

# MCS Questions

I would be very grateful to hear from others who have severe MCS as I am finding it incredibly difficult to cope with this and to find non-chemical, non-smelly products (as I am also sensitive to smell). In particular, I have just moved and we are having great difficulties finding flooring which is tolerable – also after furnishing and maintenance products.

After months of searching, I am also desperate for suggestions of toiletries which don't have herbs or essential oils added, making them too smelly.

Also, if anyone has seen an environmental doctor (or other) about their MCS I would love to hear your experience and whether or not it was helpful.

*Sent in by Kathy S*

*To reply, please contact Kathy at 19 Austins Mead, Bovingdon, Herts, HP3 0JX, Tel: 01442 831734*

## Useful Info

Suma Wholefoods (Based in Hull) do a fragrance free "Pure Shampoo" free from sodium lauryl sulphate, not tested on animals. It is available from wholefood shops. It costs approximately £1.70 for 200ml and is really good. In Scotland it will probably be a Cuarnie product.

Before we found this, my husband used to grate up some olive oil soap and dissolve it in boiling water to make a gloopy mixture, it looks disgusting but is gentle and effective.

Wholefood shops often sell olive oil soap, either in huge blocks or as "Oliva" which comes in 125g bars and costs about 80p. This is also very good just as a soap. Suma (Cuarnie) do an uncoloured, unscented hemp and vitamin E soap.

*Sent in by Wendy E*

## Chemical Sensitivities

With me this applies to anything processed containing chemicals from shampoos to carpets, furniture etc. If I have to buy something new, I ask the shop to store it for 3 months. Clothes can be washed before use in an environmentally friendly powder preferably unperfumed. Carers can be asked not to wear deodorants but this has caused me a lot of grief with them and their agency. ECOS supply non-toxic paints which have no smell when applying or afterwards, expensive and well worth it but don't try and use it yourself. Ask your friend or carer to cut out relevant pages of home shopping catalogues and leave them around to get an airing before you look at them. Printer inks also affect me strongly. For this reason I take things outside to read them in good weather if I am able. Shampoos are difficult – ordinary ones put me in bed with a migraine for a day, but purer unscented ones are better but still can be problematic so I use Dove soap for a first hair-wash then a pure shampoo for the second.

As an ex-builder I would strongly recommend that you don't move into a brand new house or flat. Concrete and timber materials used contain a lot of harmful chemicals. Also woodworm and dry rot fluid must be avoided, along with pesticides. If you move to the country, check if your local farmer sprays the field next door. Petrol fumes are probably the worst offender and difficult to avoid. I suspect that in years to come, these issues will become very widely recognised as more and more people develop immune system and asthma problems. We didn't evolve to deal with all these chemicals and pollutants so their effects should not be surprising.

*Sent in by Peter D*