

## **OTHER RECOMMENDATIONS**

During the testing period, the following considerations may be needed. If you are going to do it, you might as well do it right!

### 1.REMOVAL OF ALL SUBSTANCES AND CHEMICALS FROM THE HOUSE THAT HAVE AN ODOR:

Remove from the house - preferably to an outdoor garage or at least to the basement in sealed cans - all substances that smell. This includes paints, varnishes, lacquers, kerosene, lighter fluid and fire-starting solutions of one sort or another, glues, nail polish and its remover, scented soaps and other cosmetics such as hair spray, deodorants, shoe polish, metal polishes, furniture polish, floor waxes, mops and rags that have been used for oiling or for waxing, detergents, bleaches, ammonia and any cleaners that have an odor. Remove pesticides of all kinds. coffee cans with plastic lids or large galvanized garbage cans make convenient containers for putting away things such as cosmetics, shoe polishes, and soaps. Others can be put in cardboard boxes and sealed with packing tape. An alternate would be to use a closet to put away such things, seal it and do not open it until all the testing is done.

### 2.DOUCHES OR ENEMAS:

If needed, use spring water.

### 3.MENSTRUATION:

ONLY unscented napkins are recommended. (Tampons can cause problems.)

### 4.CONTRACEPTION:

Contraceptives, if needed, should be limited to rubber or sheath skin condoms, without the use of usual contraceptive jelly. This is risky and abstention is suggested. Later, be sure to discuss with your physician.

### 5.TIME OFF:

The person may have to take time off from school or work during the testing period unless it can be assured that these environments will be free of smoke, cosmetics, fumes, perfumes, oils, floor waxes, and other airborne substances of the kind described.

## 6. TRIPS TO STORES OR PARKING LOTS:

These may need to be avoided where smoke or smog might be encountered.

## 7. AUTOMOBILES:

Quite often, automobiles will have a strong odor of gasoline or from plastics and these may be avoided during the testing period.

<u>STOP USING</u>	<u>USE INSTEAD</u>
1. Moisturizers	Almond oil, coconut oil, apricot oil, and olive oil.
2. Facial cleanser	Oatmeal flour rubbed into wet skin, rinse off, blot dry.
3. Make-up - face powder, eye shadow, blush, and nail polish	Indian Earth make-up available at Famous-Barr or Dillard's. It is made from clay.
4. Lipstick	None - or use bee's wax-based products.
5. Astringents	Lemon juice - dilute as needed.
6. Bath powder	Arrowroot, tapioca, or corn starch.
7. Mascara	None.