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# MCSA NEWS

VOLUME 6 ISSUE 8 AUGUST 2011

## *How Smart Meters May Cause Autism and Cancer*



## *Autism and Cancer*

*Scientific Paradigm Review****How Smart Meters May Cause Autism and Cancer****- Andrew Goldsworthy, PhD*

**“The strong regular transmissions from wireless smart meters are particularly harmful and more likely to lead to DNA damage, cancer and autism.”**

**Abstract**

There is increasing evidence that wireless transmissions have biological effects, some of which are harmful, at levels that may be orders of magnitude below present safety guidelines. These guidelines were drawn up on the assumption that the radiation could only damage living tissues if it generated significant heat. It has since been shown that radiation at much lower levels has direct electrical effects. These are mainly on electrically charged cell membranes, where the low frequency pulses from the modulated microwaves make them vibrate and leak. This can give rise to many “modern illnesses” ranging from electromagnetic hypersensitivity to cancer and disorders of the immune system. The most dramatic increase in the incidence of autism due to damage to the developing brains of the fetus and young children. Modulated microwaves, such as those from cell phones, portable phones, WiFi, baby monitors and wireless smart meters are sources of potentially damaging radiation. The strength of the radiation appears to be less important than the duration and pattern of the exposure, with intermittent and repeated exposure being the most damaging. The strong regular transmissions from wireless smart meters are particularly harmful and more likely to lead to DNA damage, cancer and autism.

**Sub-thermal effects of electromagnetic radiation.**

There are thousands of scientific papers showing biological effects of non-ionizing electromagnetic radiation occurring well below the levels at which they can generate significant heat. Many of these have been reviewed at by expert scientist at [www.bioinitiative.org](http://www.bioinitiative.org) and <http://www.neilcherry.com/documents.php>. They include harmful effects such as damage to DNA in living cells that can lead to cancer, loss of fertility, brain damage due to the disruption of the blood-brain barrier and neuronal hyperactivity leading to autism in children. Many of these effects can be attributed to the loss of structurally important calcium from cell membranes, which makes them leak. This can disrupt normal metabolism and also release DNase (which destroys DNA) from the internal structures (lysosomes) that normally recycle waste, into the rest of the cell.

[http://www.hese-project.org/hese-uk/en/papers/cell\\_phone\\_and\\_cell.pdf](http://www.hese-project.org/hese-uk/en/papers/cell_phone_and_cell.pdf)

**“The effect on DNA damage was also greater if the microwaves were pulsed or modulated.”**

### **Prolonged and intermittent radiation causes more damage**

The duration of the radiation seems to be more important than its strength, with the effects being cumulative as more and more cells are damaged. Interestingly, DNA damage from cell phone radiation is greater when the exposure is intermittent (5 minutes on, 10 minutes off) than when continuous (Diem et al 2005). This may be because the cells are constantly adapting and using energy to defend themselves; they drop their guard during the off period and are caught unawares when it goes on again. This constant switching uses more energy, which eventually leaves the cells less able to counteract the effects of the radiation.

Diem et al. (2005) also found that the effect on DNA damage was also greater if the microwaves were pulsed or modulated to carry information (modulation involves sudden stops and starts of the signal, which are even more damaging).

Smart meters, which operate 24/7 and radiate modulated microwaves intermittently, can therefore be expected to be particularly harmful to DNA.

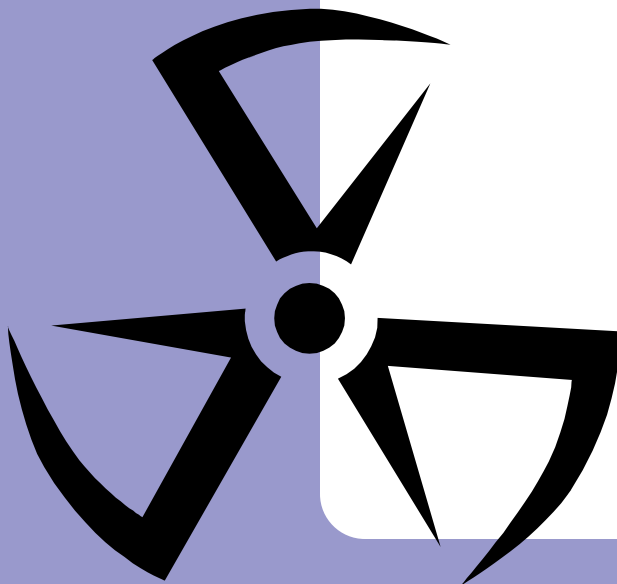
### **Microwave radiation causes cancer**

There is already evidence that heavy cell phone users are more prone to brain cancers. This has resulted in cell phones now being rated by the World Health Organisation as Group 2B carcinogens. This rating may later be increased, since brain tumours normally take decades to develop and few people have been regularly using a cell phone for more than a single decade. Particularly worrying is the finding by Hardell and Carlberg (2009) that young people were about 5-times more likely to get brain cancer both from cordless and cell phones if they began using them before the age of 20. The regular transmissions from wireless smart meters can be expected to have much the same effect, with younger people being more at risk. This is possibly because their brain structure is still growing and developing and therefore more susceptible to damage leading to cancer.

### **The effect of microwaves on autism is far worse**

The greatest damage from microwaves is when the brain is first developing in the fetus and the very young child, when it can lead to autism. Dr Dietrich Klinghardt has recently shown the relationship between microwaves and autism; a summary of his work can be found at

<http://electromagnetichealth.org/media-stories/#Autism> .



## **What is autism?**

Autism is in fact a group of life-long disorders (autistic spectrum disorders or ASD) caused by brain malfunctions and is associated with subtle changes in brain anatomy (see Amaral et al. 2008 for a review). The core symptoms are an inability to communicate adequately with others and include abnormal social behaviour, poor verbal and non-verbal communication, unusual and restricted interests, and persistent repetitive behaviour. There are also non-core symptoms, such as an increased risk of epileptic seizures, anxiety and mood disorders. ASD has a strong genetic component, occurs predominantly in males and tends to run in families.

## **Genetic ASD may be caused by calcium entering neurons**

It has been hypothesised that some genetic forms of ASD can be accounted for by known mutations in the genes for ion channels that result in an increased background concentration of calcium in neurons. This would be expected to lead to neuronal hyperactivity, the formation of sometimes unnecessary and inappropriate synapses, which in turn can lead to ASD (Krey and Dolmetsch 2007).

## **Electromagnetic fields let calcium into neurons too**

There has been a 60-fold increase in ASD in recent years, which cannot be accounted for by improvements in diagnostic methods and can only be explained by changes in the environment. This increase corresponds in time to the proliferation of mobile telecommunications, WiFi, and microwave ovens as well as extremely low frequency fields (ELF) from mains wiring and domestic appliances. We can now explain this in terms of electromagnetically-induced membrane leakage leading to brain hyperactivity and abnormal brain development.

## **Non-ionising radiation makes cell membranes leak**

The first effect of non-ionising electromagnetic radiation is to generate small alternating voltages across the cell membranes, which destabilize them and make them leak. This can have all sorts of consequences as unwanted substances diffuse into and out of cells unhindered, and materials in different parts of the cell that are normally kept separate, become mixed.

## **Why weak fields are more damaging than strong ones**

We have known since the work of Suzanne Bawin and her co-workers (Bawin et al. 1975) that modulated radio-frequency electromagnetic radiation that is far too weak to cause significant heating can nevertheless remove calcium ions (positively charged calcium atoms) from cell membranes in the brain. Later, Carl Blackman showed that this also occurs with extremely low frequency electromagnetic radiation (ELF) but only within one or more "amplitude windows", above and below which there is little or no effect (Blackman et al. 1982; Blackman 1990). A proposed molecular mechanism for this can be found in Goldsworthy (2010). In particular, it explains why weak electromagnetic fields can have a greater effect than strong ones and why prolonged exposure to weak fields (where cells are maintained in the unstable condition for longer) is potentially more damaging than relatively brief exposure to much stronger ones.

## **How calcium ions stabilize cell membranes**

This loss of calcium is important because calcium ions bind to and stabilize the negatively charged membranes of living cells. They sit between the negatively charged components of the cell membrane and bind them together rather like mortar binds together the bricks in a wall. Loss of just some of these calcium ions destabilize the membrane and make it more inclined to leak, which can have serious metabolic consequences. Among these are the effects of membrane leakage on the neurons of the brain.

## **How membrane leakage affects neurons**

Neurons transmit information between one another in the form of chemical neurotransmitters that pass across the synapses where they make contact. However, the release of these is normally triggered by a brief pulse of calcium entering the cell. If the membrane is leaky due to electromagnetic exposure, it will already have a high internal calcium concentration as calcium leaks in from the much higher concentration outside. The effect of this is to put the cells into hair-trigger mode so that they are more likely to release neurotransmitters and the brain as a whole may become hyperactive (Beason and Semm 2002; Krey and Dolmetsch 2007, Volkow et al. 2011). This may not be a good thing since the brain may become overloaded leading to a loss of concentration and what we now call attention deficit hyperactive disorder (ADHD).

## **How does this impact on autism?**

Before and just after its birth, a child's brain is essentially a blank canvas, and it goes through an intense period of learning to become aware of the significance of all of its new sensory inputs, e.g. to recognise its mother's face, her expressions and eventually other people and their relationship to him/her (Hawley & Gunner 2000). During this process, the neurons in the brain make countless new connections, the patterns of which store what the child has learnt. However, after a matter of months, connections that are rarely used are pruned automatically (Huttenlocher & Dabholkar 1997) so that those that remain are hard-wired into the child's psyche. The production of too many and often spurious signals due to electromagnetic exposure during this period will generate frequent random connections, which will also not be pruned, even though they may not make sense. It may be significant that autistic children tend to have slightly larger heads, possibly to accommodate unpruned neurons (Hill & Frith 2003).

Because the pruning process in electromagnetically-exposed children may be more random, it could leave the child with a defective hard-wired mind-set for social interactions, which may then contribute to the various autistic spectrum disorders. These children are not necessarily unintelligent; they may even have more brain cells than the rest of us and some may actually be savants. They may just be held back from having a normal life by a deficiency in the dedicated hard-wired neural networks needed for efficient communication.

## Autism and the economy

The incidence of autism has increased 60-fold, in parallel with the increase in electromagnetic pollution over the last thirty years. The chance of having an autistic child may now be as high as one in fifty. Apart from the personal tragedies for the affected children and their families, autism is of enormous economic importance. In the UK alone, the annual cost to the Nation in care and lost production exceeds the annual tax revenue from the entire mobile phone industry, which is about 20 billion UK pounds.

<http://www2.lse.ac.uk/newsAndMedia/news/archives/2009/05/MartinKnappAutism.aspx> In theory the Government could close down the entire mobile phone industry and actually show a profit!

There are ways in which the modulation of the signal can be changed to avoid this, but in the meantime, the compulsory introduction of smart meters can only contribute further to autism on a grand scale. This will be a further burden on the economy and increase the National deficit. This will far outweigh any possible advantages from the use of these meters.

There is also a risk of legal complications for the utility companies. If it can be shown that the consumer has taken reasonable precautions to minimise their microwave exposure by eliminating WiFi, cordless phones and wireless baby monitors from their house, the utility company could be held legally responsible for any autistic children that they may have.

In the UK, the lifetime cost of caring for an autistic child is in the region of one million pounds. It would be reasonable to claim compensation for this amount. In the United States, it may also be possible to claim punitive damages if it can be shown that the utility company knew of this risk when they installed or refused to remove a smart meter when requested.

Dr Andrew Goldsworthy, Lecturer in Biology (retired), Imperial College London

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*Andrew Goldsworthy was born in 1939. After a conventional Grammar School education he obtained a First Class Honors Degree in Botany followed by a PhD for research into plant physiology and biochemistry at the University of Wales. He went on to lecture at Imperial College London, where he spent the rest of his career. He has had many teaching and research interests, ranging from the biochemistry of photorespiration to the biology of space flight. He retired in 2004 but remains as an honorary lecturer. He was also a scientific advisor to the European Space Agency and is currently a scientific advisor to several European charities concerned with the environment and electromagnetic fields, including the Bio Electromagnetic Research Initiative, the Radiation Research Trust, and*

*Electrosensitivity-UK. He has always had a strong interest in how living organisms use internally-generated electric currents to control their growth and metabolism, and in their disruption by externally-applied currents and fields. In his retirement, he pieced together nuggets of information from a wide range of scientific journals and created simple layperson's explanations of how weak electromagnetic fields affect us all. The first of these can be found at <http://tinyurl.com/2nfujj>. The present article was submitted at the request of the Canadian House of Commons Standing Committee on Health for a hearing on April 29th 2010 on the biological effects of microwave radiation".*

**“In the United States, it may also be possible to claim punitive damages if it can be shown that the utility company knew of this risk when they installed or refused to remove a smart meter when requested.”**

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*Book Review*

# They are Poisoning Us from the Gulf War to the Gulf of Mexico

– A Book Review by Kathy Duff

**“Arnold  
Mann  
has  
given  
us  
a  
gift!”**

“They are Poisoning Us: From the Gulf War to the Gulf of Mexico, An Investigative Report” by Arnold Mann, 34<sup>th</sup> Street Press, Los Angeles, CA, [www.34thStreetPress.com](http://www.34thStreetPress.com); Softbound: c. 2011, 284pp

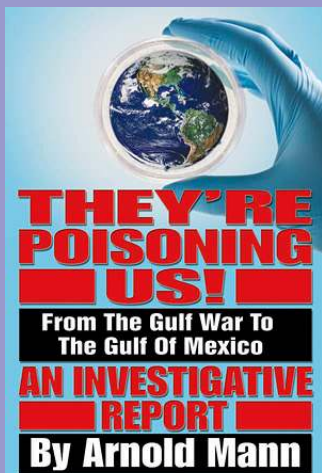
There is a dangerous new book about MCS out there. And by that I mean dangerous to the status quo. You may have seen the notices in the various MCS web sites for “They are Poisoning Us: From the Gulf War to the Gulf of Mexico,” by Arnold Mann. You may have considered it to have information you already knew or just another book about MCS. This book is different. It is a powerful tool for us.

Many of us have wished for an investigative reporter to dig into this story. We have one now. The author is an investigative reporter and an excellent writer. He started by writing an article about sickened employees in a mold contaminated building. When he saw how sick the people were and how the corporation responded, or rather did not respond to the problems, he started investigating. He took two and half years and personal savings to tell this story – our story – because he was so shocked at the serious illness, injustice, and corruption he found.

The author captures the story through the history of environmental medicine, the stories of people affected, and the response to those people. He describes the efforts of certain medical organizations, government agencies, and powerful corporations that have successfully suppressed recognition of this type of chemical injury. There is plenty of shame to go around and that is what the reader will find in this book – evidence of how the manipulation has affected policy that has marginalized people with chemical sensitivity.

Those well versed in the MCS issue will find new information, especially in his interviews with doctors treating MCS. I believe though, its greatest use for us will be in converting skeptics. There are no conspiracy theories here, just the facts. And those facts should convince the skeptics and fence-sitters that much of what they believe about chemical sensitivity is the result of manipulation, not science.

Arnold Mann has given us a gift. Let’s use it! Get this book to share with others. Request that your library carry a copy. Underline your favorite passages and give a copy to a doubting doctor. Request your favorite TV and radio talk show hosts have him on as a guest. Let’s make the best use of this terrific book as we can.



*Scientific Study*

# Mold May Lead to Sarcoidosis

**“Mold and fungi in the home may increase the risk of sarcoidosis according to a new study.”**

Mold and fungi in the home may increase the risk of sarcoidosis according to a new study.

Sarcoidosis is a disease process in which inflammation (swelling) occurs in the lymph nodes, lungs, liver, eyes, skin, or other tissues. According to the Mayo Clinic, “doctors believe sarcoidosis results from an abnormal immune response — most likely to something inhaled from the air.”

“There is increasing evidence that exposure to moulds (fungi) may influence the development of sarcoidosis,” suggest Researchers Marjeta Terčelj and colleagues. “The higher activities of NAHA (fungi) enzyme found in homes of subjects with active and recurrent sarcoidosis suggest that exposure to fungi is related to the risk of sarcoidosis.”

The study revealed that high activities of an airborne enzymes indicating fungal cell mass were found significantly more often in the homes of subjects with ongoing or recurrent sarcoidosis.

These findings show that fungi in the environment could play a role in the development of sarcoidosis. Terčelj and colleagues suggest that remedial action be undertaken when a home tests for high levels of fungi.

Similar inflammatory processes can be observed in people with myalgic encephalomyelitis and multiple chemical sensitivity.

“None of the cases of sarcoidosis investigated had any signs of fungal infection as evidenced by low titres against common fungi and negative cultures of lung biopsies or lung lavage,” says Terčelj, “a possible mechanism could be the development of a late hypersensitivity reaction towards some agent in the fungal cell wall.”



This study suggests that routine examination of sarcoidosis patients should include collecting information on possible fungal exposure at home or in the workplace.

**Reference**

Marjeta Terčelj, Barbara Salobir, Matevz Harlander, and Ragnar Rylander. Fungal exposure in homes of patients with sarcoidosis - an environmental exposure study. *Environmental Health* 2011, 10:8 doi:10.1186/1476-069X-10-8.

*Scientific Study*

## ***Provocation Challenge Shows Electromagnetic Sensitivity a Bona Fide Illness***

Researchers at the Louisiana State University Health Sciences Center say that a double-blind provocation test subject demonstrated statistically reliable reactions in response to exposure to subliminal electromagnetic fields under conditions that reasonably exclude a psychological disorder as the cause, proving that electromagnetic field hypersensitivity can occur as a bona fide environmentally-induced illness.

Sensitivity to electromagnetic fields is being reported more often with the advances of cell phone and wireless technology and the installation of new wireless “smart meters” by electric companies.

A Los Angeles Times article (February 15, 2010) cites that people with electrosensitivity include “Gro Harlem Brundtland, the former director-general of the World Health Organization. In 2002, when she still held her title, Brundtland told the BBC that she didn't allow cell phones in her office because the radiation gave her headaches.”

Other symptoms of exposure to electromagnetic fields include nausea, rashes, fatigue, joint and muscle pain, dizziness, loss of concentration, problems sleeping, sensitivity to light, and heart problems.

The symptoms elicited in the study subject were caused primarily by field transitions (off-on, on-off) rather than by the general presence of the field. This raises great concern with the roll out of “smart meters”, which randomly transmit information frequently throughout the day.

Smart meters are power meters that record electricity consumption and communicate that information wirelessly throughout the day to the main station.

Other concerns have been raised over smart meters, including a lack of privacy since they may lead to monitoring appliance use in the future and indicate when someone is home or away by monitoring hourly usage. Another concern smart meters raise is job loss for meter readers across the country which impacts not only health and privacy, but the greater economy.

This study confirms that electromagnetic field sensitivity is a real disorder induced by overexposure to electromagnetic field transition. Non-ionizing radiation was previously thought to be safe, however evidence now shows that both ionizing and non-ionizing radiation have health effects..

### **Referenece**

McCarty DE, Carrubba S, Chesson AL, Frilot C, Gonzalez-Toledo E, Marino AA. Electromagnetic Hypersensitivity: Evidence for a Noevfel Neurological Syndrome. *Int J Neurosci*. 2011 Jul 28. [Epub ahead of print] PMID: 21793784

*Op-Ed*

# ***ME/CFS Researchers Receive Death Threats***

**“Wessely’s comments are intended to make the patient with ME/CFS sound as though they ‘want’ to be sick. He uses this to lend to his unproven theories of neurosis.”**

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS) researchers have reportedly received death threats from people with ME/CFS for their continued research into possible psychological causes of ME/CFS.

The psychological research has continued for years despite the lack of evidenced for a psychological explanation and ineffectiveness of psychological interventions.

“People do however have a justifiable complaint about is that there has been very little, or almost nil, Government-funded research into the biomedical aspect of this illness,” says Dr. Charles Shepherd, “We have a whole spectrum of people there who have an illness ranging from a physical illness at one end to a psychiatric cause of chronic fatigue at the other, and it is rather like putting everyone who has a chronic headache, from migraines to brain tumors, under a chronic headache syndrome saying that they all have the same cause and the same treatment.”

ME/CFS patients believe that this downplays their symptoms and disease. Further, it prevents research into the actual cause and potentially helpful treatments for a devastating disease triggered by infections that are not yet fully understood.

One researcher, Simon Wessely, has steadfastly insisted ME/CFS is a form of neurosis, despite the fact that psychological treatment continues to show no improvement in patient outcome. In fact, many people with ME/CFS experience deteriorating health after psychiatric interventions.

In the United Kingdom, victims of ME/CFS who have been forcefully hospitalized in a psychiatric institution frequently experience worsening of their condition. There have also been cases in which the victim died due to denial of medical care because their ME/CFS was mistakenly believed to be psychiatric.

It’s well accepted that psychiatric disorders don’t kill people; however, medical disorders can and do kill.

Wessely reportedly told BBC’s Tom Fielden, “People seem to prefer to be diagnosed with like a retro-virus, a potentially incurable, maybe even fatal illness, rather than an illness for which we do have some reasonable but not perfect treatment. That really attests to the strength of feeling here – I would rather have an incurable virus than a potentially curable disorder if the cure was treatment involving any acknowledgement of the social or psychological.”

**“People  
afflicted  
by this  
disease  
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Wessely’s comments seem intended to make the patient with ME/CFS sound as though they ‘want’ to be sick to lend truth to unproven theories of neurosis. They fail to explore the fact that people with any illness want to know the truth about their condition, irregardless, so they know what they are facing and can make the best possible health care decisions.

A psychiatric label may be less scary than an incurable virus, but such a label is an untruth that won’t help the patient to feel better. In fact, it may be quite depressing when a patient believes their condition is psychiatric and is then unresponsive to the therapy. A patient sick or dying of any incurable condition ought to have the right to make end of life decisions for their health and assets, and the right to say goodbye to their loved ones.

“The real psychopathology is in denial of the truth, the ultimate psychotic state of pretending that a real medical condition can simply be ‘thought’ all better by changing ones frame of mind,” says Lourdes Salvador of MCS America.

In “The real victims of ME are those with the disease,” David Allaby says of people with ME/CFS. “They feel dismayed by the fact that most government funding into ME concentrates on research into the psychology and not the virology of the illness. They feel dismayed by NICE guidelines and doctors who persist with programs of treatment that not only do not work but make them feel worse. They feel dismayed by a stigma that still surrounds the illness, stemming from early medical ignorance. They feel dismayed that research into viruses that consistently precede the onset of ME is ignored. Was it only last autumn that scientists at Dundee University had found abnormalities in the white blood cells of all children with ME/CFS in their study? Dundee’s Professor Jill Belch said: “It’s important because some people do suggest that ME is a disease of the mind and here we are showing that it is a disease of the body.”” (July 29, 2011; [publicservice.co.uk](http://publicservice.co.uk))

Researchers like Wessely fail to take into account that people with ME/CFS would be better off knowing what was causing their illness so that researchers could focus their attention on helpful treatments and advances in medicine.

People afflicted by this disease want nothing more than to get their life back. To do that, research needs to focus on what is really going on at a biological level. The only apparent benefit of continued research into psychiatric causes for ME/CFS lies in the pocketbooks of psychiatrists who get paid to administer ‘care’ to these patients for a lifetime of misery with no improvements.

Any further research into wildly unproven psychological theories is on thin ice. If only it was that simple, it would be easily cured! But, all the happy pills and talk therapy in the world won’t kill a poorly understood and inadequately researched virus.



## 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>

**Disclaimer**

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

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

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

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

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

**Builders and Building Material Suppliers**

**Green Building Store**

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

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

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

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

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

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

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

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

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

**Other Housing Resources**

**Extreme Home Makeover**

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

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

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

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

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

News

# Community News

## Subscribe to News & Media Articles

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

[mcsafeeds-subscribe@yahoogroups.com](mailto:mcsafeeds-subscribe@yahoogroups.com)

Weedkiller has surprise toll on trees

<http://www.startribune.com/lifestyle/homegarden/126045133.html>

EU tightens rules on unsafe children's toys

<http://in.reuters.com/article/2011/07/20/us-eu-toys-idINTRE76J4U620110720>

Tiny nanoparticles could be a big problem

<http://www.straight.com/article-404589/vancouver/tiny-nanoparticles-could-be-big-problem>

The 20 States with the Most Toxic Air

<http://www.thedailygreen.com/environmental-news/latest/states-worst-air-pollution-0722>

Strange Addiction: Eating Dryer Sheets

<http://abcnews.go.com/GMA/video/woman-addicted-eating-dryer-sheets-14079219>

ACTION: Fumigation season is here. We need action on methyl iodide.

<http://www.change.org/petitions/fumigation-season-is-here-we-need-action-on-methyl-iodide-3>

BREAKING NEWS - Myalgic Encephalomyelitis: International Consensus Criteria - Source: Journal of International Medicine, July 20, 2011

<http://www.prohealth.com/library/showarticle.cfm?libid=16404>

Environmental Pollutants Lurk Long After They 'Disappear'

<http://www.sciencedaily.com/releases/2011/07/110720115247.htm>

San Francisco Passes Cellphone Radiation Law

<http://www.baycitizen.org/environmental-health/story/san-francisco-passes-cellphone-radiation/>



# Featured Research Studies

## A sentinel case series of cancer patients with occupational exposures to electromagnetic non-ionizing radiation and other agents

Yael Stein, Or Levy-Nativ, Elihu D. Richter Unit of Occupational and Environmental Medicine, Hebrew University-Hadassah School of Medicine, Jerusalem, Israel. Eur. J. Oncol. - Vol. 16 - N. 1 - March 2011

### Summary

**Background.** There are reports that intense prolonged occupational exposure to non-ionizing radiation may increase risks for cancer. We previously have reported a sentinel cluster, of 7 workers with high exposures and short latent periods, and individual patients with brain cancer high occupational exposures and short latent periods. We present a sentinel case series (n=47, 40M, 7F) of cancer patients, referred to our medical unit with occupational exposures to non-ionizing radiation of all types. **Objectives.** Our aims were to report the findings on tumour types, age of first diagnosis, and latency, to describe their exposures and to examine the hypothesis that latencies for all tumour types (solid tissue, hematolymphatic, testicular) were coherently related to high occupational exposures starting at young ages.

**Methods.** We divided the patients into groups by latency. We categorized each patient's exposures in regard to types of radiation, far or near field exposure and direct body contact. For some we had data on frequencies, for others we provided assessments. We also present the patient data categorized by age of diagnosis. We used a case-case type comparison to examine latencies for tumour types [solid, hematolymphatic (HL), testicular].

**Results.** 15 patients developed cancer with latent periods of less than 5 years and 12 patients with latent periods between 5 and 10 years. The remaining 20 patients had longer latent periods between first occupational exposure to EMF and diagnosis of cancer. 6 patients (12.7%) had multiple tumours. 12 patients (25.5%) reported cancer cases in co-workers. In the <5 years latency group there were 8 hematolymphatic cancers, 3 testicular cancers and 6 solid tumours [head & neck (including brain) and GI tract]. In all latency groups there were patients who were exposed to intense levels of electromagnetic fields (EMF), to several types of EMF, or to EMF in combination with ionizing radiation (IR) or other exposures, and patients who had direct body contact with the equipment, were in direct focus of high radiation, or worked in small, electronically dense environments. Case classification by age showed shorter latencies with younger ages, but this association is complicated by the fact that shorter latencies co-vary with younger ages especially for testicular tumours. But patients with testicular and hematolymphatic tumours had shorter latencies than those with solid tumours.

**Conclusion.** Many of the patients were young and had extremely short latent periods, especially for HL and testicular cancers. The fact that latent periods for testes were very short, HL longer and solid still longer suggests a coherent and biologically plausible pattern of latency in relation to the onset of exposure to EMF and other agents. The findings strengthen the hypothesis that these exposures may possibly be the major cause of many of these tumours. The findings state the case for (1) better modelling of exposure sources and penetration into the body and (2) preventive and protective measures based on control of exposure at source, barriers, and personal protection.



## The indoor environment and its effects on childhood asthma.

Ahluwalia SK, Matsui EC.

Curr Opin Allergy Clin Immunol. 2011 Apr;11(2):137-43.

### Source

Division of Allergy and Immunology, Department of Pediatrics, Johns Hopkins University School of Medicine, Baltimore, Maryland, USA.

### Abstract

#### PURPOSE OF REVIEW:

Indoor pollutants and allergens cause asthma symptoms and exacerbations and influence the risk of developing asthma. We review recent studies regarding the effects of the indoor environment on childhood asthma.

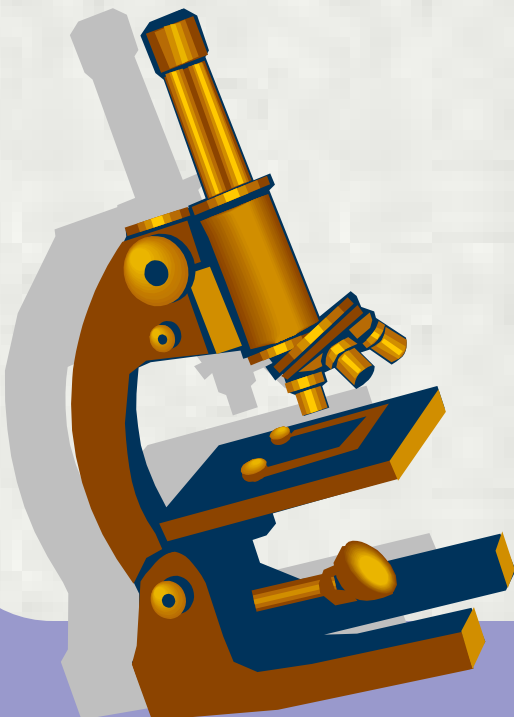
#### RECENT FINDINGS:

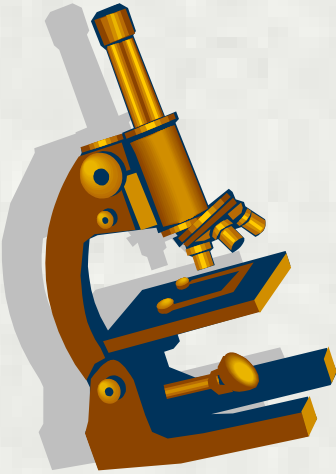
Exposure to some indoor allergens and second hand smoke are causally related to the development of asthma in children. Many recent studies have demonstrated an association between exposure to indoor pollutants and allergens and airways inflammation, asthma symptoms, and increased healthcare utilization among individuals with established asthma. Genetic polymorphisms conferring susceptibility to some indoor exposures have also been identified, and recent findings support the notion that environmental exposures may influence gene expression through epigenetic modification. Recent studies also support the efficacy of multifaceted environmental interventions in childhood asthma.

#### SUMMARY:

Studies have provided significant evidence of the association between many indoor pollutants and allergens and asthma morbidity, and have also demonstrated the efficacy of multifaceted indoor environmental interventions in childhood asthma. There is also a growing body of evidence suggesting that some indoor pollutants and allergens may increase the risk of developing asthma. Future studies should examine mechanisms whereby environmental exposures may influence asthma pathogenesis and expand the current knowledge of susceptibility factors for indoor exposures.

PMID: 21301330 [PubMed - indexed for MEDLINE]





**['ASIA' - Autoimmune/inflammatory syndrome induced by adjuvants: even and odd].**

[Article in Italian]

Perricone C, Alessandri C, Valesini G. Reumatismo. 2011;63(2):63-6.

Source

Reumatologia, Dipartimento di Medicina Interna e Specialità Mediche, Sapienza Università di Roma, Roma, Italia.

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Abstract

Recently, Shoenfeld and Agmon-Levin described a potential new syndrome, namely ASIA - autoimmune/inflammatory syndrome induced by adjuvants, that comprises four medical conditions: silicosis, the Gulf war syndrome, the macrophagic myofasciitis syndrome and post-vaccination phenomena, characterized by hyperactive immune responses accompanied by a similar complex of signs and symptoms. Most relevantly, these conditions share a linkage represented by adjuvants. This common soil may possibly induce autoimmune or auto-inflammatory diseases in humans as it was demonstrated in different animal models. Reconsidering under a unified umbrella this apparently detached condition is not only intriguing, but also provocative, and may help in unraveling novel pathogenetic mechanisms, preventive measures, and therapeutic targets.

PMID: [21776441](#) [PubMed - in process]

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