

MCS Matters 2

If you have ever wondered how many chemicals actually find their way from our environment into our bodies then you should strap yourself securely into your comfy computer chair and promptly visit the Environmental Working Group's excellent "Body Burden" page at www.ewg.org/reports/bodyburden I think you will be amazed! I sure know I was!

Fancy having your own 'chemical burden' thoroughly tested for - absolutely free? Well, if you are female, you are in with a good chance of being able to do just that via the World Wildlife Fund web site. Visit www.panda.org/campaign/detox/how_you_can_help/blood_testing_terms.cfm for full sign-up details.

Another outstanding resource for MCS sufferers is www.greenpeace.org/international/campaigns/toxics Their top story at the moment is on how unborn babies are consuming synthetic chemicals in the womb. They also have a comprehensive Tips page called "Chemical House" that you should bookmark.

MCS News

MCS-Global recently suffered mass resignations due to the very undemocratic way the organization was being run; and my resignation was one of them.

To fill the need for a much more democratic world-wide organization, to fight for the rights and needs of MCS sufferers everywhere, I have since founded MCS-International at www.mcs-international.org

Although not due for official launch until 3rd Dec' – the 21st anniversary of the worlds worst chemical disaster, Bhopal - Campaign Rep's have already been appointed in Scotland (2), England (1), Germany (2), USA (3), and the Philippines (2). If you would like to get involved and join our growing team then please visit our "Join Us" web page, or just phone me.

Martin Walker of Dirty Medicine & Skewed fame has a new book out: "Brave New World of Zero Risk". Having previewed it I can tell you that Simon Wessley gets a bit of a kicking in it – and why not ☺ I can also tell you that Martin is making this work available as an e-book too – and the e-book is FREE!

You can learn all about it here: www.zero-risk.org

Have Fun While Blasting Toxins!

Try this slick and amusing online game where you get to fly a small jet though a polar bear and whale blasting all their toxins away – if you are good enough that is. And I wasn't ☺. Have a go yourself: www.panda.org/games/toxicblaster/game.html

Top Tip No-2

If you have MCS then it is almost certain that you are having problems with soaps, soap powders, and detergents. I have had severe problems with all of those and have tried no end of products to find one that was problem free. Much easier said than done!

That journey was long and very difficult but finally I found a totally natural product that, with varying degrees of dilution, does absolutely everything! It's called Miracle II Soap! At one end of the dilution spectrum you can wash babies in it - and at the other end you can degrease car engines with it!

Using Miracle II Soap I have managed to reclaim clothes that were previously impossible for me to wear and to completely decontaminate new ones. If you want to give it a try too you can get it in the UK from this web site: www.regenerativenutrition.com or, if you prefer, phone them on: [+44 \(0\)8707 446 850](tel:+44208707446850).

MCS Help-Line

I have had quite a few calls since the last Quarterly so there is obviously a substantial need for this help-line.

Telephone: +44 (0)77 31 41 51 99. Wednesdays, 2pm to 4pm and 6pm to 7pm. GMT only please.

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