

MULTIPLE CHEMICAL SENSITIVITY (MCS)

An Invisible Disability Covered By The Americans With Disabilities Act (1990)



MCS is a serious, chronic, disabling disease in which patients are severely sickened by exposure to everyday chemicals, such as those found in cleaning supplies, cosmetics, personal care items, air fresheners, laundry products, perfumes, and pesticides. MCS patients have died from cancer, liver failure, and multiple organ failure.

WHAT ARE THE SYMPTOMS?

Headaches; fatigue; dizziness; difficulty breathing; joint and muscle pain; weakness; loss of coordination; nausea; vomiting; diarrhea; confusion; memory loss; migraines; abdominal pain; irritated eyes, nose, ears, throat, lungs & skin; slurred speech; low/high blood pressure; brain fog; sleep disturbance; heart palpitations; concentration difficulties; and seizures.

WHAT CAUSES MCS?

Exposure to any of the chemicals of the very large class of organic solvents (i.e. formaldehyde, benzene, etc.) & related compounds, three classes of pesticides (organophosphorus and carbamate; organochlorine; and pyrethroid), plus mercury, hydrogen sulfide and carbon monoxide will initiate cases of MCS.

These chemicals initiate a biochemical vicious cycle mechanism in the brain called the NO/ONOO- cycle. (Pronounced "No! Oh no!") Once the cycle is initiated, it is the CAUSE of the illness. This cycle comprises a new paradigm of human disease known as the TENTH PARADIGM. (It is also believed to cause chronic fatigue syndrome, fibromyalgia, asthma, autism, and other diseases.) For more info: www.thetenthparadigm.org

The role of these chemicals acting as toxicants in initiating MCS has been confirmed by genetic evidence. It has been shown that six genes that influence the metabolism of these chemicals all influence susceptibility to MCS.

Patients often report sensitivity on the order of 1000 times greater than those without MCS.

HOW COMMON IS MCS?

In the United States, the prevalence of severe MCS is approximately 3.5% of the population. Those moderately affected range from 12% to 25%. Various studies show that MCS appears to have a very high prevalence, even higher than diabetes, thus providing evidence that the impact of MCS on public health is

immense. The economic loss, in terms of productivity, is also enormous.

WHO GETS MCS?

MCS affects all ages, races, socioeconomic classes and both sexes. Females are affected disproportionately compared to males, possibly due to differences in hormones & other factors.

Currently, it can't be predicted who will develop MCS, so everyone should avoid chemicals as much as possible. Chemical exposure in the work environment may initiate a substantial number of MCS cases.

WHAT MCS IS NOT:

MCS is **NOT** a reaction to smells or odors. It is a reaction to chemicals. Many times patients react to chemicals with no odor or smell. Patients with no sense of smell still become sick upon exposure.

MCS is **NOT** an allergy. Allergy reactions are mediated by immunoglobulins. MCS reactions are not. Allergy medication or shots will not treat or cure MCS.

MCS is **NOT** a mental disorder or mental illness. Many misinformed physicians and other health care workers believe this is the case, resulting in misdiagnosis and mistreatment of MCS patients, putting their lives at risk.

Some think MCS is a "disorder of belief", an "obsessive disorder", "paranoia", etc. Studies have shown MCS is a real physiological disease. Other diseases that have been viewed this way in the past are: multiple sclerosis (MS), Parkinson's disease, lupus (SLE), interstitial cystitis,

migraine, rheumatoid arthritis, asthma, gastric and duodenal ulcers, and ulcerative colitis. Each has been shown to be a real physiological disease, caused by genuine demonstrable pathophysiological mechanisms.

Ulcers were recently shown to be caused by a bacterium. The two physicians who made this discovery won the Nobel prize.

Some will argue that since MCS patients sometimes show anxiety, depression, rage reactions, etc. that it is a psychological disorder. The NO/ONOO- cycle can cause such reactions in the brain. It's also well known that anxiety and depression are found in patients suffering from chronic diseases, such as cancer and rheumatoid arthritis. They're not mentally ill. MCS patients are no different. Furthermore, depression is normal (known as situational depression) when a person is faced with an incurable disease and loss of their previous lifestyle, relationships, and career.

TREATMENT FOR MCS

Currently, there is no cure for MCS. Treatment consists of strict avoidance of chemicals. Covering the skin to avoid absorption and wearing respirators to avoid their inhalation is a common practice when in public buildings due to the presence of air fresheners, cleaners, pesticides, etc., which sicken MCS patients.

Martin L. Pall, Ph.D., discoverer of the TENTH PARADIGM, has developed a drug-free treatment protocol that is having some success in making patients less reactive to chemicals. Further information

may be found at his website:
www.tenthparadigm.org

For discussion of his theory, treatment protocol, ways to avoid chemicals and protect yourself, join our group at:
<http://health.groups.yahoo.com/group/TenthParadigmSociety>

THE POLITICS OF MCS

When MCS is accepted beyond doubt to be a real physiological disease, the chemical industry will face multi-million dollar lawsuits and collapse. Therefore, they fight to discredit those who are sick and those who treat them. They spend millions each year lobbying Congress and convincing the government and consumers their products are safe. Don't be fooled!

PREVENTING MCS

The best way to avoid developing MCS is to avoid chemical exposure. It will also lessen chances of developing cancers, allergies, autoimmune diseases, neurological disorders, reproductive disorders & diseases, infertility, etc.

Clean out your house. Dispose of all scented products: personal fragrances, air fresheners, candles, cleaners, laundry products, cosmetics, etc. Use only Borax, baking soda, salt, vinegar, Super Washing Soda, hydrogen peroxide, real soap (made from coconut, palm, olive and other oils), etc. for cleaning, bathing, washing clothes and dishes.

Do **not** be fooled by so-called "green" products sold by companies making toxic products. They're really no safer. This is a phenomenon known as "green

washing." These companies play on people's desire to buy environmentally friendly products. They throw in a few so-called natural ingredients, don't test on animals, use recyclable packaging and call their products "safe for the environment" and people. They aren't.

Demand schools, hospitals, medical offices & facilities, and other public buildings institute fragrance-free policies, use non-toxic cleaning products and safe pest management.

Do **not** cook or store food in plastics. Eat organic foods.

Avoid chipboard/pressboard products & furniture (contains formaldehyde).

Avoid products containing phthalates and ingredients whose names you can't pronounce. **Always read labels!**

Avoid anti-bacterial soaps. They are extremely toxic. (Triclosan is suspected of causing cancer.) Use plain soap.

Avoid carpeting (formaldehyde). Don't wear shoes in the house. Open windows to freshen the air.

Avoid scented laundry products (petroleum) and dryer sheets (benzene). They are extremely toxic. Children should **not** be exposed to these chemicals.

For more suggestions and info:
<http://healthychild.org>
www.noharm.org
www.beyondpesticides.org
www.stephentvedten.com

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