



RESOURCE GUIDE

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RMEHA

181 Sawmill Road
Jamestown, Colorado
80455-9721

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

Absolute Address: <http://bcn.boulder.co.us/health/rmeha/rmehguid.pdf>

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*This guide is available free with membership;
nonmembers may purchase for \$10*

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The Rocky Mountain Environmental Health Association (RMEHA) is a support and information group for people suffering from or interested in environmental sensitivities. We have compiled this booklet to help provide resources for members. In addition, please see our website at <http://www.RMEHA.org> for more extensive information, including links to many resources not highlighted below. If you have other resources that you think we should include on the Web site or in this booklet, please let us know.

*** Please note that everyone who suffers from MCS is different. All suggestions must be carefully evaluated by the individual and his or her health care provider(s) for applicability and safety. RMEHA does not endorse any of the providers, products, or services mentioned in this Guide; we include them merely to provide a range of options for people coping with this debilitating condition. ***

I. Multiple Chemical Sensitivity

A) What is Multiple Chemical Sensitivity (MCS)?

MCS is a chronic health condition that affects some 11 ... 16 percent of the population. It is characterized by extreme sensitivities to chemicals; it is *not* an allergic condition. It generally develops following either a single major exposure to a substance to which that individual is particularly vulnerable, such as mold, a pesticide, or a petroleum-derived product, or long-term exposure to lower concentrations of many substances. Some with MCS cannot identify a particular onset. Symptoms in multiple organ systems occur after exposure to substances at concentrations far below the levels tolerated by most people. Reactions may be immediate or delayed. People with MCS typically feel ill when exposed to chemicals found in everyday life such as pesticides, household cleaning products, glue, carpets, new building materials, paint, automobile exhaust, gasoline, fumes from charcoal grilling, tobacco smoke, deodorizers, air fresheners, perfumes, scented products, shampoos, deodorants, lotions, hairspray, incense, dry cleaning chemicals, emissions from photocopy machines, carbon paper, inks and newspapers, magazines, and more.

MCS is also referred to by many other names, including Environmental Illness (EI), Chemical Intolerance (CI), and Sick Building Syndrome (SBS). MCS is sometimes accompanied by Electrical HyperSensitivity (EHS), which is an intolerance to the electromagnetic radiation (EMR) generated by cell phones, WiFi, computers, cordless phones, fluorescent bulbs, dimmer switches, photovoltaic systems, smart meters, faulty wiring, and other EMR sources.

Although each individual affected by MCS has a unique set of reactions, MCS typically impairs many bodily functions and affects overall health and well-being. Some symptoms from chemical exposures include headaches, dizziness, visual disturbances, short and long-term memory loss, mental confusion, seizure disorders, irritability, depression, behavioral problems, learning disabilities, numbness and tingling, increased sensitivity to odors, flu-like symptoms, chronic exhaustion, asthma or other breathing problems, bloating or other intestinal problems, food allergies, skin rashes, inflammation, muscle weakness, joint pains, ear, nose, and throat problems, autoimmune disorders, cardiovascular irregularities, genitourinary problems, persistent infections (especially yeast), and more.

There isn't yet a specific cure for MCS. Instead, those affected must make dramatic lifestyle changes to reduce exposures to everyday chemicals. Combined with various medical treatments, that allows many people to eventually recover to some degree. There is no ICD code for MCS in America. Some doctors are diagnosing it with ICD-9 code 989.9, "intolerance to other substances, non-specified."

B) Top Six Things To Do When You Realize You Have MCS

1. Get as thorough a medical examination as possible to try to determine any biological disorders that may be contributing to your MCS, which can be one manifestation of various problems affecting the neurological, immune, digestive, cardiovascular, and other systems. Effectively treating these disorders may help reduce your MCS. However, keep in mind that many of these acknowledged biological disorders, especially chronic ones, continue to stump doctors, who do not know how to diagnose or treat them. Learn to rely on your understanding of your body's symptoms, and don't hesitate to respectfully question your doctor's approach if it is not working, or is doing more harm than good. History is littered with examples of "medical truths" accepted in the profession that later have been proven wrong.
2. Review one or more of the following "General Resources" to develop an initial understanding of all the complexities of evaluating, treating, and living with MCS. Take your time; there's a lot to learn.
3. Find a practitioner who understands MCS and is willing to support you, especially with documentation.

4. Make your home as nontoxic as possible, starting with your bedroom (where you spend the most time). This includes furniture, clothing, and maintenance and personal care products.
5. Begin to evaluate and revamp your diet as needed, since foods that you can't tolerate can have a major impact on your health.
6. Find support and information – network with others who have MCS.

II. General Resources for Chemical Sensitivity

A) Organizations:

- Rocky Mountain Environmental Health Association (RMEHA), <http://RMEHA.org>
MCS support group – comprehensive website, resources, support from other members.
Box 181 Sawmill Road, Jamestown, CO 80455;
Contact: Ernie Stiltner, (303) 459-0180, estiltner@sccs.com
- The Chemical Injury Information Network (CIIN), <http://CIIN.org>
MCS support and advocacy organization. Publishes *Our Toxic Times* newsletter, which includes housing advertisements. Offers doctor, attorney, and other referrals, a list of organization(s) in each state, a list of CIIN members for each state, and resource and educational materials.
P.O. Box 301, White Sulphur Springs, MT 59645, (406) 547-2255
- Human Ecology Action League, Inc. (HEAL), <http://healnatl.org/>
Publishes *The Human Ecologist* quarterly, offers brochures explaining chemical sensitivities (available in quantity), provides a Service List that includes information, resources, reading materials, directories, and a network of volunteers who provide information at local levels.
P.O. Box 509, Stockbridge, Georgia 30281, (770) 389-4519, HEALNatnl@aol.com
HEAL's Southern Arizona Chapter website is also full of helpful information: <http://healsoaz.org/>
- Chemical Sensitivity Foundation, <http://www.chemicalsensitivityfoundation.org>
Nonprofit that raises public awareness about MCS.
4 Wren Drive, Topsham, ME 04086, (207) 725-8570
- MCS America, <http://www.MCS-America.org>
[Informative website with materials and resources for MCS.](http://www.MCS-America.org)
- Ecological Health Organization, <http://echomcsct.homestead.com/>
P. O. Box 8232, Berlin, CT, 06037-8232. Telephone 570/472-0374
- National Center for Environmental Health Strategies, <http://www.ncehs.org/>
856/429-5358
NCEHS develops creative solutions to protect public health and improve the lives of people impacted by chemical and environmental exposures.

B) Overview Books and Videos

- *Chemical Exposures: Low Levels and High Stakes*, 2nd Edition (1998), by Nicholas Ashford and Claudia Miller
This book explores low-level chemical exposures causing or aggravating a wide variety of health problems, including breathing difficulties, chronic fatigue, digestive problems, Gulf War Syndrome, headaches, memory impairment, mood changes and sick building syndrome. The concept of toxicant-induced loss of tolerance, which amounts to an injury or genetic deficiency in the blood-brain barrier, is also presented, which may have some far-reaching implications for future public health and environmental policy. The book also documents many of the efforts over the years by some corporate interests to deny the existence of MCS.
- *Chemical Sensitivity, Vol. 1-4*, by Dr. William J. Rae

- *Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome*, by Martin L. Pall
Dr. Pall proposes a model for an neural hypersensitivity that creates the immediate injury, and also releases an internal toxin that that explains many of many multisystem illnesses - chronic fatigue syndrome (CFS), multiple chemical sensitivity (MCS), fibromyalgia (FM), post traumatic stress disorder (PTSD), and Gulf War syndrome (GWS). The NO/ONOO cycle is a vicious cycle of an internal neural injury that releases nitric oxide that is poorly detoxified by the body. That injury in turn causes another toxic oxidation product, peroxyxynitrite, to build up. The model suggests therapies that may relieve the NO/ONOO cycle.
- *Mold Warriors*, by Dr. Ritchie Shoemaker (helpful if toxic mold contributed to your MCS. Also see <http://moldwarriors.com/>)
- *Multiple Chemical Sensitivity: A Survival Guide*, 2nd Edition (2006), by Pamela Reed Gibson, Ph.D. (excellent guide for those new to MCS.). See <http://www.earthrivebooks.com/Chaptersummaries.htm> for chapter summaries and excerpts.
- *Our Toxic World*, by Doris J. Rapp
- *Staying Well in a Toxic World: A New Millennium Update, Understanding Environmental Illness; Multiple Chemical Sensitivities, Chemical Injuries, and Sick Building Syndrome*, by Lynn Lawson
- Alison Johnson's series of videos about Multiple Chemical Sensitivity, <http://www.alisonjohnsonmcs.com/>, (207) 725-8570, info@alisonjohnsonmcs.com

C) Federal Agencies

- Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/>, (800) CDC-INFO (232-4636), cdcinfo@cdc.gov

Chronic fatigue information at <http://www.cdc.gov/cfs/>

NIOSH is responsible for conducting research and making recommendations for the prevention of work-related disease and injury; <http://www.cdc.gov/niosh/>, (800) 35-NIOSH

Agency for Toxic Substances and Disease Registry (ATSDR), <http://www.atsdr.cdc.gov/>, (800) 232-4636

- National Institute of Environmental Health Sciences, <http://www.niehs.nih.gov/>
 - Environmental Protection Agency, <http://www.epa.gov/>
- Social Security Disability, <http://www.ssa.gov/disability/>, (800) 772-1213.
- Housing and Urban Development, <http://www.hud.gov/>.

D) Other Online Support Groups and Communities

- <http://www.yahoo.com/> has numerous online support groups for people suffering from chemical and mold sensitivities and more. Click on "groups" and type in a subject to find a support group. Some examples include:

<http://health.groups.yahoo.com/group/ChemicalInjurySupport/> (for MCS sufferers)

<http://health.groups.yahoo.com/group/sickbuildings/> (for people with mold poisoning)

<http://health.groups.yahoo.com/group/eSens/> (for people with electromagnetic sensitivities)

Planet Thrive, <http://planetthrive.com/> (includes many resources, articles, and information on all aspects of MCS)

[My Health Maven; http://www.myhealthmaven.com/](http://www.myhealthmaven.com/)

E) Other Helpful Sites and Resources

- <http://www.mcsresearch.net/> (research on MCS by Dr. Pamela Gibson at James Madison University)
- <http://www.cfccc.net/> (Chronic Fatigue Syndrome, Fibromyalgia, and Chemical Sensitivity Coalition of Chicago)
- <http://www.fpinva.org> (information on the hazards of fragrances)
- <http://www.needs.com/>, (800) 634-1380 (Nutritional Ecological Environmental Delivery System (NEEDS), sells a wide range of potentially helpful products).
- <http://www.aehf.com/>, (800) 428-2343 (the American Environmental Health Foundation, sells a wide range of potentially helpful products)
- <http://www.dld123.com/> (question and answer blog, and extensive list of healthier natural products. Also has a consulting service provided by Debra Lynn Dadd.)
- <http://www.lassentech.com/mcsei.html> (wide range of information)
- <http://ourlittleplace.com/mcs.html> (wide range of information)
- <http://www.mcsrr.org/> [MCS Referral Associates](#)
- <http://www.angelfire.com/planet/mcshelpsite/#guides> (wide range of information)
- <http://www.mold-help.org> (mold information) and <http://www.presenting.net/sbs/molddoctors.html> (possible health care providers for mold problems)
- <http://planetthrive.com/2009/07/disability-insurance-ssdi/> (extensive information on disability and MCS); and <http://www.jan.wvu.edu/media/MCS.html> (accommodating MCS in the workplace)
- <http://invisibledisabilities.org> and <http://cleanerindoorair.org> (information and services for anyone with an “invisible” illness, including those with MCS)

F) Other Referrals for Environmental Illness Needs

Attorneys for Social Security Disability

- Chris Ebner
5460 S. Quebec St., Suite 220
Englewood, CO 80111
Phone: (303) 770-0673
Fax: (303) 723-8814

Debra L. King
1000 North Sheridan

Denver, CO 80214
(303) 623-8000

MCS Consulting

- Carl Grimes
Healthy Habitats
(303) 671-9653
grimes@habitats.com
<http://www.habitats.com/>

“Green” Realtors & Builders

- Deb Ellis
Coldwell Banker Residential Brokerage
600 Grant St., Suite 900
Denver, CO 80203
(303) 809-4178
deb.ellis@coloradohomes.com
- <http://www.ecobroker.com/>
- <http://bgbg.org/> (Boulder Green Building Guild)

“Green” Carpet Cleaners

- Homestead Carpet & Upholstery Cleaning
9546 W Capri Dr
Littleton, CO 80123-3413
(303) 972-0683
- Professional Carpet Cleaning
Mike Thomas
1600 Hover C3-114
Longmont, CO 80501
303-702-9509

III. Health Care Providers

(NOTE: The following doctors and specialists have been mentioned by various people as possible treatment providers. We do not recommend any specific doctor. Please research who may be a good fit for your situation. Other providers may also be appropriate for you.)

A) General Practitioners and Specialists Who Treat MCS

Acupuncture

Miller, Ty, L.Ac.
1790 30th Street
Boulder, CO 80301
<http://www.tymilleracupuncture.com/>
(303) 442-0022

Chiropractic

Braddock, Wayne, D.C.
9428 West 58th Avenue
Arvada, CO 80002
(303) 420-0264

Helburg, Daniel, D.C.
2500 Broadway
Boulder, CO 80304

(303) 449-9280

Honert, Jeff, D.C.
10291 West 58th Ave.
Arvada, CO 80002
(303) 940-9550

Snyder, Randy, D.C.
8155 W 94th Ave
Broomfield, CO 80021
(303) 423-4610

Stempel, William, D.C.
2865 E. Colorado #250
Denver, CO 80209
(303) 777-6466

Dental

Bennett, Lawrence, D.D.S.
McFarlane, James, D.D.S.
1920 Vindictor Drive #211
Colo. Springs, CO 80919
(719) 531-5060

Grout, Ron, D.D.S.
Olsen, Steve, S.D.S.
(removes amalgams)
8 West Dry Creek Circle #101
Littleton, CO 80120
(303) 730-1222
info@groutfamilydentistry.com

Heltzel, James, D.M.D.
4312 S. Eastern Ave.

Las Vegas, NV 89119
(702) 733-7244
drheltzel@cox.net
<http://www.healthydentistry.com/>

Koral, Stephen, D.M.D.
(removes amalgams)
2006 N. Broadway St.
Boulder, CO 80302
(303) 443-4984

Wurtzebach, Robert, D.D.S.
(removes amalgams)
7425 West Hampden Avenue
Lakewood, CO 80227
(303) 969-8989

International Academy of Oral
Medicine and Toxicology
<http://www.iaomt.org> (has a
search tool for finding a
holistic, lower-toxicity dentist)

Environmental Medicine

Brunschwig, Pierre, M.D.
Breaknell, Deborah, F.N.P.
Helios Integrated Medicine
4150 Darley Avenue
Boulder, CO 80305
(303) 499-9224
<http://www.e-helios.com/>
*also offers IV treatment

Campbell, Andrew, M.D.
Medical Center for Immune
and Toxic Disorders
25010 Oakhurst Dr
Spring, TX 77386
(281) 681-8989
<http://www.immunotoxicology.com>

Conlon, Robert M., M.D.
Alpha ENT Clinic PC
1032 Luke Street
Fort Collins, CO 80524
(970) 484-8686

Gerdes, Kendall M.D.
Juetersonke, George, D.O.
3525 American Dr.
Colo. Sprgs, CO 80917
(719) 597-6075

Gray, Michael R., M.D.
Progressive Healthcare Group
300 S. Ocotillo Avenue
Benson, AZ 85602-6401
(520) 586-2261

Grossman, Terry, M.D.
2801 Youngfield St. #17
Lakewood, CO 80401
(303) 233-4247

Johnson, Alfred, M.D.
Johnson Medical Associates
997 Hampshire Lane
Richardson, TX 75080-8105
(800) 807-7555

Lieberman, Allan, M.D.
The Center for Occupational
and Environmental Medicine
(includes a detox clinic)
7510 Northforest Drive North
Charleston, SC 29420
(843) 572-1795
allanl@coem.com
<http://www.coem.com/>

Livewell, Stacey, M. D.
737 29th Street
Boulder, CO 80302
303/717-2521
<http://www.livewellprevmed.com/>

Martin, Monique, D.O.
Global Medicine
499 West Belleview Avenue
Englewood, CO 80110
(303) 762-7206
www.drmoniquemartin.com

Nonas, Nicholas, M.D.
6650 S. Vine St. #100
Littleton, CO 80122
(303) 694-2626

Rea, William, M.D.
Environmental Health Center
(includes a detox clinic)
8345 Walnut Hill Lane,
Suite 220
Dallas, TX 75231
(214) 368-4132
<http://www.ehcd.com/>

Rapp, Doris J., M.D.
Scottsdale, AZ
(480) 905-9195
Support@DrRapp.Com
<http://www.drrapp.com>

Robbins, Albert, M.D.
Robbins Environmental
Medicine Center
420 West Hillsboro Blvd.

Deerfield Beach, FL 33441
(954) 421-1929
AlbertRobbins@aol.com
<http://www.allergycenter.com/>

Van Konynenburg, Kris, M.D.
1155 Alpine Avenue #360
Boulder, CO 80304
(303) 442-8843

Vaughan, Elizabeth, M.D.
Vaughan Integrative Medicine
1301 W. Wendover Ave. #A
Greensboro, NC 27408
(336) 808-3627
www.vaughanintegrative.com

Wilson, Jay, D.C.
1455 Yarmouth Ave. #112
Boulder, CO 80304
(303) 449-7414

Other possible doctors are
listed on the AMERICAN
academy of Environmental
Medicine website -
<http://www.aeamonline.org/>

Massage and Craniosacral

Colorado Health Quest
(low-toxicity environment)
842 Laurel Ave
Boulder, CO 80303
(303) 402-9088

Prezkurat, Janet, C.M.T.
Morrison, CO 80465
(303) 697-9021

Nambudripad's Allergy Elimination Technique

Richardson, Brad, D.C.
Richardson, Amy, Nutritionist
(also uses BAX 3000)
Summit Chiropractic
54 Garden Center
Broomfield, CO 80020
(303) 466-3232
www.summitchiropractic.com/

Naturopathic

Ber, Eli, N.D.
10752 N. 89th Place, B213
Scottsdale, AZ 85260
(480) 634-6172

Neurology

Cohen, Andrea, M.D.
14062 Denver West Parkway, Suite
140

Lakewood, CO 80401
(303) 278-2040
<http://holisticneurologist.com/>

OB/GYN

Choi, Suzanna, M. D.
9397 Crown Crest Blvd. #220
Parker, CO 80138
(303) 721-1670

Optometry

Armstrong, Cleve, O.D.
801 S. Public Road
Lafayette, CO 80226
(303) 665-3200

Wang, Jason, M.D. (cataract surgeon)
Omni Eye Specialists
55 Madison
Cherry Creek, CO 80206
(303) 377-2020

Therapy

To find a Somatic Experiencing Practitioner:
<http://www.traumahealing.com>

Reaven, Noah, Ph.D.
(licensed clinical psychologist)
1776 S. Jackson St. #618

Denver, CO 80210
(303) 525-0582

Sawyer, David, M.A., L.P.C.
(psychotherapist)
1503 Yarmouth Ave
Boulder, CO 80304
(303) 440-9725

Spilken, Sweigh, M.F.A., C.H.T (body-centered psychotherapist specializing in chronic illness, trauma work, and nervous system regulation)
737 29th St.

Boulder, CO 80303
(720) 771-4778
<http://vibrantlivingtherapy.com/>

Swift, Sara, M.A., S.E.P, P.R.Y.T, K.Y.T
The Spirit Of Health
O'Neal Circle #K27
Boulder CO 80301
(720) 373-2726
lynnsswift1@earthlink.net

Other

Allen, Ann (neurolink procedure, biofeedback, holistic support)
1251 S. Huron Street #B
Denver, CO 80223
(303) 757-0508

Gibbons, Kathy, Ph.D.
(BioMeridian Stress Assessment)
6093 S. Quebec Street #203
Centennial, CO 80111
(303) 220-7906
<http://www.healthyaactions.meta-ehealth.com/>

Moritz, Kathy, R.N.
(natural remedies for EI)
414 South Cedar Brook Road
Boulder, CO 80304
(303) 442-5100

Shevins, Jody, N.D.
(homeopathy)
5377 Manhattan Street #200
Boulder, CO 80303
(303) 494-3713

B) Organizations for Alternative Medicine Practitioners

Environmental Medicine

- American Academy of Environmental Medicine, (316) 684-5500, <http://www.aeemonline.org/> (includes a tool for finding a doctor given your zipcode)

Naturopathic Medicine

- American Association of Naturopathic Physicians, (866) 538-2267, <http://www.naturopathic.org/>

Acupuncture and Chinese Medicine

- American Assoc. of Acupuncture and Oriental Medicine, (866) 455-7999, <http://www.aaaonline.org>

C) Health-related MCS Resources

Hospital Protocols

- <http://www.citlink.net/~bhima/hospital.htm> (detailed instructions by Selene Anema, RN, on hospitalization for people with MCS, drugs to use, anesthesia issues, etc.)
- <http://www.ohionetwork.org/HHH/mcspolicy.pdf> (Southwest General Health Center (Ohio), MCS nursing protocol)
- <http://www.lassentech.com/eimcspro.html> (dated; no longer in use at this facility, since its advocate has left, but it can serve as a useful and detailed prototype for elsewhere)
- http://www.mcscanadian.org/pdf/Env_health_in_hospital_part_II_Env_Sens_Care.PDF (Canadian Hospitals guide for Environmentally Sensitive Patients)

IV. Treatment Protocols

RMEHA does not advocate any specific treatment, nor do we know of any treatment that is a complete “cure” at this time. The following protocols are some of the treatment options available. It is extremely important to note that what works for some people may not work for others, and some can even be harmful. Therefore, it is important to thoroughly research any protocol first.

A) Chemical Avoidance

Chemical avoidance is the most common and effective treatment for MCS. Avoidance entails eliminating exposures as much as possible in daily life to irritants that cause reactions. Repeated exposures to chemicals can further sensitize an already sensitive body. Many people with MCS feel significant improvement once daily exposures to chemicals, molds, and other toxic substances are sharply reduced, and a low-toxicity home is critical for symptom reduction.

B) Nutrient Therapy

Supplementing with nutrients and antioxidants can help alleviate some symptoms, and many practitioners who treat MCS suggest supplements. Keep in mind that supplements are potent, and can both help and harm; they are only lightly regulated by the FDA; and extensive evidence has shown that many products don't contain what is claimed on the label, or are contaminated with potentially harmful substances. If you use supplements, consult a practitioner or resources such as ConsumerLab ([http:// www.consumerlab.com/](http://www.consumerlab.com/)) to identify more reliable manufacturers. Two related protocols that you may wish to investigate have been developed by Grace Ziem, M.D., and Martin Pall, Ph.D. Many other protocols are in use.

Grace Ziem's Neural Sensitization Treatment for Chemical Injury

Grace Ziem has been using her protocol with patients for years. Her Web site (<http://chemicalinjury.net>) says: This protocol “treats the cycles of inflammation that occur after chemical injury. This inflammatory state significantly contributes to chemical sensitivities that are very often the result of chemical injury. This section presents the full protocol for the new treatment...”

Grace Ziem, M.D.
16926 Eylers Valley Road
Emmitsburg, MD 21727
(301) 241-4346

Dr. Ziem works with Key Pharmacy to provide the substances used in her protocol to patients all over the country. You can also get a printed copy of the protocol from Key Pharmacy:

Key Pharmacy
Kent, WA
(206) 878-3900 or (800) 878-1322
<http://www.keynutritionrx.com>

Martin Pall's NO/NOO Cycle Treatment

Martin Pall, Ph.D., postulates that after initiation by a toxic exposure or similar trigger, there is a cycle of inflammation that needs to be interrupted. His Web site (<http://thetenthparadigm.org/mcs09.htm>) says: “The chronic nature of MCS and related multisystem illnesses is thought to be produced by a biochemical vicious cycle mechanism, the NO/ONOO- cycle, which is initiated by various stressors that increase nitric oxide and peroxynitrite levels...”

His full explanation is also available in his book, listed in Section II. B. His protocol includes the supplements listed at <http://thetenthparadigm.org/arg.htm>. These are available for a discounted price through sources such as <http://www.iherb.com/>.

Many people have to alter the protocols in some way, so it's best to work with a doctor and bring him or her the literature from the websites or Key Pharmacy. Again, since everyone with MCS is different, the protocol does not help everyone, and can cause harm for some.

C) Glutathione

Glutathione is an antioxidant normally made by the body. Supplementing with glutathione has helped a number of people with MCS. This can be done through intravenous therapy (e.g. at Helios Integrated Medicine, listed in Section III.A. under “Environmental Medicine”), through nebulizing (available through Key

Pharmacy, see above, and other sources), in pill or powder form, or through some of the newer, better-absorbed liquid forms, such as ReadiSorb, distributed by Your Energy Systems, (877) 303-3238. While many people experience some improvement with the use of glutathione, it is not always tolerated by people with MCS, or might have to be introduced slowly. Others have been harmed by it.

D) Detoxification

Detoxification and sauna therapy have been helpful for some people with MCS. Qualified physicians and some of the clinics noted in Section III.A. (such as Dr. Rae's Environmental Health Center in Dallas and Dr. Lieberman's Center for Occupational and Environmental Medicine in North Charleston, South Carolina) offer detox programs. It is advisable to be under the guidance of a physician when attempting any form of detox, since detoxing too fast, or without properly replenishing essential nutrients, can cause major problems. For sauna therapy, people with MCS sometimes use far infrared saunas, and many tolerate the saunas manufactured by Heavenly Heat. However, some people with electrical sensitivities can't tolerate the electromagnetic fields generated by far infrared saunas.

- Heavenly Heat
(800) MY-SAUNA (697-2862)
bobmorgan@heavenlyheatsaunas.com

E) Other treatments

There are numerous other treatments available. Some examples include:

- Special diets (e.g. Rotation Diet, The Body Ecology Diet, Blood Type Diet; see Section V for information related to some of these)
- Treatment protocols such as the one described in *From Fatigued To Fantastic!* by Jacob Teitelbaum
- Low Dose Antigen Therapy (LDA), http://www.drshrader.com/lda_therapy.htm
- NAET (Nambudripad's Allergy Elimination Technique), <http://www.naet.com/>
- Hyperbaric chambers. One treatment source is:
Rocky Mountain Hyperbaric Institute
2300 Central Avenue
Boulder, CO 80301-2861
(303) 442-4124
<http://www.rockymountainhyperbaricassociation.org/>

The Center for Occupational and Environmental Medicine and Johnson Medical (listed in Section III.A. under "Environmental Medicine") also have hyperbaric chambers available.

- Targeted food and supplement strategies such as those described in *Prescription for Nutritional Healing, Fourth Edition (2006)*, by Phyllis and James Balch
- Brain Retraining. Some recommended reading (there are many more books):
The Brain That Changes Itself, by Norman Doidge
The Body Bears The Burden, by Richard Scaer

V. Health Food Stores and Cookbook Resources

A) Health Food Stores and Co-Ops

- Whole Foods Market
(512) 477-4455
<http://www.wholefoodsmarket.com/stores/>
- Vitamin Cottage
(877) 986-4600
<http://www.vcnfm.com/>

- Sunflower Farmers Market
(866) 890-8949
<http://www.sfmarkets.com/locations/>
- Trader Joe's
http://traderjoes.com/static/find_a_tjs.asp
- Find a local health food store at <http://www.coopdirectory.org/> or <http://eatwellguide.org>

B) Web sites

- <http://www.greenpeople.org/>, (732) 514-1066 (search for organic food, natural pet supplies, natural baby products, beauty products, co-ops, CSAs (Community Supported Agriculture), etc.)

Other sources for buying organic food online or through a catalog:

<http://www.shoporganic.com>, (520) 792.0804 x1 and <http://www.diamondorganics.com/>, (888) ORGANIC (674-2642). Keep in mind that many health food stores will also deliver or ship to you.

- <http://www.localharvest.org/>, (831) 515-5602 (Web site to find farmers' markets, family farms, and other sources of local sustainably grown food. Catalog for things you can't find locally.)
- <http://www.organicconsumers.org/>, (218) 226-4164 (Nonprofit that deals with food safety, industrial agriculture, genetic engineering, children's health, corporate accountability, Fair Trade, environmental sustainability, and other key topics.)

C) Cookbooks

- *The Acid Alkaline Food Guide*, by Susan Brown, Ph.D.
- *The Allergy Self-Help Cookbook*, by Marjorie Hurt Jones, R.N.
- *The Body Ecology Diet*, by Donna Gates
- *Breaking the Vicious Cycle; Intestinal Health Through Diet*, by Elaine Gottschall
- *The Cure Is In The Kitchen*, by Sherry Rogers, M.D.
- *Digestive Wellness*, by Elizabeth Lipski, Ph.D., CCN
- *Eat Right 4 Your Type: The Individualized Diet Solution*, by Peter J. D'Adamo
- *Gluten-Free 101: Easy, Basic Dishes without Wheat*, by Carol Fenster, Ph.D.
- *The Gluten-Free Gourmet Cooks Fast and Healthy*, by Bette Hagman
- *The Maker's Diet*, by Jordan Rubin, N.M.D.
- *The Super Allergy Girl Allergy & Celiac Cookbook*, by Lisa A. Lundy
- *The Yeast Connection Handbook*, by William Crook, M.D.

VI. Housing Resources

*Note: Homes and rooms advertised as "safe" can still be problematic for your specific health situation. Ask questions and spend time in the place before making a commitment. No place is perfect, so you'll likely have to make some modifications.

A) Safer Housing Ads, Web sites, and Resources

- <http://www.herc.org/hhc/Basicrentalneeds.html> (Basic needs for MCS residences, according to The Healthy Housing Coalition based in New Mexico. Recommendations include: Structure 5+ years old, electric utilities, no recent painting or remodeling, no pesticide used for 3+ years (and never any chlordane use), no mold, no carpet, no recent use of incense, cigarette smoke, aromatherapy, potpourri, or air fresheners, and low-density residential location with as much distance as possible from traffic, industry, agriculture, high tension electric lines and transformers, concentrated wood smoke, golf courses, airports, and neighbors who smoke, use fabric softeners or pesticides, or do other air polluting activities.)
- http://mcs-america.org/index_files/MCShousing.htm (numerous resources and a limited number of housing listings)
- *Our Toxic Times* (each issue contains housing ads). Published by the Chemical Injury Information Network, (406) 547-2255, <http://www.CIIN.org>
- <http://greenhomesforsale.com/> (listings of greener homes for sale)
- <http://reshelter.org/housing-ads/> (listings of less-toxic homes for sale or rent)
- <http://health.groups.yahoo.com/group/mcssafeshelterusa/> (Web site and email list for people looking for or offering less-toxic housing for sale or rent)
- <http://www.mcscanadian.org/acc.html> (Environmentally Safer Accommodations Directory, for U.S., Canada, and a few other countries)
- <http://www.healsoaz.org/housing.htm> (resources and listings provided by Heal of Southern Arizona)
- http://www.ehcd.com/services/housing_ehcd.html, (214) 368-6541 (apartments and hotel rooms for patients of the Environmental Health Center in Dallas, Texas)
- <http://www.ehcd.com/resources/ecologyhousing.html>, 5126 Beckett Road, Seagoville, Texas 75159, (972) 287-2059 (a special environmental housing village 30 miles southeast of Dallas, primarily for patients of the Environmental Health Center)
- <http://www.tikvah.com/cc/eh/>, 375 Catalina Blvd, San Rafael, CA 94901, (415) 456-4453, eh@ecologyhouse.net (Ecology House, built in 1994 for people with extreme environmental sensitivities; historically has had a very long waiting list)
- <http://www.thenaturalplace.com/>, 1962 NE 5th St., Deerfield Beach, FL 33441, (954) 428-5438 (housing/green hotel for people with MCS)
- <http://www.prideandjoycondos.com/>, 5685 S A1A Highway, South Melbourne Beach, FL 32951, (321) 409-8233, damiadorob@aol.com (environmentally friendly condos for lease)

B) Safer Travel Information

At a minimum, ask hotels for the following: a true smokefree room on a true non-smoking floor, a room that has not been painted within the past year, a room that has not been re-carpeted within the past year, bed linens washed without fragrances or fabric softeners, no use of air fresheners, room cleaned prior to and during your stay with less-toxic cleaners, and removal from your room prior to your arrival of scented soaps, potpourri, or anything fragrant.

- <http://safertraveldirectory.com/>, Kathleen Gray, 1929 Grand Prairie Rd. SE, C-5, Albany, OR 97322 (The Safer Travel Directory; less-toxic lodging directory for the chemically sensitive)

- <http://yellowcanary.com/travelsafe/> (Yellow Canary's "Environmentally Safe Travel" listings)
- <http://www.greenvacationhub.com/index.php> (Green Vacation Hub, links to travel accommodations that emphasize greener practices)
- <http://greenhotels.com/index.php>, (713) 789-8889 (Green Hotels Association, listings of green hotels and travel ideas)

C) Building and Creating a Healthy Home - Books and Resources

Books

- *Building Materials for the Environmentally Hypersensitive*, by Canada Mortgage and Housing Corporation (revised edition)
- *Healthy by Design: Building and Remodeling Solutions for Creating Healthy Homes*, by David Rousseau and James Wasley
- *The Healthy House: How to Buy One, How to Build One, How to Cure a Sick One*, 4th revised edition (2000), by John Bower (who also has authored many other helpful books)
- *The Mold Survival Guide for Your Home and for Your Health*, and *My House is Killing Me: The Home Guide for Families with Allergies and Asthma*, by Jeffrey May
- *Prescriptions for a Healthy House, 3rd Edition: A Practical Guide for Architects, Builders & Homeowners* (2008), by Paula Baker-LaPorte, John Banta, and Erica Elliott

Resources

- <http://bcn.boulder.co.us/health/rmeha/rmehhhos.htm> (extensive resources on the RMEHA site)
- <http://www.mcsrr.org/resources/articles/S3.html> (Dr. Grace Ziem's Environmental Control Plan for MCS Patients, 2000)
- <http://www.dld123.com/mcs/mcs-building.html> (Debra Lynn Dadd's building and remodeling info for MCS)
- <http://www.anapsid.org/cnd/mcs/index.html#hh> (many resources)
- <http://healthy-homes.com/>, 802-365-4840 (Taylor Design Healthy Homes, Vermont)
- <http://www.herc.org/hhc/MCSHousingwebsites.htm#DESIGNING> (many resources, though some may be outdated)
- <http://www.healthyhouseinstitute.com/> (wide range of information)
- <http://elliesecohomestore.com>, (303) 952-1004 (Ellie's Eco Home Store in Boulder, CO)
- <http://www.flickr.com/photos/elk-creek/sets/72157607796993559/> (example of a novel energy-efficient building construction method that a RMEHA member has used to build several homes. The exterior is built with a "double wall," at very little additional cost, and is suitable for a less-toxic interior. For more information, feel free to contact RMEHA member Jean Robertson at (541) 596-2046, Jbrdesign@frontiernet.net.)

VII. Pesticide Information

Pesticides and Alternatives:

- <http://www.pesticide.org/>, (541) 344-5044 (Northwest Coalition for Alternative to Pesticides)
- <http://www.beyondpesticides.org/>, (202) 543-5450 (Beyond Pesticides)
- <http://www.panna.org/>, (415) 981-1771 (Pesticide Action Network North America)

Pesticide Reform Groups:

- <http://pesticideboulder.org/>, (303) 444-6981 (Citizens for Pesticide Reform, Boulder County, CO)
- <http://www.pesticidereform.org/>, (415) 981-3939 (Californians for Pesticide Reform)
- <http://www.watoxics.org/healthy-homes-gardens-1/lawn-and-garden> and <http://www.watoxics.org/healthy-homes-gardens-1/indoor-pest-control>, (206) 632-1545 (Washington Toxics Coalition)
- <http://www.nospray.org/>, (718) 670-7110 (No Spray Coalition, New York City)

VIII. Publications about MCS and Toxic Substances

- *Our Toxic Times*, <http://CIIN.org>, (406) 547-2255
- *Canary Times*, <http://www.cfccc.org/>, 773/650-1332
 - *The Human Ecologist*, <http://healnatl.org/>, (770) 389-4519
- *Arizona Environmental Health Bulletin*, phxhealchapter@msn.com
- *Environmental Health News*, <http://wwwc.environmentalhealthnews.org/>
- *Environmental Health Perspectives*, <http://ehp03.niehs.nih.gov/home.action>

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