



Certified Woman's Health Counselor Course Test Manual

By:

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Certified Woman's Health Counselor Course Notarized Statement

Name _____ Degree
Initials
if any: _____
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 WOMAN'S HEALTH COUNSELOR COURSE - FINAL EXAM

Congratulations on completing the Certified Woman's Health 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, 95736-4085, USA.

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

1. Women will live until they are ___ years old compared to men, who can expect to live approximately ___ years.
2. Heart disease kills 500,000 American women each year. T/F
3. Condoms are 100% safe, and if used properly, will reduce the risk of sexually transmitted diseases, including AIDS. T/F
4. What is a female condom?
5. What are the "natural contraception options?"
6. What are the reproductive organs and what is their function?
7. Which hormones interact with the reproductive organs? How do they interact?
8. What is the difference between the follicular or proliferative phase and the luteal or ovulatory phase?
9. What is a Hysterosalpingogram and why would it be used?
10. What are the reasons women's should perform breast self-exams?
11. How many kinds of benign breast lumps are there and what are they?
12. What is Breast Fibroadenomas?

13. What are Aromatase Inhibitors and How Do These Drugs Prevent Recurrence of breast cancer?
14. How many chambers does the heart contain, what are they, and how do they work?
15. The average adult body contains less than 3 gallons of blood and the heart pumps 4,000 gallons each day. T/F
16. The human circulatory system is composed of _____ types of vessels that total _____ miles in length.
17. The _____ are the largest blood vessels. They carry _____ - _____ from the heart to the cells and tissues of the body.
18. The _____ are smaller vessels that carry _____ - _____ and waste products back to the heart.
19. Blood is made up of 55 percent plasma and 45 percent cells. T/F
20. Flaxseeds are small brown seeds that are high in _____ and _____ - _____, which can lower your total blood cholesterol.
21. The Department of Agriculture recommends healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon) T/F
22. Nuts contain a lot of fat; as much as 90 percent of a nut is fat. T/F
23. What is chelation therapy?
24. What are the risk factors for heart disease?
25. What are the 7 most common STDs to watch out for? Please list them and describe each one.
26. What is AIDS?
27. HIV would go away if people stopped using illegal drugs and having promiscuous sex. T/F
28. What is Chlamydia? What are the symptoms?
29. What is Gonorrhea? What are the symptoms?
30. What is HPV and Genital Warts? What are the symptoms?
31. What is Genital Herpes? What are the symptoms?
32. What is Pelvic Inflammatory Disease? What are the symptoms?
33. What is Syphilis? What are the symptoms?
34. What is Trichomoniasis? What are the symptoms?

35. What is Bacterial Vaginosis?
36. What is Yeast Infection (Candidiasis)?
37. What is Menopause?
38. What are the common symptoms associated with menopause?
39. What causes menopause?
40. What are the two main types of menopausal hormone therapy and how do they work?
41. What are the risks of hormone therapy?
42. What are the alternatives to hormone therapy?
43. What is Vaginal Atrophy, when can it occur, and what can be done about it?
44. What are Kegal exercises and how do they benefit women?
45. What are the benefits of exercise?
46. What is cardio exercise?
47. What is the F.I.T.T. principle?
48. What foods should a woman include in her pre-pregnancy diet?
49. What foods should a woman avoid when she is trying to conceive?
50. Is caffeine during pregnancy safe? Explain why.
51. What is pregnancy rhinitis?
52. What are the 10 common causes of infertility in women?
53. What are the 10 common causes of infertility in men?
54. Teenage boys should consume 2,800 to 3,000 calories a day and girls should consume 2,200 to 2,400 calories a day. T/F
55. Puberty usually starts between the ages of 10 and 15. T/F
56. What are the 10 best ways to prevent acne?
57. Eating fast food has been linked to which health conditions?
58. What is teenage depression, what are the symptoms, and what are the causes?
59. What is an eating disorder?
60. What are the 11 mistakes parents make with teen discipline?

61. What is mental health?
62. What is mental illness?
63. What is bipolar disorder?
64. What is chemical dependency?
65. How does cancer develop and how does it spread to other parts of the body?
66. What are the symptoms of cancer?
67. What are the top 10 ways to prevent cancer?
68. What are the top 10 fun ways to prevent cancer through exercise?
69. What are the top 10 cancer symptoms women need to know?
70. What are the most common causes of weight gain during the holidays?
71. Is there a connection between lack of sleep and weight gain? What is the connection and why?
72. What can you do to improve sleep?
73. What are the reasons to chew your food well?
74. Going swimming within 30 minutes of eating will cause you to cramp up. T/F
75. Can you get sick from going in and out of air-conditioned buildings?
76. If your nails have a yellowy discoloration on them, it may be a sign that you are suffering from a _____.
77. Terry's nails could be a sign of diabetes, malnutrition, congestive heart failure or liver disease. T/F
78. When horizontal indentations form across the nail it can be a sign that severe illness has interrupted nail growth within the last 6 months. T/F
79. What are red meats, their benefits, and their risks?
80. What are the health benefits of drinking green tea?
81. Digestive concerns include indigestion, heartburn, acid reflux, insufficient enzymes, stomach ulcers and stomach cramps. T/F
82. 60-80 million Americans suffer from digestive disease. T/F
83. The main functions of the colon are the _____ and the reabsorption of water.

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 CD-ROM or Online Course _____
- f. Health & Nutrition Counselor CD-ROM or Online Course _____
- g. Colon Health CD-ROM or Online Course _____
- h. Chinese Herbal Counselor CD-ROM or Online Course _____
- i. Homeopathic Counselor CD-ROM or Online Course _____
- j. Aromatic Counselor CD-ROM or Online Course _____
- k. Fertility Advocate CD-ROM or Online Course _____
- l. Herbal Counselor CD-ROM or Online Course _____
- m. Advanced Herbal CD-ROM or Counselor Online Course _____
- n. 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 or CD-ROM Course _____
- b. Business Building Online or CD-ROM Course _____
- c. Create a Web Site through JLS _____
- d. Become a Nature's Sunshine Member or Distributor _____
- e. Become an ASEA Associate _____
- f. Become a JLS Distributor in your area _____
- g. Become an Instructor for JLS _____

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

Name: _____

Contact Phone: _____

E-mail: _____