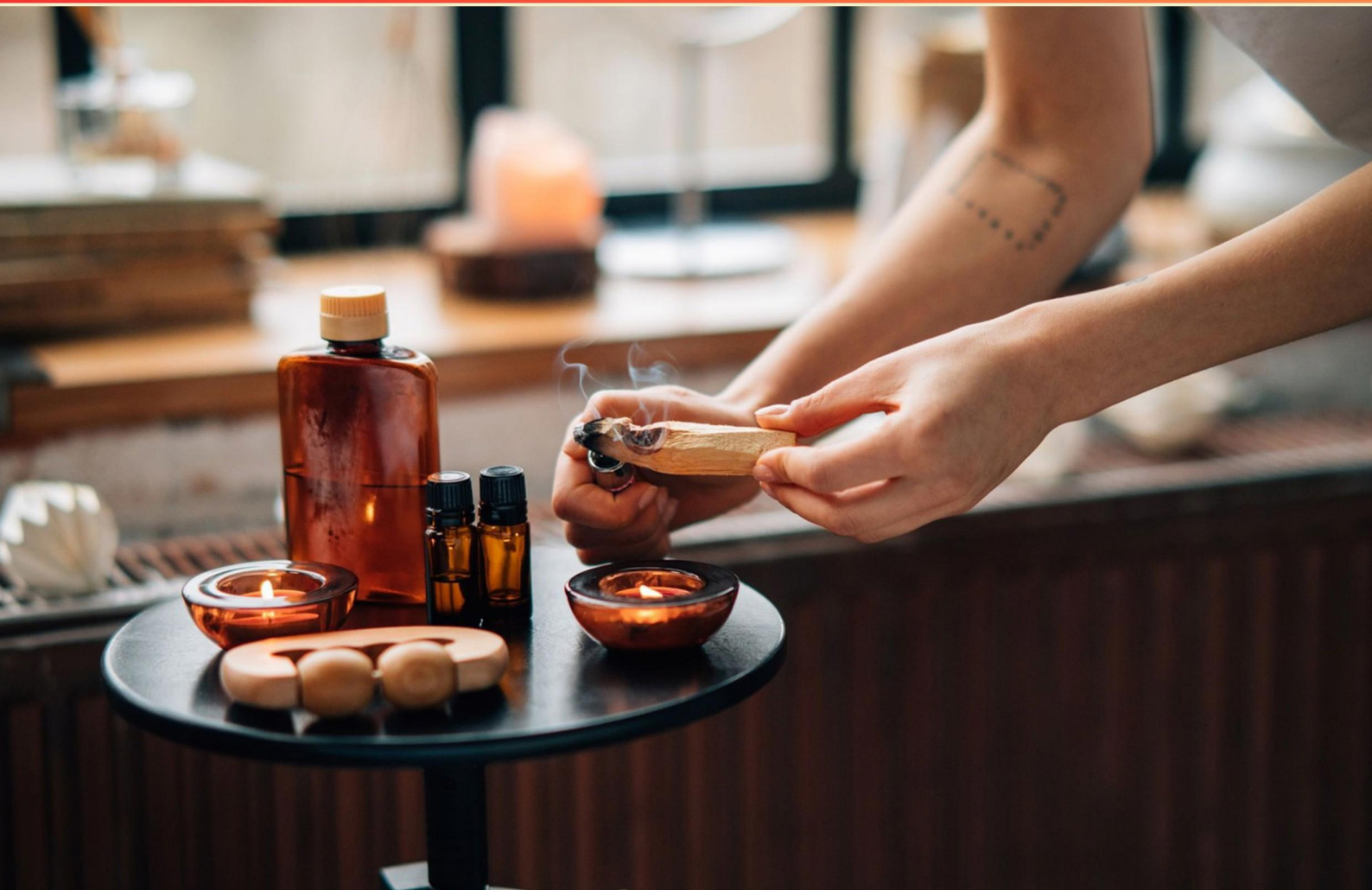


HOLISTIC CERTIFICATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. Manipulative and body-based practices primarily focus on which body structures and systems?**
 - A. Endocrine Glands
 - B. Nervous System
 - C. Bones and Joints
 - D. Skin and Hair
- 2. An integralist is best described as which of the following?**
 - A. A person who focuses on the individual and the collective, the inner and outer, human and nonhuman concerns.
 - B. A person who concentrates on financial metrics.
 - C. A person who focuses only on environmental health.
 - D. A person who relinquishes responsibility to systems.
- 3. In holistic terms, psyche refers to the relationship between soul or spirit and which other aspect?**
 - A. Medical science.
 - B. Diet and nutrition.
 - C. Social roles.
 - D. Soul or spirit, reflecting the relationship between the spiritual and the psychological.
- 4. Chakras are described as what?**
 - A. Static Energy Points
 - B. Nerve Plexus Clusters
 - C. Whirling Vortex Of Light
 - D. Energy Centers In The Subtle Body
- 5. Origins of Holistic Health?**
 - A. Ancient healing traditions throughout the world have encouraged people to live in harmony with each other and with nature. Socrates warned against treating only one part of the body "for the part can never be well unless the whole is well."
 - B. Modern medicine with no historical roots
 - C. The concept originated in the 20th century
 - D. Only in Western medicine

- 6. The integral view of healing posits that a unitary whole person interacts with which?**
- A. The environment acts independently of individuals.
 - B. The unitary whole person interacts with the environment.
 - C. The environment is irrelevant.
 - D. The unitary whole is isolated from environment.
- 7. Healing is best described as which of the following?**
- A. Healing is a process inherent in all living things that may occur without full symptom resolution.
 - B. Healing is identical to curing.
 - C. Healing is guaranteed to occur in all cases.
 - D. Healing requires only surgical intervention.
- 8. Therapeutic Touch is considered to have been introduced in which year?**
- A. 1960
 - B. 1985
 - C. 1999
 - D. 1972
- 9. Which statement about Good Manufacturing Practices (GMP) for herbal products is correct?**
- A. They regulate flavor and scent only
 - B. They regulate color only
 - C. They apply only to pharmaceutical drugs
 - D. They set standards for purity, potency, and strength that align with label statements
- 10. Curing is defined as which of the following?**
- A. Complete eradication of all disease
 - B. Pain relief only
 - C. Restoration of function only
 - D. Elimination of signs and symptoms of disease

Answers

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

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Explanations

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1. Manipulative and body-based practices primarily focus on which body structures and systems?

- A. Endocrine Glands
- B. Nervous System
- C. Bones and Joints**
- D. Skin and Hair

Hands-on techniques in manipulative and body-based practices work primarily with the body's structural framework. The main goal is to restore proper alignment and movement by addressing the skeletal system—the bones and joints that form the core scaffolding and pivot points for the body's motion. When joints are restricted or misaligned, movement patterns become faulty and soft tissues and nerves can become irritated or compensatory tensions develop. By applying precise manual forces, mobilizations, and adjustments to the bones and joints, these modalities aim to improve range of motion, reduce pain, and rebalance the mechanical function of the body. Endocrine glands aren't the direct focus of these practices, as they're internal organs involved in hormone production and not typically targeted by manual manipulation. The nervous system can be influenced indirectly through touch and stretch, but it isn't the primary target. Skin and hair are external tissues that aren't the focus of joint- or bone-directed techniques.

2. An integralist is best described as which of the following?

- A. A person who focuses on the individual and the collective, the inner and outer, human and nonhuman concerns.**
- B. A person who concentrates on financial metrics.
- C. A person who focuses only on environmental health.
- D. A person who relinquishes responsibility to systems.

An integralist approaches topics with a holistic view, weaving together multiple dimensions rather than focusing on just one facet. They consider the full range of concerns across levels: the individual and the collective, the inner and outer, and human and nonhuman realms. This emphasis on interdependence and breadth is why describing an integralist as someone who attends to both personal and social development, inner experience and external conditions, and the broader ecological context is the most accurate. Focusing only on financial metrics misses the broader, interconnected view; concentrating solely on environmental health leaves out social and inner dimensions; and relinquishing responsibility to systems runs counter to the active, integrated stance integral thinking promotes.

3. In holistic terms, psyche refers to the relationship between soul or spirit and which other aspect?

- A. Medical science.
- B. Diet and nutrition.
- C. Social roles.
- D. Soul or spirit, reflecting the relationship between the spiritual and the psychological.**

In holistic thinking, psyche is about how the inner spirit or soul relates to the mind and emotions. It's the dynamic link between the spiritual essence and the psychological life—the way beliefs, meaning, and purpose connect with thoughts, feelings, and mental health. That makes the idea that psyche reflects the relationship between the spiritual and the psychological the best fit. The other options point to separate areas like medical science, diet, or social roles, which don't capture this relational connection. So psyche is the bridge between soul/spirit and the psychological realm.

4. Chakras are described as what?

- A. Static Energy Points
- B. Nerve Plexus Clusters
- C. Whirling Vortex Of Light
- D. Energy Centers In The Subtle Body

Chakras are described as whirling vortices of light—dynamic energy centers in the subtle body. This imagery captures how they're thought to rotate and emit energy, shaping the flow of life-force through the subtle energy system. The idea of static energy points misses the turning action, and while they're indeed energy centers in the subtle body, the vivid description of a spinning vortex is the most representative way practitioners visualize their function and nature.

5. Origins of Holistic Health?

- A. Ancient healing traditions throughout the world have encouraged people to live in harmony with each other and with nature. Socrates warned against treating only one part of the body "for the part can never be well unless the whole is well."
- B. Modern medicine with no historical roots
- C. The concept originated in the 20th century
- D. Only in Western medicine

The main idea here is that holistic health has ancient, cross-cultural roots and sees health as harmony of the whole person, not just parts. Across many traditional systems—such as Ayurveda, Traditional Chinese Medicine, Greek philosophy, and indigenous healing—people were encouraged to live in balance with themselves, others, and the natural world. This whole-person perspective is echoed by the idea that you can't treat a single part and expect the whole body to be well. That shows why health is viewed as an interconnected system: body, mind, spirit, and environment all influence one another. It's not a purely Western or modern notion, and it didn't originate only in the 20th century.

6. The integral view of healing posits that a unitary whole person interacts with which?

- A. The environment acts independently of individuals.
- B. The unitary whole person interacts with the environment.
- C. The environment is irrelevant.
- D. The unitary whole is isolated from environment.

Healing is viewed as a dynamic, open interaction between a unitary whole person and the surrounding environment. The person is not a separate entity pinned against a static backdrop; rather, the environment is part of the living field with which the person continually exchanges energy. Health and healing arise from harmonious patterns of this ongoing interaction, where influences flow in both directions and nothing is truly isolated or irrelevant. So, the unitary whole person interacts with the environment.

7. Healing is best described as which of the following?

- A. Healing is a process inherent in all living things that may occur without full symptom resolution.**
- B. Healing is identical to curing.
- C. Healing is guaranteed to occur in all cases.
- D. Healing requires only surgical intervention.

Healing is a natural, ongoing process by which living tissue repairs itself and works to restore function. It isn't the same as curing a disease; healing focuses on repairing damage, reducing dysfunction, and returning toward balance, which often leaves scar tissue or some residual symptoms rather than perfectly restoring everything to the exact pre-injury state. This process is inherent in living systems and can happen even when not all symptoms disappear. It isn't guaranteed in every situation—some injuries or illnesses lead to incomplete healing or chronic issues. And it doesn't require surgery; many healing progressions occur through natural processes, rest, good nutrition, medical care, rehabilitation, or non-surgical treatments, with surgery sometimes helping but not being necessary for healing to occur.

8. Therapeutic Touch is considered to have been introduced in which year?

- A. 1960
- B. 1985
- C. 1999
- D. 1972**

Therapeutic Touch is a nursing-based approach developed by Dolores Krieger and Dora Kunz that aims to influence a person's energy field to support healing. It was brought into public attention and formally introduced to the healthcare community in 1972, when demonstrations, publications, and trainings helped establish it as a named practice in holistic nursing. The year 1972 is the landmark moment often cited for TT's public emergence, distinguishing it from earlier ideas and late-claim iterations.

9. Which statement about Good Manufacturing Practices (GMP) for herbal products is correct?

- A. They regulate flavor and scent only
- B. They regulate color only
- C. They apply only to pharmaceutical drugs
- D. They set standards for purity, potency, and strength that align with label statements**

GMP for herbal products focuses on ensuring the product's quality by making sure what's on the label truly reflects what's in the bottle. This means establishing controlled sourcing of plant materials, validated manufacturing processes, clean facilities, thorough documentation, and testing for purity and active constituents so the stated potency and strength are consistently met. When a label claims a certain level of active ingredients or potency, GMP requires evidence that the product reliably matches that claim, which protects safety and guarantees consistent performance. The other statements don't fit because GMP isn't limited to flavor or color, and its principles apply beyond pharmaceutical drugs to herbal medicines and supplements, ensuring quality and safety across the board.

10. Curing is defined as which of the following?

- A. Complete eradication of all disease
- B. Pain relief only
- C. Restoration of function only
- D. Elimination of signs and symptoms of disease**

Curing means the disease has been eliminated so there are no signs or symptoms left, and the person has returned to a state of health with no ongoing evidence of the illness. This goes beyond just easing pain, which is focused on comfort without removing the disease itself, and beyond restoring function, which is about physical ability rather than eradicating the disease. It also isn't about an unrealistic goal of eradicating every possible trace of disease in every context; the defining idea of a cure is the absence of disease manifestations—no signs or symptoms remain. That's why eliminating the signs and symptoms of disease best captures what cure means here.

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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.

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

<https://holisticcert.examzify.com>

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

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