

*God be merciful to us, and bless us, and cause His face to shine upon us.  
That Your way may be known on earth, Your saving health among all nations. Psalms 67:1-2*

## Multiple Chemical Sensitivity

Multiple chemical sensitivity (MCS) currently affects somewhere between 5–17 percent of the general population. MCS is a relatively new syndrome that is receiving world-wide debate and investigation. While some clinicians still dismiss the symptoms as psychological in origin, a growing number of clinicians, scientists and 22 US government agencies currently recognize this disorder.

### What is MCS?

MCS is essentially an unusually heightened sensitivity to common chemicals, resulting in a confusing variety of symptoms including fatigue, mental fog, muscle pains, visual disturbances, and chronic headaches. Patients typically have increased sensitivity to odors, regular periods of dizziness, high frequency of food allergies, and a variety of mental disturbances from depression to panic attacks.

Laboratory investigations for MCS commonly show elevated blood 2,3-DPG, impaired detoxification pathways, low glutathione, chronic T-cell activation, increased number on mast cell punch biopsy, and elevated porphyrins. Examination of blood and urine can sometimes turn up toxic levels of metals, pesticides, solvents, and other environmental chemicals.

In the early 1970's, the US government

began a project called NHATS (National Human Adipose Tissue Survey) which analyzed a large variety of human samples of fat tissue for environmental toxins. Astonishingly, they found 400 different types of toxic chemicals. These foreign chemicals, referred to as xenobiotics, are still found in society in the form of plastics, pesticides, preservatives, insulators, and vehicle fuel. Researchers eventually discovered that many of these fat-soluble toxins could accumulate in the fat tissues for decades, slowly leaking a stream of poisonous chemicals into the blood stream.

### Chemical Influences Impair Function

- Neurotoxicity affects both central and peripheral nervous system functions.
- Resulting immune dysfunction links with auto-immune diseases and cancers.
- Hormonal imbalances affect organs including thyroid, pancreas, and adrenal glands.
- Metabolic strain is manifested in many ways.

**How does a person eliminate toxins from the body?**

## Today's Promise

*We are the temple of the living God. As God has said, "I will live with them and walk among them, and I will be their God, and they will be My people.*

*Therefore, come out from them and be separate", says the Lord. Since we have God's promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God. 2 Cor. 6:16,17; 7:1*

**Chemicals found in the *air* of most rural and urban areas**

P-xylene	Tetrachloroethylene	Ethylbenzene
Benzene	1,1,1-trichloroethane	Chloroform
Styrene	P-dichlorobenzene	Carbon tetrachloride

**Almost 100% of Americans store these chemicals in their body fat...**

Styrene	Dichlorobenzene	Xylene
Ethylphenol	Dioxin	Benzene

Our Creator endowed the human body with a variety of organs and nutrients for detoxification, the liver being the most prominent. Like a series of odd-sized toilets, the liver has a flushing pathway for most common toxins that the body or the environment can produce. If the

quantity of the toxic chemical is too great, the “toilet” can back up with lethal consequences. Other organs of the body—such as the lungs, kidneys, spleen, and skin—have highly complex detoxification strategies.

**Nutrients required by the liver to flush toxins**

Vitamin A	Vitamin C
Zinc	Manganese
Copper	Selenium
Vitamin B <sub>2</sub>	Vitamin B <sub>12</sub>
Niacin	Amino acids
Vitamin B <sub>6</sub>	Vitamin E

Sweating is an incredibly effective detoxifier which is often being exploited in clinics to signifi-

cantly reduce the body’s total toxic load. In conjunction with charcoal poultices, our clinic has discovered that this simple, natural method is capable of eliminating a large variety of fat-soluble and water-soluble toxins.

By restocking the body’s natural nutrients with the appropriate supplements and diet, and then assisting the body in the elimination of its excess burden of toxins, most MCS patients find their progress to health slow but significantly improved.

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**Cancer risks from common pollutants**

<i>Pollutant</i>	<i>Cancer</i>
2,4-D Weed Killer	Soft tissue sarcoma, Stomach and lung
No-Pest Strip	Leukemia
Home insecticides	Brain tumors
Solvents	Multiple myeloma, Bladder tumors

**Principles for Healing**

“Nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.”

*Ministry of Healing page 127*