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Chemicals are affecting ALL of us in some way or another.

Think about the last time you got a headache for no apparent reason. Could it be possible that the strong smell of perfumes in the workplace is getting to you? Had someone recently sprayed pesticides near you without you knowing it? Had you recently used Bleach or another strong chemical to clean with? Do you get headaches or feel nauseous from being around people wearing perfume or cologne? Do you feel you need to hold your breath when you go down the perfume aisle at the drug store or the laundry aisle in the grocery store? All these things are your body's way of telling you something is wrong with the air you're breathing.

Multiple Chemical Sensitivity

MCS, also known as Environmental Illness, is caused by living in a toxic world. The chemicals that were synthesized after World War II (including, pesticides, synthetic fragrances, cleaning products, detergents, etc.) are mostly "petrochemicals" (petroleum based) and are quite toxic to humans. There have been virtually no studies done on the majority of these chemicals to see how they affect humans - the industry just placed the chemicals in the environment with the assumption that they are "safe, till proven toxic", instead of the other way around. One of the biggest offenders is **PERFUME** and other scented products. Did you know that many of the ingredients in your perfume are the exact same ingredients found in **GASOLINE**? The scary thing is that the perfume industry is NOT REGULATED at all - they can put any number of chemicals in fragrance without revealing what those chemicals are - or how they affect humans. We humans are all participating in a giant "lab experiment" against our knowledge and against our will, and it's making some of us VERY sick.

How does one become allergic to a chemical?

Each time we are exposed to a chemical, our immune system produces antibodies against it, making us less tolerant with each subsequent exposure to that chemical. Once enough antibodies are produced, an allergic reaction will occur. A good analogy is a rain barrel. Once it is filled to the top, additional rain will cause it to overflow. Most poisonings happen slowly, over a long period of time, by daily exposure to toxins in the air, and toxic chemicals that come into contact with the skin. Household products are among the most toxic substances we encounter daily.

"The Consumer Product Safety Commission reported that 150 common household chemicals have been linked to allergies, birth defects, cancer and psychological abnormalities."

Symptoms of Chemical Allergy

There are a wide variety of symptoms of a chemical allergic reaction. They vary from person to person and also depend on the chemical. Milder reactions include headaches, "hay fever symptoms" such as runny nose, watery eyes, sneezing, and sinus congestion. More severe reactions include Migraines, Concentration problems, Violent outbursts, Rheumatoid Arthritis, nausea and vomiting, central nervous system disorders such as loss of motor skill control i.e. slurred speech, jerking limbs, staggered gait, convulsions etc.

From one sensitivity to many

Many chemicals are actually compound chemical mixtures and share many similar properties. Once we have become sensitised to one chemical, we easily become sensitive to many others because our immune systems cannot distinguish between them. Continued exposures, even small ones, will change our mild reactions to more severe reactions over time. If we are already sensitised and continue to be exposed, eventually we could develop full-blown M.C.S.

It's like playing "Russian Roulette" - you never know how long your immune system can hold out before breaking down. Some people may never reach the point of "chronic illness" - but most people are being affected, possibly without realizing it. Cancer has increased dramatically since World War II (after all the chemicals came out). Attention Deficit Disorder is on the rise (More and more of our children are being put on

toxic, brain-altering drugs like Ritalin when simply cleaning up their environment could solve their problems.) Chronic Fatigue Syndrome, Alzheimer's disease, Allergies, Asthma, Lupus, Tourettes Syndrome, Diabetes, Rheumatoid Arthritis, Fibromyalgia, and Multiple Sclerosis are also increasing. All these illnesses could very well have a chemical connection to their cause or, at the very least, these patients would benefit from a less toxic environment. Pretty much any "immune system" deficiency could be helped by a cleaner environment and by using safer products.

Living with MCS

Once full-blown MCS has developed, every aspect of life is affected. Trace amounts of most chemicals will cause extreme reactions. Victims must live in a "bubble" in order to function. Imagine not being able to walk outside without a mask on because everything from vehicle and furnace exhaust fumes makes you sick. Friends and family cannot enter your "safe" home for fear of contaminating it with all the chemicals they use in their daily lives. You can never go to the mall, movie or any public place again without the threat of becoming severely ill. Those of us who have become chronically ill from these chemicals are similar to the "canaries in the coal mine". Coal miners would take a canary into the mines with them to warn them when the air became toxic. They knew that when the canary stopped singing or died, it was time to get out before it affected them as well. We "human canaries" are here to warn the rest of you that unless you start making changes and avoiding as many toxic chemicals as possible, you too may become very sick.

How much exposure is safe?

"The average home today contains more chemicals than were found in a typical chemistry lab at the turn of the century."

The safe exposure levels for chemicals are often being lowered, proving that no one really knows how much, if any, is actually safe. An example is the pesticide DDT that was "safely" used for years before it was proven to be toxic and its use was banned.

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