

Part 1: Certification Examination Questions

1. What are your strongest boundaries? Give 3 examples
2. What are your weakest boundaries? Give 3 examples
3. What are some exercises that you can do to strengthen your boundaries?
4. Is the PATH Method bio-individual? Explain why or why not.
5. In your own words, describe how you would help a client create conditions for change?
6. Why do we not focus on using one mineral in isolation? Provide an example.
7. What are the reasons a client may be low in nutrients? Fully explain each example.
8. Describe a complete scenario where we are hiding symptoms and what is involved?
9. What is a healing environment and how does the client achieve it?
10. What one thing is necessary for a client to see results?
11. What does it mean to fail like a scientist?
12. A client wants to work with you to keep their health in place. They have no symptoms, and all their labs look optimal. List out all the steps that you would take with them as a client.
13. What must the client believe if they want to heal their body?

14. What is your role as a coach/practitioner? Fully explain.
15. What is the best action that can immediately calm the nervous system?
16. Thoroughly describe how the body should function when eating a meal. Start 10 minutes before eating and follow through to the bowel movement.
17. Thoroughly explain the difference between allopathic and holistic in practice.
18. A client tries a supplement that you have recommended but has an adverse reaction and contacts you to let you know. What is your response?
19. What does critical thinking mean to you? Fully explain.
20. What is the difference between knowing the name of something vs understanding it? Provide an example in your own words that shows this difference.
21. How can the Feynman Technique help you learn on a deeper level? Fully explain.
22. What 3 things does a cell need to live? List each one
23. Review each post below and answer according to your knowledge of Naturopathic and Functional Wellness.

Post 1: “Almost every time I work with a client their iron and ferritin both go down when we work together. Why is this happening?” ***What are all the facts you would need to know in order to properly answer this question?***

Post 2: “My client is a 47-year-old female experiencing symptoms such as bloating, brain fog, and frequent headaches. She has tried antibiotic treatments for a sinus infection and cough, and also received a course of steroids.

My suggested approach includes:

- Due to her positive results for candida, I recommend using Enzymedica Candidase as a biofilm disruptor, coupled with serum bovine immunoglobulin for gut support.
- Administering GI Revive for gut lining repair, complemented by a Vitamin D3/K2 supplement (considering her Vitamin D level is at 25), after confirming optimal Magnesium levels.
- Introducing Megaspore biotics for gut re-inoculation.
- Prescribing Undecylenic acid antifungal (Thorne SF722), to be taken at full dosage thrice daily on an empty stomach.
- Combining an herbal antifungal regimen (Metagenics CandiBactin-AR and -BR), to be taken 2-3 times daily with meals.”
- ***What are your thoughts around this entire post and approach and how would you respond?***

Post 3: “I have a new client that is reporting chronic urethral pain. I don't know much yet as we have not even had our first visit. She states she has tried everything...what can I use for rapid relief?” ***What would be your response to this question?***

Comprehensive Metabolic Panel (CMP)	Results	Functional Range
Glucose	101	78 - 86 mg/dL
Insulin	10	1 - 5 µIU/mL
C-peptide		1.10-1.50 ng/ml
Hemoglobin A1C	5.6	4.7 - 5.3 %
Glycomark	7.2	>15
Fructosamine		190-228 µmol/L
Uric Acid [Male]		3.5 - 5.9 mg/dL
Uric Acid [Female]		3.0 - 5.5 mg/dL
BUN	10	12 - 17 mg/dL
Creatinine		0.8 - 1.1 mg/dL
eGFR		> 90.0
BUN/Creatinine Ratio		10 - 16
Sodium	135	139 - 142 mmol/L
Potassium	4.3	4.1 - 4.3 mmol/L
Chloride	92	100 - 106 mmol/L
Carbon Dioxide (CO2)	21	25 - 28 mmol/L
Calcium	9.4	9.5 - 10.0 mg/dL
Phosphorous		3.0 - 4.0 mg/dL
Anion Gap		7 - 12 mEq/L
Protein (Total)	7.1	6.9 - 7.4 g/dL
Albumin	5.2	4.5 - 4.9 g/dL
Globulin	1.9	2.4 - 2.8 g/dL
A/G Ratio		1.5 - 2.0
Bilirubin (Total)		0.2 - 0.9 mg/dL
Alk Phosphatase	39	60 - 80 IU/L
LDH	120	140 - 200 IU/L
AST (SGOT) [Male]		12 - 25 IU/L
AST (SGOT) [Female]	16	10 - 20 IU/L
ALT (SGPT) [Male]		12 - 28 IU/L
ALT (SGPT) [Female]	8	10 - 25 IU/L
GGT (GGPT)	6	18 - 28 IU/L
Complete Blood Count (CBC)	Results	Functional Range
WBC	4.2	5.0 - 7.5 x103/µL
RBC [Male]		4.2 - 4.9 x106/µL
RBC [Female]	5	3.9 - 4.5 x106/µL
Hemoglobin [Male]		13.5 - 14.5 g/dL
Hemoglobin [Female]	14.9	13.0 - 14.0 g/dL
Hematocrit [Male]		38 - 46%
Hematocrit [Female]	43	37 - 44%
MCV	89	82.0 - 89.9 fL
MCH	28	28.0 - 31.9 pg
MCHC	29	32 - 35 g/dL
RDW	14	11 - 13%
Platelets		150 - 385 x103/µL
Neutrophils	65	40 - 60%
Lymphocytes	22	24 - 44%
Monocytes	12	0 - 7%
Eosinophils	9	0 - 3%
Basophils	1	0 - 1%
Iron Panel	Results	Functional Range
Iron (Serum)	83	85 - 130 µg/dL
TIBC	375	250 - 350 µg/dL
UIBC		131-395
Iron Saturation	19	25 - 35%
Ferritin	200	70 - 100 ng/mL

24. The lab above shows a level of dehydration:

- Name each marker involved in this determination
- What questions should be asked of the client to better understand the person?

25. Review this lab work with the symptoms listed below. What do we know for sure?

- Fatigue
- SAD
- Poor sleep
- Constipation

26. Why is it important to know what is happening with the iron panel? List at least three reasons.

27. Analyze and write up all you know about this iron pattern, also explaining what each marker indicates and how it is relative to the other markers. What is the pattern telling you about this person?