

TREATMENT OF CHEMICAL SUSCEPTIBILITY

You were tested for chemical susceptibility. Following are the test results:

Significance of test results:

0 - Negative; 1+ - slightly sensitive; 2+ - moderately sensitive; 3+ - markedly sensitive

WHAT DO THESE TEST RESULTS MEAN

There are thousands of chemicals in our environment. There is no human way to test all of them to see what chemicals you are sensitive to and what chemicals you are not. Fortunately, we do not have to do that. This is because most of the chemicals in our environment that bother us are interrelated and are derived from petrochemicals. Refer to the pamphlet C-2 which shows the interrelationship between various chemicals. Note how many common chemicals are derived from petrochemicals. As representatives of the petrochemical group, we usually test formaldehyde, hydrocarbon glycerin, hydrocarbon alcohol (ethanol), and phenol. If you react to these chemicals, it shows that a generalized sensitivity to most of the chemicals exists.

To what degree the chemicals are contributing to your current illness and to what degree you need to avoid them depends upon multiple factors. These include:

I. Severity of your illness: For example, overall, to what degree your symptoms bother you or to what degree you are sick.

II. To what degree the exposure to chemicals makes you sick.

III. What is the amount of chemical exposure that is sufficient to make you sick.

IV. To what degree other allergy treatment for inhalants, foods, and candida (if you are being treated for these) has been able to help you.

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V. What is the total amount of chemical exposure that you encounter in your daily life (at home,

work, or school). For example, if you have a gas stove and are chemically sensitive, no amount of treatment is likely to help you unless you do something definite about the stove - shut it off completely (including the pilot light) or remove it physically out of the home.

Gas stoves are the single most important health hazard. The pollution produced by the gas stove is 300-400% more than the worst smog that we talk about in Los Angeles, California. If you completely shut off the stove, it takes five days for the chemical fumes to get out of the house. Now let us discuss the treatment of chemical sensitivities. Following are the principles:

1. Avoid gas stoves, space heaters, gas dryers, and other gas appliances.
2. Avoid all unnecessary exposure to chemicals, especially at home. Remember three principles:

I. Do not breathe what you cannot eat.

II. Do not use a chemical if you can live without it.

III. Avoid anything that has a distinct odor to it.

3. Find substitutes that are less toxic, and preferably derived from natural sources.
4. Get desensitization for common chemicals that cannot be avoided.
5. If you are highly chemically sensitive, use chemically less contaminated foods, "organic foods".

Now let us see how these principles can be applied. Our goal is to reduce the exposure of chemicals to the bare minimal level - far below your level of tolerance. This will help to build up your immunity so that you will be able to handle larger exposures later on. In order to reduce the chemical load, we need to pay attention to our air, food, and water. In today's session, we will be primarily concerned with the chemicals in the air.

WHY IS IT IMPORTANT TO REDUCE THE CHEMICAL LOAD TO BARE MINIMUM?

The problem with chemicals is that they are immunotoxic (i.e. damaging to the immune system). Once the chemical sensitivity is started, not only will it spread to other chemicals, it will become more intense for the chemicals that you are currently sensitive to. This will pose more serious need to further reduce the exposure to these and other chemicals. Look at the pamphlet numbers C-3 and C-4. These contain major environmental changes that you may need to make. Pamphlet C-3 has the summary of the recommendations and pamphlet C-4 has the details of such recommendations. Go to pamphlet C-3 and under the column "Stop Using" recognize the things that you have been using. Stop using them. Substitute these with those listed under "Use Instead". Refer to pamphlet C-4. This has detailed instructions. The allergy technician will go over this pamphlet with you.

The recommended products are the products that have been tested by many chemically sensitive patients and have been found to be safe. However, every person is different and every recommended product needs to be tried on an individual basis to see if it is safe for you. Remember, nothing is safe for everyone. In addition to these pamphlets we recommend that you

purchase the book, *Success in the Clean Bedroom*, by Natalie Golos. This is an excellent book. Pamphlet C-5 will show you where these basic chemicals are found that you were tested for - phenol, formaldehyde, hydrocarbon alcohol, chlorine, kosher glycerine, hydrocarbon glycerine, and Colgate-Palmolive glycerine.

RESOURCES

The Ecology Box, 1-800-735-1371 (various supplies)
AFM, 1-714-781-6860 (home cleaning products)
Janice Inc., 1-201-226-7753 (100% cotton)
Mueller Farm, 1-314-522-9538 (organic produce)
NEEDS, 1-800-634-1380 (various supplies and foods)
River City Health Food Store, 1-314-837-7290 (organice produce)
The Cotton Place, 1-214-243-4149 (100% cotton)

WHAT ABOUT OTHER CHEMICALS?

If you suspect that other chemicals are bothering you, e.g. other household products, chemicals at work, or school, etc., please discuss those with us. You may not become aware of these chemicals until you have cleared your home environment. Try to notice the effect of each and every odor at home, work, school, and every place you visit. This will be an ongoing process for you.

WHAT ABOUT OUTDOOR AIR POLLUTION OR OTHER CHEMICAL EXPOSURES THAT I DO NOT HAVE CONTROL OF?

Most people spend most of their time indoors rather than outdoors. Therefore, if you pay attention to indoor air pollution (especially at home in general and take care of your bedroom in particular), you may be able to reduce the chemical load below your level of tolerance. This will build up your tolerance sufficiently so that when you go out in the unprotected environment you will be able to tolerate such chemical exposures. The good news is that it is possible to accomplish these goals. If you are highly sensitive, you may consider using an air filter that removes chemicals from the air at home, work, and in automobiles. You may also use charcoal masks where no other controls exist. In addition, you may need immunotherapy (desensitization) for chemicals.

IMMUNOTHERAPY FOR CHEMICALS

Desensitization is given in the form of sublingual drops (under the tongue). The dose is one drop (0.05 cc) taken up to four times a day. This is especially important in the initial stages while you are trying to clean up the home environment. These chemicals will also help you cope with chemical exposures outside your home. We are providing you with the following extracts:

1.C-1 - This contains hydrocarbon alcohol (ethanol). Hydrocarbon alcohol is an overall chemical. Whenever any chemical exposure makes you sick, you may try hydrocarbon alcohol first.

2.C-2 - contains _____

3. C-3 - contains _____

4. C-4 - contains _____

FINAL NOTE

As you clean up your environment, you may notice that you need less and less chemical drops. You will be able to know when you do not need chemical drops any more. The last important point to remember is that the neutralization drops for chemicals are not as stable as are foods, inhalants, or candida. Therefore, you may need re-testing if the chemical drops start causing symptoms or do not seem to be as effective as they were before.