\_\_\_\_

Company Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_

Registration Number: \_\_\_\_\_ to be assigned by the examiner and filled  
in at Joyful Living Services.

**\*SWORN NOTARIZED STATEMENT\***

Required for certification by  
Joyful Living Services

I hereby make oath and say that the answers to all questions in the test were  
provided by me without direct assistance from any second party, and that all research  
involved in the Certification process are my exclusive work and not that of any second  
party.

Sign below in Notary's presence:

\_\_\_\_\_

Notary Stamp Here

NOTARIZED: Subscribed and Sworn before  
me this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_  
My commission expires: \_\_\_\_\_ 20 \_\_\_\_

\_\_\_\_\_  
NOTARY PUBLIC

## CERTIFIED HEALTH AND NUTRITION COUNSELOR COURSE - FINAL EXAM

Congratulations on completing the Certified Health and Nutrition Counselor Course through JLS. Be sure to confirm that you have submitted all your homework and that it has all been received. In order to receive your certificate you need to submit all homework sessions and you need to pass this test at 80%. The homework sessions are checked and graded but do not weigh heavily on the certification process. It's therefore very important that you spend the necessary time to answer the questions below as accurately as possible so you can pass this test the first time. If for some reason you do not pass this test the first time, you will be asked to take a follow-up test and there will be an additional fee.

This test will require some research on your part via the internet and possibly your local library. You are free to use our site at <http://www.joyfullivingservices.com> for help.

Once you have passed this test you will receive a certificate with your name on it. Be sure to fill in your name above EXACTLY as you want it listed on your certificate. If you want initials listed after your name on your certificate be sure to write them in.

Please be sure to fill out the information above, complete the test and mail it back to us at JLS, P.O. Box 485, Weimar, CA, 95736-0485, USA.

### PLEASE ALLOW 2-3 WEEKS ONCE YOU HAVE SENT IN YOUR FINAL EXAM TO RECEIVE YOUR CERTIFICATE.

1. \_\_\_\_\_ has a long history of herbal use as an all purpose healer, antibiotic parasite killer, and detoxifier
2. \_\_\_\_\_ are known as the "hollow" organs and are \_\_\_\_\_ in nature
3. \_\_\_\_\_ helps cleanse the blood, Encourages production of hemoglobin, Strengthens cells, Improves immune response, Deodorizes the body, including the bowel, and is completely safe.
4. \_\_\_\_\_ contains digestive glands that produce enzymes and hydrochloric acid.
5. \_\_\_\_\_ Native to Brazil, the bark from this tree has numerous benefits. It is often used to treat Candida, athlete's foot and other fungal infections.
6. Scientists have isolated six alkaloids from the \_\_\_\_\_ vine. Four of these alkaloids have a pronounced enhancement effect on the ability of white blood cells and macrophages to attack, and digest harmful microorganisms.
7. \_\_\_\_\_ contains the mineral manganese, calcium and zinc. \_\_\_\_\_ is a marvelous herb to help nourish and strengthen injured areas of the body.
8. \_\_\_\_\_ is an amino acid from which certain proteins are made.
9. \_\_\_\_\_ is a super-nutritional substance secreted by the mammary glands of nursing mammals. It supports the immune system, aids in weight management and helps accelerate the body's healing processes.

10. \_\_\_\_\_ is currently being studied in the US as a possible cure for alcohol dependency
11. \_\_\_\_\_ has been historically used for compromised immune systems due to the immune-supporting properties of the \_\_\_\_\_ leaf.
12. \_\_\_\_\_ are grouped into channels that run over the body and conduct the flow of energy through the body.
13. \_\_\_\_\_ has been used historically to prevent urinary tract infections, kidney stones and bladder gravel, as well as to remove toxins from the blood.
14. In the 1950s a French scientist discovered two chemicals from \_\_\_\_\_ stem that caused blood vessels to narrow and help reduce inflammation
15. \_\_\_\_\_ is rich in flavonoids, and is used in Europe to treat heart disease, cancer, and to slow down the aging process.
16. \_\_\_\_\_ located in the right, upper quadrant of the abdomen manufactures a thick, yellowish -brown, sometimes greenish, fluid called \_\_\_\_\_
17. \_\_\_\_\_ is often used for migraines.
18. Aging, stress, and even chemically treated municipal water can all diminish our \_\_\_\_\_ capacities.
19. \_\_\_\_\_ is a natural thyroid stimulant.
20. \_\_\_\_\_ is the Study of the Patterns And Markings In The Iris Of The Eye
21. What herb can be used instead of aspirin? \_\_\_\_\_
22. An \_\_\_\_\_ is a substance that attaches things to its surface rather than absorbing them to itself
23. In Chinese medicine it is believed that when \_\_\_\_\_ are balanced the body is balanced
24. \_\_\_\_\_ begins with the mouth, where food enters the body, and ends with the anus, where solid waste material leaves the body.
25. \_\_\_\_\_ stimulates the entire digestive system and helps to allay nausea and flatulence. It also encourages the secretion of bile by the gallbladder

Name: \_\_\_\_\_

**Class Evaluation:**

Please evaluate the Health and Nutrition Counselor Course Below:

- a. Did the course meet your expectations? If not, please explain:
  
  
  
  
  
  
- b. What did you like best about the course?
  
  
  
  
  
  
- c. What did you like least about the course?
  
  
  
  
  
  
- d. How would you improve the course?
  
  
  
  
  
  
- e. Would you take the course again knowing what you know now about it?
  
  
  
  
  
  
- f. Would you refer others to take this course? If not, please explain:

**Follow-Up:**

JLS is always offering online and correspondence courses with certifications. Listed below are ways you can continue your studies with us. Please mark those you would be interested in. We will contact you.

- a. Beginning Iridology Correspondence or Online Course \_\_\_\_\_
- b. Intermediate Iridology Correspondence or Online Course \_\_\_\_\_
- c. Advanced Iridology Correspondence or Online Course \_\_\_\_\_
- d. Learn How To Muscle Test Audio Tape Set or Hands-On Course \_\_\_\_\_
- e. Anatomy & Physiology Online Course \_\_\_\_\_
- f. Herbal Counselor Online Course \_\_\_\_\_
- g. Colon Health Online Course \_\_\_\_\_
- h. Certified Holistic Practitioner (Full Certification Course including a-g above (including the herbal counselor online course) \_\_\_\_\_

We also offer several ways to work with us to build your own business. Listed below are ways you can work with us. Please mark those you would be interested in. We will contact you.

- a. Business Development Online Course \_\_\_\_\_
- b. Create a Web Site through JLS' sister company, Ant Farm Hosting \_\_\_\_\_
- c. Become a Nature's Sunshine Member or Distributor and use the products for yourself and sell them to your customers and clients \_\_\_\_\_
- d. Become an Iridology Correspondence Course Distributor in your area and sell the courses to your customers and clients \_\_\_\_\_

Please give us your contact information if you would like to be contacted about follow up:

Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_