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What in the World



Are They Putting in the Water?

Op-Ed Feature

What in the World Are They Putting in the Water?

- Dr. Tom Termotto, BCIM, DCAE

**“Citizens
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Citizens in Tallahassee, FL ask some serious questions.

There’s a continuing saga in Tallahassee, FL that has gone on for many years, which is representative of similar sagas that are taking place across America. It all revolves around the water – specifically the water that is filtered and treated by municipal water quality divisions in every city and county throughout the nation.

A Tale of Two Separate and Independent Inquiries:

Unknown to each other for many years, two healthcare professionals in Tallahassee, FL began their independent research around the quality of Tallahassee drinking water. Dr. Tom Termotto, an Integrative Health Consultant and author of this article, chose to focus on the unintended consequences,

toxic side effects and collateral damage caused by two standard operating procedures long in place at the municipal water quality division in Tallahassee, FL. Dr. Ron Saff focused on the myriad chemicals, contaminants and toxins that find their way into the water by various means and from a multitude of sources. Quite fortuitously for the citizens of Tallahassee, their paths crossed when they were both opposing the siting of a biomass incinerator last year in Gretna, FL.

Both of these longstanding environmental health advocates knew that there was something very wrong with the water in Tallahassee, yet realized that there were so many vectors of groundwater contamination it could take years to accurately diagnose both the sources and the numerous chemical contaminants. Hence, a collaboration was formed which has taken this citizens’ initiative all the way to the Mayor’s office and beyond. Just this month Mayor John Marks announced his intention to form of a Citizens’ Task Force, which will be appointed to further study and act upon the many negative aspects of Tallahassee drinking water. Some of these issues have been found to be so problematic that they have, and will continue to translate to, a whole host of serious health issues and medical conditions within the local drinking and bathing population.

Where Dr. Saff has set his gaze upon the list of chemicals which the US Environmental Protection Agency and FL Department of Environmental Protection have identified as carcinogenic, toxic to the human body and especially deleterious to infants, young children, pregnant mothers and their fetuses, Dr. Tom has focused on the water treatment processes that are further contributing to the problems and, in some cases, making a simple problem exponentially worse due to profound interactions causing unintended consequences.



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Just what water treatment processes are we talking about?

One of the major components and preferred method of water treatment throughout the USA has been the standard chlorination procedure, which has been in use for many decades. It was first utilized over 100 years ago, and since WWII has been the primary disinfection treatment by virtually every municipal water district in the land. What’s inherently defective about this method of disinfecting water? And, that is its only purpose – disinfection.

“Disinfection by chlorination can be problematic, in some circumstances. Chlorine can react with naturally occurring organic compounds found in the water supply to produce dangerous compounds, known as disinfection byproducts (DBPs). The most common DBPs are trihalomethanes (THMs) and haloacetic acids (HAAs). Due to the carcinogenic potential of these compounds, federal regulations in the United States of America require regular monitoring of the concentration of these compounds in the distribution systems of municipal water systems.”
<http://en.wikipedia.org/wiki/Chlorination>

Just in case you didn’t understand this, here’s another phrasing from the water experts at Doulton/H₂O International Inc. in Ontario, CA.

“What concerns health officials are the chlorination by-products, “chlorinated hydrocarbons,” known as trihalomethanes (THM’s). Most THM’s are formed in drinking water when chlorine reacts with naturally occurring substances such as decomposing plant and animal materials. Risks for certain types of cancer are now being correlated to the use of chlorinated drinking water. Suspected carcinogens make the human body more vulnerable through repeated ingestion and re-

search indicates the incidents of cancer are 44% higher among those using chlorinated water.”

<http://www.doulton.ca/chlorine.html>

That’s twice now that you have read that the very process that is designed to treat our municipal water also has the unintended consequence of polluting it – with a carcinogen. We encourage all readers of this article to further research this matter so that, by becoming well acquainted with a fairly unknown issue, they can provide their local water authorities with this critical information.

What other toxic side effects does chlorination produce? Did you know that there is a direct correlation between chlorine and depression? Repeated exposure to chlorine, in both its liquid and gaseous form, can greatly contribute to physically induced chronic depression. How do we know this? Many allopathic and alternative healthcare practitioners have recommended to their clients to stop drinking the tap water and begin drinking distilled or activated carbon filtered water, which are both free of chlorine. Much anecdotal evidence and clinical observation has revealed that, in many cases, the months or years of depression go away very quickly, never to return again, when such depression is in fact due to chronic exposure to chlorinated water. This phenomenon is even more dramatic when the often-female client installs a whole house de-chlorination system in her garage and eliminates her exposure to the previously chlorinated bath water.

What other water treatment processes are we talking about?

All of us have heard the question, “What are they drinking?” This question is alternatively posited as “They’re drinking the water, aren’t they?” Phrased another way: “They must be drinking the Kool-Aid in Tallahassee!”



Nothing – and we mean nothing – turns water into kool-aid quicker than the fluoridation of a city’s water supply. Hydrofluorosilicic acid (aka fluoride) simply has no place in any water supply. “This form of fluoride chemical added to water is an industrial by-product from the phosphate fertilizer industry. Unlike the fluoride used in toothpaste, hydrofluorosilicic acid is not pharmaceutical-grade quality. It is an unpurified, industrial-grade, corrosive acid which has been linked, in several recent studies, to increased levels of lead in children’s blood.” (Per FAN) This is the liquid form it usually takes when it is introduced by water districts all over the country. Here in Tallahassee, it is no different. So, just what are the real health and medical issues surrounding this mysterious and generally misunderstood chemical known as fluoride, as well as the process known as fluoridation? And why is the City of Tallahassee allowed to deliberately contaminate its water supply with a known toxin?!

Fluoride Action Network Speaks Out:

Let’s begin by stating some facts about fluoride ingestion and exposure when the aggregate amount from all sources is considered, especially including the tap water as the primary source. All of the following quotes come from the Fluoride Action Network (FAN), an organization staffed by MD’s, PhD’s, scientists, medical researchers and health investigators from across a broad of range of disciplines and specialties. Much of their cross-referenced research has been peer-reviewed and published in the most authoritative journals and professional publications.

(1) **Fluoride & Dental Fluorosis** – “Excessive ingestion of fluoride during the early childhood years may damage the tooth-forming cells, leading to a defect in the enamel known as dental fluorosis.” Relevant scientific research provided by the Center for Disease Control (CDC) can be found at the following link.

<http://www.fluoridealert.org/health/teeth/fluorosis/>

(2) **Fluoride & Allergy/Hypersensitivity** – “Symptoms of allergic/hypersensitive reactions have been reported to include: skin rashes (e.g. dermatitis, urticaria, eczema); mouth lesions (canker sores); gastric distress; headache; joint pain; weakness; visual disturbances; and lethargy.” (Per Physician’s Desk Reference) The site below also links to research published in the Journal of Dental Medicine.

<http://www.fluoridealert.org/health/allergy/index.html>

(3) **Fluoride & the Kidneys** – “The kidneys play a vital role in preventing the build-up of excessive fluoride in the body. Among healthy individuals, the kidneys excrete approximately 50% of the daily fluoride intake. However, among individuals with kidney disease, the kidneys’ ability to excrete becomes markedly impaired, resulting in a build-up of fluoride within the body.”

<http://www.fluoridealert.org/health/kidney/index.html>

(4) **Fluoride & the Brain** – “Concern about fluoride’s impact on the brain has been fueled by 18 human studies (from China, Mexico, India, and Iran) reporting IQ deficits among children exposed to excess fluoride, by 4 human studies indicating that fluoride can enter, and damage, the fetal brain; and by a growing number of animal studies finding damage to brain tissue (at levels as low as 1 ppm) and impairment of learning and memory among fluoride-treated groups.”

<http://www.fluoridealert.org/health/brain/index.html>

(5) **Fluoride & the Thyroid Gland** – “Today, many people living in fluoridated communities are ingesting doses of fluoride (1.6-6.6 mg/day) that fall within the range of doses (2 to 10 mg/day) once used by doctors to reduce thyroid activity in hyperthyroid patients. This is of particular concern considering the widespread problem of hypothyroidism (under-active thyroid) in the United States. Symptoms of hypothyroidism include obesity, lethargy, depression, and heart disease.”

<http://www.fluoridealert.org/health/thyroid/index.html>

(6) **Fluoride & Bone** – “Excessive exposure to fluoride causes an arthritic bone disease called skeletal fluorosis. Skeletal fluorosis, especially in its early stages, is a difficult disease to diagnose, and can be readily confused with various forms of arthritis including osteoarthritis, and rheumatoid arthritis. In the advanced stages, fluorosis can resemble a multitude of bone/joint diseases, including: osteosclerosis, renal osteodystrophy, DISH, spondylosis, osteomalacia, osteoporosis, and secondary hyperparathyroidism.”

<http://www.fluoridealert.org/health/bone/index.html>

(7) **Fluoride & Bone Fracture** – “Studies on human populations consuming fluoride in drinking water have found an association between dental fluorosis and increased bone fracture in children; and between long-term consumption of fluoridated water and increased hip fracture in the elderly.”

<http://www.fluoridealert.org/health/bone/fracture/index.html>

(8) **Fluoride & Cancer** – “Fluoride has been found to cause bone cancer (osteosarcoma) in government animal studies and rates of osteosarcoma among young males living in fluoridated areas have been found to be higher than young males living in unfluoridated areas. Osteosarcoma, while rare, is a very serious cancer. Children who develop osteosarcoma face a high probability of death (usually within 3 years) or amputation.”

<http://www.fluoridealert.org/health/cancer/index.html>

(9) **Fluoride & the Gastrointestinal Tract** – “Among people hypersensitive to fluoride, gastrointestinal ailments have been produced following ingestion of 1 mg tablets of fluoride or consumption of 1 ppm fluoridated water. A single ingestion of as little as 3 mg of fluoride, in carefully controlled clinical trials, has been found to produce damage to the gastric mucosa in healthy adult volunteers.”

<http://www.fluoridealert.org/health/gi/>

(10) **Fluoride & Tooth Decay** – “According to the current consensus view of the dental research community, fluoride’s primary – if not sole – benefit to teeth comes from TOPICAL application to the exterior surface of teeth, not from ingestion. Perhaps not surprisingly, therefore, tooth decay rates have declined at similar rates in all western countries in the latter half of the 20th century – irrespective of whether the country fluoridates its water or not. Today, tooth decay rates throughout continental western Europe are as low as the tooth decay rates in the United States – despite a profound disparity in water fluoridation prevalence in the two regions.”

<http://www.fluoridealert.org/health/teeth/caries/index.html>

(11) **Fluoride & the Reproductive System** – “High doses of fluoride have repeatedly been found to interfere with the reproductive system of animals. Commonly observed effects in fluoride-exposed animals include: oxidative stress, damaged sperm, reduced sperm count, and reduced fertility.”

<http://www.fluoridealert.org/health/repro/index.html>

(12) **Fluoride & the Pineal Gland** – “Up until the 1990s, no research had ever been conducted to determine the impact of fluoride on the pineal gland – a small gland located between the two hemispheres of the brain that regulates the production of the hormone melatonin. Melatonin is a hormone that helps regulate the onset of puberty and helps protect the body from cell damage caused by free radicals. It is now known – thanks to the meticulous research of Dr. Jennifer Luke from the University of Surrey in England – that the pineal gland is the primary target of fluoride accumulation within the body. The soft tissue of the adult pineal gland contains more fluoride than any other soft tissue in the body – a level of fluoride (~300 ppm) capable of inhibiting enzymes. The pineal gland also contains hard tissue (hydroxyapatite crystals), and this hard tissue accumulates more fluoride (up to 21,000 ppm) than any other hard tissue in the body (e.g. teeth and bone).”

<http://www.fluoridealert.org/health/pineal/index.html>

(13) Respiratory Risks from Occupational Fluoride Exposure – “Government claims* (which remain as unsubstantiated claims – Per Author*) of safety have been shown to be fatally wrong. Over the past 20 years, a vast body of epidemiological and experimental research has proven that allowable levels of fluoride in the workplace is hazardous to lung function, increasing the risk of several respiratory disorders including asthma, bronchitis, and emphysema. For many workers, the fluoride-induced damage to lung function persists long after they cease working. While workers in industry are often exposed to multiple air contaminants, large-scale epidemiological studies have repeatedly found that fluoride dusts and gases (at levels as low as 0.05 mg/mg³) are the key irritant responsible for the high rate of respiratory illness. The risk to respiratory function from fluoride exposure is independent of the risk from smoking, but the combination of fluoride exposure and smoking presents a risk greater than either factor by itself.”

<http://www.fluoridealert.org/health/respiratory/>

(14) Fluoride Exposure during Infancy – “Not only is fluoride ingestion during infancy unnecessary, it can also be harmful – as suggested by a mounting body of evidence linking fluoride exposure during the first year of life with the development of dental fluorosis. Because of the risk for dental fluorosis, and the lack of demonstrable benefit from ingesting fluoride before teeth erupt, the American Dental Association – and a growing number of dental researchers - recommend that children under 12 months of age should not consume fluoridated water while babies under 6 months of age should not receive any fluoride drops or pills.”

<http://www.fluoridealert.org/health/infant/index.html#20th>

What other unintended consequences have emerged from water fluoridation?

There are other unintended consequences with far-reaching ramifications that result directly from the fluoridation of municipal water supplies. For instance, did you know that in the process of fluoridating water two toxic byproducts occur in considerably higher concentrations, both of which are considered by all appropriate regulatory agencies to be dangerous to human health at any level above those that are truly naturally occurring? We’re talking about lead and arsenic here. The following paper was originally presented to the State Lead Commission Hearing in Hannibal, MO in 1994.

<http://www.sonic.net/~kryptox/environ/lead/lead.htm>

Water fluoridation has been shown to significantly increase lead and arsenic exposure. “Fluoride compounds put into water are often contaminated with lead, arsenic and radio- nuclides since the fluoride compounds are toxic waste byproducts which largely come from pollution scrubbers of fertilizer plants. A study published in 2000 showed that the dumping of toxic silicofluoride compounds into water (“fluoridation”) causes an increase in blood lead levels in children.” (Per the Fluoride Action Network)

The following statements come from the FAN website and ought to be seriously considered by every mother or expecting mother who resides within a fluoridating water district.

“Fluoride chemicals added to public water supplies, boosts lead absorption in lab animals’ bones, teeth and blood, report Sawan, et al. (Toxicology 2/2010). Earlier studies already show children’s blood-lead-levels are higher in fluoridated communities, reports Sawan’s research team.

“...exposure to increased amounts of lead and fluoride occurs at about the same age (1-3 years)... Therefore, this is a critical time when systemic exposure to fluoride should be minimized since fluoride may increase lead accumulation,” the researchers caution.

Low-level lead exposure is associated with lower IQ, ADHD and many health and behavior ailments.”

NSF International conveys critical data regarding water fluoridation standards

NSF International is a not-for-profit organization that certifies products and writes standards for water, food and consumer goods to minimize adverse health effects and protect the environment. Included among the many American national public health standards NSF helped develop are the health effects standards that set limits for any materials or chemicals coming into contact with drinking water: NSF/ANSI Standard 60: Drinking Water Treatment Chemicals — Health Effects and NSF/ANSI Standard 61: Drinking Water System Components — Health Effects.

February 2008 NSF reported that 2% of the 245 fluoridation chemicals sampled from 2000 to 2006 had detectable levels of Lead. (There are approximately 155,000 US public water supplies.) Lead is an allowable trace contaminant in fluoridation chemicals along with antimony, arsenic, barium, beryllium, cadmium, chromium, copper, mercury, selenium, and thallium.”

Dangerous Combinations, Interactions & Synergies:

NSF has produced the “NSF Fact Sheet on Fluoridation Chemicals” that reveals much of what has gone wrong in this water treatment, filtration and purification industry. The operative word here is “wrong”. When toxicologists study chemicals and their numerous permutations in isolation, they ignore the vast number of potential combinations, interactions and resulting synergies, which can substantially ramp up their toxic side effects. There is in fact a great void in the scientific literature concerning these matters even in the analysis of tap water.

http://www.nsf.org/business/water_distribution/pdf/NSF_Fact_Sheet.pdf

In the few instances where research has been undertaken to identify these reactions, it is clear that highly toxic byproducts are produced that can do great harm to the human body, especially the developing fetus, the infant and young child. Drinking tainted water like Tallahassee tap water on a regular basis should be done only with the full knowledge of what is also being ingested with the water.

It our contention that full disclosure has not taken place in earnest, and is unlikely to take place in most of the water districts throughout the country. If such revelation was commonplace in the Water Quality Annual Reports, there would certainly be a strong recommendation within each for the purchase of a home-based, point of use filtration system. If for nothing else, at least as a disclaimer to hold harmless the legally responsible water district.

Are Water Districts illegally practicing medicine without a license?

It is extremely important to bear in mind that there is only one reason which has been proffered as justification for medicating an entire population within a water district. We’ve all heard the completely unjustified and totally ridiculous explanation that water fluoridation somehow prevents childhood cavities. What is really surprising is not the extraordinary and over the top sales pitch that has encouraged the routine introduction of a known toxin into the nation’s water supply; rather it is the fact that so many academics, scientists and researchers bought into a scheme to poison a national population!

Here’s what a very prescient author stated in their recent essay that appeared at the Natural News website:

“Municipalities all across America are currently dripping fluoride chemicals into their public water supply, dosing over a hundred million Americans with a chemical that they claim “prevents cavities.” What’s interesting here is that this biological effect of “preventing cavities” is a medical claim, according to the FDA. And as such, making this claim instantly and automatically transforms fluoride into a “drug” under currently FDA regulations. This means that cities and towns all across America are now practicing medicine without a license by dripping liquid medication into the public water supply without the consent of those who are swallowing the medication.”

Yes, it is quite shocking that a municipality has arrogated unto itself the illegal power to medicate an entire population. The toxic side effects and health consequences clearly amount to the gradual, difficult to detect, poisoning of a whole community. The citizens in Tallahassee will no longer idly stand by in the face of such an insidiously undertaken chemical assault.

The link below furnishes each reader, from whom common sense has not fled, with 50 very good reasons why our governments should not be fluoridating the water. Only because aware and informed people everywhere have not stepped forward to stop this dangerous and unsafe practice, does it continue. The only thing separating our city, as well as communities everywhere, from fluoride-free, non-toxic and safe drinking water is accurate and truthful information. <http://www.fluoridealert.org/50-reasons.htm>

Let's all do our part in disseminating and sharing this information however, wherever and whenever we can. Our lives, and quality of life, greatly depend on it.

Dr. Tom Termotto, BCIM, DCAE

President, Healthcare Professionals for Clean Environment
National Coordinator, COALITION AGAINST CHEMICAL TRESPASS
Co-Founder, Concerned Citizens of Florida



Op-Ed

This Beats an Apple a Day!

Food that Prevents and Health Childhood Illnesses

Alice Shabecoff

“It’s a major problem in many families that neither children, nor pregnant mothers, eat the foods that defend against toxic assaults.”

One out of three American children suffers from a chronic illness – asthma, birth defects, cancer, lead poisoning and mental-behavioral disorders. The massive load of toxics in their lives is, without a doubt, the major cause. While some children bear an unfortunate burden of genetic vulnerability, susceptibility to disease is largely set in utero or early in infancy in a battle between nutrition vs. toxic exposures.[1]

It’s a major problem in many families that neither children, nor pregnant mothers, eat the foods that defend against toxic assaults. Of course, there’s a toxic point in all people no matter how well nourished they are, but the threshold for resistance will usually be lower in poorly-nourished children.

This is more than just ‘eat an apple a day.’ Today a lot is known about which foods will protect against a specific illness, drawn from recent discoveries about how our body systems work. [2]

One field of battle takes place in our immune system. Here, as in all mammals, is a

major headquarters for raising an army of antioxidants that capably fight the normal oxidative stress that is the ordinary result of the body’s perpetual struggle to rid itself of the by-products of normal cellular metabolism.

But then, along come manmade contaminants, such as PCBs found in trace amounts in all of us and once widely used in electrical equipment, though they were banned decades ago. Many types of PCBs wreak this harm by causing so much oxidative stress that it ends up inflaming the cells that line blood vessels and damages the cardiovascular system, brain, and nervous system. A child exposed in the womb to a dose that’s the equivalent of one single drop of PCBs in a bathtub can suffer a lowered IQ, a rise in attention deficit disorder, and cardiovascular diseases later in life.

Manmade contaminants especially threaten children because their bodies produce lower levels of the master detoxifying antioxidant, glutathione than an adult does. Some children, probably because of inherited genetic variations, make even lower levels of glutathione. These children are often the ones with learning and behavioral disorders. So, antioxidants are up there on the top of the list of nutrients we need to fight toxins.



Cancer is also influenced by antioxidants, including those that are delivered through food. In the 12 months prior to pregnancy, the higher the mother's diet of vegetables, fruit, and protein sources (beans and lean beef in this study), the lower the risk of having a child with acute lymphoblastic leukemia (ALL). Again, what's at work here includes the antioxidant glutathione with its power to help make DNA and repair DNA damage. The study that found this connection also found that pregnant women who consumed cod liver oil and folate supplements reduced the risk of having children who suffer from ALL cancer.[3]

During his early years, if a child consumes oranges and orange juice, which are packed with the antioxidant Vitamin C, and potassium-rich bananas, the likelihood of childhood leukemia falls.[4] A hearty consumption of fruits and vegetables high in beta carotene, another dietary antioxidant, and of foods with vitamins A (oranges, and yellow, orange and red vegetables) and the antioxidant vitamin E (sunflower and safflower oils, hazel nuts and almonds, wheat germ) also builds the body's defenses against cancer.[5-6]

Damage from lead and other heavy metals to your child's brain and nervous system is lessened if your child's body has a good reserve of calcium, iron and zinc, all nutrients that found in a good diet.

Certain birth defects such as neural tube defects, cleft palates, and cleft lips are linked to a deficiency of folic acid, a B vitamin found in abundance in leafy green vegetables, and in lesser amounts in citrus fruits, beans and whole grains. Just to be sure, it's usually recommended that pregnant women take 400 micrograms or more of folic acid supplements. [7]

Infertility, which is on the rise in the U. S., is also influenced by nutrition. Women are more likely to conceive if they follow a Mediterranean diet full of vegetables, vegetable oils, and fish. Some fish, however, contains high mercury levels and should be

avoided. Consult www.ewg.org/safefishlist. Fertility also requires enough iron and folic acid, and folic acid seems to bolster sperm quality in men. [8]

Endometriosis is a condition where cells lining the uterus grow into other areas of the body. It's another illness growing in incidence and responds to foods with anti-inflammatory powers and lignin, a type of fiber which helps remove toxic manmade hormones from the body. Lignin-rich vegetables include cabbage, broccoli and Brussels sprouts.[9]

The typical American diet contains too much omega 6 fatty acid, which mostly comes from processed foods and animals. Nursing mothers pass along the 'wrong' omega 6 to omega 3 ratio unless they seek out the right foods. The right foods, with their higher levels of omega 3 long-chain polyunsaturated fatty acids, are fish and fish oil, flaxseed and walnuts, canola oil, soybeans, soybean oil, pumpkin seeds, and walnuts. For meat-eaters, some studies indicate that the omega 3 to omega 6 ratio is superior in meats from cows, pigs and chickens which are allowed to forage or fed on grass, one of the requirements for animals to be labeled organic.



“Eating nutrients in their natural state, in food, appears to have more positive effects than taking one chemical such as one specific vitamin and putting it in a pill.”

The right high-omega 3 foods are vegetables, especially green and orange vegetables, high in Vitamin C, Vitamin E, beta-carotene, and zinc. The uptake of zinc is damaged by high fructose corn syrup and artificial colorings. And, let's not forget garlic.

There are foods that parents should do their best to keep out of their child's mouth: chicken raised with arsenic, beef raised with antibiotics, milk produced with growth hormones. It's wise to be cautious about foods high in saturated animal fat, which include butter, cheese, meat and processed foods, because many persistent chemicals concentrate in this fat.

A final note about meat: Whether meat-eating is “good” or “bad” for you and your child is, as far as I can tell, still debatable. While one study shows, for example, that the level of toxic chemicals plummet after a five-day vegetarian diet, the benefits of meat eating is championed by others – see the book *Nourishing Traditions*. If meat is your choice, buy only grass-fed, locally-raised meats, which are less polluting and polluted,

more humane and better for animals and the planet. They do not contain as much fat because of the way they are raised.

Can our nutritional troubles be solved by popping a vitamin pill or eating the ‘superfoods,’ also known as “nutraceuticals,” that our food industry is beginning to manufacture? Will “fat-burning waffles” or tomatoes pumped full of beta-carotene take care of our children's needs?

Dr. Ellen Silbergeld of Johns Hopkins University says, “Eating nutrients in their natural state, in food, appears to have more positive effects than taking one chemical such as one specific vitamin and putting it in a pill.”

When your child is an adult and parent or grandparent, s/he will thank you for all this care. First, s/he will have a lower likelihood of getting sick. Research has confirmed that disorders seeded in childhood seem to set person's cellular code for life and can cause illness at any time from conception until old age. So, defending against these assaults can head off adult and old age diseases too. And second, because disruptions from nutrition and/or toxins to the way our genes normally work can be inherited through several generations. So, your child's child may be healthier because of his good or bad health.[10]



What It Means for You

Compared to 50 years ago, we Americans eat drastically fewer vegetables and whole foods. Yet we produce toxins in enormously increased amounts. In 1980, we manufactured or imported 200 billion pounds of manmade chemicals. Today that figure is 27 trillion pounds.

First and foremost, we as citizens should find ways to reduce the burden of toxins in our environment, and change the system that allows this assault on our children to continue.

As prospective parents, start eating healthy foods even before your child is conceived, at least twelve months before you plan a pregnancy. One scientific article on the subject bears the title “You Are What Your Mother Ate.”

Reduce your child’s risk from all sources of pollution, including foods. Consult the resource appendix in *Poisoned for Profit: How Toxins Are Making Our Children Chronically Ill* (www.poisonedforprofit.net).

How to get a young child to eat these foods?

Here’s what I learned (unfortunately, too late for my own grandchildren) from a wise friend who adopted a child with Down Syndrome and some other issues:

“My children eat these foods because their taste buds are not polluted with synthetic flavorings or sugar. I was careful to not introduce junk food to her and to my son. Let’s face it, a carrot will not taste sweet and delicious if your child is getting donut holes or Captain Crunch for breakfast.”

“Just because an infant spits out a food at your first attempt to give it to them does not mean that they don’t like it. It’s just different to them, so you reintroduce it time and time again until they accept it. Since babies learn a lot from facial expressions and voice tone, new foods should be introduced with a smile on your face and words of encouragement.”

“We’re a one meal household: If there’s a family member who does not like a particular food I’m making for dinner, I will not make a separate dinner to their liking just for them. I will never cater to such pickiness. If a child skips a meal because they hate what you are serving, that’s ok because they won’t starve to death from missing one meal; however, there’s no junk food in the house for them to fill up on till the next meal.”

“It’s more difficult to get a child who has been altered by having junk foods to switch to healthy foods, but it is doable with patience. I’ve made extensive use of children’s picture books that get the message across. When possible, children should be allowed to help prepare the meals or do the shopping. They also seem to like to grow the food and eat it right from the garden.”

“P.S.: If your young child has a Fisher Price play kitchen set, throw out all the ‘garbage’ plastic foods that it comes with and replace them with plastic fruits and veggies.”

Resources

True Food offers 8 simple, wise steps (in a visually appealing layout) for cooking, eating and cleaning in ways that are healthy for your family and the planet. Washington, DC: National Geographic, by Annie E. Bond, Melissa Breyer, and Wendy Gordon, 2010.

Anticancer: A New Way of Life, Viking Press, by David Servan-Schrieber, September 2008.

Environmental Threats to Healthy Aging, Ted Schettler et al, Greater Boston Physicians for Social Responsibility and the Science and Environmental Health Network, Boston, 2009. The same nutritional advice that applies as we age applies to children.

www.nuval.com Rates food, applying an algorithm developed at the Yale Prevention Research Center, looking at over 30 factors to determine the score, including the calorie density and Omega 3 content. Foods that score 100 are broccoli, blueberries, okra, orange, and green beans.

www.feingold.org. Information on ingredients in manufactured foods, including a guide *Healthier Food for Busy People*.

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News

New York to Come Clean on Chemicals in Cleaning Products

“New York has enacted an unprecedented law which will require household cleaning companies to reveal the chemical ingredients in their products.”

A first-of-its kind disclosure is cheered by consumers and environmental advocates. The State of New York has enacted an unprecedented regulation which will require household cleaning companies to reveal the chemical ingredients in their products. In addition, the companies must list any known health risks their products pose.

Studies show a clear link between chemicals and fragrances found in household products and a wide range of negative health effects. The more common effects are hormone disruption, birth defects, and cancer. The lesser known effects include nerve damage, neurological damage, chemical sensitivity, asthma, allergies, respiratory disease, and even autism implications.

Advocates campaigned to the State of New York to uphold consumers' right

to know what is in the products they buy and use.

Many are hopeful that this new law will serve as a precedent for the rest of the states in the U. S. to follow.

Currently before Congress is a bill which would force the chemical industry to prove the safety of all the chemicals they manufacture before they are used or sold. This is a change from the previous method of using chemicals and later pulling them from the market when adverse events occur.

Complete ingredient disclosure is crucial for allowing consumers to make informed choices which benefit their health.

The chemical industry is expected to appeal the decision; however, there is a worldwide move towards similar regulations.



STATE OF NEW YORK
DEPARTMENT OF ENVIRONMENTAL CONSERVATION
ALBANY, NEW YORK 12233-1010

Europe has enacted similar legislation known as REACH, the **R**egistration, **E**valuation, **A**uthorization and **R**estriction of **C**hemical substances.

A copy of the notice from the New York Department of Environmental Conservation to Earthjustice announcing the decision may be downloaded from: <http://tinyurl.com/2ac9qy5>

*Scientific Study****Flu Vaccine Does Not Reduce Risk of Hospitalization***

“Vaccination does not reduce the risk of hospital Death.”

If you're like many people, you know folks who never get the flu shot and never catch so much as a cold and stay healthy and strong. And you probably know people who get the flu shot who end up sick all winter and maybe even become hospitalized several times.

This seems to be backwards from what we are told about the flu and vaccination, yet it's a stunningly common observation.

The question as to whether the flu shot works is hard to determine with the vast array of misinformation and propaganda often published in the media. Sometimes there are scare tactics (measles outbreaks, etc.), and other times there are social tactics (protect those around you, don't spread the flu).

These tactics are often meant to psychologi-

cally coerce people to take action and get a flu shot through fear or concern for those around them.

Children and the elderly are often targeted for these campaigns. But is there really a benefit to being vaccinated? That is the question that reigns on everyone's mind.

It appears the answer may be no; there is no health benefit to getting the flu shot. In fact, it may increase the odds of becoming ill enough to require hospitalization.

According to new research, vaccination does not reduce the risk of in-hospital death or influenza and pneumonia admissions in elderly patients.

Prior research has shown the flu vaccination triples chances of hospitalization, rather than reducing it.

In asthmatic patients, another group targeted for the vaccine, vaccination increased the chance of hospitalization by six times.



**“The
math
speaks
loud
and
clear!”**

The vaccine has been also linked to an increased risk of cancer, paralysis, Guillain-Barre syndrome, neurological complications, auto immune disease, chronic fatigue, chemical sensitivity, heavy metal toxicity, musculodegenerative disease, and other problems. The package inserts confirm the risk of these complications, though we are routinely not informed of the dangers before receiving a flu shot.

The math speaks loud and clear!

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*Scientific Study****Woman with Chemical Sensitivity
Fumigated by Leon County Government***

**“Termotto
found
her home
bathed
in a
gaseous
aerosol
of
insecticide.”**

After a 15 year battle to protect her property from toxic chemical trespass, Kathy Termotto breathed a sigh of relief. when Leon County Commission in Florida established a one-quarter mile buffer zone to protect the health of residents who were placed on a no-spray list for mosquito control.

Then on Friday, just a few months later, Termotto found her home bathed in a gaseous aerosol of insecticide.

The insecticide, a synthetic pyrethroid was pumped into the air by a truck driving through her neighborhood in the name of mosquito control.

Mosquito control often takes residents by surprise. Concerns have been raised by residents who are exposed to these toxic insecticides while barbequing, exercising, swimming, enjoying an open window, or growing (once) organic vegetables in their yards.

Once case in New York found a woman, her small child, and their dinner fumigated while eating on the patio of a restaurant. Both became ill and the incident raised concerns over human safety of these fumigants and the potential for food

contamination.

Synthetic pyrethroids are dangerous to both human health and the environment. Merck warns that they may cause dermatitis, systemic allergic reactions, nausea, vomiting, tinnitus, headache and central nervous system disturbances. They kill by affecting the nervous system, so they also have the potential to damage the central nervous system.

The effect may be particularly pronounced in pets and small children who are not fully developed. Some people are allergic to pyrethroids and others, such as children and those with chemical sensitivity, are easily poisoned by doses even smaller than those used for mosquito control.

Termotto says she suffers from multiple chemical sensitivity, a condition which makes her more susceptible to the effects of low doses of toxic substances. The gaseous cloud of chemicals disbursed upon her and her home is a fundamental human rights violation that occurred after her doctor provided medical evidence of her condition to the Leon County Commission.

Termotto says that Bob Rackleff, Chairman of Leon County Commission had his aide, Kate Brady, call her to inform her that the 1/4 mile buffer zone policy she was previously protected under was reversed due to election concerns.



Photo Credit: Roy Bateman

“Children playing in the street and yard are most vulnerable to fumigation.”

"When is the Commission going to address this medical crisis for the many citizens in Leon County who suffer from MCS (multiple chemical sensitivity), El Syndrome (environmental illness syndrome), and serious chemical allergies," asks Termotto, "If Chairman Bob Rackleff's wife had a similar hyper-allergic reaction to these chemicals, do you think Parwez Alam, the Leon County Administrator, would allow those trucks to get within a mile of Rackleff's home? I don't think so."

Children playing in the street and yard are most vulnerable to fumigation.

Termotto says, "How would Commissioners Dailey and Sauls vote on this matter if either of their children could be incapacitated and sent to the local emergency room because of the indiscriminate, systematic, and wide-area spraying of these noxious chemicals in their neighborhoods?"

Termotto is not against mosquito control. She supports mosquito control that is truly responsible and effective, non-toxic to human life, which she says is much less expensive to taxpayers.

"We all have a fundamental right not to be sprayed by the county mosquito control programs currently in operation throughout the state," asserts Termotto, "Does anyone have the right to walk onto your property and indiscriminately spray toxic chemicals wherever they wish? We think not. Should they do so, repeatedly, they would probably end up being arrested for trespass and chemical assault."



Photo Credit: Abhilash Kumar

Q&A

MCS Terminology: What's in a Name?

With Susie Collins from *The Canary Report*

Q: As I've become ill, adjusted, been angered, etc, and still go round that vicious cycle there seems to be one glaring constant: No matter what title we come up with for this illness, the powers that be always seem to change it. For instance, when I became ill we mostly called it Environmental Illness. Now it's widely known as Multiple Chemical Sensitivity (MCS). Toxic Induced Loss of Tolerance or TILT has taken hold in some circles.

I understand we need a more succinct definition for the illness. But whenever we have done that, whatever governmental organization that decides it is a threat then changes the word and/or definition. The sufferers are left hanging in the wind. I also understand a need for recognition. I might be wrong but why aren't we sticking with immune dysfunction? That is precisely what we have. It is a medically established term already accepted by the medical community... no fighting. Is this too simplistic?

The diagnosis my original toxicologist came up with is: Immune Dysfunction, Toxic Encephalopathy, Peripheral Neuropathy, Reactive Airway Disease Syndrome with symptoms of Multiple Chemical Sensitivities and food allergy. All have acceptance by the medical community. I'd like a dialogue on this.



A: Excellent discussion topic. I understand your wanting to find a consistent and recognized name for our illness. But current research shows the core cause of Multiple Chemical Sensitivity is not simply immune dysfunction.¹ In fact, some of the leading research shows it's a whole new disease paradigm.² So to label it solely as an immune dysfunction disease would be inaccurate.

It's true that for insurance claims, it's sometimes best to go with a fully recognized illness in order to get your claim through. This is easy when you have symptoms that match up with illnesses like asthma or seizures or toxic encephalopathy. But none of those symptoms are the whole story of MCS. For example, many with MCS may indeed have toxic encephalopathy, which is simply

toxic brain damage. Because of this, the brain-related symptoms of MCS are a type of toxic encephalopathy. But studies show there are also peripheral sensitivities in most cases of MCS, for example skin or digestion, and these are locally produced and thus are not caused by toxic encephalopathy.

Multiple Chemical Sensitivity is the predominant name in the scientific literature and therefore, there is no way to access the scientific literature without using that name. I, along with many researchers, think it's a good description of what the disease is. Further, governments are using the term Multiple Chemical Sensitivity or chemical sensitivity in regulations and definitions about the disease (example at U.S. Department of Housing and Urban Development or HUD), and this is true in other countries as well such as Japan and parts of Europe where MCS is fully recognized by the governments.

From my observation, it appears most people who want a change in the term Multiple Chemical Sensitivity/ies have one of two agendas: either 1) their hypothesis about MCS does not match the descriptive meaning of "multiple chemical sensitivity" and they are trying to promote their own work or organization (these people and groups tend to be on the side of wanting full recognition of the disease but just under their own terms), or 2) they have an agenda of marginalizing the patients, researchers, attorneys, physicians, etc, who are using that term (these people tend to want to debunk the illness and have an agenda to stop any recognition whatsoever of the disease).

I think the overarching problem is not the term Multiple Chemical Sensitivity, it's the lack of understanding and full recognition of the illness itself— even though there is a large body of peer reviewed, published research out there that uses the term MCS, and several governments, including the U.S., that are using the term in regulatory and descriptive documents.

Susie Collins
The Canary Report , <http://www.thecanaryreport.org>

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Q&A

Safe Clothing Options

Q: I was wondering whether you might have any clothing suggestions. I have severe MCS such that I can't touch new clothing without breaking out and reacting. I am wearing out my old clothes and it shows. Do you know of any chemical-free clothing?

A: Each person's tolerance level is different, so you will need to determine what fabrics work for you. I usually recommend organic cotton and/or natural fiber clothing to start. Avoid synthetic and petroleum based fabrics like polyester and most rayon. Also avoid any fabric which is labeled as "stain resistant", "water repellent", etc. These fabrics have been chemically treated. If you are sensitive to the dyes, you will want to find natural colored clothing. One last thing to watch out for is "eco" or "green" clothing. This clothing may or may not be suited to chemically sensitive people and should be investigated first. Some use "recycled polyester", which is ecological and saves the earth, but is a potentially toxic petroleum based product. Some places you might find clothing are:

Gaiam

<http://www.gaiam.com/category/apparel.do>

Rawganique Clothing

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

Natural Clothing Company

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

You can research many more by Googling "organic cotton clothing" and sorting through the results to find what you want.

Chance are any clothing you buy will need to be



washed and outgassed before it can be worn. Here are a few techniques that are helpful.

Sun and Air: Before washing, allow the new clothes to outgas outside in the safest, airy location you have for several days to two weeks. Then wash them with one of the below methods and outgas them outdoors again. Repeat as many times as necessary. The sun and fresh air does wonders to improve clothing. Clothes may need to be outside for as long as two weeks for each airing. I find one to two airings and washings sufficient for most items... even those bought commercially. The organic, untreated fabrics are ready much faster.

Wash: Soak and machine wash the clothes with one of the following which you tolerate:

Baking Soda

Borax

White Distilled Vinegar

Dry Milk Powder (don't soak longer than 2 hours or the milk may spoil)

Any Tolerable Detergent

Some also find they need to boil new clothing. If you find this is necessary, do it outdoors so that the chemicals escaping in the steam do not enter your home. Also, check for colorfastness and shrinkage. Good luck!

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/

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/

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/

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

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/fl/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

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

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

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

Escalante House
 P.O. Box 652
 Escalante UT 84726
 Phone/Fax: (435) 826-4778
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

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

Safe Haven Community Housing
 P.O. Box 25281
 Portland, Oregon 97298
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

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

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

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

News

Community News

Subscribe to News & Media Articles

To receive free daily news and research feeds about MCS & the environment as they happen, send an e-mail to:

mcsafeeds-subscribe@yahoogroups.com

New chemical rules to have broad impact

<http://www.northbaybusinessjournal.com/25078/new-chemical-rules-to-have-broad-impact/>

Manganese in water can harm kids' IQ: study

<http://www.metronews.ca/ottawa/canada/article/639540--manganese-in-water-can-harm-kids-iq-study>

New Smog Proposals From EPA Draw Fire

<http://online.wsj.com/article/SB10001424052748704858304575497724034346304.html>

Teaching Doctors About Nutrition and Diet

http://www.nytimes.com/2010/09/16/health/16chen.html?_r=1

Could estimating environmental risk soon be a click away?

<http://www.environmentalhealthnews.org/ehs/news/science/model-estimates-risks-with-some-limitations>

Urge Your Senators to Protect Children from BPA

http://salsa.democracyinaction.org/o/1421/p/dia/action/public/?action_KEY=4826

Woman with Chemical Sensitivity Assaulted by Leon County Government

<http://www.thecanaryreport.org/2010/09/15/woman/>

The Most Toxic Kids' Products

<http://www.forbes.com/2010/09/14/kids-revlon-claires-technology-toxic.html?boxes=Homepagechannels>

The Most Toxic Kids' Products

<http://www.forbes.com/2010/09/14/kids-revlon-claires-technology-toxic.html?boxes=Homepagechannels>

Researchers: Put public health first when regulating chemicals

<http://minnesota.publicradio.org/display/web/2010/09/14/guillette-swackhamer-regulating-chemicals/>



Featured Research Studies

Assessment of cytogenetic damage and oxidative stress in personnel occupationally exposed to the pulsed microwave radiation of marine radar equipment

Vera Garaj-Vrhovaca, , Goran Gajska, Senijo Pažaninb, Antonio Šarolićc, Ana-Marija Domijand, Dubravka Flajsd and Maja Peraicad

International Journal of Hygiene and Environmental Health

Article in Press, Corrected Proof - Note to users
doi:10.1016/j.ijheh.2010.08.003

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b Department of Occupational Health, Naval Medicine Institute, 21000 Split, Croatia

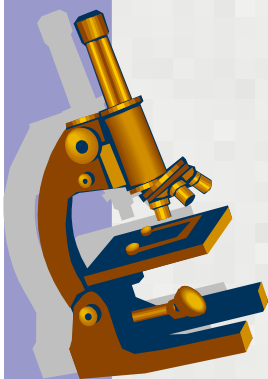
c Faculty of Electrical Engineering, Mechanical Engineering and Naval Architecture, University of Split, 21000 Split, Croatia

d Toxicology Unit, Institute for Medical Research and Occupational Health, 10000 Zagreb, Croatia

Received 12 April 2010; revised 30 July 2010; accepted 3 August 2010. Available online 15 September 2010.

Abstract

Due to increased usage of microwave radiation, there are concerns of its adverse effect in today's society. Keeping this in view, study was aimed at workers occupationally exposed to pulsed microwave radiation, originating from marine radars. Electromagnetic field strength was measured at assigned marine radar frequencies (3 GHz, 5.5 GHz and 9.4 GHz) and corresponding specific absorption rate values were determined. Parameters of the comet assay and micronucleus test were studied both in the exposed workers and in corresponding unexposed subjects. Differences between mean tail intensity (0.67 vs. 1.22) and moment (0.08 vs. 0.16) as comet assay parameters and micronucleus test parameters (micronuclei, nucleoplasmic bridges and nuclear buds) were statistically significant between the two examined groups, suggesting that cytogenetic alterations occurred after microwave exposure. Concentrations of glutathione and malondialdehyde were measured spectrophotometrically and using high performance liquid chromatography. The glutathione concentration in exposed group was significantly lower than in controls (1.24 vs. 0.53) whereas the concentration of malondialdehyde was significantly higher (1.74 vs. 3.17), indicating oxidative stress. Results suggests that pulsed microwaves from working environment can be the cause of genetic and cell alterations and that oxidative stress can be one of the possible mechanisms of DNA and cell damage.



Polychlorinated Biphenyls Disrupt Intestinal Integrity via NADPH Oxidase-Induced Alterations of Tight Junction Protein Expression

Choi YJ, Seelbach MJ, Pu H, Eum SY, Chen L, Zhang B, et al. 2010. Environ Health Perspect 118:976-981. doi:10.1289/ehp.0901751

Abstract

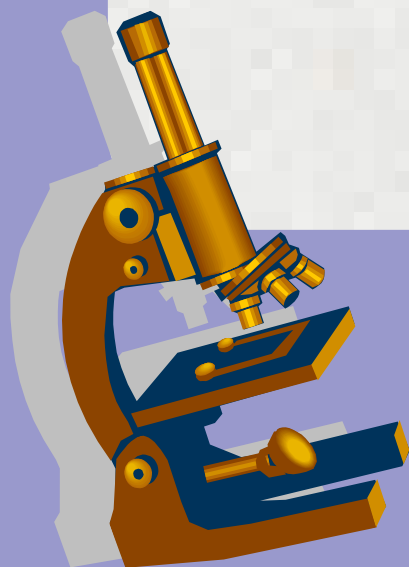
Background: Polychlorinated biphenyls (PCBs) are widely distributed environmental toxicants that contribute to numerous disease states. The main route of exposure to PCBs is through the gastrointestinal tract; however, little is known about the effects of PCBs on intestinal epithelial barrier functions.

Objective: The aim of the present study was to address the hypothesis that highly chlorinated PCBs can disrupt gut integrity at the level of tight junction (TJ) proteins.

Methods: Caco-2 human colon adenocarcinoma cells were exposed to one of the following PCB congeners: PCB153, PCB118, PCB104, and PCB126. We then assessed NAD(P)H oxidase (NOX) activity and expression and the barrier function of Caco-2 cells. In addition, the integrity of intestinal barrier function and expression of TJ proteins were evaluated in C57BL/6 mice exposed to individual PCBs by oral gavage.

Results: Exposure of Caco-2 cells to individual PCB congeners resulted in activation of NOX and increased permeability of fluorescein isothiocyanate (FITC)-labeled dextran (4 kDa). Treatment with PCB congeners also disrupted expression of TJ proteins zonula occludens-1 (ZO-1) and occludin in Caco-2 cells. Importantly, inhibition of NOX by apocynin significantly protected against PCB-mediated increase in epithelial permeability and alterations of ZO-1 protein expression. Exposure to PCBs also resulted in alterations of gut permeability via decreased expression of TJ proteins in an intact physiological animal model.

Conclusions: These results suggest that oral exposure to highly chlorinated PCBs disrupts intestinal epithelial integrity and may directly contribute to the systemic effects of these toxicants.



Air pollution exposure during critical time periods in gestation and alterations in cord blood lymphocyte distribution: a cohort of livebirths

Caroline E W Herr , Miroslav Dostal , Rakesh Ghosh , Paul Ashwood , Michael Lipsett , Kent E Pinkerton , Radim Sram and Irva Hertz-Picciotto

Environmental Health 2010, 9:46doi:10.1186/1476-069X-9-46



Abstract (provisional)

Background: Toxic exposures have been shown to influence maturation of the immune system during gestation. This study investigates the association between cord blood lymphocyte proportions and maternal exposure to air pollution during each gestational month.

Methods: Cord blood was analyzed using a FACSort flow cytometer to determine proportions of T lymphocytes (CD3+ cells and their subsets, CD4+ and CD8+), B lymphocytes (CD19+) and natural killer (NK) cells. Ambient air concentrations of 12 polycyclic aromatic hydrocarbons (PAH) and particulate matter <2.5 micrometer in diameter (PM2.5) were measured using fixed site monitors. Arithmetic means of these pollutants, calculated for each gestational month, were used as exposure metrics. Data on covariates were obtained from medical records and questionnaires. Multivariable linear regression models were fitted to estimate associations between monthly PAH or PM2.5 and cord blood lymphocytes, adjusting for year of birth and district of residence and, in further models, gestational season and number of prior live births.

Results: The adjusted models show significant associations between PAHs or PM2.5 during early gestation and increases in CD3+ and CD4+ lymphocytes percentages and decreases in CD19+ and NK cell percentages in cord blood. In contrast, exposures during late gestation were associated with decreases in CD3+ and CD4+ fractions and increases in CD19+ and NK cell fractions. There was no significant association between alterations in lymphocyte distribution and air pollution exposure during the mid gestation.

Conclusions: PAHs and PM2.5 in ambient air may influence fetal immune development via shifts in cord blood lymphocytes distributions. Associations appear to differ by exposure in early versus late gestation.

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