



# MCS Matters

## MCS News

Please note that due to the runaway success of our MCS telephone helpline (which for quite some time was taking in calls 7 days a week - sometimes late into the evenings), and the devastating impact manning it was having on my health, I have had to firmly restrict the availability of the helpline to the “Tuesday and Thursday” hours given at the end of every MCS Matters section of ‘The Quarterly’. I trust you will understand my unavoidable need to do this and, consequently, respect this necessary restriction.

Having said all that, if you do find yourself in some kind of MCS emergency situation and in desperate need of information and/or support then please do feel free to phone the helpline number at any time. If you do this and get no immediate answer then leave a short message on my answering service (giving brief details of your emergency) and I will get back to you as soon as it is possible for me to do so.

## Problems of Credibility

Time and time and time again I am asked by some distraught MCS sufferer if there is anything they can do to help convince a disbelieving doctor, dentist, consultant, partner, friend, neighbour, etc, etc, of the physical nature of MCS. The answer I give is always the same: a resounding “YES”! Then I point them to various documents and videos I have made freely available at MCS International for just that purpose. But what do you do if you don't have Internet access?

What follows is a list of cost-free documents in industry standard PDF format that you can download and/or print out via a helpful family member, friend, neighbour, carer, or local library service:

- MCS: A 1999 Consensus - Ref 051
- Bibliography: An Organic Basis for MCS - Ref 061
- Engaging With MCS - Ref 007
- Mental Health Movement... - Ref 009
- MCS: What It Is, What It Is Not – Ref 020
- Medical Perspective on Env' Sensitivities – Ref 048
- Causes for Concern: Chemicals & Wildlife – Ref 094
- Allergy: The Unmet Need – Ref 100
- Contaminated Without Consent – Ref 115
- Understanding and Accommodating... - Ref 131

All of the above documents (and many more) are freely available 24/7/365 from the following web address:  
<http://www.mcs-international.org/downloads.html>

## On Organic Fruit & Veg

With the recent huge rises in food and fuel costs buying organic has never been harder for those MCS sufferers on restricted budgets – and that probably means most of us. So, how can we best target our limited resources when it comes to safe fruit and veg?

A recent Environmental Working Group (EWG) study tested a wide range of popular fruit and veg for pesticide content and sorted them into two groups: those with high and those with low pesticide residue. Here is what they found: the group with the most pesticide residue included – Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Lettuce, Grapes, Pears, Spinach and Potatoes. The group with the lowest pesticide residue included – Broccoli, Cabbage, Eggplant, Banana, Kiwi Fruit, Asparagus, Sweet Peas (frozen), Mango, Pineapple, Sweet Corn (frozen), Avocado and Onion.

So, if you have to cut financial corners, buy non-organic fruit and veg from the second group only and focus all your organic purchases on just the first group.



Merry Christmas! And my best wishes to you for 2009.

**Gordon D McHendry**

Founder and Campaign Coordinator

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