

## TEST ADDITIONS

When you are chemically free, this is how to test for individual classes of substances one at a time. Take a spiral notebook to record your reactions.

1. Write your symptoms before the testing is begun. Note the severity of such symptoms on a scale of 1-10. 1-3 as mild, 4-7 as moderate, and 8-10 as severe.
2. Note your initial reactions to the odor, whether you liked it, disliked it, or it made you sick right away or your reaction was neutral.
3. Record your symptoms and rate them on a scale of 1-10 and note the time, how long after the exposure, and the various symptoms developed. Use a wrist watch to record the time.

No more than one chemical a day should be tested.

### 1. GAS STOVE:

Sit in the kitchen with oven lit for 2 hours. If no ill effect, eat potato or other food baked in oven.

### 2. PLASTICS AND ALUMINUM:

- (a) Put tolerated oil into flexible plastic food container for 24-48 hours. Immerse soft plastic food bag in it. Add 1 Tablespoonful of that oil to salad (do not heat the oil before testing plastic factor).
- (b) Cook tolerated food in aluminum or teflon-lined or no-stick pots and pans and eat.

### 3. SOAPS:

- (a) Peel soap with a vegetable peeler and soak the peelings in a cupful of water overnight. Blend first at low speed and then at high speed. Fill bathroom sink with this soap liquid and hot spring water. Make suds. Stay in bathroom for 15-20 minutes.
- (b) Rinse out face cloth in the solution and hold near face for 15-20 minutes.

### 4. SCOURING POWDERS & BLEACHES:

Here, the main ingredient is chlorine.

Mix 1 Tablespoonful of Clorox in 1 cup of water. Soak a blotter and sit 2 feet away in a small room for 15-20 minutes with the door shut.

### 5. AIR DEODORIZERS:

If in a pressurized can, spray it for 15 seconds in a small room. Stay there for 15-20 minutes with the door shut.

If in a solid cake form, put it in a large Mason jar and close the lid tight. Let it stand for 24 hours to fume out. Open the lid, keep 2 feet away for 20 minutes' exposure in a small room with door shut.

#### 6. DISINFECTANTS YOU USE, LIKE LYSOL, PINESOL, AND SIMILAR ALL-PURPOSE CLEANERS:

Soak a rag in such cleaners. Sit 2 feet away in a small room for 15-20 minutes with the door shut.

#### 7. DETERGENTS:

(a) Fill the bathroom sink with a laundry detergent and hot spring water and make suds. Stay in the bathroom for 15-20 minutes.

(b) Rinse out face cloth in this solution and hold near face for 15-20 minutes.

#### 8. FABRIC SOFTENERS:

These are available in liquid form, paper sheets or stick-on inside your dryer.

\* Liquid form: Soak a cloth rag in the softener and hold it close to your nose, 6" away and breath for 15-20 minutes in a small room with the door shut.

\* Paper sheets & stick-on type: Hold these close to your nose, 6" away, and breathe for 15-20 minutes in a small room with the door closed.

#### 9. BLEACHES:

Follow the same instructions as #4 on this pamphlet.

#### 10. AMMONIA & AMMONIA-CONTAINING PRODUCTS LIKE WINDEX:

Mix 1 Tablespoonful of ammonia in 1 cup of water. Soak a blotter and sit 2 feet away in a small room for 15-20 minutes.

#### 11. FURNITURE POLISH:

Spray your furniture polish on a rag until it is soaked. Sit 2 feet away in a small room for 15-20 minutes with the door shut.

#### 12. FLOOR WAX:

Soak a large rag with the floor wax. Sit 2 feet away in a small room for 15-20 minutes with the door shut.

#### 13. INSECTICIDES, MOTH BALLS, & NO-PEST-STRIPS:

- \* Mothballs: Put 1 teaspoonful in an empty cup. Sit 2 feet away in a small room for 15-20 minutes.
- \* Insecticides in a pressured can: Spray on a rag until it is soaked. Sit 2 feet away in a small room 15-20 minutes with the door shut.
- \* No-pest-strips: Put it in a Mason jar and secure the lid tightly. Let it stand for 24 hours to fume out. Open the lid and sit 2 feet away in a small room for 15-20 minutes with the door shut.

14. TAP WATER, CHLORINATED & FLUORINATED:

Do not take tap water in any form for 4 days. Use spring water for drinking and cooking. May wash vegetables and fruits with tap water, but give a final rinse with spring water.

After 4 days of tap water avoidance, drink tap water.

15. DRY CLEANINGS:

Take a recently dry-cleaned article and breathe through it using it as a face mask for 15-20 minutes.

16, 17, 18, & 19. BRASS POLISH, SILVER POLISH, SHOE POLISH, & CHROME POLISH:

Apply to a piece of cardboard, approximately 1 square foot. Sit 2 feet away in a small room for 15-20 minutes with the door shut.

20. FRESH NEWSPAPER:

Buy a freshly printed newspaper and read it for 15-20 minutes. Hold it close to you.

21. INCENSE & CANDLES:

Light it in a small room. Sit 2 feet away for 15-20 minutes with the door shut.

22. RUBBING ALCOHOL:

Soak a rag and sit 2 feet away in a small room with the door closed.

23 & 24. MINERAL OIL, VASELINE, OR OTHER LUBRICANTS:

- \* Mineral Oil: Take 2 Tablespoonsful of mineral oil.
- \* Vaseline & other lubricants: Apply to a cardboard, approximately 1 square foot and sit in a small room 1 foot away for 15-20 minutes. If no reaction, apply to a large body surface area and leave there for 24 hours. If reaction occurs, wash the area thoroughly with a tolerated soap.

25. AEROSOL CANS:

If the product has not been tested so far, spray it on a rag and sit 2 feet away in a small room with the door shut.

26. OVEN CLEANER:

Spray on a rag and sit 2 feet away in a small room with the doors closed.

27 & 28. DISHWASHING LIQUID SOAPS AND DETERGENT FOR DISHWASHER:

Follow the same instructions as #7 in this pamphlet.

29. SMOKING:

(a) Light 3 cigarettes (do not smoke them) and put in an ashtray. sit 2 feet away in a small room for 15-20 minutes with the door closed.

(b) Ask a friend to smoke a cigarette in a small room in your presence. sit 2 feet away from him for 15-20 minutes.

30. HOUSEHOLD CLEANERS:

Follow instructions of #6 in this pamphlet.

31. SHAVING SOAPS, FOAMS, AND CREAMS:

Take shaving foam or make lather out of shaving soaps or creams and hold 6 inches away from the nose. Sniff for 15-20 minutes.

32. AFTER SHAVE LOTION:

Soak a rag and sit 2 feet away in a small room for 15-20 minutes with the door shut.

33. MOUThWASH:

Take a medicine dropper and put 2 drops under your tongue for 2 minutes and then swallow. Watch for symptoms for the next 20 minutes.

34. TOOTH PASTE:

Brush your teeth for 5 minutes with your tooth paste. Watch for symptoms for the next 20 minutes.

35. SHAMPOO:

Follow the same instructions as #7 of this pamphlet.

36. PERFUME & COLOGNE:

Take your favorite perfume or cologne and place a few drops on a blotter and hold just under your nose for 15-20 minutes.

37. HAIR SPRAY:

Spray hair spray for 15 seconds in a small room. Stay there for 15-20 minutes with the door shut.

38 & 39. DEODORANTS & ANTIPERSPIRANTS:

Test under arms.

40.BUBBLE BATHS & OTHER BATHS:

Follow the same instructions as #7 of this pamphlet.

41.COSMETICS:

Test them individually.

42.CLOTHING:

For testing and choosing safe clothing and fabrics, refer to "Coping With Your Allergies", chapter 26.

43.SOFT PLASTICS:

Follow the same instructions as #2 of this pamphlet.

44.PILLOW:

(a) Sniff a small piece of new rubber foam or plastic foam for 20-30 minutes. If no ill effects, refer to (b).

(b) Lie down for 15-20 minutes with your head on a new rubber foam pillow or plastic foam pillow (use the kind you usually sleep on). If no reaction, sleep overnight.

(c) Fairprene synthetic rubber dust proofing material for mattress casings -- Test as a pillow case overnight.

45.DRUGS & MEDICINES:

If you have a history of sensitivity or intolerance to medicines, these should be avoided. Testing for drugs is very risky and MUST NEVER be attempted at home.

46.HEXACHLOROPHENE TREATED FILLERS:

Take new material and sniff for 20-30 minutes. If no reaction, replace it in heating and air conditioning unit and turn on the unit overnight.

OTHER CHEMICAL TEST ADDITIONS

1.FRESH NEWSPRINT:

Hold freshly printed newspaper 6-7 inches from nose and read for 15-20 minutes.

2.ACETONE: (Nail polish remover)

Place a few drops on a rag and sit 2 feet away in a small room for 15-20 minutes with the door shut.

3.SHELLAC, TURPENTINE, KEROSENE & GASOLINE:

Soak a rag and sit 2 feet away in a small room for 15-20 minutes with the door shut.

4.GASOLINE EXHAUST:

(a) Sit in your driveway for a few minutes, 10 feet behind your car, with the motor running.

(b) Stand near bus stop or traffic light for 5-10 minutes' exposure.