

FINE HEALTH REVIEW III QUESTIONS

- 1) According to evidence-based research, name five toxin categories/names of toxins presented in FINEHEALTH Program, that have been identified to have a causal effect promoting Type II Diabetes?
- 2) Which choice best represents the percent of the human body that is made up of water?
A) 40-60% B) 30-40% C) 60-80% D) 10-20%
- 3) TRUE or FALSE? Bisphenol A (BPA) is the only type of bisphenol that is associated with significant health effects
- 4) Of the five toxin categories/names, which were/was most associated with grilled/charred meats/foods?
- 5) Is it worth the bother to take food out of plastic containers and putting them in glass?
- 6) Which toxin causes the most disease?
- 7) TRUE or FALSE? Current available cosmetics are free of toxins because they are first animal tested.
- 8) TRUE or FALSE? According to Dr. Pizzorno's review of the research, the plastics ID-rating (identification code) was designed to determine which plastic is recyclable
- 9) Which toxin discussed has a chemical configuration similar to DES, a drug administered to pregnant women in the 1950s, later found to cause birth defects and other deleterious health issues?
- 10) According to Dr. Pizzorno's research, the plastics number (ID) ratings most associated contaminated food? (Highest risk?)
 - a) 2(HDPE), 4(LDPE-solid), 5(PP)
 - b) 1(PETE), 6(PS)
 - c) 3(PVC), 4(LPDE-food wrap), 6(PS, heated), 7(other)

11) What label(s) can you look for when you wish to choose clean food? (or clean soil to grow your own food)?

12) What is a good way to lower toxin exposures? A) minimize restaurant dining B) grow own food with heirloom seeds/clean soil C) buy food directly from farmer who utilizes "organic" practices. D) Take off shoes at door. E) change air filters according to MERV rating and recommendations F) Use zero water filters (Zero/Culligan) or reverse osmosis water

a)All except A, C

b)All except A, D

c)All