Sweetie Consulting

Your Conscious Living Resource

# Chemical Awareness

Review Worksheet

**Answer the following**

1. What are 3 ways toxins enter the body?
2. What do you call molecules that enter the body and retard and decay healthy cells?
3. What is the function of the skin affected by petroleum jelly (Vaseline)?
4. What is a carcinogen?
5. What is a genotoxin?
6. Who is OSHA and what role do they play in chemical safety?
7. What is PEG?
8. What is the use of Parabens?
9. Why are heavy metals so bad for the body?
10. What is dioxin?
11. Who creates the dirty dozen and the clean fifteen?
12. Define dirty dozen.
13. What does USDA stand for?
14. What is OFPA?
15. Who is the FDA?
16. What is the beneficial ratio of alkaline foods to acidic foods when you are sick?
17. Name 5 acidic foods, Name 5 alkaline foods.
18. What does BPA stand for, and how does it affect your body?
19. What is the law for the term “natural” regulation in products?
20. What are 2 signs of greenwashing?
21. What is a GMO?
22. What is Nano technology?
23. What is the problem caused by micro beads in beauty products?
24. Name 1 food that cleanses the lungs.
25. Name 1 food that cleanses the liver.