

Download Staying Well In A Toxic World

Understanding Environmental Illness Multiple Chemical Sensitivities Chemical

Multiple Chemical Sensitivity: A Spurious Diagnosis Stephen Barrett, M.D. The expression "multiple chemical sensitivity" ("MCS") is used to describe people with numerous troubling symptoms attributed to environmental factors. The awareness of toxic mold's effect on human health has increased dramatically over the past few years. But mold is only one of the many biotoxins found in water-damaged buildings, and the illness caused by exposure to these toxins is much more complex than most clinicians and patients assume. Introduction. Many health care professionals, family members, caregivers and researchers believe ME/CFS is a psychological illness despite the data that show otherwise. Updated on January 20, 2016 Step 1: Mold Testing – The First Step I'm finally at a place where I feel like it's time to delve into each of the first four steps in Dr. Shoemaker's protocol more fully. As mentioned in other blogs, the first step to recovering from Biotoxin Illness, also