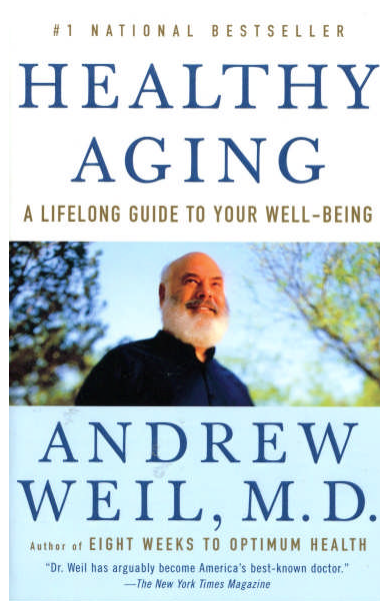




## Home Study Continuing Education Program

**#1 National Bestseller**



**Healthy Aging**  
**A Lifelong Guide To Your Well-Being**  
**By Andrew Weil, M.D.**

# Commonwealth Educational Seminars Certification Exam

## Healthy Aging A Lifelong Guide to your Well-Being

Select one response for each question below.

1. The source of our negative feelings about aging are entirely based on fear.

- a. True     b. False

2. Aging and death give meaning to life.

- a. True     b. False

3. In Japan, America, and Scandinavia, the percentage increase in centenarians in recent years has not been dramatic.

- a. True     b. False

4. Japanese currently have the greatest average life expectancy of any population group on the planet.

- a. True     b. False

5. The production of growth hormone in the pituitary declines with age.

- a. True     b. False

6. At present, there are no effective anti-aging medicines.

- a. True     b. False

7. There are good and bad carbohydrates just as there are good and bad fats.

- a. True     b. False

8. The "age spots" that most people develop and that doctors tell us have no significance, may have a great deal of significance.

a. True     b. False

9. Acceptance of aging seems to be the rule in our society, not the exception.

a. True     b. False

10. In anti-aging medicine, there is an emphasis on appearance.

a. True     b. False

11. Wild yam extracts are very helpful for the skin, topically and otherwise.

a. True     b. False

12. Because aging reminds us of our mortality, it can be a primary stimulus to spiritual awakening and growth.

a. True     b. False

13. Those who are somewhat overweight in middle age may enjoy a healthier and longer old age than those who are not.

a. True     b. False

14. Diet does not influence inflammation.

a. True     b. False

15. The two diets most associated with longevity and compression of morbidity are the traditional Japanese diet and the Mediterranean diet.

a. True     b. False

16. Herbal teas are not true tea.

a. True     b. False

17. Most women should take 500 to 700 milligrams of calcium as a supplement.

a. True     b. False

18. Asian ginseng is probably the most widely used herbal sex enhancer for men.

- a. True     b. False

19. Too much aerobic exercise can overwhelm our defenses, leaving bodies more susceptible over time to age-related diseases.

- a. True     b. False

20. Walking is not the overall best exercise that can fulfill the body's need for regular aerobic activity, if you do it vigorously enough.

- a. True     b. False

21. The essence of rest is 'not doing' that is - being passive on both the physical and mental levels.

- a. True     b. False

22. Our own production of melatonin declines with age.

- a. True     b. False

23. It is not a bad thing to have some waking time in the middle of the night.

- a. True     b. False

24. Cortisol is directly toxic to neurons in the part of the brain responsible for memory and emotion.

- a. True     b. False

25. Rest and relaxation are synonymous.

- a. True     b. False

26. Images have power to call forth emotions.

- a. True     b. False

27. You can get rid of a negative image by trying not to see it.

a. True     b. False

28. We have a choice as to how we interpret our experience, as to what meaning we assign to it.

a. True     b. False

You have now completed the exam. Please answer the following evaluation questions. Your answers do not affect your test score:

29. I have completed all the requirements for this home study course without any assistance from others.

a. True     b. False

30. The content of this course was appropriate for my profession.

a. True     b. False

31. The course information was relevant and can be applied to practice.

a. True     b. False

32. The course information contributed to achieving personal, professional goals.

a. True     b. False

33. I would recommend this program to others.

a. True     b. False

# **Home Study Program**

## **Instructions**

- 1. Purchase the book (or borrow the book from the library or colleague) or download any article at no cost. Purchase the test for CE certification.**
- 2. Read the book or article.**
- 3. Complete the test with a score of 75% or better.**
  - a. You may take it online if you wish.**  
Please refer to the instructions on the next page of this test packet.
  - b. You may take the test more than once at no cost.**
- 4. Download your Certificate immediately.**
- 5. If you are not taking your test online, please mail or fax the test to:**

Commonwealth Educational Seminars  
1020 West Barnstable Rd  
Marstons Mills, MA 02648

Fax: (508) 420-3360

Questions? Phone: (800) 376-3345 or email to:  
[info@CommonwealthSeminars.com](mailto:info@CommonwealthSeminars.com)

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**You may take this certification test online.**

**These instructions apply once you have purchased the test and obtained your book or have read your free article.**

- 1. Log on to CommonwealthSeminars.com**
- 2. At the bottom of the column on the left, click on “Take Your Test”**
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**Or you can fill out the printed test and send it to us by filling in the following information and mailing or faxing it to:**

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**I am seeking CE credit for the following profession(s). Please include State & License #:**

<b>Profession</b>	<b>State</b>	<b>License #</b>
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\_\_\_\_ Certified Counselor: \_\_\_\_\_

\_\_\_\_ LMHC/LPC \_\_\_\_\_

\_\_\_\_ Drug/Alcohol Counselor: \_\_\_\_\_

\_\_\_\_ MA RN/LPN: \_\_\_\_\_

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