



INSIDE THIS ISSUE:

Coming to Terms
with Chemical
Sensitivity 1

The Gulf Oil Spill
Continues 6

Herbicide Found
to Cause Learning
Difficulties 10

EPA Provides Ac-
cess to Some
Chemical Studies 11

Air Pollution
Shown to Lead to
Brain Damage 12

Researchers Say
Sick Building Ills
Vaccine Induced 15

Patient
Resources 17

Community News 25

Research
Studies 26

MCSA NEWS

VOLUME 6 ISSUE 2 FEBRUARY 2011

Coming To Terms



With Multiple Chemical Sensitivity

Scientific Study / Op Ed

Coming to Terms with Multiple Chemical Sensitivity

“The potential for a dangerous situation is great when there is a lack of supportive resources, connection, and understanding.”

Learning that one may have to take insulin every day or could soon die of cancer can challenge even the best coping skills. When diagnosed with a new chronic illness, many struggle with the news and lifestyle changes it brings.

The healthcare system provides some emotional support and coping strategies for various illnesses. However, support for less common illnesses and factual information to improve health often falls to the wayside.

The potential for a dangerous situation is great when there is a lack of supportive resources, connection, and understanding. One may feel alone, lost, misunderstood, and fearful of his/her ability to survive the onslaught of appointments, treatments, and financial losses.

Recent research examined the diagnosis of chemical intolerance (CI), sometimes called multiple chemical sensitivity. Because chemical intolerance requires avoiding chemicals in a world of pervasive chemical use, most people diagnosed with the illness become extremely isolated and segregated. Desperate for contact, acceptance, work opportunities, and socialization, coping strategies become extremely important.

People with CI make up a large percentage of the population, about 15%. They experience disabling symptoms from very small amounts of synthetic chemicals found in common perfume, deodorant, cleaning, and laundry products. Pesticides, solvents, and other industrial chemicals have the potential to create a much greater impact. In today's society, chemical use is pervasive and avoiding contact with potentially toxic chemicals is nearly impossible.

“Limited knowledge of CI among health professionals and lay persons' places demands on the chemically intolerant individual's coping strategies and perception of social support and ability to take responsibility for improvement,” says researcher Maria Nordin of Umeå University in Sweden.



“Most found that the support they received was primarily emotional, rather than instrumental or informative.”

Nordin and other researchers from the Department of Public Health and Clinical Medicine at Umeå University in Sweden asked 182 people with CI respond to a survey. Of the 182, 59 people with mild, 92 with moderate, and 31 with severe CI participated

Of primary interest to the researchers was:

1. The rating of six problem- and six emotion-focused coping strategies.
2. The emotional, instrumental and informative support provided by various sources.
3. Whether responsibility for improvement was attributed to society or the individual.

The participants reported that the most commonly used and effective coping strategies were chemical avoidance, asking others to reduce chemical use, and reprioritizing to accept the illness.

Participants with less severe CI focused primarily on emotional coping strategies, while those with more severe CI also addressed the larger societal problem of reducing chemical use.

Most found that the support they received was primarily emotional, rather than instrumental or informative. This indicates an unfulfilled need and may reflect the larger societal problem of inadequate medical care and failure to understand the toxicity of chemicals, their health effects, and the treatment for CI.

In order for maximum coping benefit, there is both a need to seek emotional health and to accept the illness and reprioritize one’s life to accommodate it.

“For improved care, says Nordin, “certain coping strategies may be suggested by nurses, the health-care system needs to provide better social support to these patients and the issue of responsibility for improvement may be discussed with the patient.”



“Research shows that the most effective strategy is problem-solving.”

It is important to understand that coping is only a matter of dealing with the life impact of an illness, not treating it. Treatment should also be sought.

There are two main types of coping strategies, emotion-focused and problem-focused.

Research has shown that problem focused coping is typically used in situations that are perceived to be controllable, such as changing products used at home, foods eaten, and where one chooses to work.

Emotion-based coping is more commonly used in situations where there is less perceived control, such as going to the grocery store and being unable to control the synthetic fragrances other shoppers wear.

Research shows that the most effective strategy is problem-solving. A study of nursing students found that problem focused coping was positively correlated with overall good health. Conversely, emotional focused coping was negatively correlated with overall good health.

For problem-solving strategies to be of benefit there must be a realistic chance of changing a situation and a willingness to do so. Emotion-based strategies could come in handy in terms of willingness, hope, and seeing the chance of change. One study showed that when a person feels threatened by a stressor, they need to cope with that feeling first by using emotion focused strategies before problem focused techniques.



**“Whatever
the
choice,
if it
works,
go with
it!”**

Individuals vary greatly. So, different coping strategies help different people. There is no one strategy that works for everyone. While one may find one method extremely helpful, another may find no benefit. Some ideas include:

Emotion Focused Strategies

1. Prayer
2. Finding the Humor In It
3. Meditation and/or Yoga
4. Hard Exercise to Relieve Stress
5. Viewing Problems as a Solvable Challenge
6. Having Hope
7. Connecting with Others (support groups, online forums, etc.)
8. Mobilize a Support System
9. Talk About It
10. Crying
11. Hot Baths and/or Massage
12. Committing to Something Meaningful
13. Writing and/or Speaking to Share Story
14. Deep Breathing
15. Identifying and Eliminating Negative Thoughts

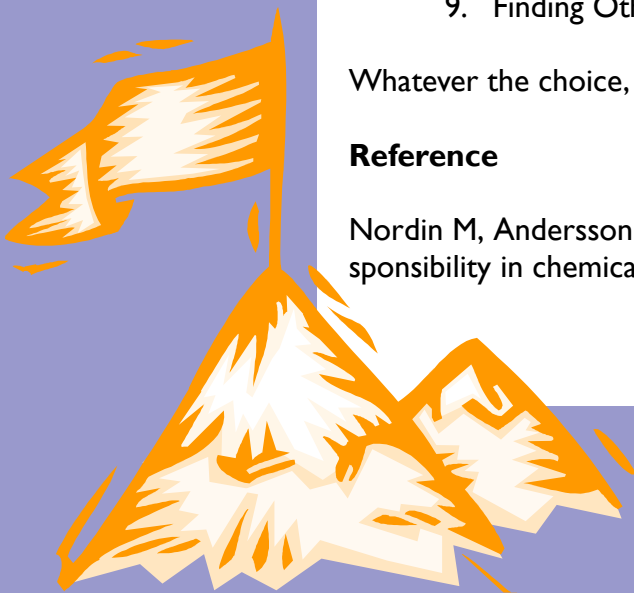
Problem Focused Strategies

1. Advocating for Others with the Illness
2. Activism
3. Research
4. Educating the Public
5. Political Lobbying for Toxics Reform
6. Making and Selling Safer Housing and/or Products
7. Writing and/or Speaking to Educate and Inform
8. Identifying and Solving Immediate Problems as they Arise
9. Finding Other Activities and Ways to Do Meaningful Things

Whatever the choice, if it works, go with it!

Reference

Nordin M, Andersson L, Nordin S. Coping strategies, social support and responsibility in chemical intolerance. *bbj Clin Nurs*. 2010 Aug;19(15-16):2162-73.



Op - Ed

Evidence of Leaking Macondo Prospect The BP Gulf Oil Spill Continues

- Dr. Tom Termotto

“We trust that the good congressmen will convene the appropriate congressional hearing in order to ferret out the facts surrounding the state of the previously gushing well.”

Letter from BK Lim to Congressmen Fred Upton and John Simkus regarding the BP Gulf Oil Spill

The following letter has been sent to Congressmen Fred Upton and John Simkus by BK Lim, Geohazards Specialist, in response to our request to inform the US Congress about a situation of which that they appear to be unaware. The growing need for a real US Congressional Inquiry into the matter of the Macondo Prospect in the Gulf of Mexico (GOM) – the site of the BP Oil Spill which began on April 20, 2010 – has been apparent for many months now.

This letter represents a turning point for the Gulf Oil Spill Remediation Conference in that this International Citizens’ Initiative has decided that overwhelming evidence exists that points to a situation that has not been properly addressed. Therefore, the coastline of the Gulf of Mexico sits in a state of abeyance of sorts. Until the residents who domicile there, and citizens who work there, are transparently apprised of the true state of the blown out well and surrounding area, this conference will not rest.

Likewise, until these very concerned citizens receive an accurate and truthful appraisal of the state of the GOM wa-

ters, estuaries, wetlands, beaches, marshes, this international citizens’ initiative will continue to serve its mandate – to perform a service where both government and industry have woefully failed.

We trust that the good congressmen will convene the appropriate congressional hearing in order to ferret out the facts surrounding the state of the previously gushing well. We would also hope that this inquiry will investigate the state of affairs throughout the entire region of the Macondo Prospect, since the seafloor has been significantly compromised. Evidence has surfaced to support these conclusions and we ask that a governmental forum be established immediately to determine the truth.

The future of the Gulf of Mexico greatly depends on this form of serious inquiry, as does its successful and prompt remediation. The Concerned Citizens of the Gulf Coast will settle for nothing less.

Tom Termotto
National Coordinator
Gulf Oil Spill Remediation Conference
Tallahassee, FL
OilSpillSolution@comcast.net
SKYPE: Gulf_Advocate
<http://oilspillsolutionsnow.org/>



PS - There has been a very specious argument appearing on the internet that explains away the many leaks and seeps which have developed all over the surrounding area of the blown out well as being natural. These new leaks and seeps, cracks and crevices, craters and chasms are NOT natural. They are newly evolving changes in the seafloor due to the profound transformation of the sub-seafloor geological strata brought about by the entire BP Gulf Oil Spill saga.

While we do concede that leaks and seeps do naturally occur from time to time in the oceans of the world, there has been a dramatic and precipitous uptick of this phenomenon in the wake of undersea oil and gas operations/activities. In fact, the natural seeps that do exist have been greatly exacerbated by these activities, and the countless new leaks and seeps emerging worldwide have been directly caused by the extremely intrusive technology and invasive machinery utilized in the process of oil and gas exploration and drilling.

Simply put, the oceans of the world have been put into great danger of being polluted by repair by the Oil & Gas Industry.

“Simply put, the oceans of the world have been put into great danger of being polluted by repair by the Oil & Gas Industry.”

BK LIM

Independent Geohazards Specialist

Congressman Fred Upton
Chairman House Committee on Energy and Commerce
2183 Rayburn House Office Building
Washington, DC 20515

and
Congressman John Shimkus
Chairman Subcommittee on Environment and Economy
2452 Rayburn House Office Building
Washington, DC 20515

January 14, 2011

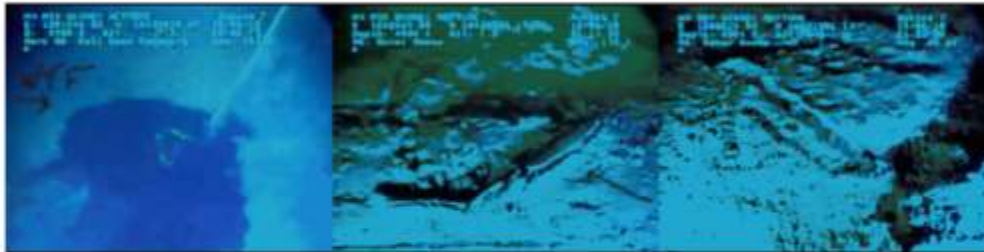
Dear Congressman Upton and Congressman Shimkus,

I am writing to you because I am concerned about the current state of the sub-seabed in the Gulf of Mexico (GOM) and want to provide you with data regarding this matter, as this vital issue falls squarely under the Committee on Energy and Commerce, and most particularly under its Subcommittee on Environment and Economy.

- 1) I am an Independent Geohazards Specialist with 30 years of experience in the Oil and Gas Industry. I have worked for major oil companies as their geohazards expert, providing analyses on the integrity of the sea floor and the safe proceeding of offshore drilling and construction in specific geological areas. Major contractors and consultant companies that I have worked for include Fugro Geodetic (M) Sdn Bhd, TL Geohydrographics Sdn Bhd, and RPS Energy Pty Ltd. I have a long and unblemished track record of assessing the geohazards of more than 200 drilling locations in some of the most adverse geological conditions. All had been drilled or constructed safely. In my work as the quality control and quality assurance client representative for major oil companies like Petronas, Shell, ENI, Pearl Oil and Norasian (OttoEnergy), I have critically reviewed and provided key recommendations to avert impending disasters from flawed geophysical interpretation and geohazards assessments.
- 2) Since the beginning of the Deepwater Horizon blowout, I have been deeply concerned about the fragile, highly fractured and faulted Salt Intrusive-Geology that was a major contributing factor to the uncontrollable continuing hydrocarbon seepage out of the Macondo reservoir. The continuing hydrocarbon seepage would have long term, irreversible and potentially dire consequences in the GOM as follows:
 - a. the vaporization of enormous amounts of methane hydrates on a scale not seen before
 - b. the release of stresses between the lower and upper crust resulting in the abnormal occurrences of low magnitude, shallow earthquakes adjacent to the New Madrid Fault
 - c. the sub-seabed underground erosion in the vicinity of the shelf edge undermining the slope stability with possible tsunami-generating, giant, submarine landslides.
- 3) There is no question that the oil seepages, gas columns, fissures and blowout craters in the seafloor around the Macondo wellhead, observed from the ROV videos, have been the direct result of indiscriminate drilling, grouting, injection of dispersant and other undisclosed recovery activities. As the rogue well had not been successfully cemented and plugged at the base of the well by the relief wells, unknown quantities of hydrocarbons are still leaking out from the reservoir at high pressure and are seeping through multiple fault lines to the seabed. It is not possible to "cap" this oil

leakage. Until a solution is found to seal these fissures, the hydrocarbons, including Hydrogen Sulfide (H₂S), will continue to leak uncontrollably, continuously spewing toxic matter to the detriment of the marine life, while posing significant public health risks.

- 4) To be able to authoritatively discern what is happening in the video taken at 5,000 feet below sea level from a Remotely Operated Vehicle, one has to have a fair degree of familiarity with analyzing these types of images, and understand what one is looking at. My professional interpretation of the following footages is offered to give the viewer a realistic understanding of what was going on at the Macondo Wells.
- 5) <http://www.youtube.com/watch?v=7aDI2X5hMOo>. In this footage you will see a tilting wellhead (identified as Well A in my previous articles) with rising clouds of methane saturated seawater, gas bubbles of methane and re-crystallized methane crystals floating close to the seabed in the vicinity of the Macondo wellhead. You can also see new fissures and a bulging seabed developing together with an already blown crater.
- 6) <http://www.youtube.com/watch?v=SF5pWTvu5L4>. In this footage, you can see the horizontal white guide rope for the surveying ROV disappearing into a dense, darkish cloud of oily fluid. The white specks falling slowly to the seabed are probably remnant pieces of grout that had been carried to higher altitude by a rising column of gas at the active venting fissures. The re-crystallized methane is more feathery (transparent and lighter) and seems life-like with changing color due to refracted light.
- 7) http://www.youtube.com/watch?v=7_DgHYF8rKg&feature=related A short video capturing the periodic expulsion of gas through one of the fissures on the seabed. Like geysers, the escaping gas needs to accumulate beneath the top sediment cover until the built-up pressure exceeds the combined water-column and overburden pressure just before each periodic expulsion.
- 8) These images extracted from ROV videos are pools of tar/oil or oily sediment at the seafloor caused by this oil spill.



- 9) Although it is very difficult, under the current circumstances, to obtain clear footage of what is going on at that depth, my extensive training and experience in analyzing these types of situations, combined with these footages and others which I have access to, provides proof that oil and gas are still seeping unabated from the uncontrolled leaking reservoir.

We are in the process of creating a new website that will provide assembled articles and further documentation as a public service, and intend to have that accessible within a few weeks. I will provide that link to you as soon as the site becomes active.

Sincerely,

BK Lim

BK Lim

Independent Geohazards Specialist

Scientific Study

Herbicide Found to Cause Coordination & Learning Difficulties

“Atrazine exposure led to impaired motor coordination and greater spontaneous locomotor activity.”

Ulises Bardullas and colleagues at the National Autonomous University of Mexico have found evidence that chronic herbicide exposure is toxic to the central nervous system of Sprague-Dawley rats.

The rats were exposed to 10 milligrams of atrazine herbicide per kilogram of body weight over a one year period. The rats were monitored for central nervous system toxicity.

Atrazine exposure led to impaired motor coordination and greater spontaneous locomotor activity. This was not immediately observed; rather the effect was noted after 10 to 12 months of cumulative atrazine exposure.

“Nigrostriatal and mesolimbic systems are the two major dopaminergic pathways of the central nervous system,” says Bardullas, “They play key roles mediating a wide array of critical motor and cognitive functions.”

A decrease in striatal dopamine was noted and led to discrete changes in learning tasks.

“These results indicate that chronic exposure to atrazine preferentially targets the nigrostriatal dopaminergic pathway,” says Bardullas, “in comparison to the other dopaminergic pathways evaluated in this study, inducing behavioral and neurochemical alterations.”

Atrazine is a synthetic herbicide used to kill weeds on farm crops, and has also been used on highways.

People may be exposed to atrazine by drinking well water contaminated with atrazine or coming into contact with sprayed crops and the soil they are grown in.

Exposed animals have also shown liver, kidney, heart, and reproductive damage.

Other studies have found that pregnant women exposed to atrazine experience slower growing fetuses and tend to give birth too early.

Reference

Bardullas U, Giordano M, Rodríguez VM. Chronic atrazine exposure causes disruption of the spontaneous locomotor activity and alters the striatal dopaminergic system of the male Sprague-Dawley rat. *Neurotoxicol Teratol*. 2010 Sep 15. [Epub ahead of print] PMID: 20850525



*News and Views****EPA Provides Access to Some Chemical Studies***

“The website allows users to conduct a chemical-specific search for health and safety studies.”

As part of Administrator Lisa P. Jackson’s promise to enhance the U.S. Environmental Protection Agency’s chemical management program and increase transparency, the EPA has announced a new web-based tool which they claim will enable the public to search for and have easy access to health and safety studies on industrial chemicals.

The website allows users to conduct a chemical-specific search for health and safety studies, though the studies available are only those which have been submitted to the EPA under the Toxic Substances Control Act (TSCA).

The TSCA only requires submission of a study when it shows there may be a substantial risk or when chemical testing is required. However, many chemicals remain untested and the system relies on the honesty of researchers and those they work for to report potential risks at a financial loss.

A recent EPA press

release says, “In addition to making the health and safety studies more accessible, EPA is taking aggressive action to reduce companies’ efforts to keep the identity of the chemicals confidential when health and safety studies are submitted to the agency.

The EPA says that the new tool will also be added to Data.Gov, a website developed by the Obama Administration to provide public access to important government information.

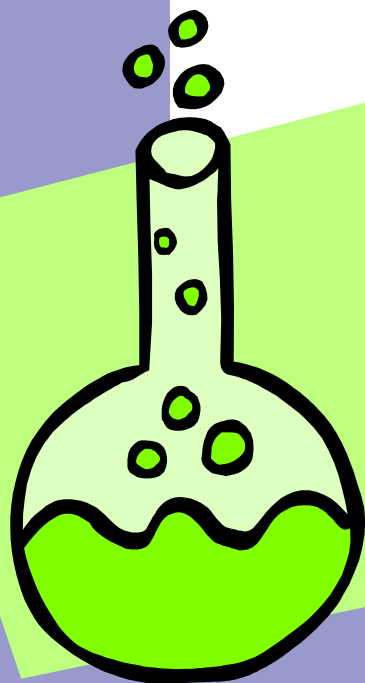
“The new tool will for the first time give the public the ability to electronically search EPA’s database of more than 10,000 health and safety documents on a wide range of chemicals that they may come into contact with every day,” said Steve Owens, assistant administrator for EPA’s Office of Chemical Safety and Pollution Prevention. “This is just the latest in a series of significant steps the agency is taking to empower the public with greater access to critical information on the chemicals manufactured and used in this country.”

More about the new web tool:

<http://tinyurl.com/49wbdhq>

More on chemicals:

<http://tinyurl.com/ydrgggy>



Scientific Study

Air Pollution Shown to Lead to Brain Damage

“Stroke, Alzheimer’s, and Parkinson’s disease have all been linked to air pollution.”

Researchers at Virginia Commonwealth University Medical Campus say air pollution does more than cause asthma; it damages the brain.

“While it is well known that air pollution affects human health through cardiovascular and respiratory morbidity and mortality, it has only recently been shown that these deleterious effects extend to the brain,” says researcher Michelle Block, “Air pollution has been implicated as a chronic source of neuroinflammation and reactive oxygen species that produce neuropathology and central nervous system disease.”

Stroke, Alzheimer’s, and Parkinson’s disease have all been linked to air pollution.

Changes in the blood-brain barrier are a key component in the way air pollution affects the brain and central nervous system. When the blood-brain barrier becomes more permeable, pollution has greater access to the brain.

When air pollution reaches the brain and activates the resident innate immune response, it becomes a chronic source of pro-inflammatory factors and reactive oxygen species that leads to neurodegenerative disease and diseases of the central nervous system. Particulate matter is the primary culprit. The World Trade Center terrorist attacks are a perfect example of particulate matter pollution that led to the these types of diseases in rescue workers.

Block says that the “impact of air pollution upon the brain was first noted as an increase in ischemic stroke frequency found in individuals exposed to indoor coal fumes.” Stroke is the number one cause of disability in the United States and is the third leading cause of death.



**“Air
pollution
leads to
systemic
inflammation
that is
implicated
in stroke.”**

Air pollution is believed to lead to cerebral vascular damage, neuroinflammation, and neurodegeneration through four routes.

First, air pollution leads to systemic inflammation that is implicated in stroke and neurodegenerative diseases by causing a disruption of cytokines.

Second, ultrafine particles have easier access to systemic circulation and, thus, the brain.

Third, nanoparticles provide toxicants an ideal entry to the brain. Nanoparticles are currently being evaluated as a better way to deliver medications to the central nervous system. As such, nanoparticles also provide effective delivery of toxicants to the central nervous system and brain.

Finally, ozone is a reactive oxygen species and powerful inhaled oxidizing agent according to Block. When inhaled, ozone reacts with proteins and lipids to generate modifications, free radicals, and toxic compounds.



**“Indoor
air
pollution is
exacerbated
by tightly
sealed,
energy
efficient
buildings.”**

Air pollution contains both particulate matter and gasses is not limited to industrial emissions. Indoor air is often more contaminated than outdoor air. Pesticides, air “fresheners”, cleaning products, plastics, and formaldehyde from furniture and clothing are common indoor air pollutants.

Indoor air pollution is exacerbated by tightly sealed, energy efficient buildings which don't allow for open windows and continuous ventilation. As such, contaminants easily accumulate to toxic levels.

Reference

Block ML, Calderón-Garcidueñas L. Air pollution: mechanisms of neuroinflammation and CNS disease. Trends Neurosci. 2009 Sep;32(9):506-16. Epub 2009 Aug 26.



*Scientific Study****Researchers Suggest Sick Building Syndrome May Be Caused by Vaccinations***

“New research at the Chaim Zabludowicz Center for Autoimmune Diseases identifies sick building syndrome as autoimmune syndrome induced by adjuvants.”

A new term recently entered the medical arena, ASIA, or autoimmune inflammatory syndrome induced by adjuvants, sometimes called Shoenfeld's syndrome.

Adjuvants are additives included in vaccines to cause the immune system to respond more strongly. They may include things like aluminum, thimerosal (mercury), and squalene. These adjuvants have been associated with defined and non-defined immune mediated diseases in both animal and human models. In extreme cases, a potentially deadly cytokine storm may be possible.

“In recent years four conditions: silicosis, the Gulf war syndrome (GWS), the macrophagic myofasciitis syndrome (MMF) and post-vaccination phenomena were linked with previous exposure to an adjuvant,” says head researcher Israeli. “Furthermore, these four diseases share a similar complex of signs and symptoms which further support a common denomina-

tor.”

These diseases were classified under Shoenfeld's syndrome by researchers Shoenfeld and Agmon-Levin.

Israeli and colleagues suggest adding sick building syndrome under the classification of autoimmune inflammatory syndrome induced by adjuvants. Nine out of ten main symptoms are present in all 5 conditions.

Sick building syndrome is a set of clinically recognizable symptoms without a clear cause reported by occupants of a specific building. New research at the Chaim Zabludowicz Center for Autoimmune Diseases identifies sick building syndrome as autoimmune syndrome induced by adjuvants.

Several similar syndromes, including SBS, multiple chemical sensitivity, repetition stress injury, the side effects of silicone breast implants, the Gulf War syndrome (GWS), chronic fatigue syndrome, irritable bowel syndrome, and fibromyalgia may be related.

Shoenfeld and Agmon-Levin further propose several major and minor criteria, which, although requiring further validation, may aid in the diagnosis of this newly defined syndrome.



“The safety of vaccines is a very controversial subject.”

The safety of vaccines is a very controversial subject. In some cases, there is a 50/50 split in the populations' trust of some vaccines. Less than half of medical professionals take the flu vaccine for themselves. Where there is this much controversy, a safety issue is definitely going on that is not being properly addressed.

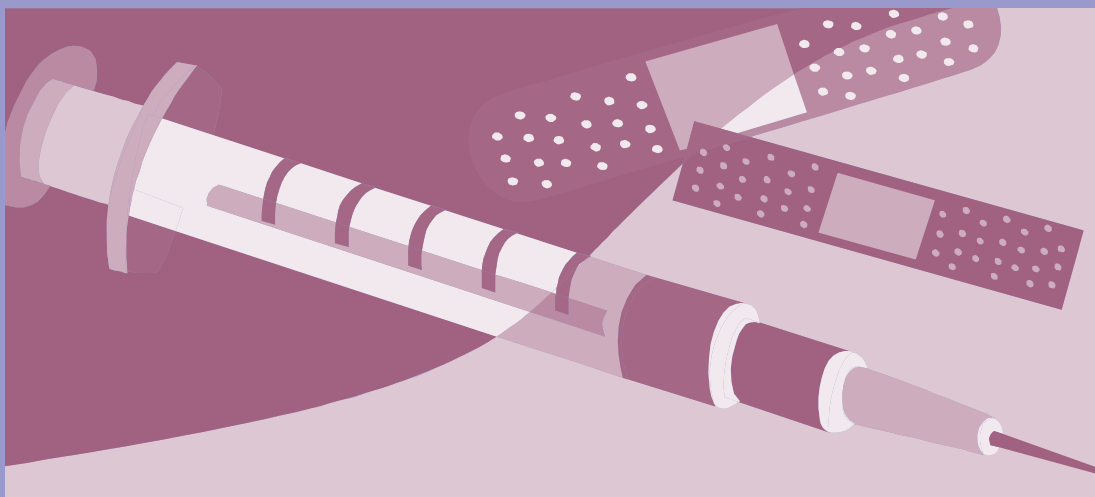
Adjuvants are already known to trigger the development of inflammatory illnesses in people who are genetically susceptible. Therefore, some people are choosing not to vaccinate or are selectively choosing vaccines for only the most dangerous diseases. May adult and childhood vaccines may also be requested without the addition of adjuvants when available.

Symptoms of Shoenfeld's syndrome include seemingly unexplained:

- Pain
- Chronic Fatigue
- Poor Coordination
- Brain Fog, or Confusion
- Bowel Problems

Reference

Israeli E, Pardo A. Mod Rheumatol. 2010 Dec 29. [Epub ahead of print]
The Chaim Zabludowicz Center for Autoimmune Diseases, Chaim Sheba Medical



Resources

Patient Support & Resources

MCS America Forums

MCSA Public

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

Open to the general public open to discuss MCS, support, ideas, information, announcements, news and activism.

MCS America Members Activist/Support

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

This group also fulfills the function of discuss support, ideas, information, announcements, and/or share personal activism like the MCSA-Public group, only with a closed membership that requires a membership application. This group also has the added benefit of being a place where individuals and other organizations and activists can engage in collaborative efforts with MCS America and being recipient to all the news feeds (see MCSA Feeds below). Members of this group are considered associate members of MCS America. Members do not operate MCS America in any way, but rather collaborate with the organization and are privy to some internal operations, activities, and events.

MCSA Feeds

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

The purpose of this public access group is to receive daily distribution of news and research studies on multiple chemical sensitivity, chemical injury, environmental concerns, and other related environmental illnesses and disorders. Anyone can join without an application. Only the moderator posts to this group. This is not a discussion group. This group distributes about 15 articles on average each day.

MCS Salvage and Share

<http://health.groups.yahoo.com/group/MCSA-safer-salvage-and-share>

A public access group similar to Freecycle, except it's a free recycling program for safer reusable's geared towards individuals with MCS, CFS, FM, and other related disabilities correlated with the environment. The purpose of this program is to find, give, and recycle needed "safe" or "safer" items. All items are exchanged for free. Shipping cost are arranged between donor and recipient. Anyone can join without an application.

Multiple Chemical Sensitivities and Toxic Injury

<http://groups.google.com/group/mcs-ti>

This is a small non-Yahoo based group open to the general public to discuss MCS, support, ideas, information, announcements, news and activism.

MCS Hawaii

<http://health.groups.yahoo.com/group/mcs-hawaii>

Open to the general public residing in Hawaii to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This group is currently recipient to all the news feeds (see MCSA Feeds above). This list is operated in part by a state subsidiary volunteer who resides in the state.

MCS Nebraska

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

Open to the general public residing in Nebraska to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This list is operated in part by a state subsidiary volunteer who resides in the state. or subscribe at:

MCS Michigan

<http://health.groups.yahoo.com/group/mcs-michigan>

Open to the general public residing in Michigan to discuss support, ideas, information, announcements, and/or share personal activism. No application is required. This list is operated in part by a state subsidiary volunteer who resides in the state.

Support Forums Outside the MCS America Network

4Mom

<http://groups.yahoo.com/group/4MOM/>

According to Mt. Sinai Medical School, there are many illness' caused by toxic substances such as pesticides. They are studying the role other toxins play on the new childhood diseases triggered by environmental factors. They call this the new epidemic. Mothers of Many is for all parents with children who are ill and are affected by toxic chemicals such as Attention Deficit Disorder, Asthma, Cancer, Autism, Tourettes Syndrome, Multiple Chemicals Sensitivities (MCS), Parkinson's, and any other condition affected.

Bay Area MCS

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

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

CFS CFIDS ME

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

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

Chemical Disability Australasian NETWORK

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

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

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

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

We are a Christian group who have invisible illnesses.

Creative Canaries Community

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

This group is an online meeting place for creative artists with Chemical Sensitivities.

Detox

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

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

Disinissues

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

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

EMF Refugee

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

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

Environmental Illness 001

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

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

eSens - Electrical Sensitivity

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

Do you feel ill when you're near computers, cell phones, fluorescent lights, or wireless internet? If so, you may have "electrical sensitivity".

Gasslist-L (Glutaraldehyde, Aldehyde, and Solvent Sensitivity)

<http://www.ncchem.com/snftaas/gasslist.htm>

This list has been established to serve persons interested in Glutaraldehyde, Aldehyde, and Solvent Sensitivity, especially darkroom personnel, radiographers, and diagnostic medical sonographers. The purpose of the list is to promote internet-wide exchange of research and information.

Green Canary

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

This list is dedicated to a life free from toxic chemicals, and the health problems that they can cause.

Immune

<http://immuneweb.org/lists/immune.html>

This is the list for support and information about multiple chemical sensitivities, chronic fatigue syndrome, fibromyalgia, lupus, multiple sclerosis, porphyria, allergies, asthma, and other immune-related ailments.

Immune Parenting

<http://groups.yahoo.com/group/immune-parenting/>

This list is for both men and women who have Multiple Chemical Sensitivity, Chronic Fatigue Syndrome, Fibromyalgia, autoimmune disorders, or other immune system medical issues--or their partners--who are parents, pregnant, trying to conceive, or who are thinking about parenthood.

Live Chat at the Health and Environment Resource Center

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

This chat room is not associated with any group. It is unmoderated and no password is required. Chat Times: Saturday - 7 pm ET, 6 pm CT, 5 pm Mtn, 4 pm Pac; Monday - 9 pm ET, 8 pm CT, 7 pm Mtn, 6 pm Pac; Wednesday - 8 pm ET, 7 pm CT, 6 pm Mtn, 5 pm Pac.

MCS Canada

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

This group was formed to assist patients and concerned parties from all nationalities learn to cope with environmental injury, including disorders such as MCS, ME, CFS, FM, Lyme, Lupus, GWS, PPS, as well as related and associated illnesses.

MCS Canadian Sources

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

MCS Canadian Sources is a support, information and resource exchange for those living and coping with Multiple Chemical Sensitivity (MCS), Environmental Illness (EI), or Chemical Injury (CI).

MCS Photography

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

MCS Photography is for those with multiple chemical sensitivity who capture and share the world and their life through photography.

MCS Recycle

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

The objective of this group is to be able to share with each other items that are chemical free and have been used in a non-toxic environment. This group is planet-wide.

MCS Safe Shelter USA

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

Short-term and long-term housing for people with MCS (Multiple Chemical Sensitivity). Check our database for listings by state. Find rentals, hotels, and housing to purchase.

MCS Singles

<http://groups.yahoo.com/group/mcs-singles>

Addresses the unique challenges of living alone without help as a single with MCS. Examines solutions, provides a place for general discussion, and is a resource for peer support.

MCS Survivors

<http://communityzero.com/mcsurvivors>

For those who experience environmental illness or multiple chemical sensitivities (MCS), here is a place to gather, exchange ideas, links to helpful websites, even have live chats. Enjoy!

MCS Toxic Injuries

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

MCS-Toxic-Injuries is a self-moderated, secular, apolitical newsgroup for toxically-injured environmentally sensitive people to support one another and exchange coping methods, treatments and experiences.

MCS Village

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

The purpose of this group is to discuss the feasibility of building a village(s) or community in which MCS/EI patients can live safely, and to provide a forum to discuss the legal, medical, geographic, architectural, social and funding issues.

MCS Writers Group

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

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

Midwest Oasis MCS E-mail Support

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

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

Multiple Chemical Sensitivity (Chemical Sensitivity, Porphyrin & CO)

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

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

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

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

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

Planet Thrive

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

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

Sick Buildings

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

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

Sprayno

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

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

Tenth Paradigm Society

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

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

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

The Sanctuary

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

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

Toxics Discussion

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

If you're keen on a toxics-safe future for the planet, then this is the discussion group for you. Toxics are defined here as naturally occurring or man-made chemicals (elements/compounds/mixtures) that have a toxic effect.

WSMCSN (Washington State MCS Network)

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

WSMCSN is a decentralized network of groups and individuals in Washington State who share information about the issues of Multiple Chemical Sensitivity.

Additional Forum Listing Webpage

<http://www.mcs-america.org/forums>

Physician & Dentist Referral Lists

Physician Referral List by State

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

Some of the physicians on this list specialize in MCS, others in FM and CFS. It is recommended that patients and doctors consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and physician.

Dentist Referral List by State

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

Some of the dentists on this list are specifically familiar with MCS, others are not. It is recommended that patients and dentists consult with one another prior to beginning any treatment to ensure understanding of the patient's needs and compatibility of patient and dentist.

Air Quality Reports

Air Now Air Quality Reports

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

EPA State and Regional Indoor Environments Contact Information

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

The National Association of Clean Air Agencies 4 Cleaner Air

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

American Lung Association: State of the Air

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

Current Local & National Allergy Levels

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

Scorecard: Pollution Index by Area

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

Toxmap Hazardous Waste Site Locations

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

USA Smoke/Fire Pollution Map

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

Antenna Search (USA)

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

EPA Safe Drinking Water Information by State

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

EPA Radon Zone Map

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

Brochures

Air Fresheners & Plug-Ins

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

Chemical in Air Fresheners Reduces Lung Function

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

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

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

Electrosensitivity Brochure by Kato Yasuko

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

Fabric Softener

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

Fragrances

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

Grandma’s Cupboard: General Cleaning Solutions

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

Grandma’s Cupboard: Kitchen Cleaning

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

Grandma’s Cupboard: Personal Care

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

Grandma’s Cupboard: Laundry

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

Household Mold brochure from Quebec government

<http://publications.msss.gouv.qc.ca/acrobat/f/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/acutetoxicffectsoffragrancescard.pdf>

Chemical Awareness Ribbon

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

Electrosensitivity Sign - Please Turn Off Your Cell Phone

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

Facemask on Tweety

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

Fragrance Free Sign: Brooks University

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

No Scents Makes Sense Sign

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

No Latex Sign by Jane Sagmoe

<http://mcs-america.org/nolatemask.JPG>

You Could Be Next Sign

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

Want to Put Your Friends and Family in Jail?

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

Wood Smoke Trespass Flyer 8 1/2 x 11

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

Activist Materials

Fragrances on Mail and/or Catalogs

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

Air Freshener Use

<http://www.mcs-america.org/customairfreshenerletter.doc>

Use of Fragrance, Cologne, and Perfume

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

Fabric Softener Emissions

<http://www.mcs-america.org/LetterAboutFabricSoftener.doc>

Letter to State Representatives to Ban Woodsmoke

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

Letter to Doctors and Medical Boards Supporting MCS as a biological Illness (fully cited and scientifically supported)

Website: <http://mcs-america.org/MCSPositionStatement.htm>

PDF: <http://mcs-america.org/MCSPositionStatement.pdf>

*This work is copyrighted. Permission granted for personal use in activism provided that original copyright and authorship are maintained. For permission to reprint, mail admin@mcs-america.org.

Request for Accommodations Under the Americans with Disabilities Act

<http://www.mcs-america.org/RequestforAccommodation.doc>

Public Service Announcements

Public Service Announcement #1

Air fresheners have been pulled off thousands of shelves nation-wide!

<http://www.mcs-america.org/AirFreshenerPSA1.pdf>

Public Service Announcement #2

When you use fragranced products, did you know you are wearing toxic chemicals!?

<http://www.mcs-america.org/WhenYouUseFragrancedProductsPSA2.pdf>

Public Service Announcement #3

Secondhand Fragrances are Like Secondhand Smoke!

<http://www.mcs-america.org/SecondHandFragrancesPSA3.pdf>

Public Service Announcement #4

Scented laundry detergents and fabric softeners pollute indoor and outdoor air!

<http://www.mcs-america.org/ScentedLaundryDetergentsPSA4.pdf>

Public Service Announcement #4 (SPANISH)

Scented laundry detergents and fabric softeners pollute indoor and outdoor air!

<http://mcs-america.org/mcsamerica/ScentedLaundryDetergentsPSA4Spanish.pdf>

Public Service Announcement #5

Wood Smoke... The Other Secondhand Smoke!

<http://www.mcs-america.org/WoodSmokePSA5BurningIssues.pdf>

Public Service Announcement #6

Fragrances undermine public health!

<http://www.mcs-america.org/FragrancesPSA6.pdf>

Public Service Announcement #7

Fragranced Laundry Products Pollute Our Air

<http://mcs-america.org/PSA7FragrancedLaundry.pdf>

Clothing & Novelties for Activism

MCS America Store for the Environment

<http://www.mcs-america.org/MCSstore.htm>

Zona's T-Shirts and Stuff Zone

<http://members.shaw.ca/zonazone/shop/tshirts.html>

Virtual & Work-at-Home Jobs

Agent, Staffing at Home

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

Agent, West at Home

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

Agent, Working Solutions

<http://www.workingsol.com/home.htm>

Bolger, PayPerPost.com

http://payperpost.com/blogger_signup.html

Call Center Representative, Accolade Support

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

Call Center Representative, Overflow USA

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

Call Center Representative, Overflow USA

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

Caller Employee, Customer Loyalty Concepts

<http://www.customloyal.com/Employment.aspx>

Chef Instructor, Chefs Line

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

Customer Care, VIP Desk

<http://www.vipdesk.com/info/default.asp>

Customer Service, Alpine Access

<http://www.alpineaccess.com/external/index.html>

Editor, EditFast.com

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

Expert, JustAnswer Corp

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

Freelancer, Team Double-Click

<http://www.teamdoubleclick.com/freelance.html>

Guide, About .com

<http://beaguide.about.com/>

Guide, ChaCha

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

Home Agent, Convergys

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

Independent Call Center Agent, LiveOps

<http://tinyurl.com/5xfv7n>

Telemarketing, Intrep Sales Partners

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

Online Juror, eJury.com

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

Online Juror, OnlineVerdict.com

<http://onlineverdict.com/>

Online Juror, Trial Practice Inc.

<http://trialpractice.com/>

Third Party Verifier, BSG Payments LLC

<http://tinyurl.com/4vcldx>

Virtual Assistant, Virtual Office Temps

<http://virtualassistantjobs.com/>

Virtual Services, Arise Virtual Solutions

<http://www.arise.com/Content/default.asp>

Writer, Associated Content

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

Writer, CyberEdit Inc.

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

Writer, MyEssays.com

<http://www.myessays.com/sell.php>

National Telecommuting Institute, Inc.

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



Environmentally Safer Housing

Allergy And Environmental Health Association Of Quebec (AEHAQ) Environmentally Adapted, Social Housing Project For People Suffering From Environmental Sensitivities
http://www.aeha-quebec.ca/bb_housingproject.htm

Barrhaven Non-Profit Housing Inc. Environmental Sensitivity Units
 Steepleview Crossing,
 3001 Jockvale Road, Nepean, Ontario, K2J 4E4
 (613) 823-6230 Fax: (613) 825-7724
<http://ehaontario.ca/barrhaven-housing.htm>
<http://www.bnphi.org/es.htm>

Canada-wide Housing Connection
 1-613-278-0463
<http://ehaontario.ca/interview.htm>

Ecology House, San Rafael, California (built in 1994)
 375 Catalina Blvd
 San Rafael, CA 94901
 (415) 456-4453
<http://www.tikvah.com/cc/eh>
eh@ecologyhouse.net

Escalante House
 P.O. Box 652
 Escalante UT 84726
 Phone/Fax: (435) 826-4778
toripat@color-country.net

Environmentally Friendly Housing Partnership
 Pride and Joy Condos -- North
 5685 South AIA Highway
 Melbourne Beach, FL 32951
 (321) 409-8233 - Phone
 (321) 725 4883 -- FAX
<http://www.prideandjoycondos.com/>
damianorob@aol.com

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

Safe Haven Community Housing
 P.O. Box 25281
 Portland, Oregon 97298
judiths@teleport.com
<http://www.geocities.com/safehavencommunity/#ntact>

The Pandora Initiative (Canada)
<http://tier10.com/>

Quail Haven - MCS Housing
 Just North of Tucson, AZ
 Call Diane Ensign for details:
 May through January call: (406) 586-3658 (Montana).
 January through May call: (520) 825-7276 (Tucson).
<http://madelinx.tripod.com/>

Seagoville Ecology Housing
 15126 Beckett Road
 Seagoville, Texas 75159
 (972) 287-2059 Fax: (972) 287-7682
<http://www.ehcd.com/resources/ecologyhousing.html>

The Natural Place Environmental Residence and Hotel
 1962 NE 5th St.
 Deerfield Beach, FL 33441
 954-428-5438
<http://www.thenaturalplace.com/default.htm>

Safer Building & Regulations

Alliance for Healthy Homes
<http://www.afhh.org/>

American Lung Association: Resources & Referrals for and from the Master Home Environmentalist program.
<http://tinyurl.com/5vvk9e>

Architectural House Plans Healthy Homes Construction Guidelines
 Information: <http://tinyurl.com/6dteuz>
 Booklet: <http://www.architecturalhouseplans.com/products/>

Assessment of the Indoor Air Quality of a Suite for an Environmentally Hypersensitive Occupant
<http://mcs-america.org/IAQforanEIOccupant.pdf>

Considerations For Safer Construction And Renovation By Preston Sturgis
<http://www.environmentalhealth.ca/w9394safer.html>

Dr. Grace Ziem's Environmental Control Plan for MCS Patients
<http://www.mcsrr.org/resources/articles/S3.html>

The Eco Building Guild
<http://www.ecobuilding.org/>

The Effect of Housing on Individuals with Multiple Chemical Sensitivities
<http://tinyurl.com/6gor7u>

Building for Health Materials Center
<http://www.buildingforhealth.com/>

Ecohaus
<http://www.ecohaus.com>



Heal Your Home Center

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

The Healthy Housing Coalition: Basic Needs for Rental Housing for Chemically Sensitive Persons

<http://www.herc.org/hhc/Basicrentalneeds.html>

Healthy Housing Practical Tips

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

IEQ Indoor Environmental Quality

http://ieq.nibs.org/ieq_project.pdf

International Institute for Building Biology and Ecology

<http://www.buildingbiology.net/>

LEED® Canada Green Building Rating System

<http://www.cagbc.org/leed/systems/index.htm>

The Medical Perspective on Environmental Sensitivities: Building codes, regulations and guidelines

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

Moving House - Things To Look For If You Suffer From MCS

<http://www.drmyhill.co.uk/article.cfm?id=147>

Multiple Chemical Sensitivity (MCS): The Controversy and Relation to Interior Design

<http://www.idec.org/publication/IIArticleMCS.pdf>

Optimum Environments for Optimum Health & Creativity: Designing and Building a Healthy Home or Office, William J. Rea, M.D.

http://www.ehcd.com/books/home_building_designing.html

Recommended Architectural Features for Multi-Family Housing to Better Accommodate Chemical and Electrical Sensitivities, Susan Molloy, M.A.

<http://www.ctaz.com/~bhima/recommcshous.htm>

Research House for the Environmentally Hypersensitive

<http://tinyurl.com/5prv3>

Safer Construction Tips for the Environmentally Sensitive

<http://tinyurl.com/5tgx7l>

Understanding & Accommodating People with Multiple Chemical Sensitivity in Independent Living, Chapter 4, The Housing Challenge in MCS

<http://www.ilru.org/html/publications/bookshelf/MCS.html#chapter4>

Disclaimer

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

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

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

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

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

Builders and Building Material Suppliers

Green Building Store

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

Healthy Buildings, Inc (Air Quality Testing)

http://www.healthybuilding.com/html/about_us.html

Heating and Cooling Options for the Environmentally Sensitive

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

Resources for the Chemically Injured: Building Materials

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

Tad Taylor's Healthy Homes, LLC

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

Other Housing Resources

Extreme Home Makeover

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

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

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

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

http://www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_003.cfm

News

Community News

Subscribe to News & Media Articles

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

mcsafeeds-subscribe@yahoogroups.com

Unearthed toxin at Fort Wainwright likely injured workers

<http://www.alaskadispatch.com/dispatches/news/8404-unearthed-toxin-at-fort-wainwright-likely-injured-workers>

Dry cleaners lining up for green upgrade

http://www.northjersey.com/news/environment/114346289_Dry_cleaners_lining_up_for_green_upgrade.html

Doctor plans to treat mold illness

<http://www.krqe.com/dpp/news/health/doctor-plans-to-treat-mold-illness>

Household Molds and Your Health

<http://www.everydayhealth.com/healthy-home/indoor-air-quality/mold-cleanup-guidelines.aspx>

Toxic Oil Spill Chemicals Showing Up In Gulf Coast Residents' Blood

<http://www.treehugger.com/files/2011/01/toxic-oil-spill-chemicals-in-gulf-coast-residents-blood.php>

The Richard C. Bartlett Environmental Education Award

<http://www.neefusa.org/bartlettaward>

Opinion: The toxic poisoning of America

<http://www.digitaljournal.com/article/302793>

Legislation would minimize impact of dangerous chemicals

http://www.thedutchharborfisherman.com/article/1103legislation_would_minimize_impact_of



Featured Research Studies

Perchlorate in Drinking Water During Pregnancy and Neonatal Thyroid Hormone Levels in California.

Steinmaus C, Miller MD, Smith AH.

J Occup Environ Med. 2010 Nov 30. [Epub ahead of print]

From the Office of Environmental Health Hazard Assessment, California Environmental Protection Agency, Oakland, Calif (Dr Steinmaus and Dr Miller), Division of Occupational and Environmental Medicine, University of California, San Francisco, Calif (Dr Steinmaus and Dr Miller), School of Public Health, University of California, Berkeley, Calif (Dr Steinmaus and Dr Smith).

Abstract

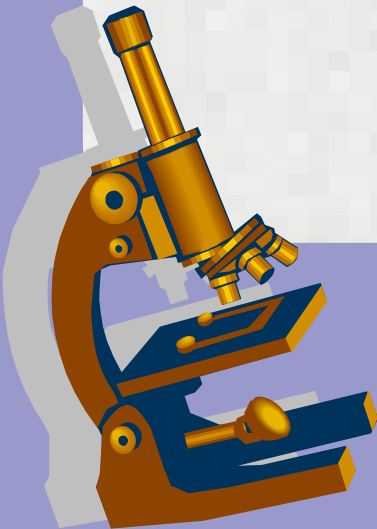
OBJECTIVE: To evaluate associations between maternal drinking water perchlorate exposure during pregnancy and newborn thyroid hormone levels.

METHODS: Elevation in thyroid stimulating hormone (TSH), which may reflect reduced thyroxin concentration, was assessed in 497,458 newborns in California in 1998. A total of 800 perchlorate water measurements were used to classify California communities as exposed ($>5 \mu\text{g/L}$) or unexposed. Results were stratified by age at TSH collection because of the normal postbirth TSH surge, and because water sources and perchlorate exposure can change soon after birth.

RESULTS: In TSH samples collected within 24 hours of birth, the odds ratio for a TSH greater than $25 \mu\text{U/mL}$ in exposed communities was 1.53 ($P < 0.0001$). After 24 hours, the odds ratio for a TSH more than the 95th percentile was 1.27 ($P < 0.0001$).

CONCLUSION: These findings suggest that perchlorate is associated with increased neonatal TSH levels.

PMID: 21124239 [PubMed - in process]



[Allergic diseases in children and farming environment.]

[Article in French]

Hulin M, Annesi-Maesano I.

Rev Mal Respir. 2010 Dec;27(10):1195-1220. Epub 2010 Oct 30.

Inserm, U707, EPAR, 75012 Paris, France; UPMC, faculté de médecine, université Pierre-et-Marie-Curie-Paris 6, UMR_S 707, EPAR, site Saint-Antoine, 27, rue Chaligny, 75571 Paris cedex 12, France.

Abstract

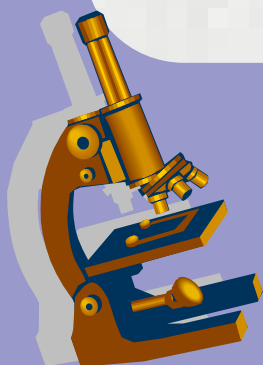
INTRODUCTION: Children living in rural areas had lower prevalence of allergies than children from cities, in relation to farming exposure.

STATE OF ART: Exposure to farm animals and consumption of raw milk appear to play an important role in the protection afforded by the agricultural environment, and this at different stages of child development. The mechanisms involved in these effects are still controversial, and recent publications cast doubt on the role of endotoxins initially suggested. It seems that exposure to indoor air pollution, characterized by excessive biocontaminants (mold, allergens ...) is a key element in the development of allergic diseases.

PERSPECTIVES: The establishment of cohort studies, a better assessment of exposure to pollution at home but also in farm buildings and the study of gene-environment interactions should improve the knowledge on the protective effect towards allergy of farming environment.

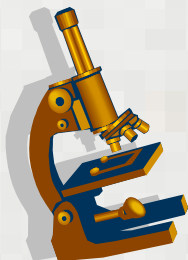
CONCLUSIONS: The farming environment, very specific, could be an important model for better understanding the mechanisms involved in allergic and respiratory diseases. In addition, urbanization and thus reduction of the rural environment, may well explain the increased prevalence of allergies observed in the past 50 years.

PMID: 21163397 [PubMed - as supplied by publisher]



SKN-1/Nrf2 inhibits dopamine neuron degeneration in a *Caenorhabditis elegans* model of methylmercury toxicity.

Vanduyn N, Settivari R, Wong G, Nass R. Toxicol Sci. 2010 Sep 20. [Epub ahead of print] Department of Pharmacology and Toxicology, Indiana University School of Medicine, Indianapolis, IN, USA.



Abstract

Methylmercury (MeHg) exposure from occupational, environmental, and food sources is a significant threat to public health. MeHg poisonings in adults may result in severe psychological and neurological deficits, and in utero exposures can confer embryonic defects and developmental delays. Recent epidemiological and vertebrate studies suggest that MeHg exposure may also contribute to dopamine (DA) neuron vulnerability and the propensity to develop Parkinson's disease (PD). In this study, we describe a *Caenorhabditis elegans* (*C. elegans*) model of MeHg toxicity that shows that low, chronic exposure confers embryonic defects, developmental delays, decreases in brood size and animal viability, and DA neuron degeneration. Toxicant exposure results in the robust induction of the glutathione-S-transferases (GSTs) *gst-4* and *gst-38* that are largely dependent on the PD-associated phase II antioxidant transcription factor SKN-1/Nrf2. We also demonstrate that the expression of SKN-1, a protein previously localized to a small subset of chemosensory neurons and intestinal cells in the nematode, is also expressed in the DA neurons, and a reduction in SKN-1 gene expression increases MeHg-induced animal vulnerability and DA neuron degeneration. These studies recapitulate fundamental hallmarks of MeHg-induced mammalian toxicity, identify a key molecular regulator of toxicant-associated whole animal and DA neuron vulnerability, and suggest that the nematode will be a useful in vivo tool to identify and characterize mediators of MeHg-induced developmental and DA neuron pathologies.

PMID: 20855423 [PubMed - as supplied by publisher]

This newsletter 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. Articles are not necessarily the opinion of MCS America and printing of others' opinions does not constitute endorsement. MCS America, Lourdes Salvador, Directors, and associate members of MCS America will not be responsible for misuse of this information. We welcome appropriate submissions for articles, letters-to-the-editor, poetry, artwork, jokes, cartoons, photos, and whatever else is physically printable. Submissions may be sent to publisher@mcs-america.org. We attempt to publish monthly.



Contact Us: admin@mcs-america.org

To subscribe to this free newsletter, send an email to: subscriptions@mcs-america.org