12 SIMPLE TIPS FOR REDUCING TOXINS

MCS-AWARE.org
The charity for environmental illness

Everything you eat, drink and breathe has to be processed and eliminated by your body. What you put on your skin can be absorbed into your bloodstream. Electromagnetic fields and microwaves can affect living cells, and the body also produces toxins internally. This can add up to a significant load for the body to deal with. If you are ill, it makes sense to reduce this toxic load so your body can have more energy for healing. Here are 10 tips to reduce the toxic load. For more detailed information please see other publications at MCS-Aware.org.

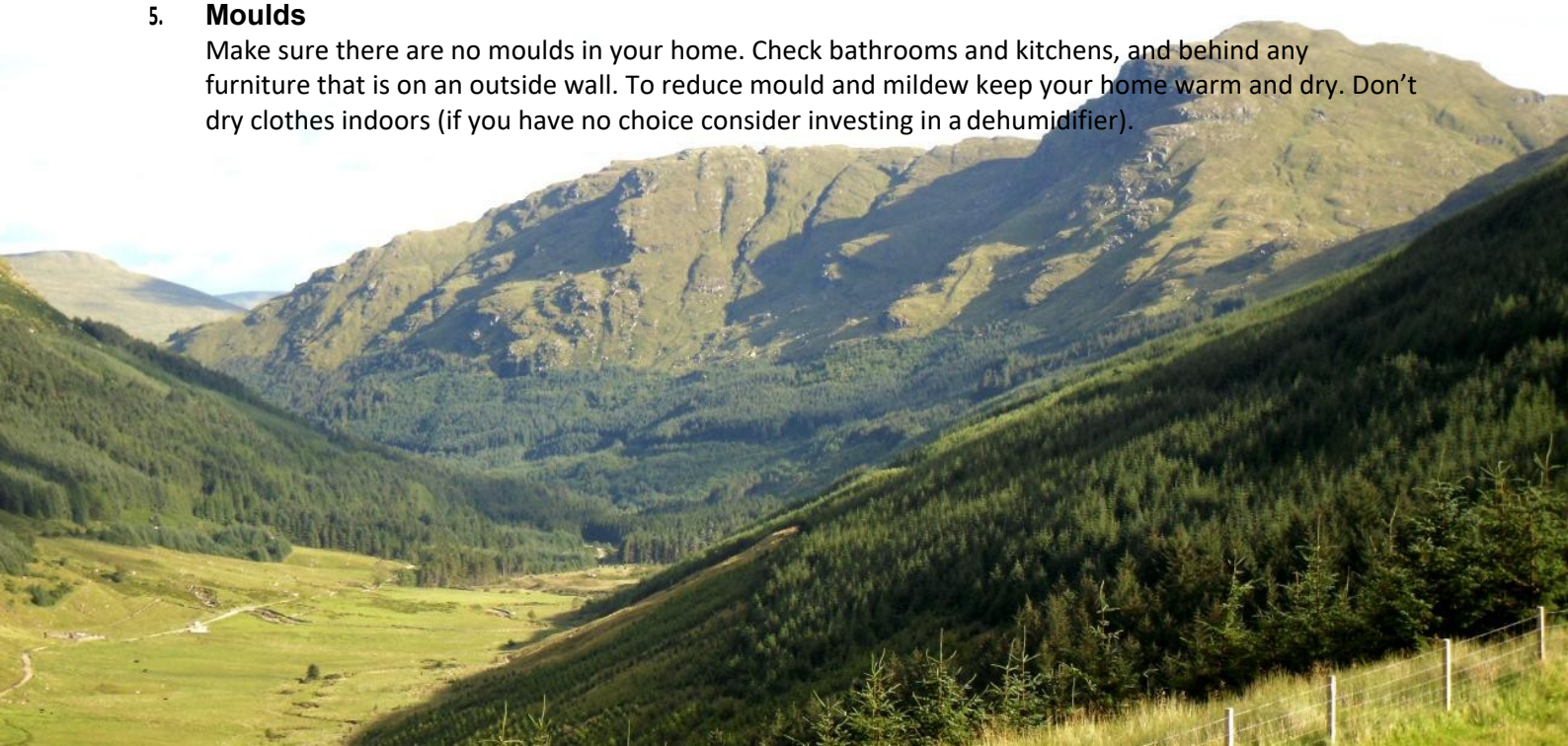
1. **Cleaning and Laundry**
   Switch to environmentally-friendly or fragrance-free cleaning products and laundry detergent as these are less likely to contain petrochemicals. See the MCS-Aware *'How to be Fragrance-Free'* leaflet for recommended products. Instead of fabric conditioner, add 2tbsp white (clear) vinegar to the final rinse for soft clothes without chemicals. They won't smell of vinegar and it will save you money too!

2. **Beauty**
   Research shows toxins are readily absorbed through the skin (think of nicotine or hormone patches) so change your toiletries to environmentally-friendly or organic products. Give up perfume and aftershave. If you have chemical sensitivity see the MCS-Aware Fragrance-Free leaflet for recommended products and suppliers. Organic beauty doesn't necessarily have to cost more, for instance simple oils can be used as moisturiser, and you won't need as many products.

3. **Air**
   Make sure your home and workplace are well ventilated. Open the window or invest in an air purifier. Replace air fresheners with a couple of essential oils mixed with water in a spray bottle, or place bowls of bicarbonate of soda, or Fuller's Earth (pure cat litter) around the room.

4. **Water**
   Invest in a water filter for drinking and cooking. This can be as simple as a filter jug, or an under-sink unit. Repeated exposure to chlorine can impair the immune system so try a simple shower filter or bath ball when bathing.

5. **Moulds**
   Make sure there are no moulds in your home. Check bathrooms and kitchens, and behind any furniture that is on an outside wall. To reduce mould and mildew keep your home warm and dry. Don't dry clothes indoors (if you have no choice consider investing in a dehumidifier).



6. **Gut Health**
Your body can't heal unless it has the right ingredients, yet few people get adequate nutrition from their diets. Instead of processed food eat organic wholefoods wherever possible and cut down on caffeine, sugar and alcohol. Toxins are produced internally as by-products of natural processes in the body. These are called endotoxins and are likely to be increased if the immune system and gut are not functioning properly. An experienced nutritionist or a practitioner with an interest in environmental medicine can tell you if you need specific vitamin or mineral supplements, or if you have gut dysbiosis (imbalance of bacteria in the gut). They can also advise you on gentle detoxification.

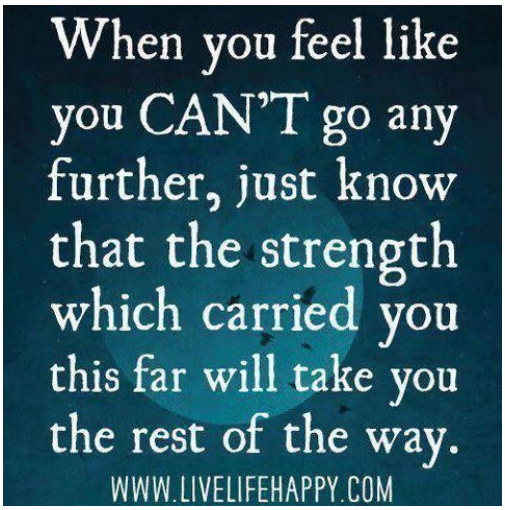
7. **Your Environment**
As a basic rule of thumb 'If it smells don't have it in your main living or sleeping space'. Not all toxins have a scent, but it is a good indication to start with. Products like electrical equipment, photocopiers, gas fires, plastics, solvents, magazines, new fabrics, furnishings, carpets, foam, and MDF/ chipboard can all emit pollutants into the air, especially when they are new. If something is brand new, let it air for a while before using it. People with Multiple Chemical Sensitivity (MCS) may need to air things (let them outgas) for several months or more before they can tolerate them.

8. **Electromagnetic Fields**
Levels of electrical pollution are increasing at an astonishing pace. Phone masts, Wi-Fi, radar, Tetra, mobile phones, electrical and magnetic fields can all contribute to undesirable symptoms like poor sleep and concentration problems. Children are particularly vulnerable. Look at your sleeping and workspaces and reduce the electrical appliances you sit/ sleep next to. Use cabled items instead of wireless. If you use a mobile phone try texting, use a speakerphone or an airtube headset to reduce radiation. Before you go to bed unplug everything not in use including your modem, and turn off mobile phones or switch them to flight mode.

9. **Pesticides**
Reduce your exposure to pesticides by switching to an organic diet. Find natural alternatives to head lice and pet flea treatments. Replace mothballs with natural alternatives like cedarwood balls. Garden organically and avoid timber treatments; Borax is a natural mineral that can be used as a safe woodworm treatment.

10. **Decorating**
If you are very ill then avoid decorating until you are better. Choose water-based/solvent free paints and varnishes. Simple linseed or olive oils can be used to polish and treat wooden floors, furniture and garden seats/sheds.

11. **Clothes and Bedding**
Choose natural fibres wherever possible. Wash new clothes before wearing and avoid clothes labelled 'crease resistant' or 'non iron' as these will probably have been treated with formaldehyde. A lot of chemicals are used in dry cleaning. Steam cleaning is a good alternative, or at least air clothes before wearing.



12. **Relax**
Do something you enjoy and laugh regularly. This has proved to stimulate the healing process, so if you are prone to anxiety or stress learn a relaxation method or watch a comedy programme instead of the news. How many times have you laughed today?

This is just a brief outline of things you can do to improve your health. If you have MCS, multiple food intolerance or Electro-Hypersensitivity (EHS), please see our helpsheets for more details.

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