

MCS Matters 4

By the time you read this a dynamic new MCS International web site should have gone live (early December). With a tighter and more focused design, improved navigation, and many new sections – including a Video Vault archive. You are bound to find it one of the most interesting and informative MCS web sites on the Internet. Uniquely, MCS International will also be constantly striving to manifest its mission in an increasingly Integral way. Never mind if you are not sure what that means as a good primer on the “Integral Perspective” (and more fascinating in depth material on it too) is available on-site. When checking everything out you may also want to register there for the free MCS email newsletters “Newsflash” and “Chemical Consequences”; this also bestows entitlement to use our forthcoming MCS Forum and MCS Live Chat.

MCS News

If you haven't yet seen the excellent DVD “Engaging with M.E.” by Professor Malcolm Hooper now is a very good time to do so. Why? Because it is now available for free viewing via both Google Video and YouTube – and you can even download it as well for viewing off-line.

The IWC Media Group contacted me recently for information for a forthcoming documentary on MCS and Electrical Hyper-Sensitivity (EHS). It will most likely be aired on Channel 4 early in the New Year under the title “21st Century Syndrome”. Keep your eye out for it. And lets all hope that it's not another tired old “it's all in there heads” job!

For the latest information on the utterly scandalous situation of severe MCS sufferer Gillian McCarthy, who is now facing yet another winter in her tumble-down shack without heating, please visit the News pages at MCS International. There is now a video link there to TV News coverage that will allow you to see Gillian's dreadful situation for yourself.

Only Kidding

(Q) What do writers do when they die?

(A) They de-compose ☺

Top Tips

What do you do if you are a keen gardener with a bug's problem but have MCS and a growing aversion to toxic chemicals of all kinds? That's easy! You get yourself a free PDF copy of the environmentally friendly pest control system “The Best Control II” by Stephen L Tvedten. This extensive work covers just about every kind of gardening/housing pest problem you are ever likely to encounter. To help put you more fully in the picture I have written a review of this excellent illustrated work – including details of how to get your free PDF copy – and made it permanently available 24/7 from the growing MCS International Downloads pages: Table 3: Ref: 106.

Next up, what do you do if you find yourself suffering increasingly from MCS related health problems and you have a dismissive GP that thinks “it's all in your head?” Sadly, this is an all too common problem and, unfortunately, not one with an easy quick fix.

Thankfully though you are certainly NOT powerless in this totally unacceptable medical situation. There is in fact much you can do to help turn this situation right around. However, of necessity I will confine myself here to just two easy but very powerful steps you can take in order to get you off to a flying start:

- Politely present your GP with a copy of the document “Multiple Chemical Sensitivity: A 1999 Consensus”: (Download Table 2: Ref: 051). The 1999 Consensus was signed by 34 medical researchers and clinicians from the United States and Canada and should, by itself, make it much more difficult for your GP to be quite so dismissive of your MCS in the future. Use this as a foundation to build on.
- Add to the above The Canadian Human Rights Commission 2007 document “The Medical Perspective on Environmental Sensitivities” by Margaret E. Sears (M.Eng., Ph.D.) and your GP should be driven to a personal reevaluation of his/her dangerously outdated view of MCS. Get a free copy for printing out from Download Table 1: Ref: 048.

When inviting your GP to get “up to date” on MCS (by reading the two documents above) you may care to mention at that point that Germany has ALREADY listed MCS in its edition of the WHO's International Classification of Diseases (ICD) - under allergies!

Top Tips (cont)

Have you set up your MCS first aid cabinet yet? No? Why not? Here are some of the essential things I have in mine:

- Aero MCS Mask (see previous newsletter).
- Colloidal Silver (for infections of all kinds).
- Magnesium Chloride (transdermal therapy).
- Baking Soda (for excess stomach acid).
- Loads of Vitamin C (colds, flu, etc).
- Clark Zapper (colds, flu, parasites, etc).

I'm looking to add "Tri-Salts" to that little lot soon. They say it is great for quickly calming bad MCS reactions. Hmm? I'll give it a good test drive on my own MCS soon and let you all know how I got on with it in the next thrilling issue of MCS Matters ☺

Recommended Reading

"Flood Your Body with Oxygen: Therapy for Our Polluted World" (Sequel to best seller "Oxygen Therapies") by Ed McCabe. Published by Energy Publications. ISBN: 0-9620527-2-8.

"Detoxify or Die" by Sherry A. Rogers, M.D. Published by Sand Key Company Inc. ISBN: 1-887202-04-8.

"Your Body's Many Cries for Water" by Dr Fereydoon Batmanghelidj. Published by The Therapist Ltd. ISBN: 1-899398-35-X

"Colloidal Silver: The Hidden Truths" by Dr Keith F. Courtenay. Published by The Oracle Press. ISBN: 187649410-7.

"The Human Time Bomb: The Shocking Wake Up Call That Could Save Your Life..." by Dr Robert Verkerk. Published by Wellness Publishing. ISBN: 0-9532666-9-9.

"Kombucha: The Essential Guide" by Christopher Hobbs. Published by Botanica Press. ISBN: 1-884360-05-X.

"The Wheatgrass Book: How To Grow and Use Wheatgrass to Maximise Your Health and Vitality" by Ann Wigmore. Published by Avery (member of Penguin Putnam Inc). ISBN: 0-89529-234-3.

I Am: by John Claire 1793-1864

I am: yet what I am none cares or knows,
My friends forsake me like a memory lost;
I am the self-consumer of my woes,
They rise and vanish in oblivious host,
Like shades in love and death's oblivion lost;
And yet I am, and live with shadows tossed

Into the nothingness of scorn and noise,
Into the living sea of waking dreams,
Where there is neither sense of life nor joys,
But the vast shipwreck of my life's esteems;
And e'en the dearest - that I loved the best -
Are strange - nay, rather stranger than the rest.

I long for scenes where man has never trod,
A place where woman never smiled or wept;
There to abide with my Creator, God,
And sleep as I in childhood sweetly slept:
Untroubling and untroubled where I lie, -
The grass below - above the vaulted sky.

Goodbye 2007

Is it just me or is time really speeding up? Another year gone by already, huh. Whizz! What was that? That was your life mate! What? But I think I might have missed most of it! Tough – you should have paid more attention when you had the chance ☺

Oh, and don't forget to tell Santa go give all those perfumes, aftershaves and deodorants etc a big miss!

Hello 2008

My very best wishes to you all for 2008. Especially if, like me, you live alone and are possibly facing a Christmas and New Year alone. Remember many of us are in the same boat. So, lets be alone – together!

Until next time - keep well and stay safe.

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MCS Help-Line

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2pm to 4pm - and 6pm to 7pm - GMT ONLY please.