

# TCM Foundations Board: Daily Practice Test (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**

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- 1. In TCM, which factor is primarily associated with the occurrence of Wind-Heat?**
  - A. Emotional stress**
  - B. Environmental changes**
  - C. Dietary factors**
  - D. Genetic predisposition**
- 2. Which type of food is recommended to treat edema, abdominal distention, and weak back and knees?**
  - A. Beef**
  - B. Chicken**
  - C. Lamb**
  - D. Pork**
- 3. Which meridian does NOT meet at REN-24 (Cheng Jiang)?**
  - A. Du Mai**
  - B. Large Intestine**
  - C. Stomach**
  - D. Kidney**
- 4. Which of the following is NOT a function of Ming Men?**
  - A. Warms Essence and Uterus**
  - B. Assists the Heart in housing the Mind**
  - C. Warms the Lower Burner and Bladder**
  - D. Protects the Heart from the exterior**
- 5. What is the most important correspondence in the Five Element scheme of diagnosis?**
  - A. Smell**
  - B. Taste**
  - C. Color**
  - D. Sound**

- 6. Which point is known to benefit the uterus?**
- A. ST-33 (yinshi)
  - B. LR-11 (yinlian)
  - C. SP-12 (chongmen)
  - D. LR-10 (zuwuli)
- 7. Which pulse is described as slow, rough, and uneven like a knife scraping a bamboo?**
- A. Knotted pulse (jie mai)
  - B. Choppy pulse (se mai)
  - C. Confined pulse (lao mai)
  - D. Intermittent pulse (dai mai)
- 8. What symptom could indicate a true excess with false deficiency?**
- A. Shortness of breath
  - B. Fatigue
  - C. Rapid pulse
  - D. Cold extremities
- 9. Diagonal folds in the skin of the ear lobe have been correlated with which health issue?**
- A. Eye pathology
  - B. Dental disease
  - C. Ear pathology
  - D. Heart disease
- 10. Which pulse indicates Blood Stasis and possibly Deficient Blood?**
- A. Choppy pulse (se mai)
  - B. Knotted pulse (jie mai)
  - C. Thready pulse
  - D. Long pulse (chang mai)

## **Answers**

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

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## **Explanations**

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**1. In TCM, which factor is primarily associated with the occurrence of Wind-Heat?**

- A. Emotional stress**
- B. Environmental changes**
- C. Dietary factors**
- D. Genetic predisposition**

In Traditional Chinese Medicine (TCM), Wind-Heat is primarily linked to environmental changes. This concept is rooted in the understanding that external pathogens, represented as "Wind," can transmit various diseases, with Heat being one of the qualities associated with these conditions. Wind-Heat typically arises when the body is exposed to sudden climatic changes, such as moving from a cold environment to a hot one, or when there are fluctuations in temperature and humidity. Environmental influences are considered critical in the development of various conditions in TCM. External factors like the weather can introduce pathogenic Wind and Heat into the body, leading to symptoms such as fever, sore throat, headache, and other signs of an upper respiratory infection. This reflects the TCM belief that the body must maintain harmony with its surroundings to prevent illness. While emotional stress, dietary factors, and genetic predisposition can influence overall health and may contribute to the body's susceptibility to illness, they do not primarily cause Wind-Heat. Instead, they may alter the body's internal environment or its ability to manage external pathogens, but the direct association of Wind-Heat is strongly tied to environmental changes impacting the body.

**2. Which type of food is recommended to treat edema, abdominal distention, and weak back and knees?**

- A. Beef**
- B. Chicken**
- C. Lamb**
- D. Pork**

To address health concerns such as edema, abdominal distention, and weakness in the back and knees, it's essential to consider the properties of the food types being considered. Beef is known in Traditional Chinese Medicine (TCM) for its warming qualities and its ability to nurture the body's Yang energy. This can be particularly beneficial when addressing conditions that involve weakness and fluid retention, as it helps to tonify the Qi and strengthen the foundation of the body. Beef also has a rich nutritional profile, providing high levels of protein, iron, and other nutrients necessary for building blood and supporting the overall strength of the body. In TCM, the spleen and kidney play significant roles in managing fluids and supporting the lower back and knee strength. Foods that invigorate the spleen and tonify the kidneys, like beef, can be supportive in treating these ailments. In contrast, other meats like chicken, lamb, and pork have different effects and properties in TCM. Chicken is often considered milder and more cooling compared to beef, while lamb is typically recognized for its warming properties but may not provide the same level of nourishment and tonification as beef. Pork is more neutral and can sometimes contribute to the dampness that might exacerbate issues like edema, particularly when

### 3. Which meridian does NOT meet at REN-24 (Cheng Jiang)?

- A. Du Mai
- B. Large Intestine
- C. Stomach
- D. Kidney**

REN-24, known as Cheng Jiang, is a significant point located at the center of the mentolabial groove. This point is particularly important as it connects with several meridians, facilitating the regulation of facial and oral functions, among other aspects. The Du Mai, or Governing Vessel, intersects at REN-24, as it travels along the midline of the body, influencing the head and neck area. The Large Intestine meridian also meets at this point, given its trajectory which goes upwards towards the face. Similarly, the Stomach meridian is linked to REN-24 as it governs functions associated with digestion and faces the mouth area. In contrast, the Kidney meridian does not intersect with REN-24. The Kidney meridian travels along the inner leg and torso, primarily associated with reproductive and urinary functions, and it does not extend to the facial region where Cheng Jiang is located. This distinction is key in understanding the specific pathways of the meridians and their respective relationships to various acupuncture points.

### 4. Which of the following is NOT a function of Ming Men?

- A. Warms Essence and Uterus
- B. Assists the Heart in housing the Mind
- C. Warms the Lower Burner and Bladder
- D. Protects the Heart from the exterior**

Ming Men, often referred to as the "Gate of Life," is a crucial concept in Traditional Chinese Medicine (TCM) that plays a significant role in multiple physiological functions. The primary functions of Ming Men include supporting the kidneys, warming the essence, and contributing to the overall vitality of the body's Yang energy. The function described in the correct answer relates to the idea that Ming Men does not directly protect the Heart from exterior influences. Rather, Ming Men is more aligned with warming internal structures and supporting the functioning of the lower burner, which includes the bladder and reproductive organs. It is fundamentally associated with warmth and energy rather than acting as a protective barrier. In contrast, the other options describe valid functions associated with Ming Men. For instance, warming the essence and uterus is crucial for reproductive health, as warmth fosters fertility and supports menstruation. Assisting the Heart in housing the Mind acknowledges the interconnectedness of organ systems in TCM and the role of Ming Men in nurturing Shen (the spirit or mind). Additionally, warming the lower burner and the bladder ties into the role of Ming Men in maintaining proper function and energy in those areas. Thus, the correct answer represents a misunderstanding of the role of Ming Men, as its primary focus is on energy support.

## 5. What is the most important correspondence in the Five Element scheme of diagnosis?

- A. Smell
- B. Taste
- C. Color**
- D. Sound

In the Five Element theory of Traditional Chinese Medicine (TCM), color is a significant correspondence that links the elements to specific organ systems, emotions, and various physiological aspects of the body. Each of the five elements—Wood, Fire, Earth, Metal, and Water—has a corresponding color that serves as a diagnostic tool and reflects the health of the related organ systems. For instance, the color green corresponds to the Wood element and the liver, red is linked with Fire and the heart, yellow represents the Earth element and the spleen, white corresponds to Metal and the lungs, and blue or black is associated with Water and the kidneys. By observing the color of the face, tongue, and other aspects of a patient's presentation, practitioners can gain insight into the state of their Qi and organ health, aiding in diagnosis and treatment planning. While smell, taste, and sound are also relevant in the diagnosis within TCM, they do not carry the same foundational significance as color does in identifying the balance or deficiency of specific elements and their associated organs. Color serves as a more immediate and visually identifiable marker in the context of the Five Element framework.

## 6. Which point is known to benefit the uterus?

- A. ST-33 (yinshi)
- B. LR-11 (yinlian)**
- C. SP-12 (chongmen)
- D. LR-10 (zuwuli)

The point known to benefit the uterus is LR-11 (yinlian). This acupuncture point is located on the liver meridian and plays a significant role in gynecological health. LR-11 is recognized for its ability to regulate blood flow within the pelvic area, which can influence the health of the uterus. It is often used in treatments that involve menstrual irregularities, fertility issues, and conditions related to uterine health, as it helps to ensure the smooth movement of qi and blood, vital for reproductive health. The other options relate to different functions and parts of the body. ST-33 is primarily associated with resolving dampness and promoting the movement of qi in the lower abdomen, but it is not specifically targeted at the uterus. SP-12 connects more with the spleen's role in regulating blood and fluids rather than directly influencing uterine health. Likewise, LR-10, while involved in the hepatic system, is less specific in its effects on the uterus compared to LR-11. Therefore, LR-11 is particularly emphasized for its direct benefits to uterine conditions in Traditional Chinese Medicine.

**7. Which pulse is described as slow, rough, and uneven like a knife scraping a bamboo?**

- A. Knotted pulse (jie mai)**
- B. Choppy pulse (se mai)**
- C. Confined pulse (lao mai)**
- D. Intermittent pulse (dai mai)**

The choppy pulse, characterized as being slow, rough, and uneven, is aptly likened to a knife scraping bamboo due to its distinctive quality. This type of pulse suggests an underlying condition of deficiency, often indicating a lack of nourishment in the blood or the Qi. When assessing a choppy pulse, a practitioner may perceive a sensation that feels interrupted or jagged rather than smooth, much like the abruptness of a knife against bamboo. In Traditional Chinese Medicine, the quality of the pulse provides crucial insight into the patient's health status, as it can reflect the condition of the internal organs and the flow of Qi and blood. A choppy pulse often signifies stagnation or a deficiency that results in a less fluid circulation, aligning with the visual metaphor of a scraping action. The knotted pulse can suggest cold and blockages; the confined pulse often indicates internal heat or fullness, and the intermittent pulse tends to denote more serious illnesses where the rhythm is irregular but not specifically choppy. Thus, recognizing the unique characteristics of the choppy pulse is essential for accurate diagnosis and appropriate treatment in TCM practice.

**8. What symptom could indicate a true excess with false deficiency?**

- A. Shortness of breath**
- B. Fatigue**
- C. Rapid pulse**
- D. Cold extremities**

The symptom that indicates a true excess with false deficiency is fatigue. In Traditional Chinese Medicine (TCM), this can occur when there is an underlying condition characterized by an excess of pathogenic factors such as phlegm, heat, or stagnant Qi, which might create symptoms typically associated with deficiency, like fatigue. This happens because even though there is an apparent lack of energy, the root problem is an excess condition that drains the body's resources or obstructs energy flow, leading to symptoms that mimic deficiency. Fatigue, therefore, serves as a telling sign that despite the seemingly low energy or vitality, the body may be contending with an underlying excess. Understanding this distinction is crucial for diagnosis and for determining the proper treatment approach. In contrast, symptoms like shortness of breath may indicate deficiencies or weakness in the lung Qi, a rapid pulse could be indicative of heat or excess Yang energy, and cold extremities generally suggest a deficiency of Yang energy or blood, not necessarily reflecting a true excess state. Hence, recognizing fatigue as a symptom of excess with false deficiency allows practitioners to address the fundamental imbalance effectively.

**9. Diagonal folds in the skin of the ear lobe have been correlated with which health issue?**

- A. Eye pathology**
- B. Dental disease**
- C. Ear pathology**
- D. Heart disease**

Diagonal folds in the skin of the ear lobe, commonly referred to as Frank's sign, have been associated with heart disease. This correlation suggests that the presence of these folds may indicate a higher risk for cardiovascular issues. The phenomenon has been the subject of various studies that indicate patients with such ear lobe creases often have underlying conditions related to arterial stiffening or atherosclerosis, both of which can contribute to heart disease. While the other health issues listed may also have their own signs or symptoms, they are not directly tied to the presence of diagonal ear lobe folds. Thus, recognizing these physical traits can be a valuable diagnostic tool in assessing heart health and guiding further investigation or intervention.

**10. Which pulse indicates Blood Stasis and possibly Deficient Blood?**

- A. Choppy pulse (se mai)**
- B. Knotted pulse (jie mai)**
- C. Thready pulse**
- D. Long pulse (chang mai)**

The choppy pulse, also known as se mai, is often indicative of blood stasis and can suggest deficient blood in Traditional Chinese Medicine. This type of pulse feels rough or uneven, similar to the sensation of a knife cutting through a surface, which reflects the stagnation of blood flow in the body. When blood is stagnant, it may not nourish the body adequately, leading to symptoms of blood deficiency, such as fatigue, pale complexion, or dizziness. In contrast, while the knotted pulse may indicate various conditions, it generally correlates more directly with heart-related issues or interruptions in the flow of Qi and blood, rather than specifically pointing to blood stasis and deficiency. The thready pulse tends to indicate deficiency states, particularly Qi or Yin deficiency, but does not specifically denote stasis. The long pulse is typically associated with excess conditions or heat patterns, not with blood stasis or deficiency. Thus, the choppy pulse is uniquely positioned as the primary pulse indicating both blood stasis and potential deficient blood, making it the correct answer to the question posed.

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

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

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