

MULTIPLE CHEMICAL SENSITIVITIES (MCS) AND ELECTROHYPERSENSITIVITY (EHS) – SELF ASSESSMENT SURVEY



What is MCS and EHS?

MCS and EHS are:

1. Included in the broader definition of idiopathic environmental intolerance (IEI), which also includes physical risk factors such as electromagnetic fields.
2. A complex disease, a multisystem disorder
3. Manifests as a result of exposure to various environmental contaminants (solvents, hydrocarbons, organophosphates, heavy metals)
4. Concentrations below the “Threshold Limit value” (TLV) that are considered toxic doses for the general population.

A group of thirty-four researchers and clinicians with experience in the “study, evaluation, diagnosis, and/or care of adults and children with chemical sensitivity disorders” has published a consensus statement supporting a definition of MCS adapted from Nethercott, Davidoff, Curbow, et al. (1993).

The consensus includes the following six criteria:

1. The symptoms are reproducible with repeated chemical exposure
 2. The condition is chronic
 3. Low levels of exposure (lower than previously or commonly tolerated) result in manifestations of the syndrome
 4. The symptoms improve or resolve when the triggers are removed
 5. Responses occur to multiple chemically unrelated substances
 6. Symptoms involve multiple organ systems (added in 1999)
- (Multiple Chemical Sensitivity: A 1999 Consensus)

The ARTAC study found:

1. MCS most often results from an initial acute or sub-acute intoxication, by one or several chemicals (sometimes occupationally) and that because of this initial event, MCS gradually develops.
2. Over time patients with MCS can develop hypersensitivity to EMFs and vice-versa, patients with EHS can develop true MCS, a finding suggesting that as already outlined EHS and MCS may originate through common physio-pathological mechanisms.
3. Contamination by certain heavy metals (mostly mercury, nickel, gold, silver, copper, titanium, etc...) sometimes part of dental amalgams, may contribute not only to MCS but also can contribute to the development of hypersensitivity to EMFs, as shown by clinical improvement of EHS observed following removal of amalgams by a Biological Dentist.
4. MCS and EHS may be significantly associated with food intolerance, in particular to gluten, and/or to lactose and casein, which are often associated with an inflammation of the intestinal mucosa.

The aim of this survey is to help you identify if you suffer from MCS/EHS.

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SURVEY – DO I SUFFER FROM MCS/EHS?

First answer these few questions. Indicate yes/no:

		Yes	No
1	I am very sensitive to chemical fumes. I do not feel well when someone sprays Doom or conventional air fresheners in my presence		
2	I am very sensitive to perfumes and fragrances – I do not enjoy being around people wearing heavy perfumes		
3	When I am close to technology or used my phone or computer for extended periods, I feel extremely ill		
4	I can feel electricity, for example my skin burns, or I feel tiny shocks or tingling in my skin		

This questionnaire has an anchored rating scale. On both ends of the scale, extremes are being described.

*Plot yourself on the scale between 1 and 5 depending on what is descriptive of your **CURRENT** situation.*

How have you been feeling in the last few weeks?

		1	2	3	4	5	
1	I never get headaches						I constantly battle with headaches / migraines
2	My eyes feel great						I suffer with severe dry eyes (feels like sand in my eyes)
3	I have perfect skin						I frequently get skin rashes
4	My eyesight is perfect						My eyesight varies all the time
5	I never get brain fog						I always suffer with brain fog
6	I always wake up feeling refreshed						I always wake up feeling intoxicated
7	My ankles are never swollen						My ankles are always swollen
8	My eyes are always feeling great						My eyes always feel fry as if there is sand in my eyes
9	My eyes are not sore at all						My eyes pain
10	My skin always feels normal						My skin always feels like it is burning
11	I do not have any autoimmune condition						I have been diagnosed with an autoimmune condition
12	I have no dark circles under my eyes						I have severe dark circles under my eyes
13	I do not suffer from anxiety or depression						I always suffer from anxiety or depression
14	I never have respiratory issues						I suffer with respiratory issues: e.g. blocked nose, coughing, asthma, sneezing, blocked ears, tight chest
15	I do not suffer with eczema						I suffer with severe dry skin and eczema
16	I tolerate all foods						I suffer severely with food intolerances
17	I have not shortness of breath						I battle with shortness of breath
18	I never get hives						I often get hives for no reason
19	I have boundless energy						I am always tired / fatigued
20	My stomach is never sore						It feels like my stomach is burning from the inside

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		1	2	3	4	5	
21	My stomach is never sore						I get severe pain / discomfort in my stomach
22	I never battle with bronchitis						I frequently get bronchitis/pneumonia
23	I never get any funny symptoms for no reason						I often get a variety of symptoms without being able to pinpoint the cause
24	I never get heartburn or acid reflux						I suffer with heartburn or acid reflux
25	My muscles or joints never pain						I always have muscle or joint pain
26	I am always regular						I suffer with constipation
27	My temperature is always on sync with the environment						I always either feel warm (boiling from the inside)
28	My heartbeat is always normal						I often get heart palpitations
29	I never get diarrhea						I battle with diarrhea

This questionnaire has an anchored rating scale. On both ends of the scale, extremes are being described.

*Plot yourself on the scale between 1 and 5 depending on what is descriptive of your **CURRENT** situation.*

Considering the questions above, how have you been feeling in the last few weeks?

Scoring your Self-Assessment

All questions answered marked as 1 counts one point, all scores marked as 2 counts two, scores marked as 3 counts three, all scores that marked as 4 counts four, and all the scores marked 5 counts five. Each number in the table below refers to one of the questions above. Write your scores for each question next to the relevant question numbers indicated and calculate your totals.

A	Scores	B	Scores	C	Scores	D	Scores	E	Scores
1		2		3		24		11	
5		4		7		16		25	
6		9		8		26		19	
7		12		10		20		27	
13		17		15		21		28	
14		22		18		29		23	
Total									

Now look at the scoring interpretation below

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Interpreting your results

To calculate your total score, transfer your total scores at the bottom of page 3 to the summary table and add them up:

Symptom area	Total score (transferred from table above)
A : Nervous system and endocrine system	
B : Respiratory symptoms and eyes	
C : Skin / Dermatological	
D : Gastrointestinal	
E : Endocrine, Musculoskeletal & Cardiovascular	
TOTAL SCORE	
Score significance	
23-30	Significant symptoms
13-22	Mild symptoms
00-12	Minor symptoms

listed above, you qualify for the criteria stated that MCS/ EHS affects multiple organs.

Consider your total score in terms of recommendation below:

Interpretation and recommendation	
101-150	You display a very high amount of MCS/EHS related symptoms. You should not waste time. See an integrative practitioner for medical support and engage a health coach that can help you minimize your chemical and EMF exposure and reduce your symptoms. Treatment and prevention are critical.
61-100	Significant likelihood that you have MCS/EHS. Critical to investigate further. Treatment and prevention are critical. At this point you want to prevent progression at all cost by minimizing your chemical and EMF exposure.
00-60	MCS/EHS could be an option, but if so, you would be in the very early stages where preventive action is required.

If you score high on this survey, contact us, we can guide you.

Email davida@on-route.co.za Cell 0832876015

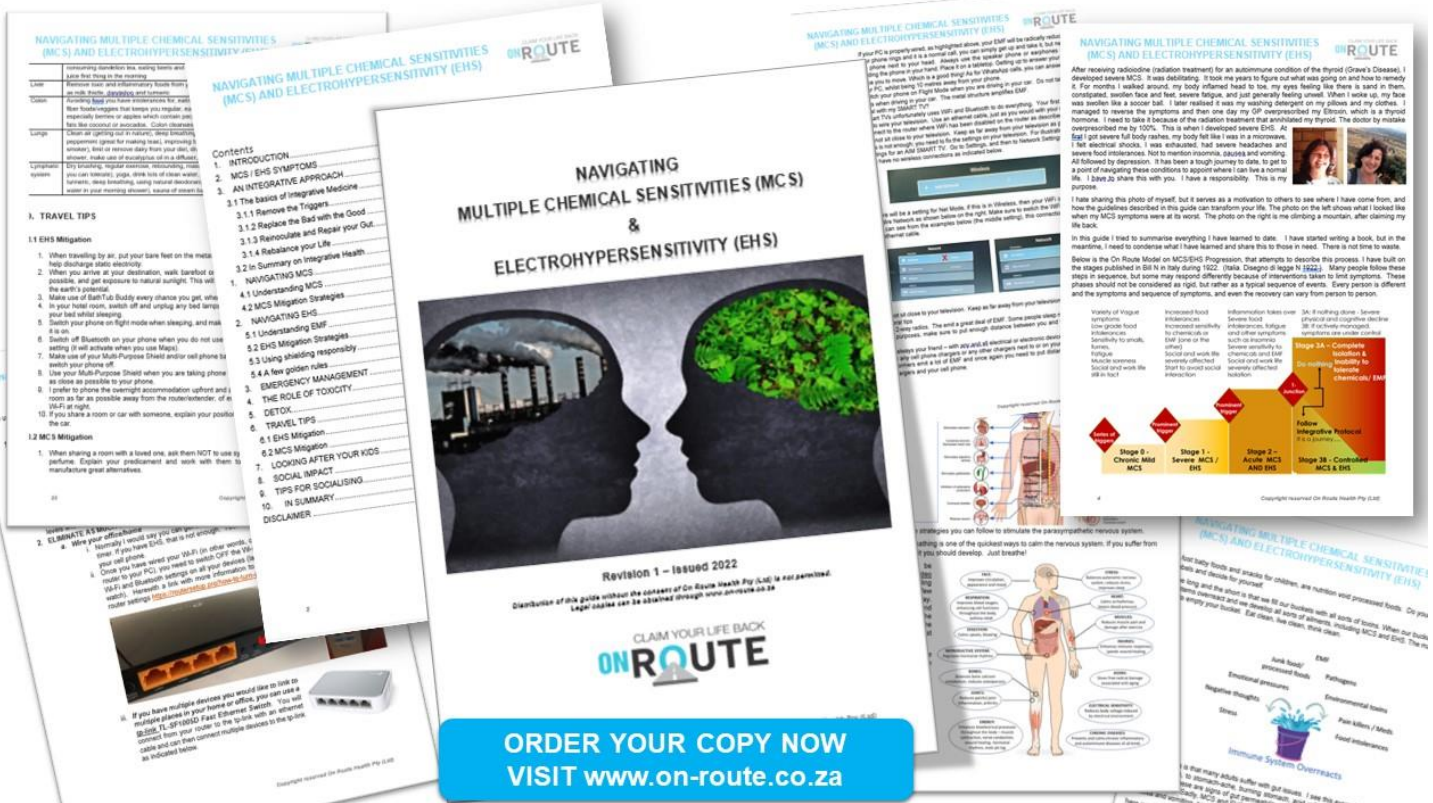
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MCS and EHS is not easy to cope with. That said, it can be managed, and some symptoms can be reversed and others effectively managed. I want to give you hope. Therefore I have written this guide to help people like myself to navigate MCS and EHS and still live a full life!



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