

“we are all hopeful that a clinical definition will bring with it legitimacy, additional research, proper treatment and justice in countless arenas”

# Synopsis of MCS Case Definition Workshop

The MCS Case Definition Workshop was held August 4-6 in Burlingame, California -- literally in my back yard. Since most of you were aware of the conference, but were unable to attend, I thought you may be curious about the outcome and where we go from here. Therefore, I thought I would attempt just a brief synopsis for your benefit. Please keep in mind this is just an overview of 3 days of intense work and is not intended to provide in-depth details.

It was an honor to be able to serve as the secretary to the case definition workgroup and to meet and interact with these well-respected giants in the field of environmental medicine. Many well-known

environmental medicine doctors (clinical and research) from the U.S., Australia, Britain, Canada, Italy, Spain and Japan participated in the workshop discussion. Numerous other doctors contributed by submitting papers for consideration of the case definition of chemical sensitivity.

The workgroup began with the six consensus criteria adopted in the 1999 Consensus Definition as listed in Archives of Environmental Health v.54, n.3 May/Jun99. This definition was refined to include what has been learned since 1999. The entire workgroup arrived at a case definition which is to serve as the beginning of the new case definition. Ten doctors were then elected as the review committee to further refine this initial

definition. CIIN will then distribute it throughout the environmental medicine community for comment and hopefully a majority will sign their approval. The ultimate goal is to have a clinical definition with an ICDN code for chemical sensitivity so doctors can correctly recognize and diagnose chemical sensitivity, instead of the patient receiving a psychogenic or other incorrect diagnosis, such as asthma, etc. Thus, patients will be able to get proper treatment, instead of the delays we have seen over the last 50 years. It is important to keep in mind that this workshop was the just the beginning, not an end. Much was accomplished, but much work is yet to be done. I am told it will likely take a year or possibly two to get a final definition, but we are all hopeful that a clinical definition will bring with it legitimacy, additional research, proper treatment and justice in countless arenas.

You may be wondering whether the name “Multiple Chemical Sensitivity” was addressed. It was; however, no consensus was arrived at, but it will be addressed by the committee.

Although I don't know for sure, my guess is the September issue of *Our Toxic Times*

[http://www.pnf.org/OUR\\_TOXIC\\_TIMES.htm](http://www.pnf.org/OUR_TOXIC_TIMES.htm)

will have a write-up about it. CIIN is a staff of three and they are extremely busy, so as a courtesy I just ask that people not email Cynthia Wilson about her intentions in this regard. Finally, in case you didn't know, you can now receive *Our Toxic Times* in PDF format instead of by mail. That saves them money and you get it about a week ahead of the mail list. Just email them if that is your preference.

Betty Kreeger



# Personal Hygiene Tips



As society became industrialized manufacturers seeking a bigger share of profit began to add scents to products to attract buyers and ensure sales. The cost of adding natural scents was high and manufacturers soon turned to synthetic fragrances and additives to keep costs down. The advent of the synthetic fragrance has changed the health of many unknowing and trusting buyers. Here are a few fragrance free personal care tips.

## Soap

### Castile Soap - Unscented

Use as regular liquid soap.

### Homemade Liquid Castile Soap

Boil 3 cups of water.

Add shavings of one bar of unscented castile soap.

Cool and fill pump bottle.

### Liquid Borax

Add ¼ cup of borax per pint of water.

Shake well and allow to settle.

Pour the water into a pump bottle leaving the borax powder residue behind.

### Baking Soda

Rub on as a paste and rinse.

Note: Does not lather

### **Lotion**

Olive Oil, Sesame Oil, Sweet Almond Oil, or Grapeseed Oil

Rub a small drop on skin.

### Coconut Oil

Rub a small drop on skin.

### **Deodorant**

Baking Soda or Corn Starch  
Dust body and/or underarms.

### White Clay

Rub in as a paste and rinse.

### Deodorant Crystal

Wet and rub under arm.

### Water

Wash underarms several times a day with plain water to remove bacteria and control odor.

For more tips see :

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

Lourdes "Sal" Salvador

# Lighthouse

By Ann Moran-Smith



Ann's artistic pursuits include painting in acrylic and watercolor as well as collage; Lighthouse was her first painting. She hopes to be able to resume her art when her MCS is better controlled. She gains the courage to face each day from the wonderful and caring people she has met on the MCS/CI lists on the web. You can view more of Ann's art at <http://www.angelfire.com/magic2/anniegal/>

## Scratch & Sniff

Introducing  
**ABSENCE!**



Now in PDF format  
Scratch and sniff  
Get a whiff of  
**ABSENCE!**

a little humor  
by kfitzpatrick