

Health: The Basics, 12e (Donatelle)

Chapter 16a Focus On: Understanding Complementary and Integrative Health

1) All of the following are examples of conventional medical treatment EXCEPT

- A) physical therapy.
- B) prescription medications.
- C) acupuncture.
- D) surgery.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

2) Which complementary health approach focuses on the manipulation of biofields?

- A) homeopathy
- B) Ayurvedic medicine
- C) energy medicine
- D) naturopathy

Answer: C

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

3) Traditional Chinese medicine is an example of

- A) movement therapy.
- B) an alternative medical system.
- C) mind-body medicine.
- D) a manipulative practice.

Answer: B

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

4) You are seeking to balance your body, mind, and spirit and restore your body's harmony through diet, exercise, herbs, and controlled breathing. Your plan is to consult with a practitioner of

- A) traditional Chinese medicine.
- B) Ayurvedic medicine.
- C) homeopathic medicine.
- D) naturopathic medicine.

Answer: B

Diff: 3

Skill: Applying

Section: Complementary Medical Systems

Learning Outcome: 16a.2

5) Ayurveda refers to a

- A) practice based on manipulation of the spinal column and other structures.
- B) practice based on the principle of "like cures like."
- C) system that views disease as a disruption of natural healing processes.
- D) holistic treatment approach based on vital energies.

Answer: D

Diff: 1

Skill: Remembering

Section: Complementary Medical Systems

Learning Outcome: 16a.2

6) A person who administers minute doses of natural substances to cure ailments is which type of CAM practitioner?

- A) naturopath
- B) homeopath
- C) Ayurvedic practitioner
- D) Chinese medicine practitioner

Answer: B

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

7) Which therapeutic system is based on administration of extremely diluted doses of natural agents that produce symptoms in large doses but are believed to produce a cure when given in minute doses?

- A) herbal
- B) homeopathic
- C) naturopathic
- D) chiropractic

Answer: B

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

8) Naturopathy refers to a

- A) practice based on manipulation of the spinal column and other structures.
- B) practice based on the principle of "like cures like."
- C) practice based on supporting the body's innate ability to maintain and restore health.
- D) holistic treatment approach based on three body types.

Answer: C

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

9) Before considering an alternative medical treatment, a wise consumer will do all of the following EXCEPT

- A) consult reliable resources to determine the scientific basis of claimed benefits.
- B) consult with his or her primary health care provider.
- C) thoroughly evaluate the risks of the CAM product or service.
- D) take practitioners' claims at face value.

Answer: D

Diff: 3

Skill: Applying

Section: Natural Products

Learning Outcome: 16a.4

10) The National Center for Complementary and Integrative Health serves as an information clearinghouse and conducts research and educational programs. The Center is part of which federal agency?

- A) Food and Drug Administration
- B) Centers for Disease Control and Prevention
- C) National Institutes of Health
- D) Department of Health and Human Services

Answer: C

Diff: 1

Skill: Remembering

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

11) Which system focuses on balancing *qi* through acupuncture, massage, energy therapies, and herbal treatments?

- A) homeopathy
- B) Ayurvedic medicine
- C) energy medicine
- D) traditional Chinese medicine

Answer: D

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

12) The therapy that Americans have come to rely on heavily for treatment of musculoskeletal problems and that many insurance companies will now cover is

- A) massage therapy.
- B) chiropractic medicine.
- C) energy medicine.
- D) homeopathy.

Answer: B

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

13) Chiropractic medicine is based on the idea that
A) health is defined as having the proper balance of vital energy or life force.
B) soft-tissue manipulation can be used for a wide variety of healing purposes.
C) equal emphasis on body, mind, and spirit is essential to restore harmony.
D) energy flows through the nervous system, and if the spine is not properly aligned the energy flow is disrupted.

Answer: D

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

14) In traditional Chinese medicine, the vital energy force that courses through the body is
A) qigong.
B) tai chi.
C) *qi*.
D) yang.

Answer: C

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

15) Chiropractors
A) attend a training program that requires three years of intensive courses.
B) offer treatment that research suggests is effective for back pain, neck pain, and headaches.
C) still maintain an adversarial relationship with medical doctors.
D) is still unlicensed and unregulated in some states.

Answer: B

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

16) For licensure in many states, a massage therapist needs
A) an associate's degree in human biology.
B) a minimum one-year apprenticeship with a licensed massage therapist.
C) an affiliation with a hospital or medical practice.
D) a minimum of 500 hours of training.

Answer: D

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

17) A form of traditional Chinese medicine that is based on knowledge of the body's energy channels but does not involve the insertion of needles is

- A) acupuncture.
- B) acupressure.
- C) tai chi.
- D) reiki.

Answer: B

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

18) A form of traditional Chinese medicine that involves the insertion of fine needles at specific points along the body's energy channels is

- A) acupuncture.
- B) acupressure.
- C) tai chi.
- D) reiki.

Answer: A

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

19) Which form of energy medicine is derived from the Japanese words representing "universal" and "vital energy"?

- A) qigong
- B) reiki
- C) tai chi
- D) shiatsu

Answer: B

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

20) Olivia has experienced multiple symptoms, including fatigue and depression, for which her doctor has not been of much help. She decides to attend a healing retreat during which a practitioner holds her hands just above Olivia's body. This treatment is an example of

- A) qigong.
- B) reiki.
- C) osteopathic medicine.
- D) therapeutic or healing touch.

Answer: D

Diff: 3

Skill: Applying

Section: Mind and Body Practices

Learning Outcome: 16a.3

21) Limited research suggests that acupuncture may be effective in treating

- A) obesity.
- B) anxiety disorders.
- C) back and neck pain.
- D) breast cancer.

Answer: C

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

22) People who have been treated with acupuncture typically report that they

- A) suspect that the improvement they experienced is related to the placebo effect.
- B) experienced little or no improvement.
- C) found the treatment uncomfortable and experienced a worsening of their symptoms.
- D) were satisfied with the treatment and their improvement.

Answer: D

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

23) Most acupuncture practitioners

- A) are state licensed.
- B) have completed medical degrees.
- C) have studied the practice in Japan.
- D) have studied the practice in China.

Answer: A

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

24) Which of the following practices is a mind-body technique practiced by about 8 percent of Americans and included within both Ayurveda and qigong?

- A) Pilates
- B) meditation
- C) healing touch
- D) chiropractic

Answer: B

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

25) The use of functional foods and dietary supplements for therapeutic purposes is

- A) one of the most controversial complementary health approaches.
- B) tightly regulated by the state and federal government.
- C) safe if prescribed by a nutritionist.
- D) thoroughly investigated and based in sound science.

Answer: A

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

26) All of the following are true about dietary supplements EXCEPT that

- A) they are taken to enhance mood, prevent disease, and improve health.
- B) they come in the form of pills, capsules, powder, or liquids.
- C) they may contain vitamins, minerals, and/or amino acids.
- D) they are tightly regulated and safe to consume.

Answer: D

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

27) All of the following are true of herbal remedies EXCEPT that

- A) they cannot harm humans because they are in a natural plant form.
- B) they are not regulated by the FDA in the same manner as other medications.
- C) the active ingredients have not been standardized.
- D) they can interact with other medications in a way that could be dangerous.

Answer: A

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

28) Lou is becoming increasingly concerned about his lapses in memory, and fears that, at age 69, he might be developing Alzheimer's disease. To improve his memory, he is considering trying

- A) flaxseed.
- B) ginkgo biloba.
- C) ginseng.
- D) echinacea.

Answer: B

Diff: 3

Skill: Applying

Section: Natural Products

Learning Outcome: 16a.4

29) Rich lives in close quarters with 30 fraternity brothers, so which supplement might be helpful for him to take to prevent getting sick from a cold or the flu?

- A) flaxseed
- B) Echinacea
- C) ginkgo biloba
- D) ginseng

Answer: B

Diff: 3

Skill: Applying

Section: Natural Products

Learning Outcome: 16a.4

30) Prior to taking an herbal supplement that claims to increase muscle mass, Jermaine should consult all the following EXCEPT

- A) his personal trainer at the gym.
- B) the NCCIH website.
- C) the Cochrane Collaboration's review of the product.
- D) his physician.

Answer: A

Diff: 3

Skill: Applying

Section: Natural Products

Learning Outcome: 16a.4

31) Which term describes health approaches that are outside the realm of traditional Western medicine but are used in conjunction with conventional treatments?

- A) alternative
- B) complementary
- C) contradictory
- D) functional

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

32) Which term describes health approaches that are outside the realm of traditional Western medicine and are used in place of conventional treatments?

- A) alternative
- B) complementary
- C) contradictory
- D) functional

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

33) Which organization in the U.S. currently certifies the quality of dietary supplements?

- A) USP
- B) NIH
- C) FDA
- D) NCCIH

Answer: A

Diff: 1

Skill: Remembering

Section: Natural Products

Learning Outcome: 16a.4

34) Which of the following therapies is most likely to be covered by health insurance?

- A) chiropractic
- B) acupressure
- C) dietary supplements
- D) Alexander technique

Answer: A

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

35) Which term identifies a type of medical practice that combines conventional medicine with complementary health approaches?

- A) combination
- B) naturopathic
- C) integrative
- D) blended

Answer: C

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

36) Which supplement was studied as a treatment for dementia and cognitive decline, but shown to be ineffective?

- A) Echinacea
- B) flaxseed
- C) ginseng
- D) ginkgo biloba

Answer: D

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

37) Which supplement is claimed to be useful for boosting the immune system, reducing blood glucose and blood pressure, and improving sex drive?

- A) Echinacea
- B) flaxseed
- C) ginseng
- D) ginkgo biloba

Answer: C

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

38) Which supplement is thought to be useful as a laxative and may have some effect in lowering cholesterol?

- A) Echinacea
- B) flaxseed
- C) ginseng
- D) ginkgo biloba

Answer: B

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

39) Natasha has not had much luck receiving help from her regular doctor to alleviate her PMS symptoms and overall fatigue. The medication that was prescribed made her dizzy, so Natasha stopped taking it. She decided to find a new doctor who was more focused on treating her and not her individual symptoms. Her next step is to make an appointment with a

- A) holistic practitioner.
- B) chiropractor.
- C) gynecologist.
- D) pain specialist.

Answer: A

Diff: 3

Skill: Applying

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

40) A soft-tissue manipulation approach used for relaxation, stress relief, pain management, and injury recovery is

- A) naturopathy.
- B) meditation.
- C) massage.
- D) yoga.

Answer: C

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

41) Several traditional Chinese medicine therapies are based on the idea that energy flows through the body through channels or

- A) auras.
- B) meridians.
- C) chakras.
- D) doshas.

Answer: B

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

42) In Ayurvedic medicine, patients are diagnosed according to vital energies, which determine the treatments that are likely to work best. These vital energies are known as

- A) auras.
- B) meridians.
- C) chakras.
- D) doshas.

Answer: D

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

43) Yogurt, oat fiber, soy foods, and dark chocolate are examples of

- A) functional foods.
- B) allergenic foods.
- C) dietary supplements.
- D) seasonings.

Answer: A

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

44) Foods that provide a specific health benefit beyond basic nutrition are known as functional foods or

- A) healthy foods.
- B) nutraceuticals.
- C) nutritional supplements.
- D) pharmaceuticals.

Answer: B

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

45) A movement therapy that attempts to retrain the client's nervous system is

- A) osteopathy.
- B) Reiki.
- C) yoga.
- D) the Feldenkrais method.

Answer: D

Diff: 2

Skill: Understanding

Section: Mind and Body Practices

Learning Outcome: 16a.3

46) Complementary health approaches are considered a subsection of conventional medicine.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

47) Alternative health approaches are never used alongside conventional medicine.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

48) About one-third of American adults age 18 to 44 have used some form of CAM.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

49) Americans are more likely now than several decades ago to use health approaches outside of mainstream Western medicine.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

50) People who turn to complementary health approaches are often seeking a more invasive, aggressive form of healing.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

51) More people turn to special diets as a complementary health approach than to dietary supplements and other natural products.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

52) Naturopathic physicians do not earn a recognized degree.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

53) Homeopathy is one of the world's oldest medical systems.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

54) In some homeopathic dilutions, not a single molecule of the originally toxic substance remains.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

55) Naturopathic practitioners have completed a 4-year graduate degree as well as a 4-year bachelor's degree.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

56) Naturopathic practitioners use foods, herbs, color, and aromas as therapies, but not homeopathic medicines, acupuncture or acupressure, or spinal manipulation.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Complementary Medical Systems

Learning Outcome: 16a.2

57) The existence of biofields has been experimentally proven.

Answer: FALSE

Diff: 1

Skill: Remembering

Section: Mind and Body Practices

Learning Outcome: 16a.3

58) Because herbs are natural products, they will not interfere with how prescription drugs work within the body.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

59) Echinacea can cause an allergic reaction in some individuals.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

60) The FDA regulates functional foods under the umbrella of conventional foods.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

61) Although dietary supplements are not tightly regulated by the FDA, you can at least be sure that they contain the herb or other active ingredient identified on the label.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

62) If a product is labeled "natural," you may assume that it is safe.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Natural Products

Learning Outcome: 16a.4

63) Compare and contrast complementary and alternative health approaches.

Answer: Complementary health approaches are used along with conventional medicine as part of the integrative-medicine approach. Alternative approaches are traditionally used in place of conventional medicine, as when a person with cancer adopts a macrobiotic diet and rejects the treatment path outlined by his conventional medical team. However, the NCCIH reports that such cases are rare in the U.S. Some complementary health approaches, such as massage and chiropractic, have built up enough evidence of effectiveness that they are now commonly used in conjunction with conventional treatments.

Diff: 4

Skill: Analyzing

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

64) Define the three major domains of complementary health approaches discussed in this chapter, and provide examples of each.

Answer:

- Complementary medical systems: These approaches reflect specific theories of physiology, health, and disease that have developed outside the influence of conventional medicine. Examples are traditional Chinese medicine, Ayurveda, homeopathy, and naturopathy.
- Mind and body practices: This is a large and diverse group of complementary health approaches administered or taught by a trained practitioner or teacher. They include chiropractic, massage therapy, movement therapy, and energy therapies such as acupuncture and acupressure, qigong, Reiki, and therapeutic touch.
- Natural products: These are substances found in nature, such as functional foods like probiotics and plants with antioxidant phytochemicals; and herbal remedies and other types of dietary supplements.

Diff: 4

Skill: Analyzing

Section: What Is Complementary and Integrative Health?

Learning Outcome: 16a.1

65) Explain what is meant by the statement that, with homeopathic remedies, like cures like, and contrast the approach with that of conventional pharmaceuticals.

Answer: "Like cures like" means that pain or other symptoms can be reduced by taking a substance that would prompt the same symptoms, but in a dose much too dilute to actually harm the person. This minute dose is nevertheless theorized to prompt the immune system to respond, and in doing so, heal the patient's original—and similar—symptoms. For example, a homeopathic remedy to treat inflammation would be a highly diluted toxin that—in a larger dose—would provoke inflammation. In contrast, conventional pharmaceuticals treat symptoms by opposing them; thus, for example, inflammation is treated with a drug that has an anti-inflammatory effect.

Diff: 4

Skill: Analyzing

Section: Complementary Medical Systems

Learning Outcome: 16a.2

66) Discuss functional foods and their benefits, and give some examples.

Answer: Answers will vary, but should include some of the following concepts:

Functional foods are foods said to improve some aspect of physical or mental functioning beyond the contribution of their specific nutrients. They are also called nutraceuticals. Examples of functional foods included whole foods, such as broccoli and nuts, and modified foods, such as an energy bar said to enhance memory or probiotic foods such as yogurt. Plant flavonoids found in dark chocolate improve several risk factors for heart disease. Antioxidants found in many foods combat free radicals and oxidative damage in cells.

Diff: 4

Skill: Analyzing

Section: Natural Products

Learning Outcome: 16a.4