

So What is Environmental Treatment?

First and most important is clean Air (filtered), Food (organic), and Water (glass bottled).

Identify the initial causative agent(s) that made you sick.

Often moldy basement, office, golf course with pesticides, paint fumes, 'Gulf War', 911 workers

Avoidance of that which is making you sick and most other chemicals until you can again tolerate them and stay well (in a few years). Leave moldy house.

Oral (Fish Oil, Co Q 10 400 mg) and IV supplements like Vitamin C, B complex, Magnesium, Glutathione, Taurine, Amino Acids, phosphotidyl choline, glass bottles – to assist in breaking down toxins efficiently, strengthen the adrenal and immune system. Discover all metabolic and nutritional deficiencies. 4 Day Rotational Diet.

Neutralization and Provocation Allergy Testing (150.00/day) to grasses, trees, molds, foods, viruses, supplements, and chemicals, even your own stool and blood ('Autovac').

Treating with Oxygen if the Venous O2 so indicates (greater than 30) for 2 ½ weeks or longer, 2 hours a day, 5 liters, with 'set up' from Dallas (ceramic mask, tygon tubing, humidification bottle, and rebreathing frame. Dramatically helps ANS!

Sauna, massage, other detox methods - coffee enemas. Do not start sauna without EM guidance you may 'CRASH' when you release all the stored toxins from your fat. Goal 20 min of sweating /day.

Determine Genetic inadequacies and treat to counter act deficiencies in detoxification or immunity.

'ALF', Autogenous Lymphocyte factor, which assists in boosting the immune system and is AMAZING (only available in Dallas, for anyone at an impasse).

Hormone studies and replacement of all that are low, Thyroid replaced clinically even if numbers are 'normal' (as long as cortisol is good first). If indicated, *cortisol early to motivate patient, 5mg qid*

Study urinary neurotransmitters and replace deficiencies with amino acids and wean off psychiatric drugs as hormones and neurotransmitters 'normalize'.

Chelation of heavy metals oral or IV, with mineral replacement. Remove 'high voltage' dental work early in Rx. and amalgams at IAOMT dentist. Test new composite/porcelain for allegenicity. Energy treatments, Cranio Sacral, massage, acupuncture

All that works and doesn't harm the patient. 'Midodrine for POTS'. *Take Trisalts, 2,000 buffered C, and Oxygen, Epsom Salts bath when ill.

Watch this informative lecture at the

*****Cleveland Clinic*****

www.cchs.net/wellness/grandrounds.asp

Google 'Nightline' and 'Lisa Nagy' to view the clinic in Dallas, Bill Rea MD and their story of success.

Where can the Patient Start to Get well? Easy Recommendations.

Start doing one thing at a time so as not to become overwhelmed.

Getting out of scented environment so you can tell what is affecting you. Therefore this is where you should start. Do not give up before trying!

*Read Edelson Living With Environmental Illness. No perfume.

No 'normal detergent or Fabric Softener' (very Toxic for ill patients. Seventh Generation unscented, or Trader Joes only. Add Borax, or Superclean.

If you suspect mold then do cheap mold plates to get species identified and see how toxic.

If mold, vacuum dust, send for Trichothecenes.

Absolutely get near no pesticides! No Golf, fly spray.

Non toxic shampoo (Earth's Science at Whole Foods).

Buy nontoxic, unscented hair and body products from www.Needs.com

Make OASIS bedroom with charcoal air filter hard floor, cotton pillows (no down), cotton bedding, Switch to non toxic: Make up, kitchen sprays, soaps, dishwashing powder (Trader Joes)

Use recirculate button on car to avoid diesel exhaust.

Get charcoal masks if becoming more sensitive to go into stores or stay out of public buildings where VOC's make you ill.

*Order Mountain Valley Glass bottled Water. 800 643 1501. Do not drink water in plastic bottles!

Eat organic and start to not repeat foods except in 4 days. Less sugar, chocolate, wheat, dairy, carbs, coffee or soda. Use green Tea. If very sick eat one food per meal – easier on immune system.

Get salivary cortisol testing going, see environmental doctor.

The Preventive and Environmental Health Alliance Inc.

A nonprofit

Educating about treatment of environmental illnesses

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For more info and to join for free or make donations to PEHA go to:

www.Environmentalmedicineinfo.com

40.00 to support us annually is appreciated!

- Mental Health Congress, Las Vegas, Nov 3rd, 2009
- CDC: Chemicals and Public Health, Atlanta Oct 26th
- NIEHS Roundtable on Chemical Sensitivity
National Institutes of Health October 8th

How is Your Environmental Health?

A doctor and patient guide to identifying increasingly common 'Environmental Illnesses'

They include the big 4:

Chemical Sensitivity, Chronic Fatigue, Fibromyalgia, GWS, And related conditions like: Autism, Chronic Lyme, MS, Autoimmunity, allergies, anxiety and ADD.

They have nutritional, hormonal, genetic, *and environmental* components that need to be addressed to fully treat a patient.

Taking an environmental history is an essential part of practicing medicine that is being left out of traditional and Integrative Medicine alike.

We are all somewhere on the scale of sensitivity from one to ten – no one is a zero! How Sensitive Are You?

Some symptoms of Environmental Sensitivity:

Dislike of perfume, diesel exhaust, and the detergent aisle of the grocery store
memory loss, fatigue or weak muscles, trouble reading, clothing tags itch your neck, red face, headaches or alcohol intolerance –
Then you have mild Environmental Sensitivities. Find an Environmental Physician at www.aeonline.org

“This is the most important, yet unacknowledged, medical problem of women in America today”.

-- Lisa Nagy M.D. -- President
The Preventive and Environmental Health Alliance

What is the Preventive and Environmental Health Alliance?

A new group focused on educating the public and doctors about the increasing frequency of mild to severe environmental illness in this country – especially unknowingly in women- see symptoms list below.

Who is Dr. Lisa Lavine Nagy?

Lisa graduated Magna Cum Laude from University of Pennsylvania, followed by Cornell Medical College, and was later board certified in Emergency medicine.

She became deathly ill in 2003.

No one had any idea what caused her Addison's disease, Mitochondrial myopathy or Dysautonomia- all common in Chemical Sensitivity or EI. Then her dog and husband developed Addison's too! Finally, while being treated by an environmental physician she discovered the cause was toxic mold from her huge aquarium shed at home.

Now healthy she wants to bring what she has learned to the public, to medical students, doctors and to congress.

It is possible to treat chronic illness effectively, intelligently and economically by finding the cause of it – from depression to cancer – from mold, chemicals, allergies.

So Do you Have any Symptoms? Complaints Characteristic of EI.

Sensitive to smells, chemicals, smoke, rubber tires,

Fluorescent lights, noise, clothing tags, sounds.

Morning sore throat (from the VOC's in bedroom).

Morning headache (mold in bedroom/house), or to

cats, newspapers, down pillows, the mail itches hands.

Sleeps with window open. Hates to fly (planes are toxic)

Feels bad in mall, stores, ADD, anxiety, confusion.

Fatigue, post exertional exhaustion, muscle weakness,

Difficulty standing sitting without crossing legs like a pretzel – dysautonomia or POTS. Adrenal insufficiency.

Blurry vision while driving at night – halos.

Bra feels too tight – lack of oxygen in tissues.

Men become belligerent – moldy house/toxic.

Brief Screening History-- Questions to Ask Your Patient

When did you last feel well?

What changes in your life occurred before that time?

**Known chemical, mold, radiation, pesticide exposure. ? What do you think has precipitated your condition?*

Examples: Did you renovate your home, get new kitchen cabinets, carpeting, spray pesticides? Have you changed jobs or had less ventilation at work or a new copier or computer installed. Are others sick – even if the symptoms are different?

**Are you sensitive to perfume, diesel exhaust or the detergent aisle of the grocery store*. Do other chemicals, newspapers, the mail bother you? Sleepy, headaches?*

Do you feel better outside in fresh air? Do you fall asleep or get a headache in traffic, feel exhausted in stores, tire centers, or moldy buildings? Are you better on the weekends and worse on return to work. Do you have a moldy basement or does the house smell musty when you first come home?

Before a headache or other reaction – 'What did you just eat, touch or smell'?

Have you been avoiding dealing with a water leak? Do you have a crawlspace? Are you worse in the Winter when inside more and the windows are closed? Feel bad on rainy days?

Do you pretzel your legs after eating? Dizzy on standing from bending over recently? Insomnia?

What part of the year gives you the most trouble? Do you have symptoms in many different areas?

Do people think you are a hypochondriac? Does your husband think your are wacky?

Have you not been helped by many other physicians? Can you tell you have a physiologic not a mental problem? Do others think you have mental difficulties and that you tolerate stress very poorly? Do you have short term memory loss? Do feel you are definitely ill but no one can figure out why? Are you intolerant of electrical appliances, fluorescent lights? Does the cell phone heat up in your hand or give you a headache? Do you use Tide, Downey or Bounce? Lawn treatments?

Physical Exam – some classic signs

General: tired, distractable, loquacious, anxious aggressive, desperate for a diagnosis, hypochondriacal'

HEENT: 'Allergic shiners' (dark eye circles, puffy bags), nasal polyps, inflamed turbinates, beet red face is a toxic person until proven otherwise, airway edema on exposure, loss of lateral third of eyebrow, crease on tip of kids noses from wiping upward. Red ear lobes in allergic kid.

Skin lesions. Rashes (mold), bruises, petichiae, dry unkempt hair (mold), bluish limbs, BP cuff hurts Lungs: wheezes

Cardiac: Orthostatic, tachycardic, extra beats. +Tilt Test. Sits with legs wrapped around each other.

Neuro: Poor Rhomberg, STM poor, too weak to do squat (mitochondrial damage), anxious/tired near electrical appliances (phone), lights, computers.

Psychiatric/Mental Status: appears 'neurotic' – because patient is really physiologically ill from toxicity, can be psychotic (bipolar common) if never treated over many years. Oriented, very stressed, intelligent, eager to improve, angry at doctors (justifiably). Do not discount signs and symptoms because of patient's psychiatric presentation.

Shopping for Essential items:

www.NEEDS.com-Air filters, make up, soap and detergent, I can Breathe 'mask', cellophane bags for food, *Trisalts by Biotech, oral charcoal, LessEMF.com, air tubing Headset, gauss meters, apron Safelevel.com, out gassed computers with EMF shielding EHCD –2143619515, charcoal masks, O2 set up, Foil tape

References:

Read this easy book before all others to get understanding of the field on Amazon only 4.00 used, 11.00 new.

[*Living With Environmental Illness](#), Stephen Edelson [Less Toxic Alternatives](#), Carolyn Gorman - will use forever!

Doris Rapp, books on kids too, great videos on Oprah, *'Environmentally Sick Schools' 800 7878780 HEAL newsletter, 404 248 1898

[Chemical Sensitivity 4 Volumes](#) by William Rea MD. Dallas Clinic – www.ehcd.com to learn more

Mold and Lab Tests

P & K Microbiology – 866 871 1984 for mold plates Pure Air Controls 800 422 7873 Trichothecenes in dust/clothes Realtime Labs urine mycotoxin panel 250 – 650. 972 243 7754

*Venous Oxygen –VBG, A great screening tool. At hospital, NO tourniquet, antecubital vein. Call and arrange with lab Normal is 20-25. Treat with O2 if > 30.

Salivary Cortisols- a must at Diagnostechs (800 878 3787) Doctors Data 800 323 2784, heavy metals etc.

Pesticides, Aliphatics, PCB's at Metamatrix 800 221 4640, & 'Cardio ION Profile' 800.00 in Dallas: T and B cell counts to be 'ALF' candidate. Serum hormones Testosterone, SHBG, IGF-1, dhea-S, aldosterone, cortisol and CBG, pregnenolone, Reverse T3, total and free T3, FT4, and TSH, Est, Prog, Rhein Labs 24 hour urine hormones + aldosterone , HGH 503 292 1988.

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