

CHEMICAL SENSITIVITIES INFO SHEET

1. What Is Chemical Sensitivities?

Chemical Sensitivities (CS) - also known as Multiple Chemical Sensitivity (MCS), Environmental Illness (EI), or Chemical Injury (CI) - is a chronic condition in which a person develops various adverse symptoms from exposure to chemicals in their environment. Although healthy people often react to toxic substances, the difference is that a person with CS has much more severe, debilitating, and prolonged symptoms and also reacts to much smaller amounts of chemicals. Their reactions are repetitive and reproducible, and symptoms are generally relieved after the toxic chemicals are removed or within a consistent amount of time thereafter. Chemical Sensitivities affects approximately **12 - 30% of the population**, depending on the source consulted.

2. What Are The Symptoms?

The chemicals in our environment and everyday personal care products affect multiple organs and bodily systems, including the immune, central nervous, respiratory, endocrine, digestive, musculoskeletal, and reproductive systems. Thus, the symptoms of Chemical Sensitivities vary greatly amongst different individuals. **The most common symptoms include:** Headaches, migraines, or sinus issues; extreme fatigue, weakness, and loss of energy; cognitive dysfunction such as difficulty concentrating, memory loss, and severe disorientation, commonly referred to as "brain fog"; dizziness, vertigo, and heart palpitations or arrhythmia; nausea and vomiting; itching, burning, rashes, hives, and other skin irritation; difficulty breathing, coughing, congestion, and sore throat; and muscle and joint pain. In severe cases, one can experience seizures, loss of consciousness, or anaphylactic shock.

3. What Triggers Symptoms?

Fragrance chemicals often cause the most difficulty for a chemically sensitive person, but they are not the whole picture. The following is a list of many of the specific products and chemicals that can cause a chemically sensitive person to have a reaction. This list is not all inclusive.

- Perfumes and colognes
- Fragranced laundry detergent (on their clothes or somebody else's)
- Fabric softener and dryer sheets (even if fragrance-free, these still contain chemicals that are carcinogens, narcotics, neurotoxins, and "hazardous waste" as classified by the EPA)
- Fragranced hand and body lotions, soap, and shampoo
- Most commercial air fresheners (including Febreze)
- Cigarette smoke and smoke from woodstoves, campfires, burning leaves, etc.
- New carpeting, furniture, flooring, and other household furnishings or fixtures (all contain a multitude of chemicals that "off-gas" into the air, including formaldehyde)
- Toxic household mold and mildew
- Ink, toner, magazines, newspapers, and other printed materials
- Petrochemical fuels, including diesel, gasoline, and kerosene
- Cleaning products made with harsh detergents, solvents, or fragrances
- Pesticides and herbicides (both in food and in the air)
- Paints, glues, and sealants
- New clothing and fabrics (these are generally processed with multiple chemicals, including formaldehyde)
- New electronics or appliances (both interior and exterior parts off-gas strong chemicals into the air)
- Fluoride, chlorine, and other chemicals found in drinking water
- Artificial colors, flavors, sweeteners, and preservatives in food

4. What Can You Do To Help?

Chemical Sensitivities is a **social disease**, meaning **we, as a society, have created it** by choosing to use toxic chemicals that the human body does not have the innate ability to detoxify. And if we created it, we can put an end to it.

Possibly more than any other illness, you have the power to help people with Chemical Sensitivities. Visit www.ThinkBeforeYouStink.com to learn how **EASY** it is to **GO FRAGRANCE-FREE & NON-TOXIC**. You will be making a huge difference for people with Chemical Sensitivities, but you will also be improving your own health as well. Most people who switch to fragrance-free, less toxic products, even those who weren't sick to begin with, notice improvements in their health that make it unthinkable to switch back. The most common improvements are increased energy, clearer thinking and concentration, and reduced headaches and sinus issues.

We share the air and we share this earth. We must be willing to work together for the benefit of all.