

MCS-International.Org

An open letter to:

Sufferers of Multiple Chemical Sensitivity (MCS),
Chemical Toxicity, Allergies, ME, Raynaud's Disease, Rheumatism,
Arthritis and Motor Neurone Disease, etc.

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Important Notice

The material in this document represents the opinion of the author. It is not intended to diagnose or treat any illness therefore should not in any way be construed as medical advice. If you have a health problem you are strongly advised to seek the services of an appropriate, fully qualified health care professional.

This document was originally distributed through Gillian's "Safe as Houses" organisation. Unfortunately, due to health and other factors, Gillian has had to abandon further development of "Safe as Houses".

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Dear fellow sufferer,

Roughly 80% of what you can achieve with your condition will have to be achieved by you, with or without the co-operation of friends, family, employers and Doctors.

- There is no "magic pill".
- There is no clever surgery.
- However little help or understanding you get from outside, you can always do as much as possible for your self - it may not be much but it all helps to reduce your "total load".
- You choose what you eat or how to compensate for foods such as cafeteria food;
- You choose what you wear - either natural fibres or petrochemical based synthetics;
- You choose cosmetics/household cleaners/smoking - whether to drive 3' from the exhaust pipe of the bus in front or well back to reduce your intake of exhaust fumes;

- You choose an extra sweater and an open window or a stroll in the park at lunchtime instead of a gossip in a toxic, perfume, smoke and formaldehyde filled canteen.
 - see what I mean?

You can help yourself better if you became well-informed about your illness, how your body works and the principles of a good diet. - Lets face it most people know more about the innards of their cars or washing machines than their own body.

Well, your body has gone wrong - the detoxification "circuits" are overloaded or "out" completely and the mechanic (Doctor) round the corner doesn't even have a handbook on the subject.

Points to remember:

1. The detoxification system is as important to your health as the pulmonary (lungs), cardiovascular (heart/circulation), skeletal, skin, urino-genital, muscular or nervous systems and is intimately related to all of them. If you don't detox, every other system can be compromised and every other system is involved in the detoxification process.
2. The detox system uses a lot of enzymes (biological catalysts) and hormones and these use a lot of nutrients especially minerals and trace elements, as well as anti-oxidant vitamins and essential fatty acids (EFAs)

When you are affected by toxins, you use up your reserves of these nutrients and if the exposure to toxins doesn't go away, you need to replenish these nutrients and increase your intake above normal to cope with the toxins.

Not all toxins can be eliminated but if you reduce your total load you may cope better.

Once you have been sensitised by one chemical, because all sorts of 'foreign chemicals' (also known as 'Xenobiotics') share the same detox pathways, you will become sensitive to other chemicals as the detox system becomes overloaded. This is known as the 'spreading phenomenon'. In some individuals this may take years to develop to an obvious degree as the detox system has quite a good capacity to reroute things (often not very efficiently and masking may occur - but eventually, if you don't reduce your total level the system becomes overwhelmed.

So, if you have been affected by toxic chemicals but think you are OK with, say, paint or petrol fumes or food additives - think again. Your biological detox clock is ticking and its wired up in several ways, a - booby trapped - biological time bomb. the way to defuse it is to reduce your total load of chemicals.

Think of yourself as a bucket (or Bouquet if your name is Hyacinth!).

Think of the toxins as the things that go into the bucket.

Traffic fumes, Household fumes and Office fumes:

Paint	Fire-proofing
Varnish	Detergents
Disinfectants	Polishes
Cooking smells	Plastic vapours
Wood treatments	Insect repellents
Room fresheners	Houseplant insecticides
Glues & solvents	Formaldehyde
Insecticides applied to pets and their bedding	

Electromagnetic Fields:

Television	Microwaves
VDUs	Electronic clocks and watches
Fuse boxes	Power lines and transformers
Mobile phones	Computer games
TV masts	Radar and military installations

Clothes:

Detergents	Fabric dressing
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Petrochemical derived fabrics (Polyester & Polycotton, etc)
(Viscose and Acetate are chemically derived from tree bark and are tolerated by some sufferers)

Garden Chemicals

Drugs - medicinal and recreational, which have to be detoxified

Moulds and Pollens - indoors and out

Feathers, Dust mites and Danders - from pets. pet hairs and human hair

Mental Stress

Unbalanced Diet

Chemically Attenuated Diet --- **ETC!**

When the "bucket" is full and spills over - that is when you show **symptoms:**

<p>Skin lesions and eruptions Joint pain and stiffness Neuralgia Prickling, burning or "crawling ants" in the skin Numbness Raynaud's Syndrome Cold sweats/Hot sweats Problems with sense of taste or smell Tinnitus Visual disturbances Problems with eyesight and tear and saliva production Tiredness or Hyperactivity or Obsessive behaviour "Brain Fog" Connective Tissue Disorder Aphasia (saying the wrong word) and reversing words Dyslexia Confused behaviour Low or high pulse rate Catatonia Excessive sleeping or disturbed sleep Poor manual dexterity and clumsiness Asthma or hypoxia (where breath is OK but not enough oxygen at cellular level) Strokes and TIAs (Transient strokes) Cognitive Dysfunction (difficulty understanding concepts or information you could have understood easily before, problems following list of instructions, eg recipe) Narcolepsy (falling asleep suddenly or a drowsy bout, waking near- paralysis, "as if drugged" or "for no reason". Catalepsy etc, etc, etc!</p>	<p>Headache/Migraine Muscle pain and stiffness Shingles</p> <p>Peripheral neuropathy Pins and needles Cold hands/feet Low temperature Balance problems Hearing problems Eye pain</p> <p>Convulsions Constipation Diarrhoea Nausea/vomiting</p> <p>Speech difficulties Short term memory loss Palpitations Anxiety attacks Lack of sleep</p> <p>Ischaemic Attacks - mini</p>
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ALL OF THESE SYMPTOMS CAN BE EXPLAINED BIOCHEMICALLY DUE TO
CHEMICAL DAMAGE AND LACK OF ESSENTIAL NUTRIENTS

OK - YOU CAN:-

MAKE THE BUCKET BIGGER ie. increase its capacity by:-

a) Good Nutrition -

Junk Foods - Out! If it has an ingredient list which reads like the contents of a chemistry set - leave it to the chemists.

Don't eat it.

Don't feed it to your kids.

Please don't give it to your pets!

Microwave - Never!

Boil - never - it destroys nutrients.

Fry - never

Lightly steam or grill - please!

Stir-fry - if you must but put a few drops of water in first so you don't oxidise the oil

EAT AS MUCH RAW FOOD AS YOU CAN - although some sufferers find it more allergenic!

EAT MORE VEGETABLES - avoid mouldy food and fermented foods

EAT MODERATE AMOUNTS OF FRUIT

DRINK PLENTY OF FILTERED OR GLASS BOTTLED WATER

AVOID SUGAR - in all its forms

AVOID ALUMINIUM AND TEFLON COOKING UTENSILS

You will learn to enjoy new foods:- especially as your zinc levels increase and you regain an accurate sense of taste (and smell!)

Eat mineral rich seeds (sesame, pumpkin, sunflower) on salads, in soups and stews, as toppings, in breakfast.

Eat more nuts, if they suit you. Store frozen to reduce moulds.

Grow your own organic vegetables.

Buy organic vegetables - more expensive - Yep! But what will you do if you become too ill to work because you ate junk food?

Tip:- put a card in your local shop or allotment notice board to find a keen organic gardener with surplus vegetables.

Some areas now have Organic Vegetable Co-ops or home delivery services that deliver organic vegetables to your door (contact the Soil Association - 0117 929 0661 to find the nearest one to you)

Try sprouting seeds - all you need is a jam pot and 4" square piece of net or muslin and a rubber band. Easy, isn't it?

Not as macho as MacDimwit's Yuckburgers? Well, there's nothing macho about eczema, asthma, strokes, etc, etc.

b) Get some fresh(er) air -

Make time for it! Five minutes in the park is better than none. Avoid heavy traffic fumes and agricultural sprays but everyone can find somewhere a bit better! Exercise (or if you are too ill just sit) in the open early or late before and after the worst of the fumes. In cities wear a mask if you need to. They are even trendy in London! - looks silly? - so will an asthma attack you could have avoided!

Change your schedule. Thanks to your condition you are a "new you" anyway. Make sure you have some control of how the "new you" develops. Avoid rush hour on flexitime, shop at a different time, shop in open air markets, etc. Campaign for fewer toxins at work (smoking, cleaning materials, siting of photocopiers, etc.) - this is a legal right in the USA so get your union interested - even non-sufferers will benefit.

c) Get some sun! -

OK so everyone's being bullied about the ozone layer and skin cancer. Thanks to short-sighted policies the next big medical epidemic could be rickets in children - fed on attenuated food so they have inadequate antioxidants to protect them from cancer, yet deficient in Vitamin D because they are kept out of the sun. OK - be sensible, but with your new improved diet you will be awash with antioxidants to protect you, there are plenty of good high protection factor creams (I find Almay Hypoallergenic bearable but ensure you use a hypoallergenic, fragrance-free and lanolin-free one of some sort as many ordinary brands are full of chemicals), stick on a hat and catch some rays! If you are photosensitive - try homoeopathic "Sol" and/or "Ultraviolet". They really help. Neutralisation vaccines for ultra violet changed my life - now I just top up homoeopathically.

At first after being "toxicked" I couldn't stand the sun even indoors but with the above and a hat and some 'cool shades Dude' can now spend hours in the sun. I'm so full of Vitamin C and beta carotene I never burn though I only use SPF factor 4 or 6! I do have to wear a

mask when the mould/pollen count is high but us chemical freaks can't have everything!

*** * * RIGHT - YOU'VE MADE THE BUCKET BIGGER * * ***

WHAT ELSE CAN YOU DO?

REDUCE THE TOTAL LOAD ie. reduce the "normal" background level of "stressors" in the bucket.

How?

- a) Reduce the chemicals you eat and drink
- b) Reduce the chemicals you wear and touch.
- c) Reduce the chemicals and other stressors you inhale
- d) Reduce your levels of stress and/or increase your capacity to deal with stress - whether it's a hobby or an esoteric form of meditation you can do it.

SO - a) Food and Drink

GET A GOOD WATER FILTER - ideally a plumbed-in one. Everyone in the family will benefit. Or, use bottled spring water (to cook as well) - always use glass bottles (phthalates - plasticisers - leach from plastic bottles and food containers and organo-phosphate chemicals damage the enzymes that help you cope with these so avoid them!)

In some areas there are 'free' wells or springs where the public can collect water - your local council may tell you where. We collect ours in plastic 5 litre containers for ease of transport and put it in glass bottles as soon as we get home. Collected on a cool day so it doesn't heat up in the car. I also run it through a jug filter if it is suspect in any way, or you could boil it. Water from private bore holes will have no added chlorine or aluminium but ensure it is checked for bugs, pesticides, nitrates and phosphates.

**OK - YOU WILL HAVE TO CUT OUT - SMOKING
COFFEE
TEA
ALCOHOL (especially fermented
drinks -
wine/beer/brandy. You may
tolerate
organic, sulphite-free ones)**

If you are really serious about recovery, the odd alcoholic drink may creep back in at a later date for high days and holidays. You may find you'll be surprised how little you want it.

Cravings and withdrawal symptoms can be helped homoeopathically or with neutralising vaccines. Giving up smoking is easier if you give up eating potatoes, tomatoes, aubergines (eggplant), peppers (capsicums) & pepper (spice), liquorice and sugar a couple of weeks beforehand. The first three are the same plant family as nicotine and just "feed the craving" if you eat them while you are giving up. Afterwards, don't eat them more than one day in four.

Am I ruining your life? - No, the chemicals have lessened the load of toxins you can tolerate and speeded up the degenerative effects of smoking and toxins such as caffeine, theobromine and alcohol. With regard to the latter - your liver is a primary detox organ - if you "bung up the works" with alcohol and then have a chemical overload its response is, not surprisingly, "If **you** don't look after **you** - maybe you **like** the symptoms!" Alcohol also comes into the Candida, formaldehyde sensitivity scenario. Cut it. If you crave it, it's probably because you have a masked allergy to it. Once you've got off it you'll get over the craving. Spring water isn't Macho? - well, we've been through that. Tip: if desperate, spring water with a dash of 'cassis', frambois or cranberry (with the added benefit that this helps cystitis) **looks** like wine and may get people off your back. Or, if pressed, tell the selfish b.....d pressing you to have a drink that you are "on medication" and so will he if he doesn't drop it! Or offer him a glass of pesticides as a chaser and see how he tolerates the mixture!

Pubs and Restaurants

Try to sit outside. Go early before they get too crowded. Telephone first to check menu - some sufferers even take a meal/water for them to serve and offer a cover charge (I've never been asked to pay one). Or take some ingredients - an adventurous cook may see it as a challenge!

Make friends with a local pub or restaurant for their empty glass pickle jars - excellent for food storage. If you can't get rid of the pickle smell in the lids, buy big corks from Boots. Glass sweet jars are also useful.

FOOD - do avoid red meat, animal fats (except organic butter or Normandy butter - unsalted and unpasteurised, eg Sainsbury's). Toxins concentrate in fats.

Use only top quality oils - cold pressed and in glass (preferably dark) bottles and store in a cool dark place, eg bread bin, and never use margarine (some sufferers tolerate Vitaquell but the rest are hazardous to OP & MCS sufferers).

Look into Food Intolerance. Read "The Allergy Handbook" by Keith Mumby from Health Food Shops - an easily read introduction. Read a basic book on Candida, eg Leon Chaitow. Then read on!! The do something about it!! Candida die-off symptoms can be reduced if you take homoeopathic Candida when you start your diet.

You'll make adjustments with fewer mishaps if you understand why you're doing it.

Remember - fresh, and especially raw, food contains more vitamins to help you detox.

Cooking and storage in the light destroys vitamins and enzymes so keep it to a minimum.

Many food additives may be "safe" but you still have to detox them and **your** system in overloaded, so don't use them to "fill the bucket".

Use organic unrefined foods as much as possible. Even only one organic ingredient is "one less drop in the bucket" especially if it is a staple item like flour or potatoes. Chemicals tend to concentrate in fruit and vegetable skin, but so do nutrients - another reason to go organic. They also concentrate in animal fats, including butterfat - again go organic.

CHEMICALS YOU WEAR AND TOUCH

Easiest - Use Ecological washing powder or Borax and Bicarbonate of Soda or pure (unscented) soap flakes, eg Boots own brand, to wash clothes and bedding. Bright whites are not cleaner - they are full of optical brighteners that reflect the light - fine, but they also "fill up the bucket". Use a stain bar like Vanish to spot treat marks. Do not use fabric conditioners - bicarb leaves clothes soft and not smelling of synthetic "fragrances". The new Turbo Disks and Eco Balls are an excellent chemical-free way to wash your clothes.

Slow but easy - Stop wearing Synthetic Clothes. Can't afford a new wardrobe? Well get along to Oxfam! It's recycling and some poor other so-and-so has filled their bucket up with the fabric dressings so you are off to a head start. Sell your old clothes if you have to. Even "100% cotton" may be up to 30% chemical dyes and formaldehyde. If it's crease-resistant, it'll crease your detox system (with formaldehyde). At least wear unbleached-formaldehyde-free cotton or natural/raw silk next to your skin and near your face **most** of the time and especially at night.

Wash all new clothes and bedding by soaking in a white vinegar solution. Then wash 4 - 10 times in borax (preferably drying outside to air, with Bicarbonate of Soda in the final rinse water) before use to get rid of toxic fabric dressings and excess synthetic dyes. Hold your breath when you try new clothes on, especially as you pull them over your face.

Get rid of Synthetic Bedding - Polycotton is 50% Petrochemical derivatives and the formaldehyde and dyes for crease-resistance take care of a good chunk of the rest. It does **not** wick away sweat, and if you are detoxing,

partially via sweat, you need to get the toxic sweat away from your body as soon as possible.

It also encourages Dust Mites so if you have asthma or sinusitis (Allergic Rhinitis), forget it. Dust Mite Faeces is only denatured at washing temperatures over 60 degrees C (possibly 80 degrees C) and Polycotton is washed at 50 degrees C, some synthetics even less. Padded head boards can be dust mite filled - get rid of them.

Some sufferers can tolerate Viscose and to a lesser degree Acetate - both are made from chemically treated tree bark - but save them for when you state improving - and pretreat with vinegar/Bi-carb as before.

Avoid dry cleaning. Many "Dry Clean Only" garments are washable with care - especially on the Silk (30 degree C) setting or by hand. Don't leave them soaking or colours may run (though you may prefer to soak **out** excess dye, eg in silk scarves, to reduce your toxic load. You will negate any guarantees, etc, if you don't follow the label though, so wash at your own risk.

If you **must** dry clean, eg suits and outdoor garments, get someone else to collect them. Transport in the car boot - not in the car with you. Hang them outside for as long as you can. Store separately from other clothes.

Ironing - There'll be more of it with your non-toxic clothes - though the crumpled look can be trendy and if you hang things up to dry promptly then collars, cuffs and pillow cases may suffice.

In synthetic or dyed clothes, the heat from ironing produces fumes and releases chlorine so if you're chemically sensitive, avoid it. Pay someone to do it (while you're out of the way) or trade jobs. Cover the ironing board with an old **cotton** sheet. Synthetic, foam-backed or silver ones give off fumes as they get hot and cannot be washed hot enough to kill dust mites.

Mums - afraid of what the other Mums think about your microscopically less white whites? Don't worry - you'll see them starring in the next thrilling instalment of "Honey, I gunked the Kids!" as their hyperactive, eczema covered, asthmatically wheezing children struggle to cope. Then, they'll ask **you** for advice! Just think how much less bleach would be poured into the environment if schools stopped insisting on white shirts for their school uniforms.

Bleach and Cleaners - Keep some bleach out of doors or in a shed for **very** occasional use. Use Borax, Bicarb, or Soda Crystals for most jobs and vinegar for loos and window cleaning, of boiling water down drains and loos. Use Bicarb like Ajax for baths.

Dusting - Damp dust to avoid stirring up dust and mites or use a vacuum designed for asthma sufferers with a dusting attachment. Occasionally wipe wood with nut oil. **Never** use spray polish.

WHAT ELSE CAN YOU DO?

- **You made the bucket bigger**
- **You lowered the speed you filled the bucket**

NOW START BALING!

You need to remove existing toxins. It is possible that some of the toxins that have made you overtly ill cannot be removed from your tissues.

It may be possible to mobilise them but it may not be possible for you to excrete them. When you mobilise them you may feel quite ill - flu-like symptoms, joint & muscle pain etc - all the MCS symptoms as you are exposed internally. Your doctor probably won't help you, and may hinder you by plying you with inappropriate drugs that can further overtax your detox pathways.

However - you can definitely reduce the "level in the bucket" by shifting some of the other toxins you've stored over the years - Like the 40 year old hairdresser who turned purple for a fortnight as she sweated out the dyes and perm chemicals she used (wearing gloves) over the years! You can store chemicals in the most surprising places. For example Tetracycline (an antibiotic) residues have been found in teeth 20 years after the drug was taken!

However, the body seems to have a tendency to try to "wrap" toxins in fatty tissue to separate it from more "active" tissues in the long term - and may retain fluid to "dilute" the toxins in the shorter term. Unfortunately nerve sheaths, brain tissue and all cell walls **are** fatty tissue (Yup! Fathead!). So are breasts and this is now thought to be a factor in the increase in breast cancer. Sebaceous cysts, breast cysts and cellulite are probably storage sites for toxins.

As you reduce your total load you start to detoxify your body.

At first you can feel worse as the toxins come out, kicking and screaming all the way in some cases.

If you are on an anti-candida regime or unmasking (de-adapting) from food allergies as well you may feel very unwell and suffer some of the following symptoms:

Greasy hair

Spots

Sub-cutaneous fatty lumps - these often feel 'squeezed' and painful

Headaches
Smelly sweat - better out than in!
Foul breath
Wearing a track to the loo!
Food cravings - as you unmask
Temporary Hyper-hyper-sensitivity
Agitation or lethargy
Aching limbs
Severe muscle and joint pains
Bad temper etc etc

If you are very toxic you must find professional help to do this safely. OK - its not a competition - you can have a break, one step back once in a while may enable you to take bigger steps forward, but, several steps back could put you back to Square One and the view from that particular landmark can be a little tedious. "Been there, done that, got the (sweat stained) T-shirt "(unbleached cotton we hope!)"

Indulge yourself in other ways. No-one else can detox you. Just don't start the week before your sister's wedding! The more toxic you are, the more revolting you'll be as you detox. When I did a big detox programme, I had nicotine stains coming out of my fingers and tasted nicotine twenty years or more after I gave up smoking - having never had stains on them when I smoked.

However, don't keep putting it off - set a start date and START! You may not get rid of the trigger toxin but by lowering the background levels of stored toxins you'll free-up the detox pathways. You may unblock some of them, others may start to recover and you will halt or reduce the 'spreading phenomenon' in which the overloaded detox system may even turn bad toxins into worse ones all by its self. Which is why the "sick get sicker".

After a few days, or even a month, you'll start looking better. You'll even feel better, at least sometimes, eventually. Often there is a period when you don't exactly feel better but you get more done for the level of yuckiness you feel, so think positive - it is a sort of progress! No magic pills or quick fixes - it's a long, hard slog but you can do it.

Your family may not like it but if you change the family diet a bit and improve the environment in their home, you, and they, may be surprised at how well they feel - health is not just the absence of disease. Just remember they may be detoxing too - give them the Vitamin C and Tri-salts (see below). (USA Tri-salts = AlkaSeltzer 'Gold')

However, the baling out you have to do alone. If you have an enlightened GP you may be able to get some of the anti oxidants on an NHS prescription but don't accept generic substitutes. The Named Brand nutrients are chosen because they are more absorbable or have more effective types of active

ingredients and no toxic or allergenic fillers or excipients as far as possible. One problem is 90% of GPs may not have heard of some of the nutrients you ask for. In the UK, look out for Biocare & Lamberts.

If you have blood/urine/hair tests to back you up and toxic screens it may help. A **really** helpful (probably fund-holding GP) may even pay for them but most NHS tests are of little use. Why would the NHS provide tests for toxins and a comprised detox system when medical students aren't even taught it exists? In any case you'll be taking levels of nutrients they think are toxic because they don't understand how some illnesses increase 'normal' requirements or that some chemical forms are safer than others, or that you need one to make another work better. They are probably also using tables of requirements based on data 20-50 years old, when food had higher levels of background minerals and vitamins, and requirements were lower due to a different range of diseases and toxin exposure.

YOU NEED - A "SUPER DIET"

Background 'buffer' or insurance supplementation and mega-doses of antioxidants and other nutrients:-

First to replenish depleted levels "used up" coping with your toxic load - well you ain't dead yet!

Then to help you cope with current toxic inputs.

Then to help you chuck out stored toxins, or at best "disarm" them.

This is an evolving programme. The aim eventually is to drastically reduce or cut the supplements but this stage is a period of "**therapeutic nutrition**" - not supplementation to top up "normal" or even optimum levels.

You will get back some of your old life style. You will want to shed a lot of it after a while - it's what made you ill. **You've decided to be well.** You'll bore your friends to death about it for a while. You'll make a lot of like-minded new friends.

You may even start liking yourself!

But first the yucky bit.

You'll need high levels of Vitamin C and E, probably various B Vitamins, Magnesium, Zinc, Chromium, Molybdenum and others, and essential fatty acids - to replace the toxic fats with "fresh" ones among other things.

And to help the worst of the detoxing stage and reduce symptoms, Vitamin C (Ascorbic acid), Bicarbonate of Soda or Tri-salts. **Plenty** of Spring Water, and if

you are **very** toxic and allergic, homoeopathic pain relief, probably in high potencies.

Don't start this stage until you've had a "taster" of detoxing and have got together a "coping" programme. Some folks feel great after a couple of days but it can be awful. However the more symptoms you have the more you needed to do it!

You may want to do it all at once but your body is already overloaded - it **can't** cope. Build up first, you'll detox more efficiently. Expect to take 2 - 3 **years** overall (at least!). It's the start of the rest of your life. However, you will accomplish a lot. Keep a symptom chart. You may not think you feel much better at first - but if you keep a chart you'll see you are able to do more for the same degree of yuckiness. It's helpful to be reminded of that when you feel ill and useless. You may get some surprises. Twelve years after I stopped smoking and four years after my first major detox session, I started (during a detox) sweating out, tasting and even smelling of nicotine! A year later it happened again when I suddenly lost weight! Where will it end! "Better out than in". One lady I know, over a fortnight, sweated out a (clearly recognisable) progression of the 6 different perfumes she'd used over the last 5 years - 6 months after she last wore any!

COMPLEMENTARY MEDICINE

"It's a placebo effect!"

"It's psychological - just because someone takes the time to listen" etc, etc.

Well - OK if that's it - why isn't the NHS saving billions on drugs by paying Doctors to have time to listen. If it works, fine - it works!

Most (except acupuncture) are completely non-invasive, ie "Vibrational Medicine". Most work on the energy systems of the body. Most can be a **valid** part of your treatment but find a practitioner you like. Find a practitioner who **clearly** understands that you have a **new** disease and are dealing with a **new** set of problems the body didn't evolve to cope with. Otherwise, at best you waste your money and at worst they'll make you worse. Avoid Doctors and Practitioners who pile on the guilt (unless it's deserved of course!) ie "**My** treatment didn't work, therefore **you** weren't trying".

Give it a chance, but if you don't like what's happening, try something else. Expect to change what you use as your illness progresses (for better or worse).

Believe it can help you but don't be afraid to question anything that doesn't sit right - as you should with any medical practitioner.

Self-help - learn relaxation and visualisation techniques to reduce stress and control pain or symptoms without drugs. It may not work all the time but every little helps. I have a Kundalini Yoga Class transcript - as taught in an allergy clinic in Los Angeles. Try it. The exercises can delay or reduce an attack - give you a chance to "get your act together", especially if they become a habit or reflex.

Learn to dowse or simple muscle testing, even if not fully accurate it can be better than guessing. the term 'hazarding a guess' can be life threatening to a MCS sufferer.

"Only 70% accurate". So what - an average Doctors give 4 or 5 wrong prescriptions before they hit on the right one. A rather higher failure rate than 30%.

"Not scientifically proven". Well actually many **are**, unlike around 80% of drugs and medical techniques used in the NHS (You know - obscure little things like Aspirin - which would never be available over the counter if invented today. Or heart bypass operations - an **unproven** technique). Medicine, on the whole, is not scientific - things that are tested are not tested in "real-life" situations. "Doctors aren't interested in pharmacology - I don't know why we try to teach medical students about drug interactions, they just don't want to know". Thus spoke a professor of pharmacy and pharmacology.

Try **crystals** - they can operate radios and run computers, at worst they are pretty and soothing and surprisingly inexpensive.

Look into **Colour Therapy** and **Bio-Accoustics** (Signature Sound).

Tread carefully with magnetic and **electrical treatments** or **aroma therapy**, especially in the early stages. In the latter case you may be too sensitive to terpenes until you've built up your detox system but later on, with a good practitioner (preferably at home where you don't have to brave the smells that don't suit you), they can help you detox and are certainly relaxing.

Reflexology and **massage** can help **if** the practitioner understands that too vigorous a treatment can release too many toxins at once and overload your system. They should be gentle, not painful.

The same applies to **colonic irrigation** - many people find it helpful but do some basic detox and diet changes first to clear out superficial toxins.

Low Temperature Dry Saunas (60 degrees) - only under supervision and in conjunction with a specific nutrient support programme, possibly intravenously,

and massage. Be warned that as you sweat out chemicals, a masseuse or partner can be affected by them

Acupuncture - many sufferers find accupressure more appropriate at first - especially if they are allergic to the needles.

Herbalism and **Naturopathy** - can be really helpful but some practitioners fail to understand the dangers of rapid release of toxins and allergies to herbs themselves. Chinese herbs are especially useful for some conditions.

Herbs and **Herbal Tinctures** - eg Bioforce, may be a safer alternative to drugs for acute illnesses not necessarily related to your condition.

Homeopathy and **Biopathy** - you must find a practitioner who understands the biochemistry of your condition, especially if you are very toxic.

Notes:

Good chemical switch-off:-

Magnesium ascorbate

Allergy switch-off:-

Tri-salts Sodium bicarbonate (50%)

(most pharmacists can mix these for you)

Potassium bicarbonate (25%)

Calcium carbonate (25%)

In the USA AlkaSeltza Gold

Take 1/4 to 1 teaspoon alone or mixed with a Vitamin C powder (Ascorbic acid) that you can tolerate. Find the proportions that suit you best but try a 50/50 mix at first in spring water (best if carbonated).

* Gillian McCarthy is a severe MCS sufferer, Nutritional Biochemist, published writer and Homeopath.

* Gillian hopes to update this document if and when, time and health allows.

End

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