

# MCS Matters



There is often such an overlap between MCS and ME that it is often difficult to tell where one leaves off and the other begins. For the newcomer to MCS the questions are many and, as modern medicine often tends to dismiss the whole thing as being “all in your head”, helpful answers are usually very hard to find.

To help fill that information gap I recently created several pages of PDF files for free download at my MCS International web site. There are currently over 40 files there – including many of the classics of the MCS world – with several times that number to be added there over the next few months. This resource is well worth checking out and book marking. You can find it here:

[www.mcs-international.org/downloads](http://www.mcs-international.org/downloads)

## MCS News

Severe MCS sufferer Gillian McCarthy is presently fighting her forthcoming eviction from her old wooden shack home in a Somerset field because she believes that the only alternative accommodation being offered to her will kill her if she moves in. More information on Gillian can be found in the “Meet the Team” pages of MCS International.

“SiCKO” is a new ‘health care’ documentary by Michael Moore that focuses on the American Pharmaceutical industry and corruption in the Food and Drug Administration there. It was a huge success at the Cannes Film Festival where it was said to have had its audience alternating between tears and laughter. It is scheduled for release on June 29th and should be well worth the watching.

## Only Kidding!

(Q) What do you call a thousand psychiatrists all chained together at the bottom of the sea?

A good start!

## Top Tips

### Face Masks

If you suffer from MCS sooner or later you are going to find yourself entertaining ideas of buying a protective face mask – even if just for emergencies.

Initially my own experience with these MCS aids was not at all good. I invariably found that the mask I had just bought either didn’t fit very well, looked terrible, made me feel like I was suffocating when it was on, made me ill by itself just by wearing it, or just plain didn’t seem to work; sometimes even all of the above!

Finally I found an MCS Mask that really solved all of those problems: The “AERO Mask” made by UK company Respro. Snug fit with built in deformable nose clip, twin exhalation valves, firm Velcro fastening, replaceable inner MCS filters - and all wrapped up in a sporty kind of look. Worth Checking.

Web site: [www.respro.com](http://www.respro.com)  
Email: [respro@easynet.co.uk](mailto:respro@easynet.co.uk)  
Tel: 0207 – 721 - 7300

## Healthy Eating

The importance of proper nutrition can never be over-emphasized – especially when you suffer from a combination of ME and MCS. However, while fresh fruit and veg are always right up there on the health list, they are often very difficult to tolerate for MCS sufferers (impossible for some) due to the toxic chemical residues present on them. This, of course, can make for further deterioration in ones health.

So, what can be done about it? Having tried various washing and steeping strategies with only very limited success I finally found a reliable method for detoxing all my fruit and vegetables: A water ozonator! (Google it - or phone me if interested).

I simply put my fruit/veg into a large bowl (or even the kitchen sink), cover with water, insert my water ozonator into the mix - and switch on. 15 minutes later all chemical residues have been neutralized and once again you can enjoy lettuce, cabbage and strawberries in season. Even better, once treated like this the fruit/veg will stay fresher for much longer!

*Until next time – keep well and safe.*

## Members MCS Articles

### Cavity Wall Insulation

*Sent in by Donna*

I've had ME for 14 yrs, severely for 12. I used to work as a town planner dealing with applications for houses etc, often I'd work with building inspectors from the council. I thought I'd probably never have much to do with buildings again until this year.

I moved into a bungalow in my parents village within 2 wks I began getting migraines, I couldn't use my computer, my eyes couldn't bear the brightness..... even the white painted rooms became a problem, my eyes at times would go blind as they can when you have a migraine. This was due to build up of rubbish/toxins in my body...

Though drinking lemon juice and water in large quantities helped (ie. to flush the build up of toxins in my kidneys and liver it did not solve the problem at all). In all my years of severe ME I'd never experienced anything so severe as this. But it was obvious it was the bungalow. I now know it as when I moved back to my parents house all these symptoms went.

The bungalow was built in the 1970s and cavity wall insulation was installed. In the 1970s cavity wall insulation was used in many properties to fill up the cavity gap in new or old properties.

This particular type of CWI was banned in the late 1970s as people, even those without MCS or ME began to feel unwell, my building inspector friends told me recently. But the majority of it remains in homes across the country.

The CWI in question outgases formaldehyd (even 30 or 40 years after it was installed) which is a harmful chemical. Although it doesn't usually affect healthy people, it will affect people who have a low tolerance to it, eg. those who have ME or MCS for example. My ME/CFS Specialist, Dr Sarah Myhill, gave me this information and has supported me in getting the council to move me to another property.

Hope this may help some of you.

# Useful Information

## Abaca – Manufacturers of Organic Mattresses

Abaca are designers and makers of expertly crafted and comfortable mattresses. They use only the purest and highest quality organic materials.

Abaca currently produces two types of mattress: pocket sprung and metal free. These mattresses are built up of layers of materials with different properties to give the right combination of support and comfort. Abaca has developed several innovative new wool products which are used in their mattresses giving unrivalled organic luxury. These truly are a superb quality product.

Their Metal Free Mattresses have all the features and benefits mentioned above, but use natural latex (sap from the Hevea tree) as an alternative to metal springs. Soil Association Certification is currently on-going.

For further information, visit their website on:

<http://www.abacaorganic.co.uk/>, or contact,

**ABACA LIMITED**

Unit 1, Ty Croes Business Park  
Ammanford Carmarthenshire SA18 3RZ  
Tel: 01269 598491 Fax: 01269 598492

Email: [info@abacaorganic.co.uk](mailto:info@abacaorganic.co.uk)

10% discount will be offered to members of the 25% ME Group, if purchasing a mattress from them.