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# MCSA NEWS

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## *Environmental and Health Impacts of the Gulf Oil Spill*



## *And Necessary Resources for the Healthcare Provider*

*Op-Ed Feature*

# ***Environmental and Health Impacts of the Gulf Oil Spill***

## ***And Necessary Resources for the Healthcare Provider***

*Dr. Tom Termotto, DCAE*

**“The  
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### **THE COMING OF THE BLACK WAVE**

Nothing in our shared cultural experience will prepare us better for the oncoming Black Wave throughout the Gulf of Mexico than the Exxon Valdez Oil Spill in Prince William Sound, Alaska. And yet even this environmental catastrophe falls far short of what is coming around the corner in the Gulf. Alaska is not Florida, or Louisiana, or Texas. The Deep South summer here in Tallahassee, FL has been as hot and humid, as any we've seen. This weather pattern is what will distinguish the BP Gulf Oil Spill from the Exxon Valdez just as the total volume of the spill and use of dispersants have.

The relentless cycle of low pressure systems throughout the Gulf of Mexico during the summer season is instrumental in keeping the many toxic vapors close to the surface of the Gulf, as well as the many coastal communities that

rim her. We are not only talking about petroleum VOC's (volatile organic compounds) and the dispersant chemicals found in

COREXIT and the hovering methane gas concentrations. We are also talking about the inevitable interactions and synergies among these chemical contaminants that produce much more powerful combinations, especially when they co-exist in such a conducive environment as the Gulf of Mexico hot and humid stewpot.

These realities in the water, and in the air, ought to be known by anyone participating in cleanup and recovery operations anywhere in the Gulf. To ignore them is to do so at great peril. The water has been polluted to a degree never seen on such a grand scale in US Territorial Waters. There simply is no precedent here. The Caspian Sea in Asia is a known petrochemical cesspool, which is so dead that all the bordering nations have given up on her and mercilessly plunder her depths for oil. How far behind is the Gulf of Mexico in the wake of this spill. If you value your health, you ought not to eat seafood from the Gulf. If you value your health, you ought not to swim in the Gulf. If you value the health of your children, sensitive and delicate as they are during their formative stages, the affected Gulf Coast beaches are no longer a safe and healthy place on which to walk. Nor is wading in the water a safe practice until we know the true status.



**MCSA NEWS**

**“The Black Wave of which we speak has many more aspects than the ones we have been hearing about in the mainstream media.”**

The Black Wave of which we speak has many more aspects than the ones we have been hearing about in the mainstream media. There are dimensions that none have ever dared to whisper because it would mean the end of the Oil & Gas Industry for good. There are also phases of progression and retrogression of any oil spill, which will occur over the unique lifetime of this BP Gulf Oil Spill. As Mother Nature employs the tincture of time, Her ever so loyal elements will inexorably serve to heal all that requires healing on land, in the waters, and within the littoral regions to include the marshes, wetlands and estuaries. However, the process of healing the Gulf will take time ... perhaps a long time.

Question:

What do you get when you mix oil & methane gas, with oil dispersant (COREXIT), with radioactive effluent, with surface-burning oil slicks (petroleum+dispersant), with lots of dead marine life of every sort and kind in the Gulf of Mexico during a hot and humid summer?

Answer:

A toxic petrochemical stew which is neither safe to eat from, nor swim in. The

affected beaches, wetlands, marshes and estuaries should also be viewed with great caution, or avoided altogether.

Many in the MSM have been trumpeting the mi-

raculous recovery of the Gulf of Mexico in the wake of the successful capping of the gushing oil well at the Macondo Prospect. Of course there are also those from whom common sense has not fled. Thankfully, we still have among us reasonable people who are able to utilize the human faculty of reason. We pray that there will be many others who will understand the simple facts of life in the Gulf, which has taken on an awesome toxic burden – a toxic load of various chemicals, pollutants, contaminants, and poisons that ought to be dealt with very carefully and with great circumspection.

## THE CONTEXT

### Oil & Petroleum Derivatives

Even though the WashPo recently published the account of 4.9 million barrels having been spilled into the Gulf of Mexico, our estimate is much closer to 8.7 million barrels of hydrocarbon effluent plus other components. The geyser gushed for just under 90 days and: 87 days X 100,000 barrels per day = 8.7 million barrels of hydrocarbon effluent (oil + methane + particulates [sand, stones, debris from deep down under])

Factoid – It only takes 1 barrel of oil to effectively pollute one million barrels of seawater.

Petroleum and its many derivatives bioaccumulate within living organisms and will concentrate in adipose tissue in human beings. It contains many different chemical constituents that will break down, each of which possesses different levels of toxicity to marine and human life.



## Toxicity

“Crude oil is a mixture of many different kinds of organic compounds, many of which are highly toxic and cancer causing (carcinogenic). Oil is “acutely lethal” to fish, that is kills fish quickly, at a concentration of 4000 parts per million (ppm)[1] (0.4%). “It only takes one quart of motor oil to make 250,000 gallons of ocean water toxic to wildlife.”[2] This would be a concentration of only 1 ppm. Crude oil and petroleum distillates cause birth defects.[3]

Benzene is present in both crude oil and gasoline and is known to cause leukemia in humans.[4] The compound is also known to lower the white blood cell count in humans, which would leave people exposed to it more susceptible to infections.[4] “Studies have linked benzene exposure in the mere parts per billion (ppb) range to terminal leukemia, Hodgkins lymphoma, and other blood and immune system diseases within 5-15 years of exposure.”[5] ” (Per Wikipedia)

“Benzene exposure at below 1 part per million (1 ppm) causes hematotoxicity in exposed workers.” (Per Gulf Oil Spill Truth) <http://www.ncbi.nlm.nih.gov/pubmed/20026094>

## Methane Gas

Extraordinarily high methane gas concentrations have been measured at many different locations throughout the Gulf and can migrate over Coastal communities with the right meteorological push. CH<sub>4</sub>, aka methane, can produce many symptoms depending on the concentration and duration of exposure.

What are the main health hazards associated with breathing in methane?

“Methane is not toxic below the lower explosive limit of 5% (50000 ppm). However, when methane is present at high concentrations, it acts as an asphyxiant. Asphyxiants displace oxygen in the air and can cause symptoms of oxygen deprivation (asphyxiation). The available oxygen should be a minimum of 18% or harmful effects will result. Methane displaces oxygen to 18% in air when present at 14% (140000 ppm). It is not expected to cause unconsciousness (narcosis) due to central nervous system depression until it reaches much higher concentrations (30% or 300000 ppm) – well above the lower explosive limit and asphyxiating concentrations.

Effects of oxygen deficiency are:

- 12-16% – breathing and pulse rate are increased, with slight muscular incoordination;
- 10-14% – emotional upsets, abnormal fatigue from exertion, disturbed respiration;
- 6-10% – nausea and vomiting, inability to move freely, collapse, possible lack of consciousness;
- below 6% – convulsive movements, gasping, possible respiratory collapse and death.

Since exercise increases the body’s need for oxygen, symptoms will occur more quickly during exertion in an oxygen-deficient environment. Survivors of oxygen deprivation may show damage to some or all organs including the central nervous system and the brain. These effects may or may not be reversible with time, depending on the degree and duration of the low oxygen and the amount of tissue injury.” (Per Canadian Centre for Occupational Health & Safety)



## COREXIT Dispersant

The total volume of COREXIT dispersant released in and on the Gulf is still being hotly debated. However, in light of the intractable pattern of both non-disclosure and misinformation practiced by BP, as well as the interference run by the Coast Guard over the course of this saga, what can we believe?

Our guarded estimate of the total volume of dispersant used by BP both subsea and on the surface is fast approaching two (2) million gallons of Corexit.

The exact calculation, based upon formal reports filed as of August 2, is as follows:

Surface dispersant used: 1, 072,514 gallons  
 Subsea dispersant used: 771,272 gallons  
 Total dispersant used: 1,843,786 gallons

The following link points to an article, which contains the very telling statement:

“But some scientists say the chemical mixture, which at one point was being released at a rate of about 70,000 gallons a day, causes more harm than good, and may have contributed to huge plumes of hydrocarbons below the ocean’s surface. The fact that Corexit now seems to have been so widely used also poses the question of who, exactly, is call-

ing the shots in the Gulf.”  
<http://tinyurl.com/2a69qzv>

The following article lays bare some of the greatest concerns by those in the field of toxicology. Dr. Shaw offers some invaluable toxicological perspective.

<http://tinyurl.com/2brevvz>

Dr. Shaw offered a stark analysis of Corexit 9500 in her piece for The New York Times.

“Though all dispersants are potentially dangerous when applied in such volumes, Corexit [9500] is particularly toxic,” she wrote. “It contains petroleum solvents and a chemical that, when ingested, ruptures red blood cells and causes internal bleeding. It is also bioaccumulative, meaning its concentration intensifies as it moves up the food chain.”

Speaking to CNN on Friday, her message was a bit more dire.

“It ruptures red blood cells, causes internal bleeding and liver and kidney damage,” Dr. Shaw said. “This stuff is so toxic — combined, it’s not the oil alone, it’s not the dispersant — the dispersed oil that still contains this stuff, it’s very, very toxic and it goes right through skin.”

## Radioactive Hydrocarbon Effluent

Then there is the radioactive component of the hydrocarbon effluent that comes from mantle-generated abiotic oil and which irrefutably possesses higher levels of radium isotopes. The deeper the petroleum reserves, the more likely the reservoirs of oil and methane in those geological formations will contain uranium, thorium or radium. Given the elevated levels of radioactivity at the source, the level of radioactivity associated with the hydrocarbon effluent coming out of the well will inevitably be impacted.



It is very important to note that the American Petroleum Institute acknowledges the existence of radium in the development of oil and gas prospects. Their website prescribes very specific standard operating procedures when certain levels of radioactivity are measured on site or in the equipment. The seriousness of this matter can pertain to any oil and gas drilling and development operations anywhere in the world.

Radium isotopes have inherent health risks that ought to be identified and properly disseminated. The concerned resident of the Gulf Coast may want to initiate him/herself in the area of health impacts due to long-term exposure to low grade radioactivity. Of course, the seafood, the waters and the beaches all provide different vehicles for such contamination to take place, each with varying consequences.

### **Oil Burned On The Surface Of The Gulf**

It has been estimated that 11.1 million gallons of oil have been burned on the surface of the Gulf thus far. The resulting aerosolizing of the hydrocarbon chemical constituents, along with the dispersant chemical constituents will produce vectors of dissemination that must be further studied. Such a high concentration of harmful airborne chemicals and contaminants, especially if there is a radioactive component, could pose a great health risk to all life residing downwind from the surface oil-burning ac-

tivity.

We could even see similarities to Gulf War Syndrome experienced by US Service Members who were downwind from the burning oil fields in Kuwait.



### **Parallels to Gulf War Syndrome**

After the First Gulf War in Iraq, many service members returned home only to be plagued by what came to be known as Gulf War Syndrome. As a matter of fact, there were so many different variants of this syndrome, depending on the service members time and place of duty (and therefore exposures), that many healthcare practitioners recognized a Gulf War Syndrome I, II, III and so on. Each one had its own unique signatures that produced different symptoms and illnesses.

The most serious result of Gulf War Syndrome variants were the numerous instances where the veterans subsequently had children who were deformed or who had defects that were directly the result of genetic mutation. Could a toxic cocktail of pre-war vaccinations and exposure to oil well fires produce such an effect so quickly? Not likely, unless there was much more to (and in) the vaccine regimen that we do not know. However there is one thing we have learned about the development of oil and gas reserves which we did not know until recently.

There is a radioactive component found within geological formation where oil and gas are pulled from. This fact has been scientifically documented by the American Petroleum Institute, as well as by many petroleum engineers, geologists and scientists from around the world for many years. Curiously it is rarely ever talked about and even denied in some circles, as it would have probably caused the demise of the entire industry.

It now appears that the US service members who suffered the most, and especially those who bore children with unusual and inexplicable defects were directly exposed to radioactive hydrocarbons. When Saddam Hussein ordered the destruction of the oil and gas wells by setting them on fire, Iraq was transformed into a sort of Oil & Gas Armageddon. Whoever was present was exposed to these toxic and potentially radioactive fumes. And since they were breathed in, it translated to a much quicker physical manifestation in the human body. Ultimately the black, acrid smoke would find numerous vectors of dissemination, which would allow the toxic constituents to settle on the ground, on the vegetation and food, and in the water bodies and courses.

The consequent aerosol toxic brew is certainly one that is not too unlike what is occurring this very moment throughout the Gulf of Mexico. As BP et al. has taken to burning the many oil slicks and oil plumes that are being aggregated, we see a very similar set of circumstances, which could very well contribute to a future BP Gulf Oil Spill Syndrome.

### **Dead & Contaminated Marine Life Working Its Way Up The Gulf's Food Chain**

Lastly, we have a Gulf of Mexico that is replete with dead organisms both microscopic (phytoplankton) and leviathan (whales). This does include plant and animal life of great diversity. Vast swaths of the food chain have been toxified and poisoned by the cur-

rent petrochemical brew, which by all appearances may appear to be normal. However, ....

This is where it takes a seasoned observer and astute investigator applying all the necessary scientific process and procedure to accurately diagnose the true condition of this traumatized body of water. All chemicals don't merely break down instantaneously, as we often hear from the Oil & Gas Industry wordsmiths. As a matter of fact, many are ultimately reduced to such a state that they will have no where to go but to bio-accumulate within the tissues of living organisms. These various chemicals are currently being evaluated for their degree of toxicity and reactivity in vivo (within living organisms).

There is no question that, given the total volume of oil and dispersant currently in the Gulf, there will inevitably be substantial and dire consequences to the entire food chain. Particularly as the larvae at the bottom of this chain pick up the various chemicals and contaminants, and are subsequently eaten by larger and then larger marine animals, we will see threats emerge to that segment of the human population which continues to eat the seafood from the Gulf. GREAT time to become a vegetarian!

### **Deep South Weather Pattern**

We are in the throes of an extremely hot and humid weather pattern here in the Deep South. The Low Pressure Systems forming over the Gulf of Mexico have been relentless since the BP Gulf Oil Spill first began. These are characterized by low cloud cover, little air movement, high humidity and very hot conditions which make it ideal for aerosolized chemicals and toxins to hang close to the surface of the Gulf. This predominant weather pattern has created a very hospitable environment for an exacerbation of the many symptoms associated with the aforementioned chemical exposures.



The blood brain barrier is a “chemical labyrinth that prevents toxins and viruses in the bloodstream from reaching the brain”. However, this layer is only four cells thick around the olfactory nerve, where it is more tenuous and not an integral barrier. This very delicate and attenuated structure in the nasal system will therefore provide a point of entry into the brain for harmful toxins which are airborne. For those out on the Gulf who are exposed to VOC’s (volatile organic compounds) in the air, they ought to have respirators around any oil cleanup operations. Not to, puts their health in peril, which can manifest in the following ways:

### Health Effects

“Eye, nose, and throat irritation; headaches, loss of coordination, nausea; damage to liver, kidney, and central nervous system. Some organics can cause cancer in animals; some are suspected or known to cause cancer in humans. Key signs or symptoms associated with exposure to VOCs include conjunctival irritation, nose and throat discomfort, headache, allergic skin reaction, dyspnea, declines in serum cholinesterase levels, nausea, emesis, epistaxis, fatigue, dizziness.

The ability of organic chemicals to cause health effects varies greatly from those that are highly toxic, to those with no known health effect. As with other pollutants, the extent and nature of the health effect will depend on many factors including level of exposure and length of time exposed. Eye and respiratory tract irritation, headaches, dizziness, visual disorders, and memory impairment are among the immediate symptoms that some people have experienced soon after exposure to some organics.” (Per

US Environmental Protection Agency)

### Parallels to 911 Toxic Dust Syndrome

The many first responders who showed up at the 911 rubble pile in NYC suffer from a unique malady known as 911 Toxic Dust Syndrome. And although it has yet to be officially recognized by the US Federal Government, it has a specific set of baseline symptoms which are exhibited by many, even those who were present when the Twin Towers came down. There are many who lived and worked in the same general vicinity who also experience symptoms to this day.

The health and medical records of many first responders who have passed away since 911 will also reveal that they exhibited none of these unique symptoms prior to 911. Therefore, many of these deaths were caused directly by a disease process that was triggered by their exposure to the aerosolized toxic dust that came to permeate a large swath of lower Manhattan. These same records will also reveal a similar pattern of health issues and medical diagnoses which is very similar to those who are still living with the pain and suffering associated with 911 TOXIC DUST SYNDROME.

One of the real tragedies of the 911 saga is that the EPA assured the people of NYC, and especially the cleanup workers, that everything was okay with air quality when it was obvious to everyone else in the world that it was not okay. If it sounds familiar then it is probably because you either read or heard the following story.

Here’s one of the most recent examples of deliberate disinformation, misinformation and false information disseminated by the corporate/government/media juggernaut regarding the BP Gulf Oil Spill. The new and improved BP PR Campaign that is addressing the environmental health aspects of this oil spill has gone into full gear in order to assure everyone that everything is okay. BP’s COO, Doug Suttles is quoted as follows:

“BP’s chief operating officer sought to give the southern US fishing industry a much-needed boost Sunday, saying he’d “absolutely” eat Gulf of Mexico seafood after the massive oil spill devastated the region.”

<http://tinyurl.com/38fcfvz>

We, here at the Gulf Oil Spill Remediation Conference in Tallahassee, FL, would very much like to audit the actual seafood sources from which Mr. Suttles takes his daily lunch and evening supper over the next twelve months. We would also ask that he partakes of at least one meal a day which includes seafood from the Gulf of Mexico, specifically from within a one hundred mile radius of the Macondo Prospect. At the end of the first year we will have our physicians standing by to conduct either an autopsy or the appropriate pathology procedures that would be required at that point of evolution of the most likely diseases to be caused by oil and COREXIT poisoning.



### Interactions, Synergies, & Dangerous Combinations

The area of research that studies the effects of different combinations of these chemical constituents is at an alarmingly rudimentary stage of development. Therefore, we really do not know the long-term effects of the various chemicals that, through synergistic interactions, can ramp up their level of toxicity in living organisms. Because we are particularly concerned about the deleterious effects to human life, it may be very difficult to ever assess these

health risks. Who among us would avail our person to such exposures for the sake of testing?

We can make the following three (3) statements about oil, dispersant (Corexit 9500) and dispersed oil. As follows:

1. 10.72 parts per million (ppm) of oil alone will kill 50% of the fish test species in a normal aquatic environment within 96 hours.
2. 25.20 parts per million of dispersant (Corexit 9500) alone will kill 50% of the fish test species in a normal aquatic environment within 96 hours.
3. 2.61 parts per million of dispersed oil (Corexit-laden) alone will kill 50% of the fish test species in a normal aquatic environment within 96 hours.

As you can see from the above statements, there is a very definite synergistic effect that directly results from the interaction between the oil and dispersant. Together they create a much more toxic environment, and should be considered very seriously when seafood is known to be coming from those locations.

Are there other more dangerous combinations to be aware of? We don’t know and toxicologists usually study isolated chemical compounds rather than researching the results of their various combinations.

Moral of the Story: What we do not know, may hurt us. And in some cases it may take years to show up as a symptom or a disease. Perhaps it is better to err on the side of caution where it concerns our precious health.

### Obvious Health and Medical Impacts:

People will no doubt show up as they always do to help this process of getting things back to normal. However, normal will never return in our lifetimes, and we should therefore seek to protect ourselves from all that can do harm in several different ways.

At the end of the day the mental and emotional health repercussions of this disaster will be the most salient. From all with whom we have spoken, we have heard the same litany of mental and emotional problems which seem to surface wherever the Black Wave appears. As the social fabric slowly tears, so do the many support systems upon which we all rely weaken, especially during these already quite challenging times.

Most of these psychological maladies are directly related to loss. Loss of job, loss of business, and loss of financial security are some examples. So are loss of health, loss of relationships, and loss of access to the beach. We also see loss of home, loss of a way of life and loss of traditional foods. Fisherman can no longer go out in their boats; beachgoers forgo their morning shelling routine; joggers take to the pavement instead of the sand.

There are numerous symptoms, ailments and illnesses that are the direct result of exposure to an oil spill which can be gleaned from various sources. Some of these resources have been provided by organizations that have been directly involved with oil spill mitigation and remediation. In some cases they have been able to closely follow the development of disease in any given population, which was exposed to many of the same chemical contaminants that are found at different oil spill sites throughout the world.



## HEALTHCARE SOLUTIONS AND RESOURCES

Gulf Oil Spill Health Hazards

<http://www.sciencecorps.org/crudeoilhazards.htm>

BLACK WAVE: The Legacy of the Exxon Valdez

[http://oilspillsolutionsnow.org/?page\\_id=150](http://oilspillsolutionsnow.org/?page_id=150)

Minimizing Adverse Health Effects Through Transparency & Intelligent Mitigation Responses

<http://oilspilltruth.wordpress.com/>

Environmental Health Impacts

[http://oilspillsolutionsnow.org/?page\\_id=140](http://oilspillsolutionsnow.org/?page_id=140)

We have before us a defining moment in American history. An entire region of the country has been beset with a manmade environmental catastrophe, the effects from which will be felt for generations. How do we respond to the Black Wave? How do we deal with a foreign, multi-national corporation that is as addicted to oil, as it is to deception?! How do we respond to the Federal Government that demonstrates a similar pattern of disinformation?!

We ask these questions in the face of the many health and medical impacts that are most assuredly coming down the pike. More than ever we need our focus and energy directed at the real health challenges and subsequent medical issues which will emerge if we are not aware and well informed. Where there is true and accurate information, there can be informed and wise decisions about how we can continue to live our lives in a healthy manner along the Gulf Coast of Mexico.

[http://oilspillsolutionsnow.org/?page\\_id=176](http://oilspillsolutionsnow.org/?page_id=176)

Dr. Tom Termotto, BCIM, DCAE

National Coordinator, Gulf Oil Spill Remediation Conference (International Citizens' Initiative)

Tallahassee, FL

[OilSpillSolution@comcast.net](mailto:OilSpillSolution@comcast.net)

<http://oilspillsolutionsnow.org/>

SKYPE: Gulf\_Advocate

Op-Ed

# How BP Avatars Show Up in Your Life

Alice Shabecoff

The BP Gulf oil catastrophe is not the worst environmental disaster in U.S. history, contrary to news headlines. The hugeness of the blow-out captures our attention, but the worst pollution actually takes place here in our ordinary lives in hardly noticed events that add up day after day.

Of course BP gets a lot of credit for making that daily pollution possible. It is the nature of BP's business, which relies on polluting manufacturing processes and toxic chemicals, two of the four sources responsible for the toxic assault in our daily lives (the other two sources are heavy metals and nuclear waste).

The very reason for BP's existence -- the petroleum itself -- is a problem. Petroleum is a mixture of toxic chemicals from benzene to naphthalene, which are known causes of cancer, damage to the nervous system, and birth defects. Then from that petroleum, chemistry creates 90 percent of the industrial chemicals, most of them toxic, that make up the products of today's way of life. So, we start out with a toxin and then use it to synthesize other toxic products from pesticides to shower curtains to cosmetics. Each of these oil-based new products can trigger an illness, especially among children: asthma, birth defects, obesity, autism; or an illness that shows up later in life, such as breast or prostate cancer or Parkinson's.

Now look at the way BP manufactures oil. These practices simply mirror the way polluters, small and large, cause daily harm. Here are just some of the parallels.

The blow-out happened because of BP's business model. I quote the *New York Times*, the U.S. House

Energy and Commerce Committee, and the assistant secretary for labor at the Occupational Safety & Health Administration: BP has been found to "ruthlessly cut corners in pursuit of growth and profits," "routinely proceed with carelessness and a disregard for safety," and "repeatedly chose risky procedures in order to reduce costs and save time." The Gulf blow-out is only the latest in a history of BP manufacturing disasters. Looking into the 2005 explosion at BP's Texas refinery which killed 15 workers and injured many others, an inquiry found that the facility was poorly maintained, starved of investment, with 300 safety violations. But in 2009, inspection revealed more than 700 violations at this same facility. Also in 2005, at a huge platform like Deepwater Horizon, a valve was installed backwards, causing the rig almost to topple over after a hurricane. Then, a year later, a very large leak sprung in the BP pipeline in Prudhoe Bay, Alaska.

Unfortunately, BP's pursuit of corporate profits and wealth at the expense of public health and safety is the norm in our economy, not the exception. For example, Dow, the huge chemical company, continued (and still does, to this day) to make a potent pesticide though hundreds of parents sued the company for its harmful effects on their children's brain; eventually EPA fined the Dow for hiding those lawsuits for over ten years. Our nation's financial meltdown, too, was the result of greed and lack of government restraint.



### **Dispersing, not correcting, the evidence**

As the ever-growing millions of gallons of oil spread throughout the Gulf, BP tried to disperse the oil by applying a chemical mixture, Corexit, which had never been independently tested. In the face of an uproar over the dispersants' likely toxicity, EPA eventually demanded new tests. These tests too are flawed: one looked at the dispersants by themselves, rather than mixed with oil, the next only tested for reactions up to 48 to 96 hours' duration and only for acute effects, whereas most serious reactions show up over time, sometimes years later, as chronic rather than acute illness.

Similarly, all the chemical products that daily find their way into our lives have only been tested by their manufacturers. Furthermore, the tests measure the effect only on the equivalent of a 150 pound grown male, and one chemical at a time. They do not test for the way the chemical might harm a fetus or small child nor do they account for the cumulative effect of multiple exposures.

Dispersants do not degrade the oil; they do not fix the problem. Corexit does not correct the spill. Dispersants just spread the oil around and make it hard if not impossible to calculate the real amount of the spill, a figure which will determine the size of the fine imposed on BP. In fact, the National Academy of Science found dispersants can impede the breakdown of oil.

The dispersants are produced by Nalco, a company associated with BP and Dow Chemical, so profits from their use will go back into coffers of those companies.

BP sprayed more than two million gallons of these chemicals into the Gulf during its 86-day oil gusher, the largest use ever and the first time they were dispersed underwater as well as on the surface. The National Oceanic and Atmospheric Administration has documented plumes of dispersed oil throughout thousands of square miles of the Gulf of

Mexico. This massive usage is "an experiment of epic proportion," that can damage the Gulf ecosystem while posing unknown health risks to exposed humans. (1)

### **The waste's whereabouts**

The oil that doesn't get dispersed is being skimmed from the water's surface and mixed together with tar balls, polluted sand, and oil-saturated booms. So far 21 million gallons of this sludge has been collected, then put on barges and shipped to the very states damaged by oil coming ashore. In communities across those states the sludge is then dumped into existing landfills. About sixty percent of the oil-spill waste has found its way into landfills in communities where people of color live. (2)

The landfills must be equipped with two liners and other safety measures. Yet we know from untold examples over dozens of years that landfills, even well-constructed ones, eventually degrade and leak.

In the small town of Dickson, TN, the county landfill, which had accepted wastes from local manufacturing businesses, leaked a brew of chemicals, including benzene, toluene and TCE, a chemical that cleans machinery, into the groundwater. A cluster of children were born with cleft lips and palates, brain damage, and cancer among families whose mothers had drunk the polluted water. There are 3,091 active and over 10,000 old landfills in the U.S., many of them in bad shape. (3)

Why isn't BP required to do something to make the sludge less toxic? Because the industry succeeded in 1988 in getting wastes from oil and gas exploration and production exempt from the clean-up that would otherwise have been mandated under the Resource Conservation and Recovery Act. If these wastes had been subjected to that legislation, it would have tripled or quadrupled their clean-up costs.

### **Privatizing profits and socializing costs.**

Businesses are adept at passing along the true costs of their pollution onto the rest of us. Parents and the health care system pick up a tab of \$54.9 billion a year for four childhood disorders: lead poisoning, cancer, asthma, and learning and behavioral disorders. Special Ed (half of the most-used chemicals harm the immature brain and nervous system) costs us \$77.3 billion every year. Care for premature babies, another casualty of toxic harm, adds another \$26 billion to the annual national budget.

The \$20 billion that BP, under pressure from the White House, set aside to compensate people and businesses harmed by the disaster is a drop in the bucket of the final national bill. Right off the bat, BP will halve that outlay by taking a \$10 billion tax credit for the costs of its clean-up. This means that taxpayers will indirectly foot part of the \$20 billion. (4)

Oil production is among our most heavily subsidized businesses, with tax breaks handed out at virtually every stage of the exploration and extraction process. For instance, the Deepwater Horizon drilling rig was registered to a company in the Marshall Islands, allowing its owner, Transocean, to avoid taxes. At the same time, BP saved \$225,000 a day by using a tax break to write off the rent for the rig. Capital investments like oil field leases and drilling equipment are taxed at an effective rate of 9 percent, significantly lower than the overall rate of 25 percent for businesses in general, lower than virtually any other industry, and much lower than most of us pay as workers. (5)

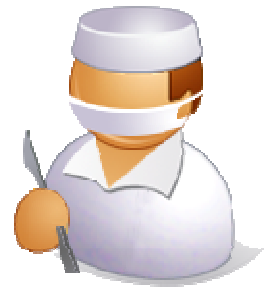
There are many other clever ways to avoid the full costs. To clean up the Gulf waste, BP has hired prison labor in Louisiana. These men are hired either at low wages or no wage at all and BP gets a tax credit of \$2,400 for every worker under legislation passed in the Bush's administration Welfare to Work program. That tax credit comes out of the taxes the rest of us pay. The workers, almost exclusively African American men, are forbidden to

talk to the media. (6)

Do the hefty contributions from industry to our elected officials have something to do with the green light that lets them continue their toxic ways and their capacity to get the rest of the nation to pay? Members of the House Congressional Committee on Natural Resources, the committee that deals with the oil industry, receive substantial funding from Halliburton, BP, Dow Chemical, Chevron, Exxon, Conoco Phillips, and Shell, to name just a few. (7) In addition, the oil and natural gas industry has spent \$340 million on lobbyists since 2008. (8)

### **Ignoring the Health effects**

Many people will be exposed to the chemicals in crude oil and dispersants through skin contact, by breathing in contaminated air or soil and sand granules, and by ingesting contaminated water or food. Harm will depend on the level of exposure and susceptibility. The most susceptible are pregnant women, the elderly, and children whose immature bodies have not yet developed the immune and detoxification defense mechanisms that come with maturity.



Oil and dispersants contain chemicals that rapidly penetrate the skin and move through cell walls. They can damage almost every system of the body: from the respiratory system, to the liver, kidneys, immune system, endocrine system, and on to the brain. They can damage cell structures, including DNA, and alter the function of the cells and the organs. The chemicals can impair normal growth and development through a variety of mechanisms, including endocrine disruption and direct fetal damage. They cause mutations that may lead to cancer and multi-generational birth defects, according to an independent research group, Sciencecorps.

Christie Whitman has just surfaced on various news media averring that three-quarters of the oil has simply disappeared, so we need not worry.

Do you recall that, a few days after 9/11, Ms Whitman, then EPA administrator, assured New Yorkers their air was safe to breathe and presented no health risk? Yet hundreds of clean-up workers, police, and others have since then fallen extremely ill, while the children born to women who were exposed to the fall-out during their pregnancies now suffer from lower IQs, behavioral problems, and the kind of DNA damage that can lead to cancer, according to studies launched right after 9/11 and still going on, by the Columbia Center for Children's Environmental Health.

In fact, a just-released survey has found that 30 percent of the children who live in areas near the spill are now sick with physical ailments such as skin rashes and breathing problems. They're also anxious, distressed, and exhibiting behavioral problems. There's also a high level of family discord, including suicides. Almost a quarter of residents still fear that they will have to move. (9)

The Institute of Medicine says that what's needed is a massive effort to track health effects over time, but right now only a small federal study of the health of people in the Gulf communities is underway. After the massive Exxon Valdez spill, no one ever followed people over time to identify health outcomes.



### Science for hire

BP has hired a private company to assess the health of workers engaged in clean-up, which seems a fine example of the fox guarding the chicken coop.

But that's a very common occurrence. In Toms River, NJ, home to Ciba-Geigy and Union Carbide

chemical facilities, an unusually high number of workers and then children in the community fell ill with cancer. Yet scientists hired by the companies never found any evidence of a connection.

BP is now buying up scientists from public universities in all the Gulf States, including the entire marine science department at one Alabama University. The well-paying contracts have a non-disclosure clause that prohibits scientists from publicizing their research, sharing it, or speaking about data for at least three years. The purpose is to aid the company in its defense against lawsuits, including the one the federal government is poised to bring against BP. (10)

### Solutions

Sen. Frank Lautenberg (D-N.J.) recently proposed a broad overhaul of rules for the use of oil dispersants, one piece of legislation that seems irrefutable. It seems obvious that the federal government needs to overhaul its oversight of oil drilling and extracting, and clean up the corruption in the agency (the Minerals Management Service) that was supposed to regulate the industry.

Even apart from (and in addition to) global warming, the health of our children demands that we switch away from coal, oil, and gas to alternative energy sources. It is madness to spend billions of dollars first subsidizing the production of these fuels, more billions cleaning up the disasters they cause, and billions more to deal with the illnesses they bring about. (Not to mention the billions we spend on overseas wars to protect our sources of oil.)

As individuals and families, we can make a difference by the way we lead our lives – cut back on our gas usage, send a message to manufacturers by avoiding products based on oil such as plastics and synthetic fabrics, and avoid petroleum-based pesticides by eating organic foods. See the Resources section of *Poisoned for Profits*, below, to make oil-free, green decisions.

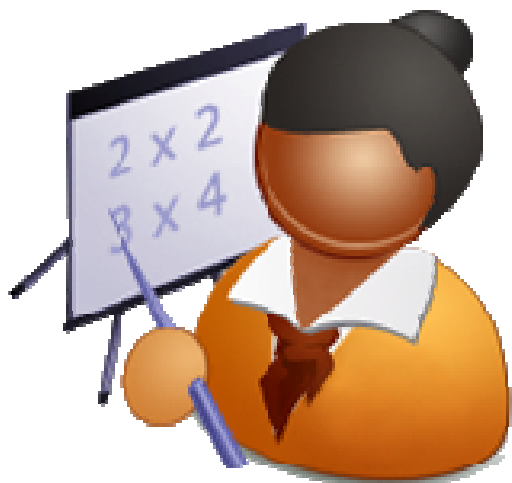
We should also give a strong push to the widespread use of “green chemistry,” which manufactures products out of a non-petroleum and non-toxic base. Green chemistry redesigns the molecules that go into manufacturing chemical products, to replace those that are toxic, and builds the products from plant-based materials such as corn, potatoes or other agricultural products, and even agricultural waste. A good article on how green chemistry can help avoid another Gulf-like catastrophe: <http://tinyurl.com/25ny68p>

### **PS: A warning re eating fish**

The dispersants sink into the water, enter the organisms fish eat, and travel up the food chain.

The Food and Drug Administration proposes to use a “sensory test” to decide whether fish are dangerous to eat. That means they intend to smell the fish. But actually the fish can be contaminated without an odor. Right now, some independent scientists are advising that pregnant women and children avoid eating fish until a better test is put in place.

### **Sources of Information and Help**



### **Sciencecorps.org**

ScienceCorps is an informal alliance of scientists and other researchers who provide evaluation, communication, technology and other types of assistance in environmental and occupational health. See their fact sheet on the hazards of the ingredients that are in the Gulf, <http://www.sciencecorps.org/crudeoilhazards.htm>, and for medical repercussions, see their Clinical Evaluation fact sheet, <http://tinyurl.com/2csdq4h>.

### **Dr. Riki Ott**

[www.rikiott.com/](http://www.rikiott.com/)

Is a marine biologist, who studied the aftermath of the Exxon Valdez, and is now investigating the extent and repercussion of the Gulf blow-out.

### **Wilma Subra, Subra Company**

[subracom@aol.com](mailto:subracom@aol.com)

Chemist and warrior who helps communities fight toxic assaults. Winner of a MacArthur “genius award.”

### **Waterkeeper Alliance**

[www.saveourgulf.org](http://www.saveourgulf.org)

### **Environmental Defense Fund**

[www.edf.org](http://www.edf.org)

### **MyGulfAction.com**

This site helps you identify the energy reducing actions you’re willing to make, then aggregates everyone’s actions in equivalent gallons of oil, and displays the figure on the site’s home page.

### **BP’s counter-attack**

If you google any terms relating to the Gulf catastrophe, at the top of the page you will find: Gulf Response, [www.BP.com/GulfOfMexicoResponse](http://www.BP.com/GulfOfMexicoResponse)

For an amazing video summarizing the situation: [www.youtube.com/watch?v=-mzuG2Hndec](http://www.youtube.com/watch?v=-mzuG2Hndec)

## References

Except for the cited material, the examples and facts in this article are drawn from the book I wrote with my husband Philip, *Poisoned for Profit: How Toxins Are Making Our Children Chronically Ill*. [www.poisonedforprofit.net](http://www.poisonedforprofit.net)

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*Stephen's Healthy Housing Column*

## **Time to Look at Your Home in a Different Light: The Bedroom Part 2**

*Stephen Collette, BBEC, LEED AP*

Stephen Collette is a Certified Building Biology Environmental Consultant (BBEC). This lengthy certification analyses the built environment and how it impacts people's health. Stephen was a natural builder for 5 years specializing in straw bale construction. Stephen has an engineering background and training which enables him to understand the various processes occurring within the home and how they can interact. Applying these skills and knowledge to the standard home and small office enables Your Healthy House to find the reasons for poor indoor air quality and to create solutions to help create your healthy house.

Stephen Collette is a Leadership in Energy and Environmental Design - Accredited Professional (LEED AP), which allows Stephen to use the Canada Green Building Council's guidelines and method to ensure a quantitative approach to building

*Stephen's Healthy Housing Column*

## **Time to Look at Your Home in a Different Light: The Bedroom, Part 2**

**“If you have the room, put the bed on wheels so you can move it around to make cleaning easier.”**

For many people who have had MCS for some time, they have slowly made their living space their sanctuary. For those who are newly diagnosed, things are going to be different, and need to be for you to stay as well as possible. That means looking at your home in a different light. This series of articles will walk through the kinds of elements that I look for in a healthy house and where the potential problems lie within a home. We will focus on the sneaky things that you may have missed in your own process as well.

### **The Bedroom**

For many with MCS, the bedroom can be the single safest room there is in the house. For some, this is where much of the time inside is spent as well. And if the bedroom is not as healthy as possible, then sleeping, healing, and recovering while sleeping becomes harder to do. Making the bedroom a truly safe place is critical and a priority for many with environmental sensitivities. We covered the bed in the last article. This time around we are going to look at the rest of the bedroom and how to make it healthier.

### **Fuzzy Wuzzy Was a Dust Bunny**

So what lurks underneath your bed?

It's a question that one might be surprised at. Typically there is an elevated amount of dust found underneath your bed, which goes unnoticed for quite some time since you don't get under there to vacuum very often. By the time we do get underneath your bed the dust bunnies have turned into dust dinosaurs ready to take on Godzilla. Think about this space as it is pretty close to your head and breathing zone and to have it be one of the dirtiest places in your house is not a great idea.

So to resolve the sub bed bunny problem consider a couple of ideas.

First, don't put anything under your bed. That makes it a little easier to clean if you don't have to pull stuff out.

Second, don't put carpet under your bed as that just helps collect the dust in the air even better, amplifying the situation. So stick with solid surface under the bed, and in the rest of the room, which we will get to in a minute.

If you have the room, put the bed on wheels so you can move it around to make cleaning easier.

Finally, if you have issues getting under your bed to clean, consider raising the bed frame up somehow so that it is easier to clean. This may also make it easier to get in and out of bed, so that may be handy all around.



Photo Credit: Charlie Brewer

**“Turn  
off  
WIFI  
or  
wireless  
routers.”**

So as mentioned, having carpet in your bedroom is not really a good idea. We want the healthiest solid surface possible in this space to make it easier to clean and to control dust. I wrote an article on flooring which you can find here <http://mcs-america.org/september2009.pdf>. Basic recommendations for the flooring are low or ideally zero Volatile Organic Compounds (VOC's) and solid surface. Some that might work for would be solid wood, cork, linoleum, and tile for example. Keep area rugs small and manageable so that you can take them outside and clean them effectively.

### **First Fuzz, Now the Buzz**

Many people set up home offices in their bedrooms or at least bring in every electronic gadget imaginable into this space. Electricity impacts our body, as we are bio-electric creatures.

We however do not operate on 110 volts.

As electricity is present in a wire, it generates an electric field. And when there is current present, it generates a magnetic field. These fields are of a high potential and are trying to find ground. We are electrically a close approximation to ground and, therefore, absorb these fields.

It is most important to deal with these issues in the bedroom, where our bodies are trying to heal

themselves. By reducing electrical appliances around the bed and distancing or removing as many as possible, we can ensure that the least amount of electricity is disrupting our recuperative sleep. Demand switches are a more costly option in which a key fob remote can actually turn off as many circuits in the house as desired to ensure that the impact of electricity is reduced to as little as operationally possible. These fobs once activated shut off the power to the desired circuits. To re-energize the circuit simply turn on a light switch or anything and it automatically powers back up without the need for the fob.

Turn off WIFI or wireless routers. They generate microwave frequencies, as do cell phones and cordless phones. Microwave frequencies are also used for cooking food, and as such exposures to these frequencies can and do impact personal health.

It is recommended to reduce use of these electronic appliances due to the health concerns. Where not possible, the wireless routers should be placed on timers so that they are not in operation during sleeping hours, to reduce the exposure while the body is trying to heal itself. Hard-wired internet connection is the preferred option.

Cell phones should be used sparingly and should not be on during the night. Cordless phones should be used sparingly.

Corded phones should be installed and used where possible, especially in the bedroom.



Photo Credit: Niels Olsen

**“Keep  
your  
closet doors  
open a bit,  
to allow  
things to  
air out.”**

### Get the Odors Out

If you have carpet and cannot get rid of it for various reasons, like renting, then try to thoroughly vacuum it with a HEPA (High efficiency particulate arrester) vacuum. If you can however tear out the carpet, do so, and paint the subfloor until you can afford to finish it.

Painting your bedroom is a choice many people want to make to help them feel a little better, especially if we are spending a lot of time in the room. Ensure the paint is low or ideally zero VOC paint. Even better, use clay paint or clay plaster on the walls so that it can actually add value to the room, and with some texture of plaster, the room will take on a new feel, guaranteed.

Make sure your pile of clothes is not overpowering your room, with musty smell and body odor. Keep control of laundry so that it does not negatively impact air quality.

Keep your closet doors open a bit, to allow things to air out. Moisture and odors build up on our clothes and they can impact us. For those with MCS, if you cannot tolerate certain clothes, then they should be stored elsewhere in the house so as not to contaminate the rest of those that are safe.

Dry cleaning should not really be used due to the chemicals. But if you must, then clothes have to be aired out prior to

bringing them into the house. Many new clothes must also go through this detox, cleaning process, such as a washing and airing out prior to bringing into the bedroom. Be aggressive and vigilant in this situation as there are many chemicals on clothing.

Venting your closet with a bathroom fan, exhausting out can be a very good solution for many with MCS. Match this with louvered doors into the closet and you end up with a nice airflow, out of the house and out of the closet, creating a safer place for clothes.

I have found cedar closets with their aromatic scents can be a trigger for many, along with cedar chests. If you have them, track your health during the periods you are into these spaces and using them. If you are not sure, move your clothes out of the cedar closet and see if things get better after you wash and air them out.

### Conclusion

As a final rule of thumb, if you are not sure about anything at all, keep it out of the bedroom. Bring in only articles and elements that you are positive that you can tolerate. This space must be defended at all costs, as it truly is your sanctuary and the key to a healthy house.

Stephen Collette is a Building Biology Environmental Consultant and LEED accredited professional, who owns *Your Healthy House*, and is living with his family in Lakefield, Ontario.

[www.yourhealthyhouse.ca](http://www.yourhealthyhouse.ca)

705-652-5159

[stephen@yourhealthyhouse.ca](mailto:stephen@yourhealthyhouse.ca)



Photo Credit: Julia

*Op-Ed*

# ***The Ethics of Human Pesticide Experimentation***

It is well known that pesticides are toxic and have the capability of impairing human health. The recent deaths of two young girls in Washington after pesticide fumes seeped into their bedroom is enough to prove that pesticide use may be dangerous and unpredictable.

It would seem that this unpredictable danger should warrant more study on the human effects of pesticides. But that would mean intentionally exposing humans to pesticides and this raises some serious ethical issues.

In 2003, Reuters Health reported, “Manufacturers of pesticides or other chemicals sometimes give adult volunteers a dose of the product in order to determine what levels humans can tolerate without getting sick. Determining a safe level for humans is necessary before companies can gain Environmental Protection Agency (EPA) approval to market most pesticides and other chemicals. Scientists attacked the studies Wednesday, calling them unethical because people can only be hurt, and not helped, by receiving doses of toxic chemicals.”

The pesticide industry has encouraged the Environmental Protection Agency to allow human pesticide experimentation in order for them to establish allowable human exposure limits to these toxic chemicals.

## **Ethics**

Ethics must be considered in human testing. Once a pesticide induced illness occurs, a chronic decline in permanent health usually follows.

According to Michigan State University’s Pesticide Applicator Core Training Manual, “Illnesses caused by repeated pesticide exposure are cancer, birth defects, blood disorders, brain damage, and kidney problems.”

Ethics are built, in part, on non-maleficence, a concept that supports ensuring no harm. Non-maleficence is most commonly recognized in medical practice as part of the physician’s oath to “first do no harm”.

It is impossible to test pesticides on humans to determine safe exposure limits without harming some, if not all, test subjects.



Photo Credit: Michelle Tribe

**“Pesticides  
are  
designed  
to  
kill,  
both  
rapidly  
and  
effectively.”**

In 2005 the EPA announced, “Under the current rules all third-party intentional dosing research on pesticides involving pregnant or nursing women and children intended for submission to EPA is banned, and EPA will neither conduct nor support any intentional dosing studies that involve pregnant or nursing women or children for all substances EPA regulates.”

However, the rules for using non-pregnant, non-nursing adults as willing test subjects are much more murky due to true informed consent challenges.

### **Informed Consent**

Informed consent involves a researcher obtaining a signed consent form from a research subject. But, informed consent is much more than that.

True informed consent cannot be given without full understanding of all potential outcomes and risks. A person must be mentally capable of giving informed consent and have the knowledge and education on the consented subject matter to give consent with full understanding.

It is extremely difficult to obtain true informed consent and few researchers take the time to ensure that research subjects are actually capable of giving true informed consent.

Research subjects often express the belief that the trials they undergo are safe and that a researcher would knowingly put them in danger.

Pesticide dosing could never be considered an ethical practice, nor could anyone give truly give informed consent knowing how toxic pesticides are... unless they wish to be harmed or are suicidal.

### **Nature of Pesticides**

Pesticides are designed to kill both rapidly and effectively. They are not safe for humans, especially children and small pets. There are safer alternatives to pesticides. Need more be said?



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*Scientific Study****Autoimmune Inflammatory Syndrome Induced by Adjuvants (ASIA)***

According to the Environmental Protection Agency (EPA), multiple chemical sensitivity (MCS) is “a diagnostic label for people who suffer multi-system illnesses as a result of contact with, or proximity to, a variety of airborne agents and other substances.”

MCS is generally regarded as an environmental illness that results from toxic chemical injury and leads to health effects and a decreased ability to clear toxic substances from the body. It is a condition that has a history of going by many names, none of which researchers and clinician’s have agreed upon as a whole.

There are many varied effects of toxic poisoning from many different chemical agents and there is a general tendency to describe each type of toxicity individually or symptomatically rather than addressing all toxicities as a whole condition.

Researchers at the Zabludowicz Center for Autoimmune Diseases in Israel have added another name to the list: Autoimmune/inflammatory syndrome induced by adjuvants (ASIA). This name focuses on vaccine adjuvants which cause toxicity.

Adjuvants are substances added to vaccines to cause the immune system to react more strongly. These adjuvants commonly include aluminum, squalene, and mercury. All are generally recognized as toxic in sufficient doses.

Determining a safe dose is nearly impossible due to the potential for multiple sources of exposure and variances in susceptibility from individual to individual. Some adjuvants, such as mercury-containing thimerosal, are not considered safe at any exposure level by some researchers.

“The role of various environmental factors in the pathogenesis of immune mediated diseases is well established,” assert Shoenfeld and Agmoon-Levin, “In recent years, four conditions: siliconosis, the Gulf war syndrome (GWS), the macrophagic myofasciitis syndrome (MMF) and post-vaccination phenomena were linked with previous exposure to an adjuvant.”

The four diseases mentioned share similar signs and symptoms which are consistent with toxic chemical poisoning.

“Relating to the current knowledge we would like to suggest to include these comparable conditions under a common syndrome entitled ASIA, "Autoimmune (Auto-inflammatory) Syndrome Induced by Adjuvants", say Shoenfeld and Agmoon-Levin.

It is safe to say that yet another name has been proposed for chemical induced illness and that parents should be wary of any vaccines containing adjuvants. Depending on the vaccine, some non-adjuvanted versions may be available.

**Reference**

Shoenfeld Y, Agmon-Levin N. 'ASIA' - Autoimmune/inflammatory syndrome induced by adjuvants. *J Autoimmun.* 2010 Aug 12. [Epub ahead of print]



*Photo distributed under Creative Commons:  
Flickr user KOMUnews*

*Scientific Study****Factors Leading to Allergy and Asthma***

**“Research now shows that indoor allergens do cause asthma and allergy, but there are more factors than just dose alone.”**



Researchers at Southampton General Hospital in the UK ask an interesting question in the title of a recent research article: Does exposure to indoor allergens contribute to the development of asthma and allergy?

Most people know that indoor allergens lead to a worsening of asthma and allergy. It begs to question, however, whether exposure to allergens actually causes asthma and allergy to develop in previously healthy individuals.

The most common indoor allergies are to things like dust mites, cockroaches, animal dander, and mold.

“In genetically susceptible children, exposure to these indoor allergens during the critical postnatal period may lead to sensitization in early childhood,” says researcher Arshad, “Consistent evidence indicates that children sensitized to common indoor allergens are at several-fold higher risk of asthma and allergy.”

Researchers say there are also other factors to consider though.

One of the challenges to identifying allergens as a cause for asthma and allergies is the fact that medical science views causation by various agents in terms of a dose response relationship. In other words, a certain dose of exposure will produce consistent results in terms of new onset asthma

and allergy in everyone.

But family members living together with the same exposures often find that some family members will develop illness while others remain healthy. In other cases, one family member may develop asthma, while another develops a cough, and another develops allergies.

Research now shows that indoor allergens do cause asthma and allergy, but there are more factors than just dose alone.

The type of allergen is also a factor in the development of allergies and asthma. Certain substances are more likely to cause a previously healthy person to become ill than other substances.

The genetic susceptibility of each individual also plays a factor. Careful interpretation is required here. Exposure is not good for anyone and may be cumulative over time. No one escapes this. However, some people are more susceptible to illness at much lower exposures, which explains why family members take ill at varying rates and levels.

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Arshad SH. Does exposure to indoor allergens contribute to the development of asthma and allergy? *Curr Allergy Asthma Rep.* 2010 Jan;10(1):49-55.

*Scientific Study****CPAP Improves Gulf War Illness***

**“CPAP  
is a  
form of  
breathing  
therapy  
which is  
primarily  
used in  
patients  
with  
sleep apnea.”**

New research suggests that nasal continuous positive airway pressure (CPAP) may greatly improve and alleviate the symptoms in veterans with Gulf War illness (GWI) and sleep disordered breathing (SDB).

CPAP is a form of breathing therapy which is primarily used in patients with sleep apnea. A CPAP machine delivers a steady supply of compressed air through a mask and hose in order to keep the airway open and improve breathing.

Over one-third of Gulf War Veterans developed Gulf War Illness, which is believed to be a form of toxic poisoning from vaccinations and/or Sarin nerve gas exposure. Symptoms include gastrointestinal distress, confusion, neurological problems, mood swings, fatigue, and chronic pain.

Over 30% of Veterans on CPAP experienced improvements in pain, fatigue, cognitive function, sleep quality, and overall physical/mental health. This suggests that breathing difficulties worsen the symptoms of Gulf War

Illness in some Veterans.

There are some side effects of CPAP use, including nightmares, dry nose, sore throat, congestion, sneezing, runny nose, and irritation. Abdominal bloating has also been reported.

The machine is noisy to operate and may disrupt sleep and relaxation for some.

It is unclear why CPAP improved the symptoms of Veterans or why only 1/3<sup>rd</sup> experienced this improvement. It is plausible that CPAP corrects co-existing breathing disorders unrelated to Gulf War Illness.

Prior studies on subjects with the civilian version of Gulf War Illness known as multiple chemical sensitivity have shown reduced blood flow to the brain, thus reduced oxygenation.

CPAP may act to increase oxygen availability through improved respiration.

CPAP may be promising for some and provide better management of Gulf War Illness and related toxic poisoning through symptom reduction.



Photo Credit: Wikimedia Commons User: Pixan

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Op-Ed

# Nanosilver Approved for Clothing

**“Nanosilver  
may be  
coming  
to a  
clothing  
store  
near you!”**

Buyers beware. Nanosilver may be coming to a clothing store near you!

According a recent news release, a Swiss chemical producer may be among the first to receive a conditioned EPA approval for the use of antimicrobial nanosilver pesticide particles in fabrics.

Nanosilver is already in use in numerous consumer products, including washing machines.

China and other Asian countries have already marketed underwear and athletic clothing impregnated with nanosilver as "odor-free" and "germ-proof".

Supposedly, nanosilver added to fabrics used in clothing will make it smell better, stay cleaner, and destroy germs.

However, some are deeply concerned about the safety of nanosilver.

## Safety Testing

Little testing has been done and much controversy exists over the safety of silver nanoparticles, both for the environment and human health.

Silver particles have been shown in studies to work loose from clothing wash down the drain during laundering and this could contaminate lakes and streams. It is unknown what effect this will have on the environment and drinking water.

It is known that nanosilver spreads into the environment. Plant growth has been shown to be stunted by nanosilver.

Constant nanosilver exposure against the skin from clothing is a concern. Studies to make any determination of safety are severely lacking. The consumer and employees working in manufacturing are at the greatest exposure risk.

The Consumer Product Safety Commission has not approved nanosilver either.



**“Germs,  
including  
bacteria,  
are not  
all  
bad.”**

### **Destroying Germs**

While keeping clothing germ free sounds appealing, there is great concern over destroying all germs. Killing off good bacteria could have potential negative health effects on consumers.

Germs, including bacteria, are not all bad. Some bacteria is good for us. In fact, there are bacteria which we require to be healthy and digest foods, such as probiotics like acidophilus and bifidus.

### **Labeling**

It is unclear at this time whether clothing would be clearly labeled as containing nanosilver. A labeling clue that some chemical has been added to a garment is the use of selling points like “germ resistant”, “odor free”, “stain resistant”, or “permanent

press”. It is best to avoid products making these sorts of claims.

### **EPA**

The EPA is not really equipped to follow-up once an approval is given. Though the chemical producer would be required to submit studies to support safety and efficacy before the 4 year conditioned approval is made permanent, there is concern over the reliability and validity of studies conducted in this fashion.

History has shown us that relying on a manufacturer to produce studies in support of their product leaves an opportunity to publish only the supportive studies and bury the rest. A truly independent testing system is direly needed now and in the future.

Until then, buyer beware!



## 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".

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

<http://www.ncchem.com/snftaas/gaslist.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/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](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>

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**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)

News

# Community News

## Subscribe to News & Media Articles

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Toxic epidural ravages mother

<http://www.smh.com.au/national/toxic-epidural-ravages-mother-20100820-1390i.html>

BP Settlements Likely to Shield Top Defendants

<http://www.nytimes.com/2010/08/20/us/20spill.html>

Sign Our Letter to First Lady Michelle Obama!

<http://salsa.democracyinaction.org/o/852/action/schoolsiting>

Reanimated 'Junk' DNA Is Found to Cause Disease

[http://www.nytimes.com/2010/08/20/science/20gene.html?\\_r=1](http://www.nytimes.com/2010/08/20/science/20gene.html?_r=1)

Is Wi-Fi a health risk at schools?: MacDonald

[http://www.torontosun.com/comment/columnists/moira\\_macdonald/2010/08/18/15066996.html](http://www.torontosun.com/comment/columnists/moira_macdonald/2010/08/18/15066996.html)

Insecticide to be banned - three decades after tainted melons sickened 2,000 people

<http://www.environmentalhealthnews.org/ehs/news/aldicarb-phaseout>

Englebright Measure Banning BPA Signed into Law

<http://threevillage.patch.com/articles/englebright-measure-banning-bpa-signed-into-law>

Tell Toys "R" US and Wall Street to Stop Profiteering from Toxic Toys!

<https://secure3.convio.net/ibt/site/Advocacy?cmd=display&page=UserAction&id=479>



# Featured Research Studies

*[Editor's Comment: Aluminum hydroxide is a vaccine excipient used in some vaccines.]*

## **Aluminum hydroxide injections lead to motor deficits and motor neuron degeneration.**

Shaw CA, Petrik MS. J Inorg Biochem. 2009 Nov;103(11):1555-62. Epub 2009 Aug 20. Departments of Ophthalmology and Visual Sciences, University of British Columbia, Vancouver, British Columbia, Canada. cashawlab@gmail.com

### Abstract

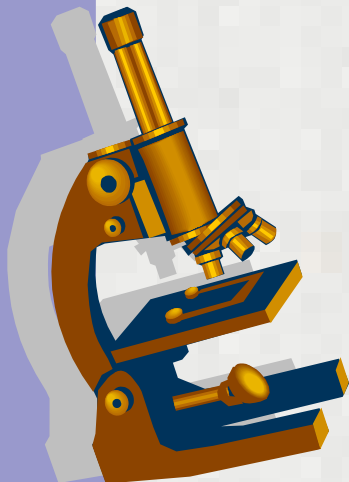
Gulf War Syndrome is a multi-system disorder afflicting many veterans of Western armies in the 1990-1991 Gulf War. A number of those afflicted may show neurological deficits including various cognitive dysfunctions and motor neuron disease, the latter expression virtually indistinguishable from classical amyotrophic lateral sclerosis (ALS) except for the age of onset.

This ALS "cluster" represents the second such ALS cluster described in the literature to date. Possible causes of GWS include several of the adjuvants in the anthrax vaccine and others. The most likely culprit appears to be aluminum hydroxide. In an initial series of experiments, we examined the potential toxicity of aluminum hydroxide in male, outbred CD-1 mice injected subcutaneously in two equivalent-to-human doses. After sacrifice, spinal cord and motor cortex samples were examined by immunohistochemistry.

Aluminum-treated mice showed significantly increased apoptosis of motor neurons and increases in reactive astrocytes and microglial proliferation within the spinal cord and cortex. Morin stain detected the presence of aluminum in the cytoplasm of motor neurons with some neurons also testing positive for the presence of hyperphosphorylated tau protein, a pathological hallmark of various neurological diseases, including Alzheimer's disease and frontotemporal dementia.

A second series of experiments was conducted on mice injected with six doses of aluminum hydroxide. Behavioural analyses in these mice revealed significant impairments in a number of motor functions as well as diminished spatial memory capacity. The demonstrated neurotoxicity of aluminum hydroxide and its relative ubiquity as an adjuvant suggest that greater scrutiny by the scientific community is warranted.

PMID: 19740540 [PubMed - indexed for MEDLINE]PMCID: PMC2819810Free PMC Article



### Airborne particulate matter and mitochondrial damage: a cross-sectional study.

Hou L, Zhu ZZ, Zhang X, Nordio F, Bonzini M, Schwartz J, Hoxha M, Dioni L, Marinelli B, Pegoraro V, Apostoli P, Bertazzi PA, Baccarelli A.

Environ Health. 2010 Aug 9;9(1):48. [Epub ahead of print]

#### Abstract

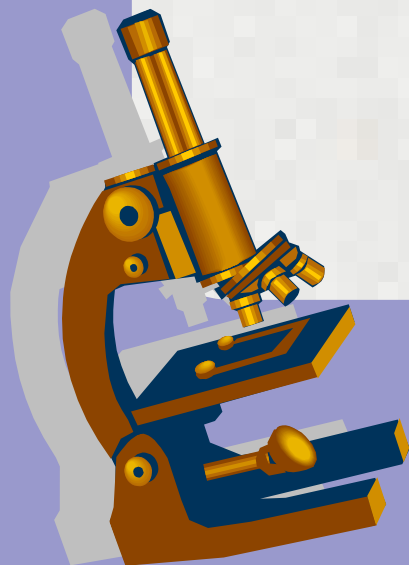
**ABSTRACT: BACKGROUND:** Oxidative stress generation is a primary mechanism mediating the effects of Particulate Matter (PM) on human health. Although mitochondria are both the major intracellular source and target of oxidative stress, the effect of PM on mitochondria has never been evaluated in exposed individuals.

**METHODS:** In 63 male healthy steel workers from Brescia, Italy, studied between April and May 2006, we evaluated whether exposure to PM was associated with increased mitochondrial DNA copy number (MtDNAcn), an established marker of mitochondria damage and malfunctioning. Relative MtDNAcn (RMtDNAcn) was determined by real-time PCR in blood DNA obtained on the 1st (time 1) and 4th day (time 2) of the same work week. Individual exposures to PM<sub>10</sub>, PM<sub>1</sub>, coarse particles (PM<sub>10</sub>-PM<sub>1</sub>) and airborne metal components of PM<sub>10</sub> (chromium, lead, arsenic, nickel, manganese) were estimated based on measurements in the 11 work areas and time spent by the study subjects in each area.

**RESULTS:** RMtDNAcn was higher on the 4th day (mean=1.31; 95%CI=1.22 to 1.40) than on the 1st day of the work week (mean=1.09; 95%CI=1.00 to 1.17). PM exposure was positively associated with RMtDNAcn on either the 4th (PM<sub>10</sub>: beta=0.06, 95%CI=-0.06 to 0.17; PM<sub>1</sub>: beta=0.08, 95%CI=-0.08 to 0.23; coarse: beta=0.06, 95%CI=-0.06 to 0.17) or the 1st day (PM<sub>10</sub>: beta=0.18, 95%CI=0.09 to 0.26; PM<sub>1</sub>: beta=0.23, 95%CI=0.11 to 0.35; coarse: beta=0.17, 95%CI=0.09 to 0.26). Metal concentrations were not associated with RMtDNAcn.

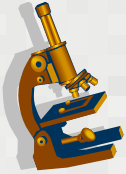
**CONCLUSIONS:** PM exposure is associated with damaged mitochondria, as reflected in increased MtDNAcn. Damaged mitochondria may intensify oxidative-stress production and effects.

PMID: 20696069 [PubMed - as supplied by publisher]



## Assessing Children's Dietary Pesticide Exposure – Direct Measurement of Pesticide Residues in 24-Hour Duplicate Food Samples

Citation: Lu C, Schenck FJ, Pearson MA, Wong JW 2010. Assessing Children's Dietary Pesticide Exposure – Direct Measurement of Pesticide Residues in 24-Hour Duplicate Food Samples. Environ Health Perspect :-  
doi:10.1289/ehp.1002044



### Abstract

**Background:** The data presented in this paper responded to calls for more direct measurements of pesticide residues in foods consumed by children and provided an opportunity to compare direct measures of pesticide residues in foods representing actual consumption to those reported by the USDA Pesticide Data Program.

**Objective:** We measured pesticide residues in 24-hour duplicate food samples collected from a group of forty-six young children participating in the Children's Pesticide Exposure Study (CPES).

**Methods:** Parents were instructed to collect 24-hr duplicate food samples of all conventional fruits, vegetables, and fruit juices equal to the quantity consumed by their children, similarly pre-washed/prepared, and from the same source or batch. Individual or composite food items were analyzed for organophosphates (OP) and pyrethroid insecticide residues.

**Results:** We collected a total of 239 24-hr duplicate food samples collected from the forty-six CPES children. We found 14% or 5% of those food samples contained at least one OP or pyrethroid insecticide, respectively. A total of eleven OP insecticides, at levels ranging from 1 to 387 ng/g (ppb), and three pyrethroid insecticides, at levels ranging from 2 to 1,133 ng/g, were measured in children's food samples. We found many of the food items consumed by the CPES children were also on the list of the most-contaminated food commodities reported by the Environmental Working Group

**Conclusions:** The frequent consumption of food commodities with episodic presence of pesticide residues that are suspected to cause developmental and neurological effects in young children supports the need for further mitigation.

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