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# MCSA NEWS

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## Electromagnetic Radiation Awareness Month



**May 2010**

**Electromagnetic  
Radiation  
Awareness Month**



<http://www.mcs-america.org>

## May 2010 Event Planning

*Awareness and Recognition*

***Awareness Month 2010 Event Planning***

**“Sensitivity  
to  
electromagnetic  
radiation affects  
9.8 million men,  
women,  
and children  
of all  
races  
in America.”**

Sensitivity to electromagnetic radiation affects 9.8 million men, women, and children of all races in America (Levallois, 2002). Even though sensitivity to electromagnetic radiation is of widespread epidemic prevalence, public awareness of the disabling health effects of common electromagnetic exposures and ways to manage and accommodate sensitivity to electromagnetic radiation remains limited. Electromagnetic Radiation Awareness Month, May 2010, bestows upon us a great opportunity to work towards increased public awareness of sensitivity to electromagnetic radiation.

Organizations around the world have put forth great effort to establish May of each year as Electromagnetic Radiation Awareness Month. Many are working to improve awareness and appropriate healthcare around the world. Activities are organized around the month of May and continue throughout the year. MCS America plays a special role during this time and is committed to promoting awareness of electromagnetic fields which may cause sensitivity to electromagnetic radiation and trigger reactions in those with sensitivity.

This entire month of May is dedicated to planning for individuals and organizations in the U.S. to hold local events during Sensitivity to electromagnetic radiation Awareness Month and beyond. You will find numerous ideas for promoting awareness, educating others, increasing recognition, and planning community events. There are many editable sample materials which may be downloaded and used locally.

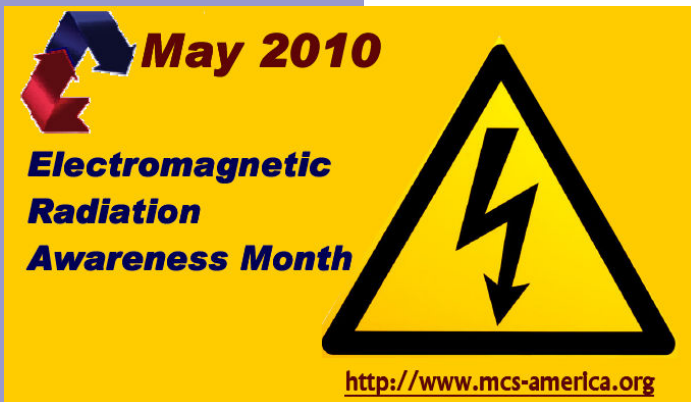
Electromagnetic radiation awareness events are expected to take place across the United States this May. MCS America can help publicize your event on news feeds, blogs, newspapers, our newsletter, and other venues. Submit your event to [admin@mcs-america.org](mailto:admin@mcs-america.org). We value your feedback on the usefulness of the sample materials and welcome suggestions for future materials.

On behalf of MCS America, I would like to thank you for any and all efforts towards increased awareness in your locality. We look forward to assisting you in any way we can. Working together, we can help America to take control of electromagnetic exposures and eradicate sensitivity to electromagnetic radiation.

Samples from our free event planning kit follow on the next four pages. Please download the full kit at: <http://www.mcs-america.org/emreventplanningkit.pdf>

Sincerely,

Lourdes Salvador  
MCS America



# *How to Promote Awareness*

May is Electromagnetic Radiation Awareness Month. We hope you will join us to promote awareness and take control of electromagnetic exposures to eradicate sensitivity to electromagnetic radiation.

**“A  
simple  
phone call  
or letter  
is all  
it takes  
to be  
involved.”**

A simple phone call or letter is all it takes to be involved. If you have the energy, you may even choose to plan an all-out event in your community.

Templates, instructions, and downloadable files can be found inside this document.

Things to do include:

1. Ask your governor or mayor to issue an electromagnetic radiation awareness month proclamation.
2. Mail information packets and relevant continuing education opportunities to local hospitals and health clinics.
3. Hold an electromagnetic radiation awareness event at a local school, library, hospital, health clinic, or your state capitol.
4. Approach researchers and treating physicians as well as officials and celebrities who have sensitivity to electromagnetic radiation and ask them to speak at your event.
5. Arrange to display and distribute sensitivity to electromagnetic radiation educational materials at libraries, schools, medical establishments, and sporting events.
6. Hold an electromagnetic radiation awareness event on your local PBS station.
7. Request that local television and radio stations to issue public service announcements about sensitivity to electromagnetic radiation in their programming.
8. Ask health organizations to include articles in their newsletters on the role of electromagnetic exposures in the development and exacerbation of sensitivity to electromagnetic radiation.





# Electromagnetic Radiation Fact Sheet

## Major Public Health Concern

- At least 9.8 million people in America suffer from sensitivity to electromagnetic radiation (Levallois 2002).
- Electromagnetic radiation affects people of all ages, economic status, race, and both genders (Levallois 2002).
- Electromagnetic radiation affect everyone to some extent.

## Medical Findings

- People who are sensitive to electromagnetic radiation have significantly higher natural rates of membrane leakage as measured by their skin conductance (Eltiti *et al.* 2007). This leaking of ions short-circuits natural electrical potentials and triggers nerve impulses to the brain.
- Blood tests of electrosensitive patients show thyroid dysfunction, liver dysfunction and chronic inflammatory processes (Dahmen, 2009).
- The concentration of persistent organic pollutants is higher in subjects who are sensitive to electromagnetic radiation when compared to controls (Hardell, 2008).
- Dirty electricity elevates blood sugar among electrically sensitive diabetics and may explain brittle diabetes (Havas, 2008).
- Significant cognitive and neurobiological alterations point to a higher genuine individual vulnerability of electromagnetic hypersensitive patients (Landgrebe *et al.* 2008).
- Electrosensitive patients show altered central nervous system function (Landgrebe *et al.* 2007).

## The Cost of Environmental Illnesses

- Annual expenditures for healthcare and lost productivity due to environmental illnesses are estimated at \$71.8 billion dollars per year (Muir & Zegarac, 2001).

## Environmental Factors

- Indoor and outdoor electromagnetic radiation exposures can trigger reactions: cell phones, wireless networks, electric appliances, etc.

## Sensitivity to Electromagnetic Radiation Can be Controlled

- With a plan that includes eliminating sources of electromagnetic radiation, avoidance, and control of environmental radiation exposures, many people with sensitivity to electromagnetic radiation could lead normal, healthy, and active lives.

MCS America <http://www.mcs-america.org>

This fact sheet may be downloaded from <http://mcs-america.org/emffactsheet.pdf>

MCSA NEWS

### Governor Proclamations for Observance of Electromagnetic Radiation Awareness Month

Enlist a governor, mayor, or other official to issue a proclamation for the month of May to support awareness, events, and activities during Electromagnetic Radiation Awareness Month. Doing so involves contacting the official’s constituent affairs office and asking who to submit a proclamation request to, and then following up with that individual or department. Below is a sample proclamation and cover letter which may be used to request a proclamation from your governor or mayor.

The sample proclamation request may be downloaded for editing and use at:  
<http://mcs-america.org/EHSproclamationrequest.doc>.

Please let us know when you’ve received your proclamation by sending a copy to:  
[admin@mcs-america.org](mailto:admin@mcs-america.org).

We will post your proclamation and, if you have one, a link to your personal or organization website.

To view and download all past proclamations from 1998 - 2010, visit:  
<http://tinyurl.com/d3hhe5>

<DATE>

<OFFICIALS ADDRESS>  
<CONTACT PERSON AND DEPARTMENT>  
<ADDRESS>

Dear <OFFICIALS TITLE AND NAME>;

The people of <YOUR LOCALITY> would like to request your assistance again this year to raise awareness and educate the general public about an important health issue – electromagnetic radiation.

Here are a few documented and published facts about sensitivity to electromagnetic radiation:

- *Studies suggest that 9.8 million people in America suffer from sensitivity to electromagnetic radiation (Levallois 2002). The vast majority have not been diagnosed properly by a health care provider.*
- *Blood tests of electrosensitive patients show thyroid dysfunction, liver dysfunction and chronic inflammatory processes (Dahmen, 2009).*
- *The concentration of persistent organic pollutants is higher in subjects who are sensitive to electromagnetic radiation when compared to controls (Hardell, 2008).*
- *Dirty electricity elevates blood sugar among electrically sensitive diabetics and may explain brittle diabetes (Havas, 2008).*
- *Significant cognitive and neurobiological alterations point to a higher genuine individual vulnerability of electromagnetic hypersensitive patients (Landgrebe et al, 2008).*
- *Electrosensitive patients show altered central nervous system function (Landgrebe et al, 2007).*

The people of <INSERT YOUR LOCALITY> request a proclamation to declare May 2008 as Sensitivity to electromagnetic radiation Awareness and Education Month. Suggested text is attached.

Thank you in advance.

Sincerely,

YOUR NAME  
YOUR ADDRESS/PHONE

## Proclamation Text Template

**WHEREAS**, people of all ages in <YOUR LOCALITY> have developed sensitivity to electromagnetic radiation as a result of global electromagnetic pollution; and

**WHEREAS**, sensitivity to electromagnetic radiation is a painful chronic illness for which there is no known cure; symptoms include dermal changes, acute numbness and tingling, flushing, headaches, arrhythmia, muscular weakness, tinnitus, malaise, gastric disturbance, nausea, visual changes, neurological problems, respiratory difficulties, speech disorders, and numerous other physiological symptoms; and

**WHEREAS**, sensitivity to electromagnetic radiation can cause major financial, employment, learning, health, housing, and social consequences for those who have this disability; and

**WHEREAS**, reasonable accommodations and information about sensitivity to electromagnetic radiation can provide opportunities for people with the disability to enjoy access to school, work, public facilities, and social settings where they can continue to contribute their professional skills, ideas, creativity, abilities, and knowledge; and

**WHEREAS**; this disability may be preventable through the reduction or avoidance of electromagnetic radiation, in both indoor and outdoor environments, and by conducting further scientific research;

**NOW THEREFORE**, I, <OFFICIALS NAME, TITLE>, of <YOUR LOCALITY>, do hereby proclaim May <YEAR> as:

### **Electromagnetic Radiation Awareness Month**

In <YOUR LOCALITY>, and I urge all citizens to support understanding, education, and research into the causes, diagnosis, treatment and prevention of electrosensitivity.

Official SEAL

Signature: \_\_\_\_\_



[www.mcs-america.org](http://www.mcs-america.org)

## Ten Ways to Manage Electromagnetic Radiation Reactions at School

1. Switch over to an integrative pest management program which utilizes the least toxic pest control methods only when pests are spotted.
2. Replace florescent lighting with natural light, LED, or incandescent lighting.
3. Use non-toxic, fragrance free, green cleaning products in place of traditional industrial cleaning agents when students and faculty are not in the building.
4. Check for moisture and remove mold and mildew.
5. Make the campus wi-fi, cell phone, fragrance, and smoke free.
6. Offer healthier organic selections and special diet fulfillment in the cafeteria.
7. Allow students to take needed supplements and medications on schedule.
8. Minimize diesel exhaust from school buses and ensure that exhaust is not vented into the building or onto the playground.
9. Hold annual training seminars about caring for students with sensitivity to electromagnetic radiation for faculty, administrators, and the school nurse.
10. When building and remodeling, select the safest building materials with the least formaldehyde and other off-gassing agents which provide shielding from outside sources. Place students with known sensitivity to electromagnetic radiation in shielded rooms.

**MCS America**

[www.mcs-america.org](http://www.mcs-america.org)  
[admin@mcs-america.org](mailto:admin@mcs-america.org)

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## Scientific Study

# Mold Illness:

## Putting the Horse in Front of the Cart

**“Outward neurological and neuropsychiatric symptoms may not be the cause of mold illness, but rather the effect of mold poisoning.”**



MCSA NEWS

Historically, any illness which has not been thoroughly researched is said to be “ill understood” by science, dismissed by medical professionals, and patients are told they have a psychological disorder. Mold illness has been no exception.

People who become ill from mold exposure are frequently not taken seriously by family, friends, and medical professionals. All too often they are told they have a “fear” of mold, a mental illness, or are simply malingering.

Outward neurological and neuropsychiatric symptoms may not be the cause of mold illness, but rather the effect of mold poisoning.

In a published scientific journal article from the Independent Neurodiagnostic Clinic in Atlanta, Georgia, Empting says “human exposure to molds, mycotoxins, and water-damaged buildings can cause neurologic and neuropsychiatric signs and symptoms.”

“Many of these clinical features can partly mimic or be similar to classic neurologic disorders including pain syndromes, movement disorders, delirium, dementia, and disorders of balance and coordination,” says Empting, “It is clear that mycotoxins can affect sensitive individuals, and

possibly accelerate underlying neurologic/pathologic processes, but it is crucial to separate known neurologic and neuropsychiatric disorders from mycotoxin effects in order to study it properly.”

Similar to lead poisoning, mold poisoning affects brain function, may lead to lower IQ, anxiety, depression, and delirium. Just like lead poisoning, when mold poisoning is properly treated these symptoms abate.

People with pre-existing mental disorders may experience an exacerbation, or worsening, of their condition when exposed to mold. Because of the pre-existing mental disorder, these signs and symptoms of mold poisoning may be easily overlooked.

It is crucial that a complete physical workup and toxicology screening be completed before any diagnosis of a mental disorder is made. Often the outward appearance of a mental disorder leads to misdiagnosis. A correct diagnosis can lead to proper treatment and a partial or full recovery.

### Reference

Empting LD. Neurologic and neuropsychiatric syndrome features of mold and mycotoxin exposure. *Toxicol Ind Health*. 2009 Oct-Nov;25(9-10):577-81.

*Scientific Study****Consumer Products Shown to Affect Health***

**“Products containing biocides are used for a variety of purposes in the home environment, such as cleaning, disinfecting, controlling pests, and bathing.”**



Exposure to biocides from common household products may contribute to sensitization in the population say researchers.

A biocide is a chemical agent, such as a disinfectant, preservative, antiseptic, pesticide, or herbicide, which is intended to destroy harmful organisms.

Products containing biocides are used for a variety of purposes in the home environment, such as cleaning, disinfecting, controlling pests, and bathing.

Biocides have now been shown to cause human health problems. Simple use and exposure to these products, including living in buildings in which they are used, may lead to overexposure to the chemical ingredients they contain.

Sensitization may cause skin problems, allergies and asthma, or even disabling symptoms of toxicity such as neurological problems or chemical sensitivity.

Of 20 biocides tested, researchers found that half of them lead to sensitization.

People think they are doing a good thing by cleaning and disinfecting, but in reality their zeal for cleanliness may be responsible for the epidemic increase of allergies and asthma.

Cleaning removes dirt and odors. This can generally be accomplished with a damp cloth and water. Tough jobs are easily accomplished with safe and

natural cleansers such as baking soda, white vinegar, and peroxide.

Disinfectants are generally not needed and scented consumer products are totally unnecessary. In fact, scented cleaners are hazardous and often contain toxic ingredients hidden in the ingredient “fragrance”.

Once sensitization occurs, there is generally no turning back. Anyone can become sensitized with enough exposure. Some people who are more susceptible may become sensitized more easily.

MCS America has printed several brochures with safer cleaning tips.

**Grandma’s Cupboard: Kitchen Cleaning**  
<http://www.mcs-america.org/kitchen.pdf>

**Grandma’s Cupboard: Personal Care**  
<http://www.mcs-america.org/personal.pdf>

**Grandma’s Cupboard: Laundry**  
<http://www.mcs-america.org/laundry.pdf>

Stephen Tvedten has printed an excellent resource for natural pest control.

**The Best Control**  
<http://www.stephentvedten.com/index.htm>

**Reference**

Hahn S, Schneider K, Gartiser S, Heger W, Mangelsdorf I. Consumer exposure to biocides - identification of relevant sources and evaluation of possible health effects. *Environ Health*. 2010 Feb 3;9(1):7. [Epub ahead of print]

Q &amp; A

## *Letting Go of Family for Our Sake*

**“If your husband truly loves you, he would not be harming you.”**



**Q:** I was poisoned by solvents and developed multiple chemical sensitivity. I've adapted quite well, but my spouse is having difficulty changing his ways. He thinks he is not complete without cologne and my doctor said I must avoid the toxic chemicals colognes and fragrances contain if I want to get well again. My husband can't understand this concept and is forcefully trying to get me to go to work again despite my doctor's declaration of disability because he thinks I'm just depressed and not really sick. He won't listen to my doctor any more than he listens to me. It's very stressful and he is interfering with my ability to get well. I love him and I'm dependent on his support. How can I convince him this is real?

**A:** If your husband has been presented with all the facts and brochures, and the doctor has spoken with him and he still refuse to accept your illness, you might suggest counseling to help him to accept your illness and cope with the lifestyle changes. Sometimes a friend can also intervene with a positive outcome. In a few cases, having the spouse speak with others who suffer from the condition or their family members has been useful.

If all else fails, separation may be required in order for you to take care of yourself. While this is difficult to face, bear in mind that you will continue to worsen if your husband continues to expose you and refuses to adapt to the necessary lifestyle changes which will improve your health. A separation could be temporary or permanent. Sometimes when a spouse sees the improvement that can occur when the doctor's orders are followed, he may come around and becomes more supportive.

Consider staying with a supportive family member and applying for social assistance and disability while you stabilize your health. There are many social programs which may be useful. Your husbands treatment of you may qualify as domestic violence in terms of emotional abuse, as well as physical abuse for interfering with your doctor's orders. This opens up domestic violence shelters and services as well.

Ideally, you want to reach your husband and find a way to explain to him what is happening to you. Talk with others who have chemical sensitivity and find out what has worked for them and how they explain their condition. Delivering the message from another angle sometimes gets through.

Above all, respect yourself and stand strong for your needs. If your husband truly loves you, he would not be harming you.

## Q &amp; A

# Bedding for the Chemically Sensitive

**“By law, mattresses must have a flame retardant.”**

**Q: I am sensitive to chemicals and have allergies. I can no longer tolerate sleeping on my mattress. What options are available for sleeping?**

**A:** By law, mattresses must have a flame retardant. Studies have shown that these flame retardants migrate into the blood stream of humans. Even organic mattresses must contain flame retardants.

A wool wrap may be placed around a mattress filling as a flame retardant. But in most cases, a chemical flame retardant is used. Many of these chemicals have been linked to reproductive and other health problems.

Dioxin, a bleaching agent, and formaldehyde are two other troublesome chemicals which may be found in a mattress.

With a doctor's prescription, an untreated mattress may be purchased. These untreated mattresses come in both organic and conventional materials. This is the first step toward a

healthier bed.

Mattresses often trap dust mites and other allergens as well. Once you find a good mattress, wrap it in a barrier cloth similar to the pillow casings designed to block out allergens

Another option involves wrapping a mattress in Mylar. This is usually helpful, albeit a bit noisy. Mylar is an aluminized blanket which acts as a vapor barrier and crunches a bit like aluminum foil. The loose ends may be sealed with a tolerable aluminum tape.

Test all bedding to insure that it is not contributing to allergic or chemical reactions. Dye-free organic sheets are usually best.

If all else fails, think outside the box. Some have found suitable sleep by piling several thick blankets on the floor. Others have created softer and more comfortable beds by placing several comforters on top of a lounge chair.

When it comes to chemical sensitivity, creativity is key!



*Scientific Study*

# ***Hairdressers at Risk of Cancer Safer Alternatives***

**“Hairdressers are constantly exposed to many chemicals in their work environment.”**

Hairdressers have a higher risk of cancer than the general population according to researchers.

Hairdressers are constantly exposed to many chemicals in their work environment. This is believed to lead to the higher cancer rates and overall poorer health of people in this occupation.

Hair sprays, dyes, shampoo, conditioner, gels and other chemicals routinely used by hair dressers often contain known carcinogens. Hair spray, for example, often contains butane, isobutane, propane, and isopropane.

Takkouche and colleagues say, “Improvement of the ventilation system in the hairdresser salons and implementation of hygiene measures aimed at mitigating exposure to potential carcinogens at work may reduce the risk.”

Other studies have linked depression, asthma, allergies, and various other disorders to exposure to

these same chemicals.

Though patrons are exposed to these chemicals for a lesser period of time, many environmental advocates have expressed concerns over the toxicity of these chemicals for day to day use at home. There are many safer alternatives.

## **Mouth Wash**

### Peroxide

Rinse mouth as usual. Do not swallow.

### Chlorophyll

Chew tablet to freshen breath.

## **Tooth Paste**

### Baking Soda

Apply to toothbrush and brush as usual.

### Peroxide

Apply to toothbrush and brush as usual.

Toothbrushes may also be left to soak in peroxide to clean them and kill germs.

### Baking Soda & Salt

Mix 3 parts baking soda and 1 part salt. Apply to toothbrush and brush as



**“Many environmental advocates have expressed concerns over the toxicity of these chemicals for day to day use at home..”**

### **Shampoo**

#### Liquid Borax

Add 1/4 cup of borax per pint of water.

Shake well and allow to settle.

Pour the water into a pump bottle leaving the borax powder residue behind.

Wash hair as usual. Will not lather.

#### Castile Soap or Clearly Natural Glycerin Soap

Use as regular liquid or bar soap.

#### Baking Soda

Rub in as a paste and rinse.

Note: Does not lather

### **Conditioner**

#### Citric Acid Powder

Mix 1/4 to 1/2 tsp. per pint of water.

Pour the rinse over your hair

#### Apple Cider Vinegar or Lemon Juice

Mix 1/4 to 1/2 tsp. per pint of water.

Pour the rinse over your hair

#### Homemade Conditioner

Mash a ripe banana and avocado.

Strain through cheesecloth.

Apply as usual.

#### Coconut Oil

Rub into hair and leave overnight.

Wash out in the morning.

#### Egg Yolk or Mayonnaise

Rub into hair.

Rinse out well.

#### Olive or Jojoba Oil

Mix a tiny drop in a cup of water.

Rub in and rinse out well.

### **Astringents, Toner, After Shave**

#### Witch Hazel

Splash on as usual

#### Hydrogen Peroxide

Splash on as usual – may lighten skin.

### **Shaving Cream**

#### Castile Soap - Unscented

Use as regular liquid soap.

Lather and shave.

#### Homemade Liquid Castile Soap

Boil 3 cups of water.

Add shavings of one bar of unscented castile soap.

Cool and fill pump bottle.

Lather and Shave

### **Hair Bleach**

#### Peroxide

Apply peroxide to dry hair.

Let sit 15 minutes and then rinse out.

### **Deodorant**

#### Baking Soda or Corn Starch

Dust body and/or underarms.

#### White Clay

Rub in as a paste and rinse.

#### Deodorant Crystal

Wet and rub under arm.

#### Water

Wash underarms several times a day with plain water to remove bacteria and control odor.



**“Hair sprays,  
dyes, shampoo,  
conditioner,  
gels and other  
chemicals  
routinely used  
by hair  
dressers often  
contain known  
carcinogens.”**

**Soap**

Castile Soap - Unscented  
Use as regular liquid soap.

Homemade Liquid Castile Soap  
Boil 3 cups of water.  
Add shavings of one bar of unscented castile soap.  
Cool and fill pump bottle.

Liquid Borax  
Add ¼ cup of borax per pint of water.  
Shake well and allow to settle.  
Pour the water into a pump bottle leaving the borax powder residue behind.

Baking Soda  
Rub on as a paste and rinse.  
Note: Does not lather

**Lotion**

Olive Oil, Sesame Oil, Sweet Almond Oil, or Grapeseed Oil

Rub a small drop on skin.

Coconut Oil  
Rub a small drop on skin.

**Hair Gel & Hair Spray**

Aloe Vera Gel - Unscented  
Rub into hair and style as usual.

Fresh Lemon Juice  
Squeeze juice of a lemon into spray bottle.  
Apply as usual and keep refrigerated.

For more information on safer alternatives, a free brochure may be downloaded form: <http://www.mcs-america.org/personal.pdf>

**Reference**

Takkouche B, Regueira-Méndez C, Montes-Martínez A. Risk of cancer among hairdressers and related workers: a meta-analysis. *Int J Epidemiol.* 2009 Dec;38(6):1512-31. Epub 2009 Sep 14.



## Scientific Study

**Chronic Fatigue Syndrome Incapacitating**

**“Post exertional fatigue is both a real and an incapacitating condition for women with chronic fatigue syndrome.”**

Post exertional fatigue is both a real and an incapacitating condition for women with chronic fatigue syndrome, according to Vanness and colleagues in a new *Journal of Women's Health* study.

The exercise response of women with chronic fatigue syndrome is distinctively different from that of sedentary controls. The fatiguing effects of exercise last for many days. Recovery is elusive for chronic fatigue syndrome patients and sleep is not refreshing.

While study participants without chronic fatigue syndrome recovered within a day, those with chronic fatigue \ syndrome had not recovered and suffered from increased fatigue, light-headedness, muscular/joint pain, cognitive dysfunction, headache, nausea, physical weakness, trembling/instability, insomnia, and sore throat/glands.

This is not surprising news for many chronic fatigue syndrome patients. It's something they have been saying all along.

Chronic fatigue syndrome is an illness primarily characterized by profound, debilitating fatigue which

has been ongoing for at least 6 months and is not relieved by rest. Other symptoms include cognitive difficulties, impaired memory, poor concentration, joint pain, headaches, and sore throat.

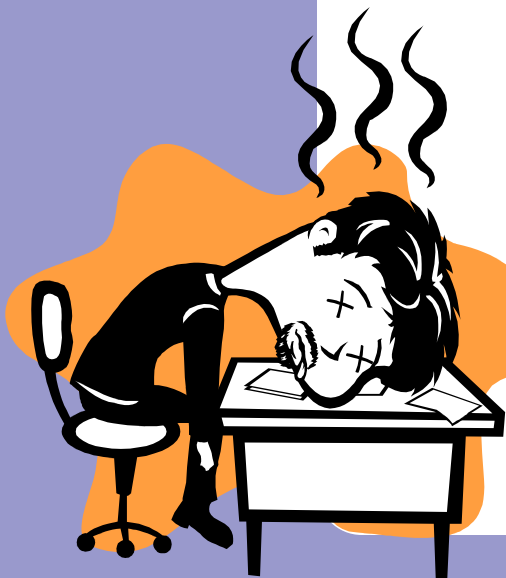
The dramatic decline in activity level and stamina is often severe enough to result in substantial occupational, educational, and social limitations that lead to defining chronic fatigue syndrome as a major functional impairment. At least one quarter of those afflicted are either unemployed or on disability.

### References

Centers for Disease Control and Prevention. Chronic Fatigue Syndrome. 2008, November 18. Retrieved January 21, 2009, from FirstGov -- The U.S. Government's Official Web Portal Department of Health and Human Services "Safer Healthier People" Centers for Disease Control and Prevention. Web site: <http://www.cdc.gov/cfs/>

Reeves WC, Jones JF, Maloney E, et al. Prevalence of chronic fatigue syndrome in metropolitan, urban, and rural Georgia. *Popul Health Metr.* 2007;5:5.

Vanness JM, Stevens SR, Bateman L, Stiles TL, Snell CR. Postexertional Malaise in Women with Chronic Fatigue Syndrome. *J Womens Health* (Larchmt). 2010 Jan 24. [Epub ahead of print]



## Resources

# Patient Support & Resources

## MCS America Forums

### MCSA Public

<http://health.groups.yahoo.com/group/mcsa-public/>

Open to the general public open to discuss MCS, support, ideas, information, announcements, news and activism.

### MCS America Members Activist/Support

<http://health.groups.yahoo.com/group/mcs-america-members-support>

This group also fulfills the function of discuss support, ideas, information, announcements, and/or share personal activism like the MCSA-Public group, only with a closed membership that requires a membership application. This group also has the added benefit of being a place where individuals and other organizations and activists can engage in collaborative efforts with MCS America and being recipient to all the news feeds (see MCSA Feeds below). Members of this group are considered associate members of MCS America. Members do not operate MCS America in any way, but rather collaborate with the organization and are privy to some internal operations, activities, and events.

### MCSA Feeds

<http://health.groups.yahoo.com/group/mcsafeeds>

The purpose of this public access group is to receive daily distribution of news and research studies on multiple chemical sensitivity, chemical injury, environmental concerns, and other related environmental illnesses and disorders. Anyone can join without an application. Only the moderator posts to this group. This is not a discussion group. This group distributes about 15 articles on average each day.

### MCS Salvage and Share

<http://health.groups.yahoo.com/group/MCSA-safer-salvage-and-share>

A public access group similar to Freecycle, except it's a free recycling program for safer reusable's geared towards individuals with MCS, CFS, FM, and other related disabilities correlated with the environment. The purpose of this program is to find, give, and recycle needed "safe" or "safer" items. All items are exchanged for free. Shipping cost are arranged between donor and recipient. Anyone can join without an application.

### Multiple Chemical Sensitivities and Toxic Injury

<http://groups.google.com/group/mcs-ti>

This is a small non-Yahoo based group open to the general public to discuss MCS, support, ideas, information, announcements, news and activism.

### MCS Hawaii

<http://health.groups.yahoo.com/group/mcs-hawaii>

Open to the general public residing in Hawaii to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This group is currently recipient to all the news feeds (see MCSA Feeds above). This list is operated in part by a state subsidiary volunteer who resides in the state.

### MCS Nebraska

<http://health.groups.yahoo.com/group/MCS-Nebraska>

Open to the general public residing in Nebraska to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This list is operated in part by a state subsidiary volunteer who resides in the state. or subscribe at:

### MCS Michigan

<http://health.groups.yahoo.com/group/mcs-michigan>

Open to the general public residing in Michigan to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This list is operated in part by a state subsidiary volunteer who resides in the state.

## Support Forums Outside the MCS America Network

### 4Mom

<http://groups.yahoo.com/group/4MOM/>

According to Mt. Sinai Medical School, there are many illness' caused by toxic substances such as pesticides. They are studying the role other toxins play on the new childhood diseases triggered by environmental factors. They call this the new epidemic. Mothers of Many is for all parents with children who are ill and are affected by toxic chemicals such as Attention Deficit Disorder, Asthma, Cancer, Autism, Tourettes Syndrome, Multiple Chemicals Sensitivities (MCS), Parkinson's, and any other condition affected.

### Bay Area MCS

<http://health.groups.yahoo.com/group/bayareamcslist/>

Classified ads and notices for people with MCS (Multiple Chemical Sensitivity) in the San Francisco Bay Area.

### CFS CFIDS ME

[http://health.groups.yahoo.com/group/CFS\\_CFIDS\\_ME/](http://health.groups.yahoo.com/group/CFS_CFIDS_ME/)

This Group is to promote friendly discussion about places where people have gone and feel more or less recovered from CFS/ME/CFIDS.

### Chemical Disability Australasian NETWORK

<http://groups.yahoo.com/group/CDANET/>

A Discussion/Chat/Mutual help list run by and for the chemically disabled.

### CMCS-EI Christian MCS, CFS, FM, and EI Group

<http://health.groups.yahoo.com/group/CMCS-EI/>

We are a Christian group who have invisible illnesses.

### Creative Canaries Community

<http://health.groups.yahoo.com/group/CreativeCanariesCommunity>

This group is an online meeting place for creative artists with Chemical Sensitivities.

**Detox**

<http://health.groups.yahoo.com/group/mcs-america-members-support>

"Detox" is a group to serve chemically injured, environmentally ill, multiple chemical sensitivity, and related illness such as chronic fatigue, candidiasis, hypoglycemia, lupus, and others.

**Disinissues**

<http://groups.yahoo.com/group/Disinissues/>

The purpose of Disinissues is to share experience and advice about the processes of obtaining and maintaining Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), and long-term disability insurance. The group is targeted mainly towards those with invisible disabilities, such as CFIDS and other conditions not on Social Security's Listing of Impairments.

**EMF Refugee**

<http://health.groups.yahoo.com/group/emfrefugee/>

This ML has been created with the intent of bringing refugees together in countries around the world to form their own EMF-free communities in natural environments where they can heal and create healing environments for the Earth and others.

**Environmental Illness 001**

[http://health.groups.yahoo.com/group/environmental\\_illness001/](http://health.groups.yahoo.com/group/environmental_illness001/)

This group is dedicated to curing / resolving all issues related to Environmental Illness, including but not limited to: Multiple Chemical Sensitivity (MCS), Multiple Food Allergy, Leaky Gut Syndrome, Candida, Epstein Barr Virus, Chronic Fatigue, Fibromyalgia, Heavy Metal Poisoning, Porphyria, endocrine system dysregulation, etc.

**eSens - Electrical Sensitivity**

<http://health.groups.yahoo.com/group/eSens/>

Do you feel ill when you're near computers, cell phones, fluorescent lights, or wireless internet? If so, you may have "electrical sensitivity".

**Gasslist-L (Glutaraldehyde, Aldehyde, and Solvent Sensitivity)**

<http://www.ncchem.com/snftaas/gasslist.htm>

This list has been established to serve persons interested in Glutaraldehyde, Aldehyde, and Solvent Sensitivity, especially darkroom personnel, radiographers, and diagnostic medical sonographers. The purpose of the list is to promote internet-wide exchange of research and information.

**Green Canary**

<http://groups.yahoo.com/group/GreenCanary>

This list is dedicated to a life free from toxic chemicals, and the health problems that they can cause.

**Immune**

<http://immuneweb.org/lists/immune.html>

This is the list for support and information about multiple chemical sensitivities, chronic fatigue syndrome, fibromyalgia, lupus, multiple sclerosis, porphyria, allergies, asthma, and other immune-related ailments.

**Immune Parenting**

<http://groups.yahoo.com/group/immune-parenting/>

This list is for both men and women who have Multiple Chemical Sensitivity, Chronic Fatigue Syndrome, Fibromyalgia, autoimmune disorders, or other immune system medical issues--or their partners--who are parents, pregnant, trying to conceive, or who are thinking about parenthood.

**Live Chat at the Health and Environment Resource Center**

<http://www.herc.org/chat>

This chat room is not associated with any group. It is unmoderated and no password is required. Chat Times: Saturday - 7 pm ET, 6 pm CT, 5 pm Mtn, 4 pm Pac; Monday - 9 pm ET, 8 pm CT, 7 pm Mtn, 6 pm Pac; Wednesday - 8 pm ET, 7 pm CT, 6 pm Mtn, 5 pm Pac.

**MCS Canada**

<http://health.groups.yahoo.com/group/MCS-Canada/>

This group was formed to assist patients and concerned parties from all nationalities learn to cope with environmental injury, including disorders such as MCS, ME, CFS, FM, Lyme, Lupus, GWS, PPS, as well as related and associated illnesses.

**MCS Canadian Sources**

<http://groups.yahoo.com/group/MCS-CanadianSources>

MCS Canadian Sources is a support, information and resource exchange for those living and coping with Multiple Chemical Sensitivity (MCS), Environmental Illness (EI), or Chemical Injury (CI).

**MCS Photography**

<http://health.groups.yahoo.com/group/MCSphotography/>

MCS Photography is for those with multiple chemical sensitivity who capture and share the world and their life through photography.

**MCS Recycle**

<http://groups.yahoo.com/group/MCSRecycle/>

The objective of this group is to be able to share with each other items that are chemical free and have been used in a non-toxic environment. This group is planet-wide.

**MCS Safe Shelter USA**

<http://health.groups.yahoo.com/group/mcssafeshelterusa/>

Short-term and long-term housing for people with MCS (Multiple Chemical Sensitivity). Check our database for listings by state. Find rentals, hotels, and housing to purchase.

**MCS Singles**

<http://groups.yahoo.com/group/mcs-singles>

Addresses the unique challenges of living alone without help as a single with MCS. Examines solutions, provides a place for general discussion, and is a resource for peer support.

**MCS Survivors**

<http://communityzero.com/mcsurvivors>

For those who experience environmental illness or multiple chemical sensitivities (MCS), here is a place to gather, exchange ideas, links to helpful websites, even have live chats. Enjoy!

**MCS Toxic Injuries**

<http://health.groups.yahoo.com/group/MCS-Toxic-Injuries/>

MCS-Toxic-Injuries is a self-moderated, secular, apolitical newsgroup for toxically-injured environmentally sensitive people to support one another and exchange coping methods, treatments and experiences.

**MCS Village**

<http://health.groups.yahoo.com/group/MCSVillage/>

The purpose of this group is to discuss the feasibility of building a village(s) or community in which MCS/EI patients can live safely, and to provide a forum to discuss the legal, medical, geographic, architectural, social and funding issues.

**MCS Writers Group**

<http://health.groups.yahoo.com/group/mcswritersgroup/>

A place for writers who have chemical sensitivities (or chemical injury) to share their stories and articles, work on and develop public writing skills, exchange editing skills and perspective, and develop ideas in order to bring awareness and education to the published world about what it is like to live with MCS/ES/CI/EI.

**Midwest Oasis MCS E-mail Support**

<http://health.groups.yahoo.com/group/MO-MCS/>

Midwest Oasis MCS E-mail Support is the e-mail arm of the Midwest Oasis MCS Support Group. Although people from all geographical areas are welcome to join, a partial focus of this list will be discussion of regional issues affecting MCS (Multiple Chemical Sensitivity) in Missouri and other Midwestern states.

**Multiple Chemical Sensitivity (Chemical Sensitivity, Porphyrin & CO)**

<http://health.groups.yahoo.com/group/MultipleChemicalSensitivity/>

Discussion group where people afflicted with Chemical Sensitivity, Chronic Carbon Monoxide Poisoning &/or Disorders of Porphyrin Metabolism can talk about their illness, inquire with others on avoidance, methods of cleaning & products one can use for necessary hygiene.

**Old Dominion MCS-FMS\_CFIDS Support Group · A Virginia Fibro MCS CFIDS Group**

[http://health.groups.yahoo.com/group/OldDominionMCS-FMS\\_CFIDSsupportgroup/](http://health.groups.yahoo.com/group/OldDominionMCS-FMS_CFIDSsupportgroup/)

Too many people in Va. have Fibromyalgia, Myofascial Pain Syndrome, CFIDS, Gulf War Syndrome (GWS), ES, and Multiple Chemical Sensitivity. The group owner wanted to create an informative, supportive group for Virginians, and others.

**Planet Thrive**

<http://www.planetthrive.com/>

A dynamic online community for those activity seeking answers and support for a variety of health concerns. A place where people around the world help each other get well and stay well.

**Sick Buildings**

<http://health.groups.yahoo.com/group/sickbuildings/>

Toxic molds are running rampant in our homes, offices and schools. Exposure to mycotoxins has been linked to the death of infants, as well as immune-compromised adults. Despite increasing reports of mold-induced illness and health problems associated with mold exposure, our public health agencies offer little, if any support or funding for research into this growing problem.

**Sprayno**

<http://groups.yahoo.com/group/sprayno/>

This is a list to exchange information regarding environmental issues in the northern suburbs and NY metro area focusing especially on encouraging activism in this area and educating the public about toxic effects of pesticide/herbicide usage.

**Tenth Paradigm Society**

<http://health.groups.yahoo.com/group/TenthParadigmSociety/>

The Tenth Paradigm Society mailing list is for the dissemination and discussion of information concerning the NO/ONOO- cycle mechanism, a new paradigm of human disease, proposed by Martin L. Pall, Ph.D. Dr. Pall adopted the term "Multisystem Illness" to describe

those diseases that fall under the tenth paradigm. They include: Chronic Fatigue Syndrome (CFS/CFIDS/M.E.), Multiple Chemical Sensitivity (MCS), Fibromyalgia (FM/FMS), Post-Traumatic Stress Disorder (PTSD), and Gulf War Syndrome (GWS).

**The Sanctuary**

<http://www.mcs-international.org/phpBB3/>

MCS-International.Org's Holistic Support Forums For sufferers of Multiple Chemical Sensitivity and all other forms of Chemical Injury and Environmental Illness.

**Toxics Discussion**

<http://groups.yahoo.com/group/ToxicsDiscussion/>

If you're keen on a toxics-safe future for the planet, then this is the discussion group for you. Toxics are defined here as naturally occurring or man-made chemicals (elements/compounds/mixtures) that have a toxic effect.

**WSMCSN (Washington State MCS Network)**

<http://groups.yahoo.com/group/WSMCSN>

WSMCSN is a decentralized network of groups and individuals in Washington State who share information about the issues of Multiple Chemical Sensitivity.

**Additional Forum Listing Webpage**

<http://www.mcs-america.org/forums>

## Physician & Dentist Referral Lists

**Physician Referral List by State**

<http://mcs-america.org/doctorlist.pdf>

Some of the physicians on this list specialize in MCS, others in FM and CFS. It is recommended that patients and doctors consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and physician.

**Dentist Referral List by State**

<http://mcs-america.org/dentistlist.pdf>

Some of the dentists on this list are specifically familiar with MCS, others are not. It is recommended that patients and dentists consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and dentist.

## Air Quality Reports

**Air Now Air Quality Reports**

<http://www.airnow.gov/>

**EPA State and Regional Indoor Environments Contact Information**

<http://www.epa.gov/iaq/wherelive.html>

**The National Association of Clean Air Agencies 4 Cleaner Air**

<http://www.4cleanair.org/>

**American Lung Association: State of the Air**<http://lungaction.org/reports/stateoftheair2007.htm>**Current Local & National Allergy Levels**<http://pollen.com/Pollen.com.asp>**Scorecard: Pollution Index by Area**<http://www.scorecard.org/>**Toxmap Hazardous Waste Site Locations**<http://toxmap.nlm.nih.gov/toxmap/main/index.jsp>**USA Smoke/Fire Pollution Map**<http://www.firedetect.noaa.gov/viewer.htm>**Antenna Search (USA)**[http://mcs-america.org/index\\_files/www.AntennaSearch.com](http://mcs-america.org/index_files/www.AntennaSearch.com)**EPA Safe Drinking Water Information by State**<http://www.epa.gov/safewater/dwinfo/>**EPA Radon Zone Map**<http://www.epa.gov/radon/zonemap.html>

## Brochures

**Air Fresheners & Plug-Ins**<http://mcs-america.org/airfresh.pdf>**Chemical in Air Fresheners Reduces Lung Function**<http://mcs-america.org/lung.pdf>**Consequences of Childhood Chemical Injury Poster By Margaret S. O'Nan**<http://mcs-america.org/onan.pdf>**Electrosensitivity Brochure by Kato Yasuko**<http://mcs-america.org/KatoYasukoElectrosensitivityBrochure.doc>**Fabric Softener**<http://mcs-america.org/fabricsoftener.pdf>**Fragrances**<http://mcs-america.org/fragrances.pdf>**Grandma's Cupboard: General Cleaning Solutions**<http://www.mcs-america.org/general.pdf>**Grandma's Cupboard: Kitchen Cleaning**<http://www.mcs-america.org/kitchen.pdf>**Grandma's Cupboard: Personal Care**<http://www.mcs-america.org/personal.pdf>**Grandma's Cupboard: Laundry**<http://www.mcs-america.org/laundry.pdf>**Household Mold brochure from Quebec government**<http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2002/02-214-01A.pdf>**ILRU: Understanding & Accommodating People with MCS in Everyday Living**<http://mcs-america.org/ilru.pdf>**Indoor Air Chemistry**<http://mcs-america.org/indoorair.pdf>**Interior Design and MCS**<http://mcs-america.org/interior.pdf>**Jill Mellum: Breathe Easier, Hold the Fragrances Brochure**<http://mcs-america.org/fragrancefacts.pdf>**MCS Homebuyer's Questionnaire**<http://mcs-america.org/Homebuyer'sQuestionnaire.pdf>**MCS Task Force of New Mexico Brochure**<http://mcs-america.org/newmexico.pdf>**MCS Public Accommodations**<http://www.nettally.com/prusty/PUBLIC%20ACCOMMODATIONS.pdf>**MCS Statistics**<http://www.mcs-america.org/MCSStatistics.pdf>**No Scents Makes Sense Brochure**<http://www.nb.lung.ca/pdf/NoScentsMakeSense.pdf>**Theory on the Cause of MCS: Peroxynitrite and Nitric Oxide**<http://www.mcs-america.org/cause.pdf>**Understanding Multiple Chemical Sensitivity**<http://www.mcs-america.org/understanding.pdf>**Use of Baking Soda as a Fungicide**<http://mcs-america.org/fungicide.pdf>**Vaccine Poster - Are We Poisoning Our Children?**<http://www.generationrescue.org/pdf/080212.pdf>**Visiting a Person with MCS**<http://mcs-america.org/visiting.pdf>**What you should know before visiting a person who has NRLA and/or MCS**<http://mcs-america.org/VisitingNRLA-MCS.pdf>

## Signs

**Acute Toxic Effects of Fragrances Business Card**<http://mcs-america.org/acutetoxiceffectsoffragrancescard.pdf>**Chemical Awareness Ribbon**<http://mcs-america.org/ribbon.gif>

**Electrosensitivity Sign - Please Turn Off Your Cell Phone**

<http://mcs-america.org/KatoYasukoElectrosensitivitySignTurnOffYourCellPhone.pdf>

**Facemask on Tweety**

<http://mcs-america.org/tweety.jpg>

**Fragrance Free Sign: Brooks University**

[http://www.brocku.ca/oehs/graphics/Fragrance\\_Free\\_Sign.pdf](http://www.brocku.ca/oehs/graphics/Fragrance_Free_Sign.pdf)

**No Scents Makes Sense Sign**

<http://mcs-america.org/scentsign.pdf>

**No Latex Sign by Jane Sagmoe**

<http://mcs-america.org/nolatemask.JPG>

**You Could Be Next Sign**

<http://mcs-america.org/nextsign.pdf>

**Want to Put Your Friends and Family in Jail?**

<http://mcs-america.org/jail.pdf>

**Wood Smoke Trespass Flyer 8 1/2 x 11**

<http://mcs-america.org/woodsmokeflyer.pdf>

## Activist Materials

**Fragrances on Mail and/or Catalogs**

<http://mcs-america.org/FragrancedMailCatalogBillsLetterforActivists.doc>

**Air Freshener Use**

<http://www.mcs-america.org/customairfreshenerletter.doc>

**Use of Fragrance, Cologne, and Perfume**

<http://mcs-america.org/UseofFragranceLetterforActivists.doc>

**Fabric Softener Emissions**

<http://www.mcs-america.org/LetterAboutFabricSoftener.doc>

**Letter to State Representatives to Ban Woodsmoke**

<http://mcs-america.org/woodsmoke.doc>

**Letter to Doctors and Medical Boards Supporting MCS as a biological Illness (fully cited and scientifically supported)**

Website: <http://mcs-america.org/MCSPositionStatement.htm>

PDF: <http://mcs-america.org/MCSPositionStatement.pdf>

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**Request for Accommodations Under the Americans with Disabilities Act**

<http://www.mcs-america.org/RequestforAccommodation.doc>

## Public Service Announcements

**Public Service Announcement #1**

**Air fresheners have been pulled off thousands of shelves nation-wide!**

<http://www.mcs-america.org/AirFreshenerPSA1.pdf>

**Public Service Announcement #2**

**When you use fragranced products, did you know you are wearing toxic chemicals!?**

<http://www.mcs-america.org/WhenYouUseFragrancedProductsPSA2.pdf>

**Public Service Announcement #3**

**Secondhand Fragrances are Like Secondhand Smoke!**

<http://www.mcs-america.org/SecondHandFragrancesPSA3.pdf>

**Public Service Announcement #4**

**Scented laundry detergents and fabric softeners pollute indoor and outdoor air!**

<http://www.mcs-america.org/ScentedLaundryDetergentsPSA4.pdf>

**Public Service Announcement #4 (SPANISH)**

**Scented laundry detergents and fabric softeners pollute indoor and outdoor air!**

<http://mcs-america.org/mcsamerica/ScentedLaundryDetergentsPSA4Spanish.pdf>

**Public Service Announcement #5**

**Wood Smoke... The Other Secondhand Smoke!**

<http://www.mcs-america.org/WoodSmokePSA5BurningIssues.pdf>

**Public Service Announcement #6**

**Fragrances undermine public health!**

<http://www.mcs-america.org/FragrancesPSA6.pdf>

**Public Service Announcement #7**

**Fragranced Laundry Products Pollute Our Air**

<http://mcs-america.org/PSA7FragrancedLaundry.pdf>

## Clothing & Novelties for Activism

**MCS America Store for the Environment**

<http://www.mcs-america.org/MCSstore.htm>

**Zona's T-Shirts and Stuff Zone**

<http://members.shaw.ca/zonazone/shop/tshirts.html>

## Virtual & Work-at-Home Jobs

**Agent, Staffing at Home**  
<http://www.staffingathome.com/>

**Agent, West at Home**  
<http://www.westathome.com/>

**Agent, Working Solutions**  
<http://www.workingsol.com/home.htm>

**Bolger, PayPerPost.com**  
[http://payperpost.com/blogger\\_signup.html](http://payperpost.com/blogger_signup.html)

**Call Center Representative, Accolade Support**  
<http://www.accoladesupport.com/>

**Call Center Representative, Overflow USA**  
<http://www.overflowusa.com/>

**Call Center Representative, Overflow USA**  
<http://www.overflowusa.com/>

**Caller Employee, Customer Loyalty Concepts**  
<http://www.customloyal.com/Employment.aspx>

**Chef Instructor, Chefs Line**  
<http://www.chefsline.com/>

**Customer Care, VIP Desk**  
<http://www.vipdesk.com/info/default.asp>

**Customer Service, Alpine Access**  
<http://www.alpineaccess.com/external/index.html>

**Editor, EditFast.com**  
<http://www.editfast.com/>

**Expert, JustAnswer Corp**  
<http://www.justanswer.com/>

**Freelancer, Team Double-Click**  
<http://www.teamdoubleclick.com/freelance.html>

**Guide, About .com**  
<http://beaguide.about.com/>

**Guide, ChaCha**  
<http://www.chacha.com/>

**Home Agent, Convergys**  
<http://www.convergysworkathome.com/>

**Independent Call Center Agent, LiveOps**  
<http://tinyurl.com/5xfv7n>

**Telemarketing, Intrep Sales Partners**  
<http://www.intrep.com/>

**Online Juror, eJury.com**  
<http://www.ejury.com/>

**Online Juror, OnlineVerdict.com**  
<http://onlineverdict.com/>

**Online Juror, Trial Practice Inc.**  
<http://trialpractice.com/>

**Third Party Verifier, BSG Payments LLC**  
<http://tinyurl.com/4vcldx>

**Virtual Assistant, Virtual Office Temps**  
<http://virtualassistantjobs.com/>

**Virtual Services, Arise Virtual Solutions**  
<http://www.arise.com/Content/default.asp>

**Writer, Associated Content**  
<http://www.associatedcontent.com/>

**Writer, CyberEdit Inc.**  
<http://www.cyberedit.com/>

**Writer, MyEssays.com**  
<http://www.myessays.com/sell.php>

**National Telecommuting Institute, Inc.**  
<http://www.nticentral.org/>



## Environmentally Safer Housing

**Allergy And Environmental Health Association Of Quebec (AEHAQ) Environmentally Adapted, Social Housing Project For People Suffering From Environmental Sensitivities**  
[http://www.aeha-quebec.ca/bb\\_housingproject.htm](http://www.aeha-quebec.ca/bb_housingproject.htm)

**Barrhaven Non-Profit Housing Inc. Environmental Sensitivity Units**  
 Steepleview Crossing,  
 3001 Jockvale Road, Nepean, Ontario, K2J 4E4  
 (613) 823-6230 Fax: (613) 825-7724  
<http://ehaontario.ca/barrhaven-housing.htm>  
<http://www.bnphi.org/es.htm>

**Canada-wide Housing Connection**  
 1-613-278-0463  
<http://ehaontario.ca/interview.htm>

**Ecology House, San Rafael, California (built in 1994)**  
 375 Catalina Blvd  
 San Rafael, CA 94901  
 (415) 456-4453  
<http://www.tikvah.com/cc/eh>  
[eh@ecologyhouse.net](mailto:eh@ecologyhouse.net)

**Escalante House**  
 P.O. Box 652  
 Escalante UT 84726  
 Phone/Fax: (435) 826-4778  
[toripat@color-country.net](mailto:toripat@color-country.net)

**Environmentally Friendly Housing Partnership**  
 Pride and Joy Condos -- North  
 5685 South AIA Highway  
 Melbourne Beach, FL 32951  
 (321) 409-8233 - Phone  
 (321) 725 4883 -- FAX  
<http://www.prideandjoycondos.com/>  
[damianorob@aol.com](mailto:damianorob@aol.com)

**Green Homes for Sale**  
<http://greenhomesforsale.com/>

**Safe Haven Community Housing**  
 P.O. Box 25281  
 Portland, Oregon 97298  
[judiths@teleport.com](mailto:judiths@teleport.com)  
<http://www.geocities.com/safehavencommunity/#ntact>

**The Pandora Initiative (Canada)**  
<http://tier10.com/>

**Quail Haven - MCS Housing**  
 Just North of Tucson, AZ  
 Call Diane Ensign for details:  
 May through January call: (406) 586-3658 (Montana).  
 January through May call: (520) 825-7276 (Tucson).  
<http://madelinx.tripod.com/>

**Seagoville Ecology Housing**  
 15126 Beckett Road  
 Seagoville, Texas 75159  
 (972) 287-2059 Fax: (972) 287-7682  
<http://www.ehcd.com/resources/ecologyhousing.html>

**The Natural Place Environmental Residence and Hotel**  
 1962 NE 5th St.  
 Deerfield Beach, FL 33441  
 954-428-5438  
<http://www.thenaturalplace.com/default.htm>

## Safer Building & Regulations

**Alliance for Healthy Homes**  
<http://www.afhh.org/>

**American Lung Association: Resources & Referrals for and from the Master Home Environmentalist program.**  
<http://tinyurl.com/5vvk9e>

**Architectural House Plans Healthy Homes Construction Guidelines**  
 Information: <http://tinyurl.com/6dteuz>  
 Booklet: <http://www.architecturalhouseplans.com/products/>

**Assessment of the Indoor Air Quality of a Suite for an Environmentally Hypersensitive Occupant**  
<http://mcs-america.org/IAQforanEIOccupant.pdf>

**Considerations For Safer Construction And Renovation By Preston Sturgis**  
<http://www.environmentalhealth.ca/w9394safer.html>

**Dr. Grace Ziem's Environmental Control Plan for MCS Patients**  
<http://www.mcsrr.org/resources/articles/S3.html>

**The Eco Building Guild**  
<http://www.ecobuilding.org/>

**The Effect of Housing on Individuals with Multiple Chemical Sensitivities**  
<http://tinyurl.com/6gor7u>

**Building for Health Materials Center**  
<http://www.buildingforhealth.com/>

**Ecohaus**  
<http://www.ecohaus.com>



**Heal Your Home Center**

<http://tinyurl.com/6dteuz>

**The Healthy Housing Coalition: Basic Needs for Rental Housing for Chemically Sensitive Persons**

<http://www.herc.org/hhc/Basicrentalneeds.html>

**Healthy Housing Practical Tips**

<http://tinyurl.com/5bfgzd>

**IEQ Indoor Environmental Quality**

[http://ieq.nibs.org/ieq\\_project.pdf](http://ieq.nibs.org/ieq_project.pdf)

**International Institute for Building Biology and Ecology**

<http://www.buildingbiology.net/>

**LEED® Canada Green Building Rating System**

<http://www.cagbc.org/leed/systems/index.htm>

**The Medical Perspective on Environmental Sensitivities: Building codes, regulations and guidelines**

<http://tinyurl.com/6zmqh>

**Moving House - Things To Look For If You Suffer From MCS**

<http://www.drmyhill.co.uk/article.cfm?id=147>

**Multiple Chemical Sensitivity (MCS): The Controversy and Relation to Interior Design**

<http://www.idec.org/publication/IIArticleMCS.pdf>

**Optimum Environments for Optimum Health & Creativity: Designing and Building a Healthy Home or Office, William J. Rea, M.D.**

[http://www.ehcd.com/books/home\\_building\\_designing.html](http://www.ehcd.com/books/home_building_designing.html)

**Recommended Architectural Features for Multi-Family Housing to Better Accommodate Chemical and Electrical Sensitivities, Susan Molloy, M.A.**

<http://www.ctaz.com/~bhima/recommcshous.htm>

**Research House for the Environmentally Hypersensitive**

<http://tinyurl.com/5prv3>

**Safer Construction Tips for the Environmentally Sensitive**

<http://tinyurl.com/5tgx7l>

**Understanding & Accommodating People with Multiple Chemical Sensitivity in Independent Living, Chapter 4, The Housing Challenge in MCS**

<http://www.ilru.org/html/publications/bookshelf/MCS.html#chapter4>

**Disclaimer**

*This data is for informational purposes and is not intended to replace the examination, diagnosis and treatment of a licensed physician and no such claims are inferred. MCS America will not be responsible for misuse of this information or the misuse of any information provided by its member organizations. Articles, citations, links and information are not necessarily the opinion of MCS America and printing does not constitute MCS America's endorsement.*

**U.S. Department of Housing and Urban Development National Healthy Homes Conference**

<http://www.hud.gov/offices/lead/2008NHHC.cfm>

**U.S. Department of Housing and Urban Development Healthy Housing Reference Manual**

<http://tinyurl.com/5apna5>

**Builders and Building Material Suppliers**

**Green Building Store**

<http://www.greenbuildingstore.co.uk/naturalpaints.php>

**Healthy Buildings, Inc (Air Quality Testing)**

[http://www.healthybuilding.com/html/about\\_us.html](http://www.healthybuilding.com/html/about_us.html)

**Heating and Cooling Options for the Environmentally Sensitive**

<http://eiwellspring.org/HeatingAndCooling.htm>

**Resources for the Chemically Injured: Building Materials**

<http://www.lassentech.com/eibuld.html>

**Tad Taylor's Healthy Homes, LLC**

<http://www.healthy-homes.com/>

**Other Housing Resources**

**Extreme Home Makeover**

<http://abc.go.com/primetime/xtremehome/index?pn=apply>

**Ontario Human Rights Code: Policy and Guidelines on Disability and the Duty to Accommodate Non-Evident Disabilities**

<http://tinyurl.com/6ejep8>

**Residential Rehabilitation Assistance Program for Persons with Disabilities (Canada).**

[http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas\\_003.cfm](http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_003.cfm)



# Community News

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## MCS America Facebook Fan Page

<http://www.facebook.com/pages/MCS-America/95671789291>

## Bill Proposes the Colorado Safe Personal Care Products Act

<http://www.skininc.com/spabusiness/regulations/85479562.html>

## Civil rights complaint filed over school mold

<http://www.dailyadvance.com/news/civil-rights-complaint-filed-over-school-mold-16268>

## Chiropractor to give lectures about dangers of electromagnetic fields

<http://www.northernlife.ca/news/localNews/2010/02/electromagfields-250210.aspx>

## Derived from flowers, but not benign: Pyrethroids raise new concerns

<http://www.environmentalhealthnews.org/ehs/news/pyrethroids-raise-concerns>

## California Adopts Nation's First Statewide Green Building Code

[http://archrecord.construction.com/news/daily/archives/2010/100209ca\\_first\\_green\\_building\\_code.asp](http://archrecord.construction.com/news/daily/archives/2010/100209ca_first_green_building_code.asp)

## Sunscreen's zinc factor ends up in blood

<http://www.theaustralian.com.au/news/nation/sunscreens-zinc-factor-ends-up-in-blood/story-e6frg6nf-1225834053169>

## Do Toxins Cause Autism?

<http://www.nytimes.com/2010/02/25/opinion/25kristof.html>

## Rates of Chronic Health Problems in Children Soar

[http://www.organicconsumers.org/articles/article\\_20290.cfm](http://www.organicconsumers.org/articles/article_20290.cfm)

## ASIA: Pesticides pose health risks

<http://www.irinnews.org/Report.aspx?ReportId=88234>

# Featured Research Studies

Clin Vaccine Immunol. 2010 Feb 24. [Epub ahead of print]

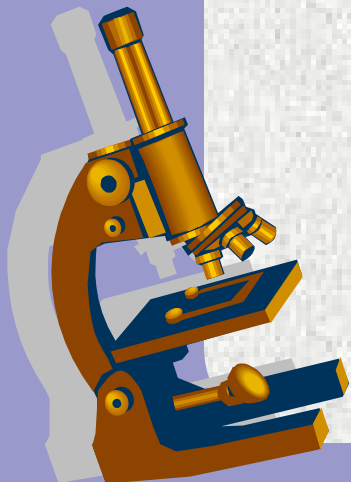
## **Cytokines across the night in chronic fatigue syndrome with and without Fibromyalgia.**

Nakamura T, Schwander SK, Donnelly R, Ortega F, Togo F, Broderick G, Yamamoto Y, Cherniack NS, Rapoport D, Natelson BH.

Pain & Fatigue Study Center, and Departments of Neurosciences and Medicine, UMDNJ-New Jersey Medical School, Newark NJ 07103; Department of Work Stress Control, Japan National Institute of Occupational Safety and Health, Kawasaki, 214-8585, Japan; Department of Medicine, Faculty of Medicine and Dentistry, University of Alberta, Edmonton, Canada, Educational Physiology Laboratory, Graduate School of Education, The University of Tokyo; and Department of Medicine, Division of Pulmonary and Critical Care Medicine, NYU School of Medicine, New York NY 10016.

The symptoms of chronic fatigue syndrome are consistent with cytokine dysregulation. This has led to the hypothesis of immune dysregulation as the cause of this illness. To further test this hypothesis, we did repeated blood sampling for cytokines while patients and matched healthy controls slept in the sleep lab. Because no one method for assaying cytokines is acknowledged to be better than another, we assayed for protein in serum, message in peripheral blood lymphocytes (PBLs) and function in resting and stimulated PBLs. We found no evidence of pro-inflammatory cytokine upregulation. Instead, in line with some of our earlier studies, we did find some evidence to support a role for an increase in IL-10, an anti-inflammatory cytokine. Although the changes were small, they may contribute to the common complaint of CFS patients of disrupted sleep.

PMID: 20181767 [PubMed - as supplied by publisher]



### **Audiologic disturbances in long-term mobile phone users.**

Panda NK, Jain R, Bakshi J, Munjal S.  
J Otolaryngol Head Neck Surg. 2010 Feb 1;39(1):5-11.

Department of Otolaryngology, Postgraduate Institute of Medical Education and Research, Chandigarh, India.

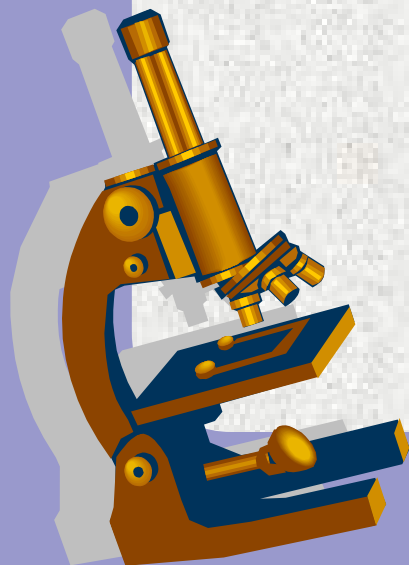
**INTRODUCTION:** There is general concern regarding the possible hazardous health effects of exposure to radiofrequency electromagnetic radiation emitted from mobile phones. This study aimed to assess the effects of chronic exposure to electromagnetic waves emitted from Global System for Mobile Communication (GSM) mobile phones on auditory functions.

**MATERIAL AND METHODS:** A retrospective, cross-sectional, randomized, case control study was carried out in a tertiary care hospital. One hundred twelve subjects who were long-term mobile phone users (more than 1 year) and 50 controls who had never used a mobile phone underwent a battery of audiologic investigations including pure-tone audiometry (both speech and high frequency), tympanometry, distortion product otoacoustic emissions, auditory brain responses, and middle latency responses. Changes in the various parameters were studied in the mobile phone- and non-mobile phone-using ears of subjects and corresponding ears of the controls to ascertain the effects of electromagnetic exposure.

**RESULTS:** There was no significant difference between users and controls for any of the audiologic parameters. However, trends for audiologic abnormalities were seen within the users. High-frequency loss and absent distortion product otoacoustic emissions were observed with an increase in the duration of mobile phone use, excessive use of mobile phones, and age more than 30 years. Additionally, users with some complaints during mobile phone use demonstrated absent distortion product otoacoustic emissions and abnormalities in auditory brainstem response.

**CONCLUSION:** Long-term and intensive mobile phone use may cause inner ear damage. A large sample size would be required to reach definitive conclusions.

PMID: 20122338 [PubMed - in process]

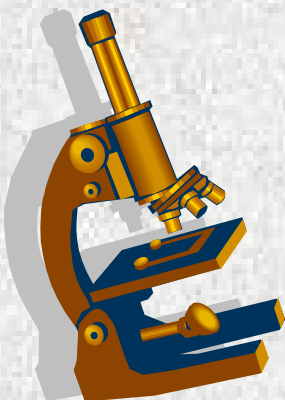


## Responses to odors in occupational environments.

Curr Opin Allergy Clin Immunol. 2010 Feb 12;

Authors: Dalton PH, Jaén C

Monell Chemical Senses Center, Philadelphia, Pennsylvania, USA



**PURPOSE OF REVIEW:** There is mounting evidence that the presence of airborne chemicals that produce odor and irritation can be a significant impediment to a productive and healthy workforce, even among individuals without chemical sensitivity.

**RECENT FINDINGS:** Studies investigating odor and irritant-induced symptoms in occupational environments suggest that poor indoor air quality, coupled with psychosocial factors such as the work environment, personality and stress, can lead to the development of building-related complaints and exacerbate chemical intolerance and symptoms. The practice of introducing pleasant odors in the workplace to improve productivity and mood is not well supported by current research.

**SUMMARY:** Managing the response to odors and irritants in the workplace is critical to maintaining the health and well being of workers. There is a critical need for regulatory organizations in the United States and elsewhere to harmonize guidelines for occupational exposure limits. In addition, management must engage in risk communication and education of workers in order to ensure that misperception of risk from odors does not lead to illness and loss of well being.

PMID: 20160642 [PubMed - as supplied by publisher]

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