

Resources

Patient Support & Resources

MCS America Forums

MCSA Public

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

Open to the general public to discuss MCS in general as well as support, ideas, information, announcements, and/or to share personal activism. This is in contrast to the MCS America Members group where discussion of collaborative activist efforts and internal MCS America efforts will remain. No application is required.

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-Pubic 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.

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 Chemical Sensitivities (MCS), Parkinson's, and any other condition affected.

Bay Area MCS

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

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

CFS CFIDS ME

http://health.groups.yahoo.com/group/CFS_CFIDS_ME/

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

Chemical Disability Australasian NETWORK

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

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

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

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

We are a Christian group who have invisible illnesses like MCS (multiple chemical sensitivity) or Environmental Illnesses like Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), GWS, Lupus, Anxiety, etc.

Creative Canaries Community

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

This group is an online meeting place for creative artists with Chemical Sensitivities. We offer connections between - and information for - artists whose (artistic) life is affected by Chemical Sensitivities and the consequences they have.

Detox

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

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

Disinissues

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

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

EMF Refugee

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

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

Environmental Illness 001

http://health.groups.yahoo.com/group/environmental_illness001/

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

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. Here we can come together and share the information and experiences that have taught each of us a piece of the knowledge necessary to survive and thrive, eliminating unnecessary toxic chemicals from our lives, and replacing them with the elements of health and the alternatives offered by the natural world around us.

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 (HERC)

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

This chatroom 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 a group 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. (Please use the two-digit code.) Find rentals, hotels, and housing to purchase.

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 in which the legal, medical, geographic, architectural, social and funding issues relating to building such a community (ies) or village(s) may be discussed and resolved.

MCS Writers Group

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

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

Midwest Oasis MCS E-mail Support

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

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

Multiple Chemical Sensitivity (Chemical Sensitivity, Porphyrin & CO)

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

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

Old Dominion MCS-FMS_CFIDS Support Group · A Virginia Fibro MCS CFIDS Group

http://health.groups.yahoo.com/group/OldDominionMCS-FMS_CFIDSsupportgroup/

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

Planet Thrive

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

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

Sick Buildings

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

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

Sprayno

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

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

Tenth Paradigm Society

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

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

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

The Sanctuary

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

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

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>

Proper medical care is most crucial to recovery for individuals with MCS. 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>

Dental care is often challenging for individuals with MCS. Dental materials may cause reactions and should be tested for biocompatibility prior to use. A holistic dentist is generally more familiar with the needs of individuals with MCS. Some of the dentists on this list are specifically familiar with MCS, others are not. It is recommended that patients and dentists consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and dentist.

Air Quality Reports

Air Now Air Quality Reports

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

EPA State and Regional Indoor Environments Contact Information

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

The National Association of Clean Air Agencies 4 Cleaner Air

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

American Lung Association: State of the Air

<http://lungaction.org/reports/stateoftheair2007.htm>

Current Local & National Allergy Levels

<http://pollen.com/Pollen.com.asp>

Scorecard: Pollution Index by Area

<http://www.scorecard.org/>

Toxmap Hazardous Waste Site Locations

<http://toxmap.nlm.nih.gov/toxmap/main/index.jsp>

USA Smoke/Fire Pollution Map

<http://www.firedetect.noaa.gov/viewer.htm>

Antenna Search (USA)

http://mcs-america.org/index_files/www.AntennaSearch.com

EPA Safe Drinking Water Information by State

<http://www.epa.gov/safewater/dwinfo/>

EPA Radon Zone Map

<http://www.epa.gov/radon/zonemap.html>

Brochures

Air Fresheners & Plug-Ins

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

Chemical in Air Fresheners Reduces Lung Function

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

Consequences of Childhood Chemical Injury Poster By Margaret S. O’Nan

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

Electrosensitivity Brochure by Kato Yasuko

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

Fabric Softener

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

Fragrances

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

Grandma’s Cupboard: General Cleaning Solutions

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

Grandma’s Cupboard: Kitchen Cleaning

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

Grandma’s Cupboard: Personal Care

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

Grandma’s Cupboard: Laundry

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

Household Mold brochure from Quebec government

<http://publications.msss.gouv.qc.ca/acrobat/fl/documentation/2002/02-214-01A.pdf>

ILRU: Understanding & Accommodating People with MCS in Everyday Living

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

Indoor Air Chemistry

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

Interior Design and MCS

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

Jill Mellum: Breathe Easier, Hold the Fragrances Brochure

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

MCS Homebuyer’s Questionnaire

<http://mcs-america.org/Homebuyer'sQuestionnaire.pdf>

MCS Task Force of New Mexico Brochure

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

MCS Public Accommodations

<http://www.nettally.com/prusty/PUBLIC%20ACCOMMODATIONS.pdf>

MCS Statistics

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

No Scents Makes Sense Brochure

<http://www.nb.lung.ca/pdf/NoScentsMakeSense.pdf>

Theory on the Cause of MCS: Peroxynitrite and Nitric Oxide

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

Understanding Multiple Chemical Sensitivity

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

Use of Baking Soda as a Fungicide

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

Vaccine Poster - Are We Poisoning Our Children?

<http://www.generationrescue.org/pdf/080212.pdf>

Visiting a Person with MCS

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

What you should know before visiting a person who has NRLA and/or MCS

<http://mcs-america.org/VisitingNRLA-MCS.pdf>

Signs

Acute Toxic Effects of Fragrances Business Card

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

Chemical Awareness Ribbon

<http://mcs-america.org/ribbon.gif>

Electrosensitivity Sign - Please Turn Off Your Cell Phone

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

Facemask on Tweety

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

Fragrance Free Sign: Brooks University

http://www.brocku.ca/oehs/graphics/Fragrance_Free_Sign.pdf

No Scents Makes Sense Sign

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

No Latex Sign by Jane Sagmoe

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