

Norm Shealy: Turning Back the Clock on Ageing

Please answer the following questions and return your completed exam to Melissa:

melissa@melissaroth.com

1. According to Norm, hypnosis is the focus of attention on one thought to the relative exclusion of all others. True or False
2. Every known psychological/emotional problem is associated with low levels of this important hormone:
 - oxytocin,
 - DHEA,
 - aldosterone,
 - all of the above,
 - none of the above.
3. What abnormal hormone level is associated with hypertension?
4. What is the major benefit of autogenic training according to Norm.

Relaxation is always positive

Autogenic training boosts energy levels

Autogenics enhances the effects of neuroplasticity

All of the above

None of the above

5. Oxytocin is associated with blood flow. Yes or No
6. Norm believes _____ is the most powerful psychogenic tool available.
7. More normalized levels of this hormone are associated with improvements in depression and anxiety. _____.

Medical Hypnosis Online Coaching with Melissa Roth & Roger Moore

Exam for CEU credit

8. What percentage of Americans have already been diagnosed with hypertension?
 - a. 90%
 - b. 10%
 - c. 40%
 - d. 60%
9. What is the leading cause of death in people 80 years old or older?
10. Is it possible to activate your own stem cells? Yes or No

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