

# Palmer Chiropractic Philosophy & History II Practice Exam (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. Which philosophical view suggests that the body gives rise to the mind?**
  - A. Mind-body dualism**
  - B. Property dualism**
  - C. Substance dualism**
  - D. Epiphenomenalism**
- 2. What concept suggests that all matter is continuously given its properties and actions by a Universal Intelligence?**
  - A. Causation**
  - B. Principle of Governance**
  - C. Major Premise**
  - D. Self-Organization**
- 3. In which year did D.D. Palmer perform the first chiropractic adjustment?**
  - A. 1890**
  - B. 1895**
  - C. 1900**
  - D. 1910**
- 4. How does understanding cultural backgrounds benefit chiropractic treatment?**
  - A. It encourages uniform treatment methods.**
  - B. It allows for more personalized care tailored to individual needs.**
  - C. It streamlines the treatment process for efficiency.**
  - D. It reduces the need for patient education.**
- 5. What level of entropy correlates with high health?**
  - A. High**
  - B. Moderate**
  - C. Low**
  - D. Variable**



- 6. What concept describes reality as having two elements, mind and matter, and functioning on two levels?**
- A. Dualism**
  - B. Property dualism**
  - C. Materialism**
  - D. Idealism**
- 7. What is indicated by low entropy levels?**
- A. High adaptability**
  - B. Disorganization**
  - C. Pathological states**
  - D. Varied health outcomes**
- 8. Property dualism is derived from which philosophical viewpoint?**
- A. Idealism**
  - B. Materialism**
  - C. Dualism**
  - D. Substance dualism**
- 9. Which term best describes the philosophical underpinning of materialism in chiropractic?**
- A. Mindfulness**
  - B. Physicalism**
  - C. Realism**
  - D. Existentialism**
- 10. Which approach is primarily based on evidence and observation in scientific inquiry?**
- A. Phenomenology**
  - B. Inductive Reasoning**
  - C. Deductive Reasoning**
  - D. Qualitative Research**

## **Answers**

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

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## **Explanations**

**1. Which philosophical view suggests that the body gives rise to the mind?**

- A. Mind-body dualism**
- B. Property dualism**
- C. Substance dualism**
- D. Epiphenomenalism**

The philosophical view that suggests the body gives rise to the mind is accurately described by the concept of property dualism. This perspective posits that while the mind and body are distinct, the mental states are properties or by-products of physical processes occurring within the body. In this view, mental phenomena arise as a result of physical processes in the brain, meaning that the mind is dependent on the body and its functioning. Property dualism contrasts with substance dualism, which argues that the mind and body are composed of fundamentally different substances, thus positioning them as separate entities. Mind-body dualism broadly addresses the interaction and differences between mind and body but does not specifically state that the body generates the mind. Epiphenomenalism, while also acknowledging the effects of physical processes on mental states, emphasizes that the mental states do not influence physical states, further differentiating it from the notion that the body gives rise to the mind in a causal sense. Understanding property dualism helps clarify the relationship between the physical and mental realms, emphasizing that our mental experiences are intricately tied to our biological and physical states, which is central to many discussions in chiropractic philosophy regarding the interplay between physical health and mental wellbeing.

**2. What concept suggests that all matter is continuously given its properties and actions by a Universal Intelligence?**

- A. Causation**
- B. Principle of Governance**
- C. Major Premise**
- D. Self-Organization**

The concept that suggests all matter is continuously given its properties and actions by a Universal Intelligence aligns with the Major Premise in chiropractic philosophy. This premise posits that there is an innate intelligence present in all living things, which governs biological processes and ensures that matter functions according to specific principles. The Major Premise underscores the idea that this Universal Intelligence is responsible for the organization, adaptation, and overall functioning of all matter, emphasizing a holistic view of life and health within chiropractic practice. This foundational concept is essential for understanding the therapeutic approach chiropractors take, which often focuses on enhancing the body's innate ability to heal itself through proper alignment and removal of interference within the nervous system. Causation, the Principle of Governance, and Self-Organization may relate to various philosophical or scientific discussions, but they do not encapsulate the chiropractic understanding of a continuous connection between all matter and a Universal Intelligence in the same way the Major Premise does. The distinct emphasis of the Major Premise on an innate intelligence best illustrates the foundational belief in the chiropractic philosophy regarding life and health.

**3. In which year did D.D. Palmer perform the first chiropractic adjustment?**

- A. 1890
- B. 1895**
- C. 1900
- D. 1910

D.D. Palmer performed the first chiropractic adjustment in 1895. This year marks a significant milestone in the history of chiropractic care, as it was during this time that Palmer adjusted the spine of a patient named Harvey Lillard, who had been deaf for 17 years. Following the adjustment, Lillard reported improvements in his hearing, which led Palmer to explore the connections between the spine, the nervous system, and overall health. This event laid the foundation for what would become a new field of healthcare focused on spinal manipulation as a means to promote healing and wellness. Understanding this pivotal moment helps clarify the origins and development of chiropractic philosophy and practice.

**4. How does understanding cultural backgrounds benefit chiropractic treatment?**

- A. It encourages uniform treatment methods.
- B. It allows for more personalized care tailored to individual needs.**
- C. It streamlines the treatment process for efficiency.
- D. It reduces the need for patient education.

Understanding cultural backgrounds significantly enhances chiropractic treatment by allowing for more personalized care tailored to individual needs. This approach recognizes that treatment effectiveness can be influenced by cultural beliefs, practices, and values that patients hold. When practitioners are aware of and sensitive to various cultural backgrounds, they can better engage with patients, build trust, and formulate treatment plans that resonate with patients on a personal level. For instance, cultural considerations may affect a patient's perception of pain, health, and wellness, as well as their willingness to participate in certain therapies. By integrating this understanding into their practice, chiropractors can accommodate these diverse perspectives, resulting in more effective communication and adherence to treatment plans. This not only leads to improved patient satisfaction but can also contribute to better health outcomes, as the care provided becomes more relevant and acceptable to the patient's unique context. The other options do not capture the essence of the benefit of understanding cultural backgrounds in the chiropractic field. Uniform treatment methods or increased efficiency may overlook the individuality of patients, while reducing the need for patient education could compromise informed consent and patient engagement, which are crucial for successful chiropractic care. In contrast, personalized care recognizes and respects the unique attributes of each patient, which is fundamental to effective treatment in chiropractic practice.

**5. What level of entropy correlates with high health?**

- A. High**
- B. Moderate**
- C. Low**
- D. Variable**

A low level of entropy correlates with high health because entropy is commonly understood as a measure of disorder or randomness in a system. In the context of health, low entropy signifies a well-organized and efficient system where bodily functions are operating optimally. This organization translates to homeostasis, where the physiological systems are balanced and functioning effectively, thereby promoting overall health. In scenarios where entropy is low, the body's systems are in harmony, leading to a reduced risk of disease and optimal physical performance. When applied to anatomy and physiology, a lower entropy suggests less chaos in the body's processes, which is essential for maintaining health and addressing any potential disruptions. Thus, low entropy reflects a systemic capacity to adapt to challenges, underlining its significance in chiropractic philosophy, which emphasizes the importance of maintaining proper alignment and function in achieving optimal health.

**6. What concept describes reality as having two elements, mind and matter, and functioning on two levels?**

- A. Dualism**
- B. Property dualism**
- C. Materialism**
- D. Idealism**

The concept that describes reality as having two elements, mind and matter, and functioning on two levels is dualism. Dualism posits that there are two fundamental kinds of substance or reality: mental (mind) and physical (matter). This approach suggests that the mind and body are distinct and interact with one another but are not reducible to one another. The theory emphasizes the importance of both the mental processes and the physical processes, acknowledging that both play a critical role in understanding existence and human experience. Dualism has roots in the philosophical ideas of thinkers like René Descartes, who famously articulated the separation between the realm of the mind and the realm of the body. Other concepts like property dualism entail that while there is only one kind of substance (usually physical), it can have both physical properties and mental properties, which would not fully align with the premise of dualism that explicitly recognizes two distinct elements. Materialism, on the other hand, maintains that everything is fundamentally physical, denying the separate existence of the mind. Idealism posits that reality is fundamentally mental or spiritual in nature, which opposes the dualistic framework. This makes dualism the most fitting answer to the question regarding the two levels of reality.

## 7. What is indicated by low entropy levels?

- A. High adaptability**
- B. Disorganization**
- C. Pathological states**
- D. Varied health outcomes**

Low entropy levels indicate a state of high organization and stability within a system. In the context of health and adaptability, high adaptability refers to an organism's ability to adjust to changes in its environment, which typically correlates with a more organized and efficient physiological state. When entropy is low, it suggests that the body's systems are functioning coherently and harmoniously, leading to improved adaptability. This means that the body can respond effectively to various stressors, maintain homeostasis, and exhibit resilience in the face of challenges. In chiropractic philosophy, this concept aligns with the focus on optimizing body function and ensuring that the nervous system operates without interference, promoting overall health and wellbeing. In contrast, higher entropy levels would typically signify disorganization or chaos within the system, which can lead to challenges in adaptability and potentially contribute to various health issues, emphasizing the importance of maintaining low entropy for optimal health.

## 8. Property dualism is derived from which philosophical viewpoint?

- A. Idealism**
- B. Materialism**
- C. Dualism**
- D. Substance dualism**

Property dualism arises from the philosophical viewpoint that recognizes two distinct types of properties—mental and physical—rather than two different substances. It asserts that while the mind and body are closely related, the properties of the mind cannot be fully explained by physical states. This perspective contrasts with materialism, which posits that everything can be explained in terms of physical processes. In the context of the options provided, property dualism does indeed have roots in an understanding of material conditions but ultimately extends beyond strict materialism by asserting that mental states, although dependent upon the physical brain, have characteristics that are not reducible to physical explanations. Therefore, property dualism signifies a position that acknowledges the importance of both mental and physical properties while maintaining that they engage in a complex relationship, which is why it is more closely associated with a form of dualism rather than being purely materialistic. The other viewpoints—idealism, dualism, and substance dualism—highlight different aspects of the mind-body relationship, but they do not specifically encapsulate the nuanced approach of property dualism, which emphasizes the coexistence of mental and physical properties.



**9. Which term best describes the philosophical underpinning of materialism in chiropractic?**

- A. Mindfulness**
- B. Physicalism**
- C. Realism**
- D. Existentialism**

The term that best describes the philosophical underpinning of materialism in chiropractic is physicalism. Physicalism asserts that everything that exists is ultimately physical or made up of matter. In the context of chiropractic practice, this philosophy emphasizes the importance of the physical body and its structures—such as the spine and nervous system—in relation to health and well-being. Chiropractic care often focuses on the body's physical alignment and the mechanical functions of the spine to influence overall health, which aligns with the principles of physicalism. This perspective values tangible, observable phenomena as foundational to understanding health, wellness, and the effects of chiropractic interventions. While other philosophical terms, such as mindfulness, realism, and existentialism, explore different aspects of human experience and consciousness, they do not center on a strictly material interpretation of existence and health as physicalism does. Therefore, physicalism is the most relevant term within the context of materialism in chiropractic philosophy.

**10. Which approach is primarily based on evidence and observation in scientific inquiry?**

- A. Phenomenology**
- B. Inductive Reasoning**
- C. Deductive Reasoning**
- D. Qualitative Research**

Inductive reasoning is primarily based on evidence and observation. This approach involves gathering specific instances or observations and then formulating general principles or theories from them. In scientific inquiry, inductive reasoning allows researchers to build theories that can be tested through further observation and experimentation. By starting with specific data points and extrapolating broader conclusions, inductive reasoning helps in developing comprehensive understandings based on accumulated evidence. In contrast, phenomenology is more about understanding experiences from the first-person perspective and may not rely heavily on empirical data. Deductive reasoning, on the other hand, starts with a general premise and tests it against specific cases, which is a different process of inquiry. Qualitative research focuses on understanding phenomena through non-numerical data and may not always utilize direct observational evidence as effectively as inductive reasoning does. Thus, inductive reasoning stands out as the approach that explicitly utilizes evidence and observation as foundational elements of scientific inquiry.

## 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://palmerchirophilosophyhist2.examzify.com>**

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