

Herbalism Practice Test Questions and Answers

1. A 'trophorestorative' herb is one that:

- A) Purges toxins rapidly from the colon
- B) Deeply nourishes and restores long-term function to a specific tissue or organ
- C) Stimulates acute immune response against infection
- D) Induces rapid symptomatic relief within minutes

2. What does the herbal term 'alterative' describe?

- A) A herb that rapidly purges the bowel
- B) A herb that gradually improves metabolic waste elimination and tissue nutrition, historically called a 'blood cleanser'
- C) A herb that alternates between heating and cooling effects
- D) A herb used only in alternating doses with a pharmaceutical

3. A succus is a fresh-plant herbal preparation made by:

- A) Pressing fresh plant juice and preserving it with alcohol
- B) Drying and powdering the whole herb
- C) Infusing dried herbs in glycerin for 4 weeks
- D) Steam-distilling fresh flowers

4. Which of these plants isn't considered a medicinal herb?

- A) Fiddle Leaf Fig
- B) Feverfew
- C) Oregano
- D) Saw Palmetto

Answers: 1-B 2-B 3-A 4-A

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