

An Overview Of Multiple Chemical Sensitivity

There appears to be an increasing number of people who said that they suffer from Multiple Chemical Sensitivity (MCS). MCS develops from an exposure to specific chemicals. The sufferer experiences various symptoms thereafter. These symptoms will surface even when the person is exposed to low levels of these chemicals but for a prolonged period of time. Once the person is no longer around these chemicals, the symptoms disappear. MCS is also known by other names. They include toxic injury (TI), chemical sensitivity (CS), environmental illness (EI), chemical injury (CI), Sick Building Syndrome, idiopathic environmental intolerance (IEI) and Toxicant-induced loss of tolerance (TILT). All of them are variations that primarily refer to the same condition. The symptoms can include one or a combination of the following: 1. Runny nose 2. Scalp pain 3. Itchy eyes 4. Mental confusion or sleepiness 5. Palpitations of the heart 6. Headache 7. Abdominal cramping 8. Scratchy throat 9. Ear ache 10. Upset stomach 11. Nausea and/or diarrhea 12. Dizziness 13. Achy joints 14. Shortness of breath At its worst, MCS can cause respiratory distress, seizures, cognitive dysfunction, heart arrhythmia, nausea, headache, and fatigue Unfortunately, many health societies and organizations have rejected the fact that this illness does exist. They claim that there is nothing to prove that the symptoms directly result from an exposure to certain chemicals. It is unfortunate that scientific research studies had found it hard to show a direct link. I am sure that you can guess that a majority of these organizations have a financial interest in the continued sale and manufacture of products that contain the synthetic chemicals. It is true that MCS is difficult to identify because there are very few products that do not contain synthetic chemicals. Additionally, the symptoms of this disease are quite common in numerous other illnesses and diseases, including stress. Nevertheless, there really are people who do have recurring symptoms whenever they are around specific environmental chemicals. Here are some common products known to result in MCS and that have been pointed out by experts who say that MCS exists: 1. Formaldehyde, which is found in carpeting, plywood, particle board and insulation 2. Pesticides bug sprays 3. Nitrogen dioxide from unvented gas stoves and heaters 4. Carbon monoxide from gas appliances 5. Household cleaners 6. Solvents in household cleansers, paints strippers and gasoline 7. Latex paints, gloves and caulking 8. Lawn chemicals 9. Fragrances and dyes 10. Dyes (especially dark blue) that are found in clothing, curtains, tablecloths, napkins, rags and furniture 11. Synthetic fabrics and materials 12. Synthetic lemon, pine, floral, etc. If you do believe that there is a possibility of developing MCS, then there are things that you can do to protect yourself. In your own home, you can choose what household products and cleansers you can use. When you are handling some of the detergents that contain chemicals, wear gloves. It is a good idea to get educated and informed about these chemicals and the harm that they can make. Still, you must also realize that you cannot control the products used beyond your home such as in the office. Just do your best to minimize your exposure to the said chemicals and reduce your chance of developing MCS.

About the Author

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