**Exam for TCM Knowledge to Empower Women’s Health**

Passing grade is 70% or 14 out of 20 questions correct

1. True/False: At age seven, kidney energy in girls is getting weaker.

2. True/False: When the Chong Mai is full of energy, menstruation starts.

3. True/False: After age 49, the Tian Gui is usually no longer produced.

4. True/False: During menstruation, a woman should eat cold food and drink cold beverages.

5. True/False: During menstruation, intercourse and strenuous exercise are helpful.

6. True/False: Post partum care is most important for a woman after childbirth.

7. True/False: The recommended time for new mothers to return to work is one week.

8. True/False: Chocolate, pain medicine, and birth control pills are adrenal stimulants.

9. True/False: Cortisone causes women to have night sweats.

10. True/False: Less estrogen after menopause reduces the chances of breast cancer.

11. True/False: Adrenal glands can be taught to excrete estrogen and less cortisone.

12. True/False: Long term use of black cohosh is recommended after menopause.

13. True/False: Dang Gui and Di Huang are adrenal gland cultivators.

14. True/False: Seeds from Queen Anne’s Lace plant are helpful to prevent pregnancy.

15. True/False: Hippocrates recommended taking copper as a birth control measure.

16. True/False: Condoms are a rarely-used form of birth control in Japan.

17. True/False: *Rengong lichuan* is a tropical fruit from China.

18. True/False: When a fertilized egg implants into the uterus, hCG starts.

19. True/False: *Mo yao* (myrhh) moves the blood.

20. True/False: There are at least 188 plant species which act as contraceptives.

Date exam taken: I personally read the course, took this exam, and affix my name: