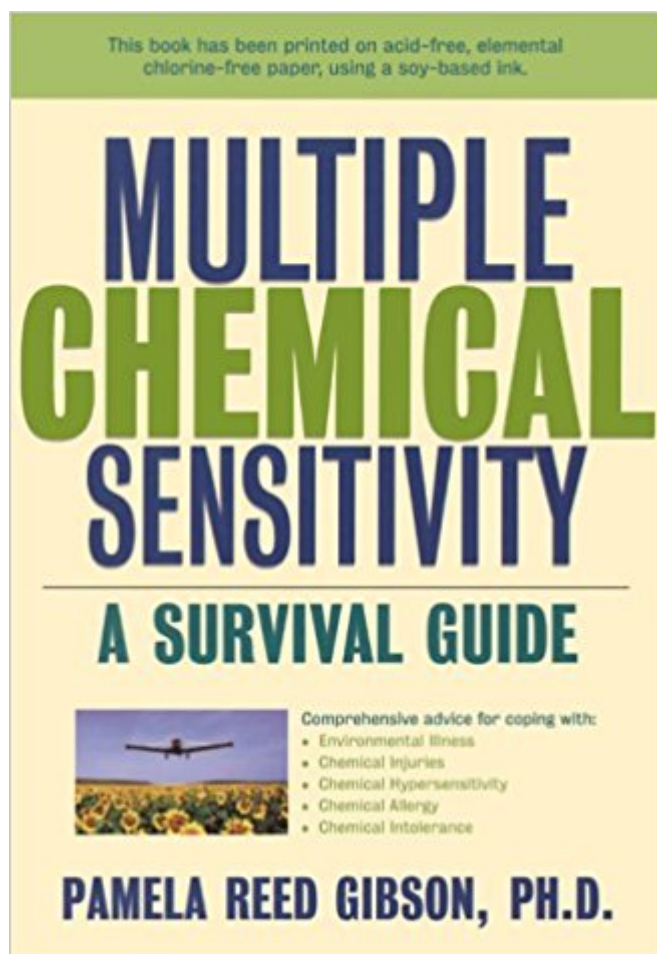




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# Multiple Chemical Sensitivity: A Survival Guide



## Synopsis

Multiple chemical sensitivity is a controversial medical diagnosis characterizing individuals who experience intense and adverse responses as a result of exposure to chemicals, frequently at doses far below those known to cause harm. This book reviews what is known about MCS, describing the symptoms, detailing possible explanations for it and giving step-by-step methods for coping with the illness.

## Book Information

Paperback: 240 pages

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Average Customer Review: 3.9 out of 5 stars 17 customer reviews

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## Customer Reviews

Pamela Reed Gibson, Ph.D., is Associate Professor of Psychology at James Madison University, in Harrisonburg, Virginia. She is the author of numerous journal articles and regularly presents papers on MCS and environmental health topics.

No New information for me

Everyone needs to read this book.

Very informative book covers just about everything you would want to know about this illness nicely set up to when you want to find a particular section.

good book packed with lots of information

Being new to the MCS this book is an excellent resource.

An excellent book .

okay it seems a bit detrimental to have a book with this title arrive REEKING of perfume!. it is STILL in my garage "airing out" as I cannot bring it in the house i cannot read it! what a waste of money. Arrived September 2013. If it is available digitally do yourself a favor and only purchase it that way.

This book is absolutely essential for anyone with MCS, and especially those new to having MCS. What it does best is explores the emotional and social issues surrounding having a 'non-legitimised' disease, and a disease that one cannot keep private or keep from affecting others around you. It does this especially well. I would also recommend it to my fellow M.E. (Myalgic Encephalomyelitis) patients, as they face many of the same emotional, legal and social issues, as well as having symptoms of chemical sensitivity to a mild-severe extent (along with equally bad or most often far worse - compared to our level of chemical sensitivities, which is most often far less than someone with severe primary MCS - neurological, cognitive and cardiac problems exacerbated by exercise or even mild activity, being upright, thinking, noise and light and so on). Nowhere have I read such an excellent explanation of the issues that come up when you are forced through your illness to have to ask those around you to modify their behaviour in some way, how to survive one has to both accept the disease and also never stop actively looking for improvements and treatment - and many other issues. I applaud the author wholeheartedly for putting together such an amazing book, of such a high quality. Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) and Health, Healing & Hummingbirds (HHH)

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