

MCS Info



HAND SANITISERS

When going out now many places have hand sanitisers for you to use when entering.

This can pose a problem for people with MCS as we do not know what is in the product so it is not worth taking the risk.

Some people are also sensitive to alcohol. One of our members', who works in the NHS, has made her own sanitiser, that she tolerates, and that can be used to clean surfaces as well.

We have also listed other products that may suit some people (below). Remember to do a skin test initially to see if you are ok with the ingredients in any product you are using on your skin.

Art Naturals Hand Sanitiser - Scent Free 220ml Scent free but does contain propylene glycol and alcohol. Available from Big Green Smile.com, £15.99 for 220ml

Aquaint Sanitising Water 50ml Everything free. This is a chlorine compound that naturally occurs in the body. It doesn't mention killing Covid specifically, but kills norovirus. Available from Big Green Smile.com , £2.49 for 50ml

Bentley Organic Hand Sanitiser Fragrance free and alcohol free. This has been tested and passed by a British Government Laboratory and will kill E-Coli, listeria, salmonella, H1N1 Influenza Virus and Swine Flu. It has also proved to be effective against the H1N1 Influenza A virus but it has not yet been tested against Covid-19. Available from Big Green Smile.com, £3.60 for 50ml

Home made sanitiser and cleaner

You might be interested in a homemade sanitiser and cleaner that I use and it has been fine for me. I am also told by the lead infection control nurse in my workplace (NHS) that it is really effective at killing Covid. He says probably better than the stuff they use! The composition is 1 part hydrogen peroxide (I use brand Care +), 1 part cold water and drops of 100% tea tree oil (buy the 100% pure from Holland and Barrett) I use 25 drops of tea tree in a 300ml liquid. Some of the members might be interested in this and may tolerate it. I have no idea if it is harmful in the long term but I do not have toxic symptoms when I use it. (Member of MCS)

Please note that plain soap and water is anti-bacterial and is just as effective as some sanitisers for Covid-19, especially for people with extreme sensitivities who may react to added anti-bacterial ingredients.

Dr Brohners Pure Liquid Soap

Dr Brohners pure liquid soap is gentle and moisturising. Sanitisers are good for when you are out and about. Available from Holland and Barrett, £19.49 for 946ml

Simple Soap

This is a bar soap, and is not suitable for vegetarians (as it contains tallow) but it is fragrance-free with minimal ingredients and has been recommended by a few of our members. Available from most supermarkets. £2.50 for 4 x 125ml bars

Staying Alive in Toxic times: A seasonal Guide to Lifelong Health Dr Jenny Goodman

There are many things to recommend about this book. It is a recent publication (2020) and it is extensively referenced with current material.

It is written by a UK-based ecological medicine doctor with many years of experience in this field.

For those of us living with MCS/electro-sensitivities, it is refreshing to read a book that fully appreciates the impact of chemicals on the health and wellbeing of both individuals and our planet.

I found the book particularly interesting because it approaches health and wellbeing from a seasonal angle.

Dr Goodman takes each season and looks at it in detail including:

- The importance of foods in each season, what foods are beneficial for health and those to avoid



- The nutrients we are likely to be lacking in each season
- Specific health hazards during each season and a clear and sensible approach to preventing further health problems

A very comprehensive text, which is indexed, and written in a very engaging style with a wide selection of case examples to illustrate key points and an excellent resources section containing useful books, organisations, laboratories, websites and films.

It is currently available in hardback so a little more expensive but this is a book that you can dip in and out of as needed. A worthy purchase.

Available from:

<https://www.hodder.co.uk/titles/jenny-goodman/staying-alive-in-toxic-times/9781529308303/>

<https://www.amazon.co.uk/Staying-Alive-Toxic-Times-Seasonal/dp/1529306817>