How can I learn more about Multiple Chemical Sensitivities?

Some good resources to read further about mold exposures and Multiple Chemical Sensitivities (MCS):

An excellent, simple, explanatory brochure on Multiple Chemical Sensitivities (MCS), produced by the State of New Mexico, is found at http://www.herc.org/hhc/MCSBroch.pdf. This brochure is useful with family, friends, church, doctors, dentists, and anyone who needs to understand MCS. Although this brochure does not mention that MCS can follow a mold exposure, it is helpful in describing the illness itself. In Dr. Kilburn's most recent book, Molds and Mycotoxins, found on our Research page, a study within describes 68% of the mold-exposed and ill patients had developed MCS following their exposures. With strict avoidance of mold and noxious chemicals, it is possible to reverse, for many.

If you click on our links site, you can find some starting points there, for mold exposures and multiple chemical sensitivities . However, as a national expert on mold told me (a physician - Dr. Kaye Kilburn, of CA), we are at the beginning of understanding mold and its impact on humans. He likened it to the advent of the understanding that asbestos was harmful. It took a full 50 years for that to be understood well and he predicted it might take that for mold, too.

Some recommended reading: Dr. Kilburn has a book called "Endangered Brains" and Dr. Ritchie Shoemaker has a book called "Desperation Medicine" - (see FAQ regarding Treatment for links to both of these). Other books you have found helpful can be suggested for posting here.

MCS-America Doctor List

This list has been compiled by MCS America and is provided for your information. Agreement with our Disclaimer is necessary for its use.

We encourage you to visit the MCS-America site for their extensive, practical information.

Chemical Sensitivity Information and Support Groups

Use of the above resources is subject to our Disclaimer - these links are provided for educational purposes only.

MCS America

www.mcs-america.org

Resources for the Chemically Injured (USA)

http://www.lassentech.com/eimcsorg.html

Chemical Sensitivity Foundation: Listing of Support Groups and Medical Associations

http://www.chemicalsensitivityfoundation.org

http://www.chemicalsensitivityfoundation.org/support-groups.htm

Resources and Support for Multiple Chemical Sensitivities, Environmental Illness, and Chemical Injuries in Canada

http://www.mcscanadian.org/

Resources and Support for Multiple Chemical Sensitivities, Environmental Illness, and Chemical Injuries in Canada

http://www.mcscanadian.org/

WJFF Radio Show: Chemical Sensitivities, Download

WJFF Radio Show April 23, 2007 topic: Chemical Sensitivities

featuring Alison Johnson (Author of Toxic Clouds of 9/11, DVD's and Books re: Gulf War Syndrome and Multiple Chemical Sensitivities, www.alisonjohnsonmcs.com) and Dr. William Rea (Environmental Physician, Dallas, TX http://www.ehcd.com/)

If you would like to listen to this show, save it to your computer, or share it with others, it is now available (only through June 23, 2007)!

Click on WJFF Chemical Sensitivities Radio Show Archive

see directions at top portion of the page

scroll down and go to: WJFF Connections Monday, April 23, 2007 7:30 pm, select Play or Download (right click, select Save Target As, to be able to save to your computer)

We appreciate your support so that The Center for School Mold Help may continue to offer information for those

concerned about school mold and environmental health.

Chemical Sensitivities Info (MCS)

Chemical Sensitivities develop in a large number of mold victims. This condition may be referred to, also, as MCS (Multiple Chemical Sensitivities).

This means you may feel ill from exposure to everyday chemicals that you encounter, suddenly, when these never bothered you before. The reaction may range from mild to extreme. Many people report they become sensitive to: perfumes, perfumed cosmetics and soaps, exhaust, cleaners, pesticides, herbicides, etc.. This may also occur in those exposed to chemical poisoning (high amount or low levels, over time). Mold poisoning is a chemical poisoning, as well, because the fungal poisons (mycotoxins) are chemicals. Perhaps this is why the body reacts to multiple chemicals, for many, following mold poisoning.

See Mold Warriors by Dr. Richard Shoemaker, for more information about Mold Poisoning and MCS, at www.moldwarriors.com.

Read the Danish EPA findings on MCS

Read the Australian Gov't findings on MCS

See our Internet Links for more on Multiple Chemical Sensitivities

New Mexico Multiple Chemical Sensitivity Brochure Often, MCS (Multiple Chemical Sensitivities) develop after a prolonged or extensive mold exposure. This easy-to-understand pamphlet describes MCS, produced by the State of New Mexico, in 2000. Excellent for use with physicians, dentists, professionals, family and friends, who don't understand this condition. The fact that it was published by the State of New Mexico gives this information credibility.

Read MCS: Medical Update by Dr. Sherry Rogers, MD

(MCS) Medical Update AEHA Newsletter Winter/Spring 1993 - 1994 by Dr. Sherry Rogers (noted MCS physician, located in upstate NY)

"Each year we see scores of teachers who have the same story. It goes something like this: Because there was an increasing need for their special educational services, a new classroom has to be created for them. ... As part of the renovation, the newly partitioned room or closet was emptied, painted and carpeted. Children who took classes in this room usually did so for a maximum of one period a day, but the teacher often spent her entire day, five days a week, in this renovated, under-ventilated small room.

Over a period of time, she developed a large array of symptoms, depending upon the individuals, but the commonest by far was always "brain fog". She gradually became spacey, dizzy, dopey, felt as though she couldn't concentrate well and was exhausted or depressed for no apparent reason. She usually had a host of other complaints that seemed unrelated, such as irritable bowel, headaches, recurrent sinus infections, body aches and arthritis, nausea and irritable bowel, unexplained mood swings, painful or irregular menstrual periods, and much more."

This article, written by Dr. Sherry Rogers, visionary physician, explains much of what was observed in the early 1990's re: MCS. (SMH)

Dr. Martin L. Pall, Ph.D.

http://www.mcscanadian.org/res_pall.html

Washington State University

martin_pall@wsu.edu

Multiple Chemical Sensitivity - The End of Controversy

Multiple chemical sensitivity (MCS), where people report being exquisitely sensitive to a wide range of organic chemicals, is almost always described as being "controversial." The main source of this supposed controversy is that there has been no plausible physiological mechanism for MCS and consequently, it was difficult to interpret the puzzling reported features of this condition. As discussed below, this is no longer true and consequently the main source of such controversy has been laid to rest. There still are important issues such as how it should be diagnosed and treated and these may also be allayed by further studies of the mechanism discussed below....

Novel Disease Paradigm Produces Explanations for a Whole Group of Illnesses

Novel Chronic Fatigue Syndrome (CFS) Theory Finally Produces Detailed Explanations for Many CFS Observations

Fibromyalgia, Excessive Nitric Oxide/Peroxynitrite and Excessive NMDA Activity

Dr. Martin Pall (PhD) is also the author of a new book: 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 (Paperback - May 15, 2007), available at www.amazon.com

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Dr. Grace Ziem: Research and Treatment Protocols

http://www.mcscanadian.org/res_ziem.html

Grace Ziem, M.D.

Chemical Injury And Disorders Of Porphyrin Metabolism

Comprehensive Protocol for Evaluating Disorders of Porphyrin Metabolism in Chemically Sensitive Patients

Dr. Grace Ziem's Environmental Control Plan for Chemically Sensitive Patients

Prevalence And Overlap Of Chronic Fatigue Syndrome and Fibromyalgia Syndrome Among 100 Patients with Multiple Chemical Sensitivity Abstracts of Papers Presented at The Bi-Annual Research Conference of the American Association for Chronic Fatigue Syndrome (AACFS). Albert Donnay and Grace Ziem

Profile of Patients with Chemical Injury and Sensitivity EHP Supplement Volume 105 Supplement 2, March 1997

Understanding Patients with Multiple Chemical Sensitivity American Family Physician. Letters to the Editor

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Research House for the Environmentally Hypersensitive

Designed to demonstrate affordable ways of achieving clean-air housing, this

home and its features are for people with respiratory problems and

environmental hypersensitivities. Description and Technical Details in a .pdf download

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May, 2007 is MCS and Toxic Injury Awareness Month by Governor's Proclamation, in 23 of the United States!

May is MCS and Toxic Injury Awareness Month in 23 states of the United States, Washington DC, and Broward County, FL! All have signed proclamations for either MCS and/or Toxic Injury Awareness Month, sponsored by MCS organizations.

See if your state is on the list, and if not, you may go to http://www.mcs-america.org/index.htm to learn more about these educational, recognition campaigns.

Click 2007 Signed Proclamations by State Governors for MCS and/or Toxic Injury Awareness Month - May 2007

to view the signed proclamations for your state and others!

2007 Signed Proclamations by State Governors for MCS and/or Toxic Injury Awareness Month - May 2007

Alabama - TI

Arizona - TI

Arkansas - MCS

Broward County, Florida - MCS

Colorado - MCS & TI

Florida - MCS

Georgia - TI

Idaho - TI

Illinois - TI & CS

Indiana - TI

Iowa - TI

Kansas - TI

Kentucky - TI

Louisiana - TI

Maine - TI

Michigan - TI

Mississippi - TI

Montana - TI

Nebraska - TI

Nevada - MCS

New York - TI

Ohio - MCS

Washington - MCS

Washington DC - TI

Wisconsin - TI

2007 Petitions for MCS Recognition

American Medical Association (AMA)

Centers for Disease Control (CDC)

Centers for Disease Control WA (CDC)

Ntnl. Institute of Environ. Health Sciences (NIEHS)

World Health Organization (WHO)

Please write, call, fax, or e-mail these agencies in support of the petition.

Contact information is shown on each letter.