



Advertising Discount

To celebrate the re-launch of our glossy magazine: *Chemical Free Living* later this summer we are offering companies the opportunity to advertise for the same rates as our newsletter: 1/8th size ad = £10, 1/4 page = £20, 1/2 page = £40, full page = £80. For more details or to reserve your ad space please contact Nicki. Email: nicki@chemicalfree.co.uk

New Leaflet!

With this newsletter all support group members have received a draft copy of our new leaflet *How to be Fragrance Free*. Designed as a guide for friends, family or practitioners visiting people with MCS, it includes brief details of the illness, how to reduce fragrances, why it's necessary, and details of suppliers. Before we unleash it on the general public, I would welcome your feedback – any comments good or bad, or anything you would like to add.

Green People Discount

One of our recommended products in our new leaflet is Green People's Organic Base shampoo, so Green People are offering all newsletter readers a £5 discount when you spend £25 on any products. The discount code is: **CF12703795** which can be entered online or over the phone, valid from 1st July to 31st July 2008. www.greenpeople.co.uk Tel: 01403 740350. The Green People Company Limited, Pondtail Farm, Coolham Road, West Grinstead, West Sussex, RH13 8LN

Nutricentre Discount

Support group members can save up to 25% off supplements, books and toiletries at the Nutricentre (see Discount Codes). To clarify, the discount depends on the product, so some items are discounted by 20% or some not at all depending on their suppliers.

Suppliers Directory

Due to technical issues this helpsheet has been delayed. I will do my best to get it ready in time for the next newsletter. Meanwhile, if you have any suppliers, books, or useful organisations to add, please let us know.

Change of Ingredients

Big Oz make a range of gluten and wheat-free cereals including Buckwheat Puffs, Millet Puffs and Corn Puffs. The way that these cereals are manufactured has changed slightly and the grains are now coated in honey and maple syrup before they are dried.

News & Research



Arsenic in Baby Rice

A third of baby food rice on sale in the UK tested by scientists has been found to contain so much inorganic arsenic, a human carcinogen, that it would be illegal in some countries. A child eating three servings a day of the rice with the highest levels would have up to six times the maximum safe level of inorganic arsenic under EU water regulations, according to the researchers from Aberdeen University. The study also found high levels of inorganic arsenic in other rice foods fed to babies, including puffed rice cereals, pasta, noodles, and puddings. "It is of considerable concern that food arsenic levels are not regulated in the EU," said Professor Andrew Meharg, who led the study. "Thirty-five per cent of the baby food we analysed had levels of inorganic arsenic that would make them illegal in China." Because of the lack of EU rules, old food standards are invoked in the UK. These were set in 1959, before it was accepted that arsenic was a human carcinogen. Pre-cooked rice is widely used for weaning babies because of its blandness, low allergen levels and nutritional value, but rice is also good at taking up arsenic from soil. In the study, reported in the journal *Environmental Pollution*, only pure baby rice samples from national supermarket chains were analysed.

Source: www.independent.co.uk

Skinvac CHEMICAL FREE SKINCARE
 Deep Daily Cleansing for all skin types
 Non - Gritty Exfoliation for instant velvety smoothness
 Acne Control, watch pores unclogged instantly



www.skinvac.com

Skinvac works with your skin, not against it. It retains your natural facial oil balance, without chemicals that strip away your protective facial oil layer, which can over stimulate your facial oil production, causing more skin problems. It's non-comedogenic, non-toxic, hypoallergenic, pH Neutral, 100% soap, oil, alcohol & residue free. Live Naturally, Say No to Chemicals!

Charlotte Devlin Nutritional Therapist

Specializing in M.E/CFS, allergies, chemical sensitivities, food intolerances, mercury toxicity, candida, digestive/ immune system, adrenals and liver problems. Every aspect of your condition is evaluated and an individualized diet and supplement prescription is given. Scientific tests available. Very reasonable rates and 20% off for Chemical Free support group members. Postal, email and phone consultations are also available. Contact Charlotte on:
 01462 683443 or 07790 605602
 Email: charlotte@nutritionhelp.wanadoo.co.uk



Melatonin Available in UK

Melatonin (banned for sale as a 'supplement') will be available in Europe from June 08 as a medical treatment for insomnia. Melatonin is the hormone responsible for regulating the circadian rhythm (or sleep cycle). Circadin is the first melatonin agent approved by the European Medicines Agency. Unlike existing sleep medications, it is not associated with problems such as dependency and poor functioning or "hang over effects" the next day. The sustained-release melatonin provides natural sleep by increasing the body's own level of this naturally occurring hormone throughout the night.



Adverse Effects of Mobiles

Two separate studies on mobile phones have recently been published. A Swedish researcher, Bengt Arnetz, Professor of Social Medicine and Stress Research at Uppsala University, conducted a study on the effects of chatting on mobile phones on sleep deprivation. It was determined that mobile phone radiation appeared to cause insomnia, headaches, and concentration difficulties. Further studies are needed to determine how exactly the radiation upsets sleep patterns. Another

study, which was published in The Environmental Doctor, was conducted to assess the association between mobile phones and the development of parotid gland tumours (PGTs), commonly known as salivary gland tumours. Based on the largest number of benign PGT patients reported to date, the study concluded that the results suggest an association between mobile phone users and PGTs for regular mobile phone users, or point to conditions that may yield higher levels of exposure, such as heavy use in rural areas.



BPA Plastic Warning

Bisphenol A, or BPA, is the basic ingredient in hard, clear polycarbonate plastics (No. 7 in the recycling code) and epoxy resins, which are used to make such things as water bottles, baby bottles and the corrosion-preventing lining of cans. BPA-based products don't weigh much, don't cost much and don't break if you drop them on the floor. That's the good news. The bad news is that BPA doesn't always stay put. The chemical acts a lot like oestrogen if it's introduced into the body and evidence now shows that this happens to just about everybody every day, especially at high temperatures. More than 90% of people aged six and older have detectable levels of BPA in their bodies, according to a 2003-04 survey conducted by the Centres for Disease Control and Prevention. A draft report issued last month by the US National Toxicology Program raised new red flags and consumer alarm about the potential harm BPA may do. The report, based on a review of nearly 1,000 papers, expressed "some concern" that in fetuses, infants and children, typical human exposure may cause changes in behaviour, in the brain, in the prostate and mammary glands, and in the age at which females reach puberty. Of the five possible levels of concern the report might have chosen from "serious" to "negligible", "some" is the third or middle level. The concern was based on evidence from a number of studies with laboratory animals at BPA exposures similar to human exposures. About the same time that the US toxicology program released its draft report, Health Canada, (Canada's national public health department), released a report of its own calling BPA "a potentially harmful chemical" - becoming the first regulatory body worldwide to do so. (The toxicology program in the United States is not a regulatory body.) The agency is on course to ban BPA in baby bottles if, after a 60-day period for comment, no one presents a good reason not to.

Frederick Vom Saal, a biology professor at the University of Missouri-Columbia and one of the leading BPA researchers in the country, believes BPA should be banned from all products that might end up passing it along to people. In studies of laboratory animals, BPA changes play

behaviour, weakens gender differences, decreases sperm count, stimulates prostate cancer and causes ADHD symptoms. "No level has ever been found in animal experiments that doesn't cause harm," he said. Although most BPA research so far has been done with animals, a recent laboratory study found that it can encourage the growth of human breast cancer cells. Babies and young children are most at risk from BPA Vom Saal says, because once it enters their system, their bodies aren't good at getting it out. "Maybe adults can metabolize and excrete BPA very quickly, but there's no question that babies can't do the same. BPA has a very slow clearance in babies." There are alternatives to everything made from BPA including glass baby bottles instead of polycarbonate ones and natural resin for lining cans instead of epoxy. Japanese manufacturers started using natural resin in 1997, and two years later a study found that BPA levels had gone down significantly. Here are several ways to reduce exposure to BPA, as suggested by the National Toxicology Program:

- * Heat makes BPA leach out much faster than it does otherwise so avoid putting polycarbonate plastic food containers in the microwave or dishwasher. You might also want to avoid putting hot food or liquid into polycarbonate plastic containers. Most (but not all) plastics with a No. 7 recycling code are polycarbonates and therefore contain BPA.
- * Eat fewer canned foods.
- * Use glass, porcelain or stainless steel containers when possible, especially for hot food or drinks.
- * Don't use polycarbonate baby bottles. Glass ones are available from:
www.GreenBaby.co.uk Tel:08702 406894

Source: Los Angeles Times



California Sprayfest

Tens of thousands of Californian residents are being sprayed under the cover of night with pesticides containing partly unknown chemicals. These sprayings are done not to protect residents from a clear and present public health danger, but rather to protect special interests worried about eradicating the Light Brown Apple Moth (LBAM). The LBAM spray operations in Central Coast counties of Monterey and Santa Cruz resulted in over 600 reports of health illnesses. State authorities have not only failed to respond, but now plan new LBAM aerial spray operations in the San Francisco Bay Area. Californians have a right to refuse fumigation without proof of a clear and present public health danger. Any mandatory pesticide spraying of chemicals must be shown to address a clear and present public health danger, and must be approved by the people in the area to be sprayed with a vote. The LBAM eradication spraying has been ordered by the Secretary of Agriculture, and due to a declared "state of emergency," representatives and residents are currently legally powerless to stop this. The legitimacy of this so-called "emergency" is uncertain; the LBAM poses no risk to human health but rather a contested threat to certain crops and plants. Yet, government agencies approving the LBAM plan admit that the pesticide could pose a threat to some people, stating "not all health effects can be predicted and because the general population includes susceptible (people), such as children, the elderly and those with chronic diseases, we cannot provide a definitive cause for their symptoms [experienced after the spraying in Santa Cruz and Monterey]." For more information and to sign a petition to protect the residents visit: www.thepetitionsite.com/1/stop-fumigation-of-citizens-without-their-consent-in-california



MCS Study

AMICA (Association for Environmental and Chronic Toxic Injury, Italy) is organizing a study about the genetic polymorphism of MCS with a young Italian researcher, Dr Scordo, who works at the Institute Karolinksa in Sweden. "Last year we already sent 35 samples and the results were astonishing because we found a strong prevalence of genes responsible for a slow metabolism of xenobiotics [chemicals foreign to the body]. Now we are planning to send new samples so it would be helpful for other local activists and associations in Europe to also organise a collection of samples from people with diagnosis of MCS. The research is free but the participants need to pay for an express delivery service (like TNT or DHL) to Sweden with ice within 24 hours. If you organise a collection of samples from a minimum of 10 people from the same place, AMICA will pay for this service (with the receipt). For now we just need to count how many new participants we find and Dr Scordo will tell us when we can send the samples in one precise week (probably September). She needs to plan this work, then I will tell participants exactly how to take the sample, which tube is needed (with EDTA) and how to transport it."

Francesca Romana Orlando, Vice-President of AMICA (Association for Environmental and Chronic Toxic Injury), P.O. Box 3131, 00121 Rome, Italy Email: amica@infoamica.it
www.infoamica.it or English version: <http://www.infoamica.it/english.asp>

If anyone is interested in participating, please copy your reply to Chemical Free so we can link up people posting samples from the same place.

New Products

Booja-Booja Ice-Cream

Ingredients: agave syrup, cashew nuts, plus flavouring: vanilla oil/ ginger/ coconut/ cocoa powder. For suppliers phone Booja-Booja: 01508 558888 or www.boojabooja.com

Silicon Rubber Bands

Lakeland are now selling rubber bands made of silicon. Ideal for anyone who can't tolerate rubber. Ref. no: 11310, 25 in a pack. Contact Lakeland tel: 015394 88100 www.lakeland.co.uk

Glasses with Glass Straws

Designed for port, but equally good for cordial! Ref no.111 4755, £9.95 for two
From Cucina Direct. Tel: 0844 482 1144 www.cucinadirect.co.uk

Recipe

Send us your favourite recipe: info@chemicalfree.co.uk

Three Bean Salad

1 tin green beans drained
1 tin cannellini beans drained
1 tin dark kidney beans
1 sliced onion
2-3 tablespoons red wine vinegar
1 tablespoon olive oil
1 teaspoon dried basil leaves
1 small clove garlic, minced
Salt & pepper to taste

Combine the green, cannelloni and kidney beans with the onions, vinegar, oil, basil, garlic, salt and pepper in a large non-metallic bowl. Mix well. Cover then refrigerate overnight.
Served chilled.

Noticeboard

Something to say, sell or give away? Post it here FREE!

For Sale – Medivac Microfilter Vacuum Cleaner

Good for allergy sufferers, 4 years old, excellent working order. Full range of tools/attachments including turbo carpet brush. The vacuum cleaner is made from stainless steel and the whole machine, not just the filter is certified to retain 99.99% of particles as tiny as 0.3 microns, so dust and mite allergens are retained and will not blow out during the lifetime of the machine. A washable nylon filter and self-sealing double-wall paper dust-bags means no exposure to allergens when emptying the machine. For more details see www.allergybestbuys.co.uk. Was £400 new, will sell for £50 plus delivery. Tel Abi: 0117 9628422

GM Crops

It has been revealed that the UK Government is looking into ways that GM crops could be grown in Britain. This follows strong lobbying by the GM industry who are touting GM crops as a solution to the global food crisis. Despite the lack of evidence it now looks like Government might believe their spin. This link lets you tell your MP not to fall for the GM hype. To take action please go to: www.foe.co.uk/campaigns/real_food/press_for_change/mp_gm_hype_11309.html

DLA petition

This petition relates to the stress that's being caused to long term disabled people claiming Disability Living Allowance. "Having been through the trauma of applying, reapplying, appeals, tribunals and commissioners on several occasions, I can honestly say they've probably done more to set me back than help me. I still feel traumatised just thinking about it. Nobody should have to cope with that level of stress." [Http://petitions.pm.gov.uk/DLV-genuine/](http://petitions.pm.gov.uk/DLV-genuine/)

Lifestyle

Share your tips: contact us by email, letter, or use our message board at www.chemicalfree.co.uk

Aloe Vera juice is good for soothing sunburn, or else try a mixture of cider vinegar and olive oil (2:1 parts respectively). For more serious sunburn both medical herbalists and homeopaths suggest *Gallium aparine* (goose grass or cleaver) for prompt healing.

MCS Report

A disturbing new report entitled 'The German Multicentre Study on Multiple Chemical Sensitivity (MCS)' by The Robert Koch Institute (RKI), and Charité-RKI Research Network "Clinical Environmental Medicine", Berlin, Germany, was published in May this year. (<http://www.ncbi.nlm.nih.gov/pubmed/18502687>). It concluded: "No systematic connection could

be observed between complaints and the triggers implicated, nor was there any evidence for a genetic predisposition, or obvious disturbances of the olfactory system... Our results do not support the assumption of a toxicogenic-somatic basis of the MCS phenomenon. In contrast, numerous indicators for the relevance of behavioural accentuations, psychic alterations or psychosomatic impairments were found in the group of EM-outpatients with subjective "environmental illness". In other words this study suggests MCS is more likely to be a psychosomatic than physical illness! Because of this report things are getting harder for people with MCS in Spain. Francesca Romana of InfoAmica (Association for Environmental and Chronic exposure injury, Italy) reports there is a campaign that you can join online for MCS, FM and CFS. She adds, "Where 'CIF' is written you need to write your identity card number. It's very important that you add your name." www.firmasonline.com/1Firmas/camp1.asp?C=1584

In response to the German study, Gillian McCarthy BSc MBIAC, biochemist, and severe and well documented, scientifically proven chemical victim, replied via mcs-international.org:

"It is now scientifically untenable to claim that true MCS/Environmental Illness is behavioural and psychosomatic in origin and that there is no toxicogenic-somatic basis for the condition. With the range of biochemical and DNA/forensic testing now available, simple screening of subjects' phase 1 and phase 2 detoxification capacity and ATP-Neutrafil status would immediately indicate whether subjects have the cellular and tissue capacity to metabolise, detoxify and excrete - either unchanged or as metabolite - both xenobiotic and organic-sourced phenolics, aldehydes et al which would definitively identify those subjects who are genuinely experiencing signs and symptoms of biological origin.

Clearly, some of these signs and symptoms will affect mental function and behaviour but it should be recognised that these are generally soma-psychotic (i.e, physical problems causing apparent mental/behavioural aberrations as opposed to psychosomatic (i.e, signs, symptoms, behaviour of mental origin which are expressed physically). A typical example of soma-psychosis is post natal depression resulting from cellular tissue zinc deficiency; indeed many - not all - soma-psychotic manifestations are as a result of antioxidant deficiency and adaptation, which is exacerbated in the chemically exposed individual who requires both higher levels of these cellular nutrients to metabolise chemicals, and who may also have their ability to digest, absorb and utilise these nutrients damaged by poisoning episodes (whether chronic or acute), and which may also be genetically influenced. This latter is further complicated by the mutagenic effects of many chemicals especially xenobiotics, but thanks to the Genome Project and other rapidly developing research, inherited or induced DNA adducts are now being increasingly identified, allowing for incontrovertible proof of the physical nature of MCS.

Of course as with any painful and difficult chronic illness there are psychological implications but these should be understood for what they are and not implicated as the causative agents. Inevitably there may be a degree of learned response as with any chronic and particularly painful illness, but just as you would not stick your finger in an electric socket just to see if it would give you a shock each time -because you have learned to do so is painful- such "behavioural" attempts to manage a difficult illness should be taken in context, not used to support an "all in the mind" dismissal of this all encompassing condition. It beggars belief that patients so deficient in zinc and selenium that they lose their sense of smell and taste still find themselves accused of imagined responses to smells that they can't actually smell. It is not the patients that have the mental problems here. One has to ask who is behind the funding of such spurious "research": it is an insult to both the name of science and to the growing and beleaguered populations of the chemically damaged. Clearly this problem is not going to go away so the time is well past when both the scientific and medical community - and indeed the press - can excuse lending credence to such spurious and rather clearly commercially driven nonsense."

Joke

A man goes to board a plane and says to the lady on the desk, "I'd like one bag to go to Paris, one bag to Rome and the other to London please." The lady replies, "I can't do that sir!" "Why not?" says the man, "You did it last week!"

Contact Us

Website: www.chemicalfree.co.uk

Email: info@chemicalfree.co.uk

Post: Chemical Free, 56 Gaping Lane, Hitchin, Herts. SG5 2JE (UK)

