

Q &amp; A

# Treatment Not Working

**“The right supplements are important in the right**

**Q: I have multiple chemical sensitivity (MCS) and typical treatment has failed. I don't even tolerate taking supplements and can eat very few foods. What am I missing?**

**A:** If you are not improving and practice avoidance, then your doctor has probably failed to find and eliminate a long-term or ongoing toxicity. This could be an ongoing exposure that initiated your MCS, such as mold in your home or formaldehyde in your furniture, or even flame retardants found in your bedding that cannot be smelled.

Or, it may be a build-up of heavy metals or other toxics in the body which have not been removed. Toxics still present in the body can lead to malabsorption and nutritional deficiencies which are generally treated and reversed by eliminating the toxic substance from the body and discontinuing exposure.

many conditions which often occur with and worsen MCS, particularly endocrine disorders of adrenal. Adrenal problems can worsen MCS and MCS worsens adrenal problems, so no real improvement may be seen until both are treated simultaneously.

With regard to supplements, purity is important, as is taking very small doses to begin with and building up as tolerance increases. The right supplements are important in the right doses. The wrong mix can make matters worse. Nutritional status tests can be very revealing as can hair tests, which may indicate malabsorption. In malabsorption, hair and blood vitamin and mineral levels may be extremely high because the cells are not absorbing and using the nutrients. This may lead to symptoms of supplement and food intolerance when the cells are really starving for the nutrients. Think of it like having toxic levels of vitamins in the bloodstream, but deficient levels in the cells because the door between the blood stream and cells is locked.

Please consult with a qualified medical professional for testing and treatment. This column should not be construed as medical advice and no such claims are inferred.

Conditions which mimic MCS, such as porphyria and mast cell disorders may be at fault. Treating these is essential to recovery. There are

