



# **Certified Men's Health Counselor Course Test Manual**

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 95736-4085

**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>

Copyright 2013



# Certified Men'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 MEN'S HEALTH COUNSELOR COURSE - FINAL EXAM

Congratulations on completing the Certified Men'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. Condoms are 100% safe, and if used properly, will reduce the risk of sexually transmitted diseases, including AIDS. T/F
3. What are the "natural contraception options?"
4. What are the men's reproductive organs and what is their function?
5. Which hormones interact with the reproductive organs? How do they interact?
6. How many chambers does the heart contain, what are they, and how do they work?
7. The average adult body contains less than 3 gallons of blood and the heart pumps 4,000 gallons each day. T/F
8. The human circulatory system is composed of \_\_\_\_\_ types of vessels that total \_\_\_\_\_ miles in length.
9. The \_\_\_\_\_ are the largest blood vessels. They carry \_\_\_\_\_ - \_\_\_\_\_ from the heart to the cells and tissues of the body.
10. The \_\_\_\_\_ are smaller vessels that carry \_\_\_\_\_ - \_\_\_\_\_ and waste products back to the heart.
11. Blood is made up of 55 percent plasma and 45 percent cells. T/F

12. Flaxseeds are small brown seeds that are high in \_\_\_\_\_ and \_\_\_\_\_ - \_\_\_\_\_, which can lower your total blood cholesterol.
13. The Department of Agriculture recommends healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon) T/F
14. Nuts contain a lot of fat; as much as 90 percent of a nut is fat. T/F
15. What is chelation therapy?
16. What are the risk factors for heart disease?
17. What are the 7 most common STDs to watch out for? Please list them and describe each one.
18. What is AIDS?
19. HIV would go away if people stopped using illegal drugs and having promiscuous sex. T/F
20. What is Chlamydia? What are the symptoms?
21. What is Gonorrhea? What are the symptoms?
22. What is HPV and Genital Warts? What are the symptoms?
23. What is Genital Herpes? What are the symptoms?
24. What is Pelvic Inflammatory Disease? What are the symptoms?
25. What is Syphilis? What are the symptoms?
26. What is Trichomoniasis? What are the symptoms?
27. What are the benefits of exercise?
28. What is cardio exercise?
29. What is the F.I.T.T. principle?
30. What are the 10 common causes of infertility in men?
31. 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
32. Puberty usually starts between the ages of 10 and 15. T/F
33. What are the 10 best ways to prevent acne?
34. Eating fast food has been linked to which health conditions?
35. What is teenage depression, what are the symptoms, and what are the causes?

36. What is an eating disorder?
37. What are the 11 mistakes parents make with teen discipline?
38. What is mental health?
39. What is mental illness?
40. What is bipolar disorder?
41. What is chemical dependency?
42. How does cancer develop and how does it spread to other parts of the body?
43. What are the symptoms of cancer?
44. What are the top 10 ways to prevent cancer?
45. What are the most common causes of weight gain during the holidays?
46. Is there a connection between lack of sleep and weight gain? What is the connection and why?
47. What can you do to improve sleep?
48. What are the reasons to chew your food well?
49. Going swimming within 30 minutes of eating will cause you to cramp up. T/F
50. Can you get sick from going in and out of air-conditioned buildings?
51. If your nails have a yellowy discoloration on them, it may be a sign that you are suffering from a \_\_\_\_\_.
52. Terry's nails could be a sign of diabetes, malnutrition, congestive heart failure or liver disease. T/F
53. 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
54. What are red meats, their benefits, and their risks?
55. What are the health benefits of drinking green tea?
56. Digestive concerns include indigestion, heartburn, acid reflux, insufficient enzymes, stomach ulcers and stomach cramps. T/F
57. 60-80 million Americans suffer from digestive disease. T/F
58. 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. Woman's Health CD-ROM or Online Course \_\_\_\_\_
- o. 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 a JLS Distributor in your area \_\_\_\_\_
- f. 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: \_\_\_\_\_