

FINE HEALTH TEAM GAME I (ANSWERS)

- 1) The primary source of arsenic exposure is \_\_\_\_\_ (water supply) colored arsenic handout
- 2) What are the two types/methods to promote clean water recommended by FINE Health/Dr. Pizzorno?  
\_\_\_\_\_- (Zero water, reverse osmosis) zoom presentation
- 3) What does TDS stand for? (total dissolved solids) Zero Water sheet
- 4) Once filtered zero water registers \_\_\_\_\_ (006.00) on the TDS total dissolved solids monitor, the water filter should be changed. See Zero Water sheet
- 5) What amino acid, a precursor to glutathione and included in the FINE HEALTH oral treatment protocol, aids in detoxification \_\_\_\_\_ NAC (zoom presentation)
- 6) The best way to reduce risk of exposure to Phthalates is by changing products. Name at least six different products which contain phthalates \_\_\_\_\_  
\_\_\_\_\_(Nail Polish, Fragrance, (Kitchen) Plastics, Vinyl (vinyl toys), paint, air fresheners)-white Phthalates paper
- 7) Is Arsenic a persistent or a nonpersistent toxin? \_\_\_\_\_ ( Nonpersistent) zoom presentation
- 8) What is chief way to address ("treat") arsenic exposure ? \_\_\_\_\_ AVOIDANCE! Clean food, clean water)
- 9) Name at least four ways to detoxify (lower exposure) to phthalates \_\_\_\_\_  
\_\_\_\_\_(sweating—sauna, increase clean fluid intake-water, increasing fiber intake for regular bowel movements, NAC/glutathione, meditation-prayer) colored phthalate
- 10) What supplement (or drug) preparation contains the active substance inside a very tiny FAT-like (LIPOPHILIC) particles that improves absorption and ultimately, effectiveness.  
\_\_\_\_\_(liposomal) video presentation
- 11) Name at least two (online information)sources of CLEAN food and/or products recommended by FINE Health:  
\_\_\_\_\_ (EWG EMG.org and Million Marker MillionMarker.com)
- 12) **\*\*BONUS\*\*** Product example: Shea Butter Which container would FINE Health approve?  
  
Neither      African Shea Butter-Tabah Aroma      Mary Tylor Shea Butter      Both