

MCS Matters 3

There is often such an overlap between MCS and ME that it is often difficult to tell where one leaves off and the other begins. For the newcomer to MCS the questions are many and, as modern medicine often tends to dismiss the whole thing as being “all in your head”, helpful answers are usually very hard to find.

To help fill that information gap I recently created several pages of PDF files for free download at my MCS International web site. There are currently over 40 files there – including many of the classics of the MCS world – with several times that number to be added there over the next few months. This resource is well worth checking out and bookmarking. You can find it here: www.mcs-international.org/downloads

MCS News

Severe MCS sufferer Gillian McCarthy is presently fighting her forthcoming eviction from her old wooden shack home in a Somerset field because she believes that the only alternative accommodation being offered to her will kill her if she moves in. More information on Gillian can be found in the “Meet the Team” pages of MCS International.

“SiCKO” is a new ‘health care’ documentary by Michael Moore that focuses on the American Pharmaceutical industry and corruption in the Food and Drug Administration there. It was a huge success at the Cannes Film Festival where it was said to have had its audience alternating between tears and laughter. It is scheduled for release on June 29th and should be well worth the watching.

Only Kidding

(Q) What do you call a thousand psychiatrists all chained together at the bottom of the sea?

(A) A good start ☺

Top Tips

If you suffer from MCS sooner or later you are going to find yourself entertaining ideas of buying a protective face mask – even if just for emergencies.

Initially my own experience with these MCS aids was not at all good. I invariably found that the mask I had just bought either didn't fit very well, looked terrible, made me feel like I was suffocating when it was on, made me ill by itself just by wearing it, or just plain didn't seem to work; sometimes even all of the above!

Finally I found an MCS Mask that really solved all of those problems: The “AERO Mask” made by UK company Respro. Snug fit with built in deformable nose clip, twin exhalation valves, firm Velcro fastening, replaceable inner MCS filters - and all wrapped up in a sporty kind of look. Worth Checking.

Web site: www.respro.com
Email: respro@easynet.co.uk
Tel: 0207 – 721 - 7300

The importance of proper nutrition can never be over-emphasized – especially when you suffer from a combination of ME and MCS. However, while fresh fruit and veg are always right up there on the health list, they are often very difficult to tolerate for MCS sufferers (impossible for some) due to the toxic chemical residues present on them. This, of course, can make for further deterioration in ones health.

So, what can be done about it? Having tried various washing and steeping strategies with only very limited success I finally found a reliable method for detoxing all my fruit and vegetables: A water ozonator! (Google it - or phone me if interested).

I simply put my fruit/veg into a large bowl (or even the kitchen sink), cover with water, insert my water ozonator into the mix - and switch on. 15 minutes later all chemical residues have been neutralized and once again you can enjoy lettuce, cabbage and strawberries in season. Even better, once treated like this the fruit/veg will stay fresher for much longer!

Until next time – keep well and safe.

MCS Help-Line

Telephone: +44 (0)1466 – 794 - 700. Tues and Thurs, 2pm to 4pm and 6pm to 7pm GMT ONLY please.

Gordon D McHendry
Founder and Campaign Coordinator
MCS International
Web site: www.mcs-international.org
Email: mcs-matters@mcs-international.org