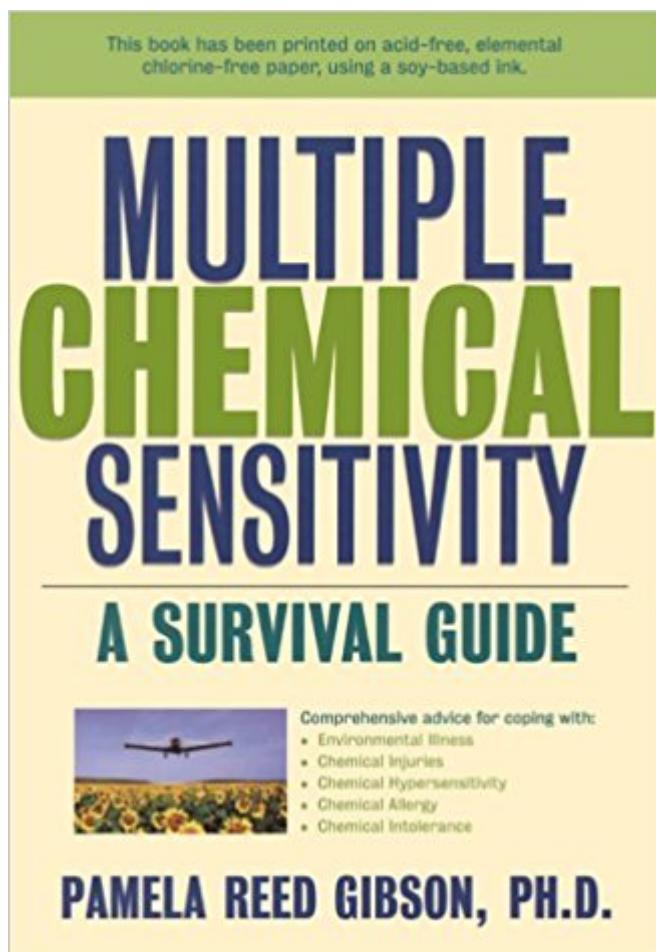


The book was found

# 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

Publisher: New Harbinger Publications (January 2000)

Language: English

ISBN-10: 157224173X

ISBN-13: 978-1572241732

Product Dimensions: 10 x 7 x 1 inches

Shipping Weight: 1.9 pounds

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

Best Sellers Rank: #468,148 in Books (See Top 100 in Books) #93 in Books > Medical Books > Pharmacology > Toxicology #151 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

## **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)

[Download to continue reading...](#)

Healing Severe Chemical and EMF Sensitivity: Our Breakthrough Cure for Multiple Chemical Sensitivities (MCS) and Electro-hypersensitivity (EHS) Multiple Chemical Sensitivity: A Survival Guide I Was Poisoned By My Body: The Odyssey of a Doctor Who Reversed Fibromyalgia, Leaky Gut Syndrome, and Multiple Chemical Sensitivity - Naturally! Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Senility or Chemical Sensitivity - Health Educator Report #3 The Ultimate Survival Guide for Beginners: The Best Tactics And Tips

To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival ... A Beginner's Urban Survival Prepping SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Multiple Sclerosis - Diet for Recovery: The Multiple Sclerosis Autoimmune Disease Recovery Diet Guide for Beginners Praxis II Elementary Education Multiple Subjects 5001 Study Guide: Test Prep & Practice Test Questions for the Praxis 2 Elementary Education Multiple Subjects 5001 Exam Cultural Sensitivity: A Pocket Guide for Health Care Professionals, Second Edition (Sold in packs of 5) Multiple Sclerosis: Simple Changes to Help You Manage Your Multiple Sclerosis MULTIPLE SCLEROSIS: A Fresh Approach To Dealing With Multiple Sclerosis Multiple Sclerosis Many Stories Many Symptoms: A book written by people living with Multiple Sclerosis, about how they deal with the challenges they face. The 2-Step Low-FODMAP Eating Plan: How To Build a Custom Diet that Relieves the Symptoms of IBS, Lactose Intolerance, and Gluten Sensitivity (Low-Fodmap Diet) Vegetarian Keto: Start a Plant Based Low Carb High Fat Vegetarian Ketogenic Diet to Burn Fat Easily and Increase Insulin Sensitivity (Simple Keto Book 5) Contrast Sensitivity of the Human Eye and Its Effects on Image Quality (SPIE Press Monograph Vol. PM72) Building a Bridge: How the Catholic Church and the LGBT Community Can Enter into a Relationship of Respect, Compassion, and Sensitivity The Mystery of Spiritual Sensitivity

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)