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## **MBLEx Massage Therapy Study Guide | 164 QUESTIONS | WITH COMPLETE SOLUTIONS**

Shaman correct answer: Healer

Traditional Chinese Medicine (TCM) correct answer: 3000 BCE

Nei Ching correct answer: The Bible of TCM - first formal written record of TCM

Emperor Huang Ti correct answer: 2697 B.C.E. - 2596 B.C.E.  
when Nei Ching was written

Amma correct answer: A System of manual and energy techniques

Ayurveda - Life-ayur/knowledge-veda correct answer: Is a health and treatment system that was derived and developed within India's Vedic culture around 1800 B.C.E.

Herodicus correct answer: father of sports medicine  
Fifth century BCE Greek doctor  
tutor to Hippocrates

Asclepius correct answer: god of medicine and healing  
The rod of Asclepius - A snake-entwined staff  
Greek mythology

Hippocrates (460-377 BC) correct answer: Father of medicine

believed disease is a natural occurrence related to imbalances in the body and that the body has the ability to heal itself.

Four humors theory

Four Humors correct answer: Phlegm - cold and moist like water

Blood - hot and moist like air

Yellow bile - hot and dry like fire

Black bile - cold and dry like earth

Anatripsis correct answer: The art of rubbing a body part upward toward the heart and body center to benefit circulation in the excretory process.

Asclepiades correct answer: A popular Greek physician who practiced in Rome around 124 BCE. He distinguished between delusions and hallucinations and argued that therapy for emotional problems should be pleasant.

# Massage Therapy Study Guide

**Wolfgang Guggemos**



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