
What is MCS?

Multiple Chemical Sensitivity (MCS), also known as Environmental Illness (EI), is a chronic condition characterized by a heightened sensitivity to the chemicals and fragrances that people come into contact with every day. Reactions can be mild or debilitating and can be triggered from exposure to even minute levels of fragrance and chemicals.

MCS is not an allergy. Symptoms vary depending on the person and the chemical/fragrance that is present. However, symptoms include, but are not limited to:

- nausea
- headaches
- dizziness
- brain fog
- disorientation
- memory loss
- heart arrhythmias
- muscle weakness
- muscle tremors
- chronic fatigue
- panic attacks
- cognitive impairment

Causes and Treatment

It is believed that people develop MCS after either high chemical or fragrance exposures (newly remodeled buildings, pesticides treatments, etc.) or after long term exposure to lower levels of toxic substances.

Treating MCS often involves working with a naturopath or MD that specializes in environmental illness.

Recent studies by Dr. Martin Pall show some promising results in testing and diagnosis that can be linked to elevated nitric oxide and peroxynitrite. SPECT brain scans, immune studies and qEEG's also show marked changes in people with MCS.

It is also important to maintain a chemically free environment and to avoid exposures whenever possible.

About Atlanta

H.E.A.L.

Our purpose is to help others like ourselves who have been adversely affected by environmental illness. Atlanta H.E.A.L. provides support and education through our website, our members and our meetings.

We meet monthly and our meetings often include presentations from alternative healers, practitioners and others that service the MCS community.

We also take time to support each other, share our experiences, and socialize.

If you would like more information about MCS or about our organization, we would love to hear from you!

Resources:

Websites:

Atlanta H.E.A.L
www.atlantaheal.org

H.E.A.L (National)
www.healnatl.org

Chemical Injury Information
Network
www.ciin.org

MCS Referral and Resources
www.mschr.org

MCS America
www.mcs-america.org

Books

MCS Survival Guide by Pamela Reed
Gibson

Detoxify or Die by Sherry Rogers

*Please visit Atlanta H.E.A.L.'s
website for more resources
and information.*

www.atlantaheal.org

Atlanta H.E.A.L

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**Atlanta
HEAL**

*The Atlanta Chapter
of the Human Ecology
Action League*

*A support and information
group for people with Multiple
Chemical Sensitivity and other
Environmental Illnesses*

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