

# Acupuncture Board Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. What does the liver control in the body?**
  - A. Bone health**
  - B. Tendons**
  - C. Skin health**
  - D. Digestive issues**
  
- 2. What is the relationship of metal to water in the five-element theory?**
  - A. Mother**
  - B. Son**
  - C. Brother**
  - D. Father**
  
- 3. Which direction does the kidney meridian travel?**
  - A. Up**
  - B. Down**
  - C. Backwards**
  - D. Horizontally**
  
- 4. What is the relationship of wood to fire in traditional elemental theory?**
  - A. Mother**
  - B. Son**
  - C. Father**
  - D. Controller**
  
- 5. What is the Ying spring point on the fire meridian?**
  - A. LV-2**
  - B. HE-5**
  - C. BL-60**
  - D. LI-4**
  
- 6. Which emotional activity is regulated by the liver?**
  - A. Joy**
  - B. Fear**
  - C. Frustration**
  - D. Anger**

- 7. Which of the following is NOT associated with lung dysfunction?**
- A. Edema**
  - B. Weight gain**
  - C. Increased blood pressure**
  - D. Constipation**
- 8. What is the major function of the stomach when it works with the spleen?**
- A. Absorption of essential substances**
  - B. Separation of clear and turbid digestion**
  - C. Digestion and absorption of nutrients**
  - D. Fluid content absorption from waste**
- 9. Which emotional response is linked with the wood element?**
- A. Joy**
  - B. Depression**
  - C. Sympathy**
  - D. Anxiety**
- 10. During which time slot is the stomach considered most active?**
- A. 5am to 7am**
  - B. 7am to 9am**
  - C. 9am to 11am**
  - D. 11pm to 1am**

## Answers

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1. B
2. B
3. A
4. A
5. A
6. D
7. B
8. C
9. B
10. C

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## **Explanations**

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## 1. What does the liver control in the body?

- A. Bone health
- B. Tendons**
- C. Skin health
- D. Digestive issues

The liver is intricately linked to a variety of functions in the body, one of which is its relationship with tendons. In Traditional Chinese Medicine (TCM), the liver is believed to store and regulate the flow of blood, which is essential for nourishing the tendons. Healthy tendons require adequate blood supply, and the liver's role in maintaining blood volume and quality directly supports the resilience and flexibility of tendons. Furthermore, the liver also symbolizes the smooth flow of Qi (energy) within the body. When liver function is optimal, this flow supports the proper function of tendons, allowing them to withstand stress and movement. Any disruption in the liver's function can lead to conditions affecting the tendons, such as stiffness or weakness, illustrating the liver's control over this connective tissue. The other options—bone health, skin health, and digestive issues—are influenced by different organs in TCM. While the liver has indirect effects on these aspects, its primary control is more closely associated with the tendons. Thus, the connection between liver health and tendon well-being underscores the importance of understanding the liver's role in maintaining overall physiological function.

## 2. What is the relationship of metal to water in the five-element theory?

- A. Mother
- B. Son**
- C. Brother
- D. Father

In the context of the five-element theory, the relationship of metal to water is that of a son. This is rooted in the concept that elements have specific interactions and relationships based on what they represent, how they function, and how they influence one another within a cycle of creation and control. In this framework, metal is created through the process of condensation, as water contributes to the formation of metal ores. Water nourishes the ground and facilitates the minerals and metals to take form, symbolizing a parent-child relationship where water (the mother) supports and gives rise to metal (the son). This indicates a generative cycle where water is essential for the development of the characteristics associated with metal. Understanding this relationship is critical, as it illustrates how each element interacts within the broader context of balance and harmony in both nature and the body, which is foundational in acupuncture and Traditional Chinese Medicine.

### 3. Which direction does the kidney meridian travel?

- A. Up**
- B. Down**
- C. Backwards**
- D. Horizontally**

The kidney meridian primarily travels in an upward direction. In Traditional Chinese Medicine, the kidney meridian is associated with the water element and plays a crucial role in maintaining the body's balance, particularly concerning fluids and vital energies. It originates at the sole of the foot and ascends along the medial aspect of the leg, passing through various body areas before connecting with the bladder and other associated organs. The upward movement of the kidney meridian reflects its role in promoting growth, development, and strength—particularly in the context of reproductive health and foundational vitality. Furthermore, this upward trajectory is tied to the concept of 'yang' energies rising, in contrast to 'yin' energies, which tend to flow downward. Understanding the travel direction of the kidney meridian is essential for applying acupuncture techniques effectively in clinical practice, as it informs practitioners about how to direct their needles and which acupuncture points to target for achieving desired therapeutic outcomes.

### 4. What is the relationship of wood to fire in traditional elemental theory?

- A. Mother**
- B. Son**
- C. Father**
- D. Controller**

In traditional elemental theory, particularly within the framework of Chinese medicine, the relationship between wood and fire is described as a "mother" to "son" connection. This relationship signifies that wood is the element that nourishes and supports the growth of fire. In this context, wood is considered the source of fuel for fire, embodying the process of transformation where wood burns to produce fire. The dynamic interaction emphasizes the nurturing aspect of wood, as it provides the necessary energy and material for fire to thrive. This principle can be observed in nature, where trees and plants (wood) must be present for fire to occur and sustain itself. Understanding this relationship is crucial as it reflects not only elemental interactions but also has implications in diagnosing and treating conditions in acupuncture and herbal medicine. Recognizing how elements support and control one another aids practitioners in developing more effective treatment strategies rooted in these foundational concepts.

## 5. What is the Ying spring point on the fire meridian?

- A. LV-2**
- B. HE-5**
- C. BL-60**
- D. LI-4**

The Ying spring point on the fire meridian is located at LV-2. Each meridian in Traditional Chinese Medicine has specific points that correspond to particular functions and characteristics, and the Ying spring points, in general, are associated with the element of the meridian and provide vital energy for the corresponding organ system. In the case of the liver meridian, which is classified as a wood meridian, the Ying spring point LV-2 is significant for its ability to influence the flow of Qi and blood, particularly in relation to symptoms commonly associated with the liver, such as anger or frustration. The location of this point plays an essential role in channeling energy to the liver, thus supporting the treatment of related conditions. Other points mentioned, such as HE-5, BL-60, and LI-4, correspond to different meridians and thus do not serve as the Ying spring point specifically for the fire meridian. Understanding the unique properties and therapeutic applications of each acupuncture point is crucial for effective treatment strategies in acupuncture practice.

## 6. Which emotional activity is regulated by the liver?

- A. Joy**
- B. Fear**
- C. Frustration**
- D. Anger**

The emotional activity regulated by the liver is anger. In Traditional Chinese Medicine (TCM), each organ is associated with certain emotions, and the liver is particularly linked to anger and irritability. According to TCM principles, the liver plays a key role in the smooth flow of Qi (energy) throughout the body, and any stagnation or dysfunction can lead to the manifestation of anger-related emotions. When liver Qi is flowing freely, a person is likely to feel balanced and calm. However, if there is an imbalance or stagnation, it can result in feelings of frustration, irritability, and notably, anger. This connection highlights the liver's role not only in physical health but also in emotional well-being, illustrating how emotional states can have an impact on bodily functions according to TCM. Other emotions, such as joy, fear, and frustration, are associated with different organs in TCM. Joy is typically connected with the heart, fear with the kidneys, and frustration can reflect issues related to the spleen, thus emphasizing the unique role the liver has in the realm of emotional regulation, particularly concerning anger.

**7. Which of the following is NOT associated with lung dysfunction?**

- A. Edema**
- B. Weight gain**
- C. Increased blood pressure**
- D. Constipation**

Weight gain is the correct answer as it is not typically associated with lung dysfunction. In traditional Chinese medicine (TCM) and Western medicine alike, lung dysfunction is more commonly linked to issues such as difficulty in gas exchange, respiratory distress, or alterations in fluid balance. Conditions related to lung function often lead to symptoms like edema due to fluid retention, which can occur when the lungs are unable to effectively manage fluid levels in the body. Increased blood pressure can also be associated with lung dysfunction, particularly in cases where there is a problem with oxygenation, leading to increased effort of the heart to circulate blood effectively. Similarly, constipation may arise as a secondary issue related to the overall health and function of the lungs, impacting the body's energy and fluid movement—an area that is often reflected in gastrointestinal health according to TCM. Weight gain, on the other hand, is often more directly related to metabolic and endocrine factors rather than to lung problems specifically. Therefore, when evaluating factors connected with lung dysfunction, weight gain does not present a connection that aligns with expected physiological consequences.

**8. What is the major function of the stomach when it works with the spleen?**

- A. Absorption of essential substances**
- B. Separation of clear and turbid digestion**
- C. Digestion and absorption of nutrients**
- D. Fluid content absorption from waste**

The major function of the stomach in conjunction with the spleen is centered around the digestion and absorption of nutrients. In traditional Chinese medicine, the stomach is responsible for breaking down food into its simplest forms, which is crucial for nutrient extraction. This process not only involves the physical and chemical breakdown of food but also sets the foundation for the spleen's role, which is primarily to transform and transport those nutrients throughout the body. In this cooperative dynamic, the stomach acts as the initial site where food is processed, and the spleen further refines these nutrients, ensuring they are effectively utilized for energy, growth, and maintenance of bodily functions. This synergy illustrates how these two organs complement each other, emphasizing their interconnectedness in regulating digestion and overall nourishment. Other options such as absorption of essential substances, separation of clear and turbid digestion, and fluid content absorption from waste do not capture the full scope of the stomach and spleen's collaborative function in the digestive process as effectively as the primary role of digestion and absorption of nutrients does.

**9. Which emotional response is linked with the wood element?**

- A. Joy
- B. Depression**
- C. Sympathy
- D. Anxiety

The emotional response that is linked with the wood element is depression. In traditional Chinese medicine (TCM), each of the five elements—wood, fire, earth, metal, and water—is associated with specific emotions and physiological processes. The wood element represents growth, flexibility, and the capacity for change. When the wood element is balanced, emotions such as motivation, assertiveness, and creativity flourish. However, when there is a deficiency or an imbalance in the wood element, it can lead to feelings of stagnation and frustration. This stagnation may manifest as depression. The liver, which corresponds to the wood element, is responsible for the smooth flow of qi (energy) and emotions. If the liver qi is stagnant or deficient, it can lead to an inability to express emotions properly, resulting in feelings of sadness or depression. Understanding this connection allows practitioners to identify and address emotional issues by targeting therapies that support the wood element, thereby promoting emotional balance and well-being. Other emotional responses associated with different elements differ in nature and do not capture the specific connection that the wood element has with depression.

**10. During which time slot is the stomach considered most active?**

- A. 5am to 7am
- B. 7am to 9am
- C. 9am to 11am**
- D. 11pm to 1am

The stomach is considered most active during the time slot from 9 am to 11 am. This period corresponds with the Traditional Chinese Medicine (TCM) clock, which assigns specific organs peak activity times based on a 24-hour cycle. The stomach, which is associated with digestion and the processing of food, has heightened activity during this timeframe because it is typically when people are consuming breakfast and starting their day. During these hours, the body is ideally prepared to receive food, and optimal digestive enzymes and processes are activated to convert intake into energy and nutrients efficiently. This aligns with the concept in TCM that emphasizes harmonizing meal times with organ functions to support overall health and wellness. As such, understanding this timing helps practitioners of acupuncture and TCM to offer guidance on lifestyle and dietary choices that can enhance digestive health aligned with the body's natural rhythms.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ancupunctureboard.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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