



THE MACROBIOTIC ASSOCIATION

Sample Theory Paper Macrobiotic Consultant Assessment

Name _____

Time: 2 hours.

Pass mark: 70%

The number of marks given for each question are shown in brackets.

If you run out of space answering a question, continue your answer on the back of the page.

Please **read each question very carefully**, so you understand the exact information that is being asked for.

Health Assessment

In Oriental Medicine

What colouration suggests an imbalance in the Lungs? (1) _____

Which part of the face most reveals the condition of the liver? (1)

If the big toes on both feet are bent medially (towards centre of the body) what would your assessment be of the internal condition? Please name organs and how imbalanced. (2)

If the life line on the palms of the hands are broken in the middle, what does this tell you about a person's health? (1)

Draw the diagnostic areas on the diagram of a face for the following organs – liver, heart, spleen, large intestine. (4)

Diagram of face

If you saw many swollen blood vessels in the upper part of the whites of both eyes, what would you deduce about a person's health. Name the possible organs affected . (2)

If a person had a very loud voice, which organ would need attention? (1) _____

If a client had disturbance in their Fire energy, what kind of voice are they likely to have? (1)

If a person had a very distinctive sweet smell, what organ or Transformation would you consider as being imbalanced? (1)

Draw the diagnostic areas on the diagram of the back for the following organs – Kidney, Heart, Spleen, Bladder. (4)

Diagram of the back

In Western Medicine

Name a health condition for which you might suggest a client has a blood test. (1)

If a client had a cholesterol blood test result of 7.5 mmol/l, what would this tell you? (1)

If a client had a blood pressure result of 80/50 mmHg, what would this tell you? (1)

If a client had a blood test with a TSH level of 10 mU/l and a free Thyroxine level of 0.5 ng/dL, what condition do they have? (1)

Macrobiotic Healing

Cardiovascular System

1. Is blood more yin or yang than lymph? (1) _____

2. Are arteries or veins more yang? (1) _____

3. Is the left or right side of the heart more yin? (1) _____

4. What kinds of foods most commonly cause heart palpitations ? (2)

5. If someone has coronary heart disease,

a. what foods would you particularly recommend him or her to stop eating? (3)

b. what kinds of foods would you recommend as being particularly beneficial? (3)

c. what life style recommendations would you give? (3)

The Nervous System

1. Which transformation especially nourishes the nervous system? (1)

2. Describe the common symptoms of sciatica. (2)

a. What causes these symptoms on a physical level? (1)

b. What is the common cause of sciatica from an Oriental medical point of view? (2)

c. Describe a simple exercise which can relieve the main symptom of sciatica. (1)

d. What modifications would you make to the Standard Macrobiotic Diet to help a person suffering from sciatica? (3)

The Endocrine System

1. Give at least 3 differences between Type 1 and Type 2 diabetes. (3)

a. Give at least 3 dishes which would be particularly helpful for someone with diabetes. (3)

b. What lifestyle advice is important for people with diabetes? (1)

2. Give at least 4 common symptoms of hypothyroidism. (4)

a. Is this considered to be a more yin or yang problem? (1) _____

Pregnancy, Birth, Baby Care and Child Care.

Name three good sources of calcium in a macrobiotic diet. (3)

Give at least three important elements of embryological education, from an Oriental medicine perspective. (3)

Name three dishes you would recommend to a pregnant mother who has developed iron deficient anaemia. (3)

What advice would you give to a woman late in her pregnancy who is feeling nauseous and getting heartburn? (3)

If a baby a few weeks old had a very itchy skin, what would you suggest the mother do to help the baby? (3)

Name at least 6 signs of a baby's condition becoming too yang. (3)

List the types of food that a newly weaned baby should be eating on a daily or regular basis. (6)

If a 6 year old child developed tonsillitis, what dietary recommendations would you give? (6)

Five Transformations / Elements, in Cooking

Write down the dishes of a three-course meal to help strengthen a client's Water energy. (7)

If a person had a big imbalance / weakness in their Earth energy, give some likely physical, emotional and mental symptoms this is likely to create. (6)

Physical (2)

Emotional (2)

Mental (2)

Exchange of Energy and Natural Cycles of Life

What are the main organs of elimination in the body, and what do they eliminate? (4)

Give two ways to recognise that a person has become dehydrated. (2)

What is the emotional and spiritual significance of menopause for women? (4)

Other Approaches to Diet

What is the central principal of the paleolithic diet? (1)

Name foods that would usually be avoided in a paleolithic diet. (3)

What foods would be included in a healthy diet from a paleolithic diet point of view? (3)

What is your view of any advantages or disadvantages of a paleolithic diet from a macrobiotic point of view? (4)
