

# MCS Matters 5

On the 31<sup>st</sup> of May MCS-International.Org launched its new suite of holistic MCS support forums called collectively “The Sanctuary”. They can be accessed from the navigation bars on any MCS International web page, or directly via the following web address: <http://www.mcs-international.org/phpBB3>

## **New Shower Curtains are Bad News!**

Here is a taster of what Tami Abdollah of the Los Angeles Times had to say on this scandalous matter:

“Vinyl shower curtains sold at major retailers across the country emit toxic chemicals that have been linked to serious health problems, according to a report released Thursday by a national environmental organization. The curtains contained high concentrations of chemicals that are linked to liver damage as well as damage to the central nervous, respiratory and reproductive systems, said researchers for the Virginia-based Center for Health, Environment & Justice.”

If you have recently bought new shower curtains and think you may be affected by this issue then you might want to steep them overnight in a solution of baking soda then hang them outside to dry and air overnight.

## **Tri-Salts Update**

You may remember that in the last issue of MCS Matters I talked about the good reputation of Tri-Salts (in America) for quickly neutralising MCS symptoms triggered as a result of offending chemical exposure. I had hoped to experiment on myself with this product and report my findings on its effectiveness (or not) to you here. Unfortunately this has not been possible as I have only managed so far to source 2 of the 3 ingredients necessary to make the Tri-Salts. So, your intrepid guinea pig will sadly have to postpone that experiment for the time being. What I can do though is offer you the recipe here just in case you are eager to try it and can find a source for those 3 ingredients.

## **Tri- Salts Recipe**

As recommended by the Sauna Detox Group:

3 parts of Sodium Bicarbonate.  
2 parts of Potassium Bicarbonate.  
1 part of Calcium Carbonate.

Serving dose is one teaspoon in a glass of water.

## **Homesick – A new MCS Documentary**

This is a documentary about one woman's search for MCS safe housing. It covers why it is so vitally important for MCS sufferers to find MCS safe housing, as well as the many difficulties in the path of achieving this most basic and most important of MCS needs. At the time of writing production work for this important MCS documentary is still ongoing, however, you can preview an 8 minute trailer of it in the “Chemical Injury” section of my MCS International “Video Vault”.

## **Research Archive**

### **Low Level Chemical Sensitivity: Implications for Research and Social Policy:**

“There is increasing evidence that human exposure to levels of chemicals once thought to be safe—or presenting insignificant risk—are, in fact, harmful. So called low-level exposures are now known to be associated with adverse biological effects including cancer, endocrine disruption, and chemical sensitivity. This requires that we change both (1) the way we design research linking chemicals and health, and (2) the solutions we devise to address chemically caused injury. The new and emerging science of low-level exposure to chemicals requires appropriate social policy responses which include regulation of toxic substances, notification of those exposed, and compensation and reasonable accommodation to those affected. Research and social policy need to be focused towards two distinct groups: (1) those individuals who could become chemically intolerant as a result of an initiating exposure, and (2) those individuals who have already become chemically intolerant and are now sensitive to chemicals at low levels.” Nicolas A. Ashford.

## **Recommended Book**

“Cross Currents: The Perils of Electropollution – The Promise of Electromedicine” by Robert O. Becker M.D.  
Pub: Jeremy P. Tarcher/Putnum  
ISBN: 0-87477-609-0

Until next time - keep safe and stay well.

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## **MCS Help-Line**

Telephone: 0– 794 - 700. Tues and Thurs  
2pm to 4pm - and 6pm to 7pm ONLY please.