FBA Basic Module Examination

Please fill out the information below and email it to [exams@fbahealth.com](mailto:exams@fbahealth.com) or mail it to:

**The Center for Functional Health**

# 9085 E. Mineral Circle, Suite 280

**Centennial, CO 80112**

Full Name:

Date:

Part 1 contains 50 questions. You may type your answer next to the word, ”Answer:” at the end of the question.

# Questions 1-10 Color Types

1. Which color type in general should avoid dairy products:

**A.)** **Green? B.) Red? C.) Blue?** Answer:

2. Which color type in general should avoid wheat products:

**A.)** **Green? B.) Red? C.) Blue?** Answer:

3. Which color type in general should avoid pesticides and other chemicals:

**A.)** **Green? B.) Red? C.) Blue?** Answer:

4. The mineral calcium is most often needed for which of the color types?

**A.)** **Green? B.) Red? C.) Blue?** Answer:

5. The mineral magnesium sulfate is most often needed for which of the color types?

**A.)** **Green? B.) Red? C.) Blue?** Answer:

6. Which of the color types is most likely to complain of a history of kidney stones?

**A.)** **Green? B.) Red? C.) Blue?** Answer:

7. Which of the color types is most likely to complain of a history of eczema?

**A.)** **Green? B.) Red? C.) Blue?** Answer:

8. Which of the color types is most likely to complain of a history of growing pains and “popping joint?”

**A.)** **Green? B.) Red? C.) Blue?** Answer:

9. Which of the color types is most likely to present with high homocysteine levels?

**A.)** **Green? B.) Red? C.) Blue?** Answer:

10. Which of the color types is most likely to be sensitive to the smell of perfumes and gasoline?

**A.)** **Green? B.) Red? C.) Blue?** Answer:

# Questions 11-22 True or False

11. Primary energetic points become “active” when an imbalance within their corresponding neurotransmitter or system is present. T or F Answer:

12. Bio-Unity is the theory that states if one part of the body is under duress, it will have an impact to some degree on all other parts? T or F Answer:

13. There are a variety of reasons why supplements may not be effective, including poor quality, poor intestinal absorption and the Teeter-Totter Effect. T or F Answer:

14. One of the primary goals of FBA is to find the body’s hormetic nutrients? T or F Answer:

15. Hormetic nutrients are required for a particular system and have little or no impact on other body systems? T or F Answer:

16. A color (red, green or blue) will cause a strong muscle to weaken over both eyes, but a person’s primary color is the one found in his right eye? T or F Answer:

17. Muscle testing is reliable in every circumstance. T or F Answer:

18. Which of the following can prevent accurate responses via muscle testing (list all that apply):

A. Medications B. Emotional Stress C. Structural Traumas D. None of the above Answer:

19. Currently manual muscle testing is the only form of human analysis able to evaluate the energetic hierarchy according to its revealed priority. T or F Answer:

20. If a person exceeds her unique stress threshold, she is likely to incur multiple functional imbalances? T or F Answer:

21. Reducing as much stress as possible, in whatever form possible, lowers one’s total stress and can place them below their stress threshold. T or F Answer:

22. One of the best ways to prevent DNA damage is to protect against oxidation with anti-oxidants? T or F Answer:

# Questions 23-44 The Primary Energetic Points

Match the following Primary Energetic Points with their corresponding neurotransmitter (low or high). Please type the letter of the neurotransmitter next to “Answer:”

23. Circulation/Sex 1 Answer: A. High serotonin

24. Spleen 21 Answer: B. Low Serotonin

25. Heart 1 Answer: C. High Dopamine

26. Large Intestine 20 Answer: D. Low Dopamine

27. Stomach 1 Answer: E. High Norepinephrine

28. Small Intestine 19 Answer: F. Low Norepinephrine

29. Lung 1 Answer: G. High GABA

30. Liver 14 Answer: H. Low GABA

31. Kidney 27 Answer: I. High Acetylcholine

32. Triple Warmer 23 Answer: J. Low Acetylcholine

33. Bladder 1 Answer: K. High Histamine

34. Gov. Vessel 27 Answer: L. Low Histamine

35. Gall Bladder 1 Answer: M. High Aspartate/Glutamate

36. Concept. Vessel 24 Answer: N. Low Aspartate/Glutamate

37. Which biomarker should be evaluated when the PEP Spleen 21 is active?

A. Adrenaline B. T3 C. Hydrochloric acid D. Insulin Answer:

38. Which biomarker should be evaluated when the PEP Circulation Sex 1 is active?

A. Estrogen B. T3 C. Glycogen D. Insulin Answer:

39. Which biomarker should be evaluated when the PEP Bladder 1 is active?

A. Estrogen B. Glucagon C. Tryptophan D. Insulin Answer:

40. Which biomarker should be evaluated when the PEP GV 27 is active?

A. Adrenaline B. Tyrosine C. Glycogen D. Insulin Answer:

41. A patient complains of migraine headaches, which PEP do you suspect is most likely involved?

A. GV 27 B. LV 14 C. SPL 21 D. Kid 27 Answer:

42. A patient complains of dizziness when standing from a seated position, which PEP do you suspect is most likely involved?

A. HRT 1 B. GB 1 C. SPL 21 D. CV 19 Answer:

43. A patient complains of indigestion after fatty meals, which PEP do you suspect is most likely involved?

A. GV 27 B. GB 1 C. SPL 21 D. Kid 27 Answer:

44. A patient complains of regular nightmares, which PEP do you suspect is most likely involved?

A. GV 27 B. GV 24 C. SPL 21 D. Kid 27 Answer:

# Questions 45-51 The Teeter-Totter Effect

45. A patient with a strong negative reaction to caffeine is likely to be:

A. TH2 dominant B. TH1 dominant Answer:

46. A patient with a positive reaction to zinc, echinacea and vitamin C is likely to be:

A. TH2 deficient B. TH1 deficient Answer:

47. According to the Teeter-Totter Effect, if calcium is low, which other nutrient is likely to be high?

A. Iron B. Zinc C. Magnesium D. Potassium Answer:

48. Copper, iron and which other nutrient make up a three-way Teeter-Totter??

A. Calcium B. Zinc C. Magnesium D. Potassium Answer:

49. According to the Teeter-Totter Effect, if sodium is low, which other nutrient is likely to be high?

A. Phosphorous B. Zinc C. Magnesium D. Potassium Answer:

50. According to the Teeter-Totter Effect if serotonin is low, which other neurotransmitter is likely to be high? A. Dopamine B. GABA C. Acetylcholine D. Histamine Answer:

51. According to the Teeter-Totter Effect, if progesterone is low, which other hormone is likely to be elevated? A. Testosterone B. Estrogen C. Pregnenalone D. DHEA Answer:

# Questions 52 – 75 General Physiology

52. If a given hormone is elevated, causing a strong muscle to weaken, it is likely that the next downstream hormone is:

A. Also elevated B. Normal C. Deficient D. None of the above Answer:

53. If a hormone is found to be deficient, causing a weak muscle to strengthen, it is likely that its upstream hormone is:

A: Also deficient B. Elevated C. Normal D. None of the above Answer:

54. A symptom most often related to insulin resistance is: A. Shaky between meals B. Lightheaded between meals C. Fatigue after meals D. None of the above Answer:

55. Insomnia is most thought to relate to low levels of which neurotransmitter? A. Histamine B. Serotonin C. Dopamine D. Melatonin Answer:

56. In the presence of the fight-or-flight response, which of the following is possible? A. increased noradrenaline B. insomnia C. hypertonic muscles D. all of the above Answer:

57. If a woman complains of migraine headaches during ovulation, which hormone would you expect to be elevated? A. Estrogen B. Leutenizing Hormone C. Insulin D. Progesterone Answer:

58. Andropause in men is most often related to: A. Insulin resistance B. Adrenal gland fatigue C. Overconsumption of simple carbohydrates D. All of the above Answer:

59. Statin drugs to reduce cholesterol levels will directly impact: A. Blood sugar levels B. Hormonal levels C. neurotransmitter levels D. None of the above Answer:

60. Heart disease is most associated with: A. high progesterone B. low testosterone C. high histamine D. Anything that causes inflammation Answer:

61. The number one cause of hypothyroidism in the United States is: A: Over-consumption of goitrogenic foods B. Autoimmune thyroid (Hashimoto’s) C. Iodine deficiency D. Vaccinations Answer:

62. One of the most common findings with fatigued adrenal glands is: A. High cortisol B. High norepinephrine C. High aldosterone D. Low cortisol Answer:

63. The small intestine is the source of many allergic reactions because: A. Up to 70% of the immune system is located there B. It is where Leaky Gut Syndrome occurs C. Over-ingestion of processed foods creates GI inflammation D. all of the above Answer:

64. A patient with kidney stones should: A. Consume more water B. Avoid dairy products C. Avoid foods with high oxalate levels D. All of the above Answer:

65. The liver is directly related to arthritis because both it and the joints are in need of ample supplies of which nutrient? A. Sulfur B. Glycine C. Manganese D. Pantothenic Acid Answer:

66. Liver congestion is a main reason for which of the following? A. Headaches B. PMS C. Muscle aches D. All of the above Answer:

67. ADHD is most often related to low levels of which neurotransmitter? A. GABA B. Glutamate C. Norepinephrine D. Dopamine Answer:

68. One of the most important nutrients for memory recall is: A. Dopamine B. Acetylcholine C. GABA D. Glutamate Answer:

69. Brain fog is the result of: A. Inflammation B. Low brain glucose levels C. Low brain oxygen levels D. All of the above Answer:

70. One of the most common reasons for G.I. ulcers is: A. H-Pylori B. Spicy foods C. Alcohol D. High Taxes Answer:

71. Which of the following is a cause of Dysbiosis? A. Antibiotics B. Leaky Gut Syndrome C. Over-consumption of refined sugars D. All of the above Answer:

72. Which is one of the most important hormones to help patients with Asthma? A. Insulin B. Progesterone C. Dopamine D. Cortisol Answer:

73. If a patient complains of an inability to lose weight despite regular exercise and a low caloric diet, which of the following is likely: A. Unresolved emotional stress B. Anaerobic metabolism C. Food allergies D. All of the above Answer:

74. Hypoglycemic patients often struggle with insomnia for which reason? A. Low glucose = fat burning for energy B. Low glucose = muscle burning for energy C. Low brain oxygen D. Sleep apnea Answer:

75. (Bonus Question) What color was Dr. Monk according to the FBA Basic Module Video? A. Red B. Blue C. Green D. Yellow Answer:

## Survey

What is your experience level with manual muscle testing? A. Beginner B. Occasional Use (weekly) C. Regular Use (daily) D. Years of Regular Use Answer: