

# Our Toxic Times

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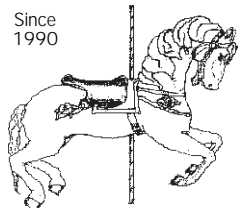
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## Environment Plays Starring Role in Human Immunity

by **Bruce Goldman**

Stanford Medicine Press Release, January 15, 2015

**I**mproving gene-sequencing technologies have focused immunologists' attention on the role of genes in diseases. But it appears

the environment is an even greater factor in the human immune response.

A study of twins conducted by Stanford University School of Medicine investigators shows that the environment, more than heredity, plays the starring role in determining the state of the immune system, the body's primary defense against disease. This is especially true as people age, the study indicates.

Much has been made of the role genes play in human health. Stunning advances in gene-sequencing technologies, in concert with their plummeting costs, have turned many scientists' attention to minute variations in the genome — the entire toolbox of genes carried in virtually every cell in the body — in the hope of predicting people's future health. Such studies have revealed a genetic contribution to health outcomes. But, with some notable exceptions, very few individual genetic variants contribute much to particular health conditions.

"The idea in some circles has been that if you sequence someone's genome, you can tell what diseases they're going to have 50 years later," said Mark Davis, PhD, professor of microbiology and director of Stanford's Institute for Immunity, Transplantation and Infection. But while genomic variation clearly plays a key role in some diseases, he said, the immune system has to be tremendously adaptable in order to cope with unpredictable episodes of infection, injury, and tumor formation.

"The immune system has to think on its feet," said Davis, senior author of the new study, which was published Jan. 15 in *Cell*. Lead authorship is shared by former Stanford postdoctoral scholars Petter Brodin, MD, PhD, and Vladimir Jojic, PhD.

"Unlike inbred lab mice, people have broadly divergent genetic heritages," said Davis, who is also the Burt and Marion Avery Family Professor. "And when you examine people's immune systems, you often find tremendous differences between

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## Our Toxic Times

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### ABBREVIATIONS:

ATSDR - Agency for Toxic Substances & Disease Registry  
CDC - Centers for Disease Control & Prevention  
CIIN - Chemical Injury Information Network  
CFS - Chronic Fatigue Syndrome  
CS - Chemical Sensitivity  
EI - Environmental Illness  
EMF - Electromagnetic Field  
EPA - Environmental Protection Agency  
ES - Electrical Sensitivity  
FDA - Food & Drug Administration  
FM - Fibromyalgia  
GAO - General Accounting Office  
IOM - Institute of Medicine

MCS - Multiple Chemical Sensitivity  
MCSRf - MCS Research Fund  
NAS - National Academy of Sciences  
NIEHS - National Institute for Environmental Health Sciences  
NIH - National Institutes of Health  
NIOSH - National Institute for Occupational Safety & Health  
NLM - National Library of Medicine  
OSHA - Occupational Safety & Health Administration  
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SBS - Sick Building Syndrome  
USDA - US Department of Agriculture  
USDL - US Department of Labor

them. So we wondered whether this reflects underlying genetic differences or something else. But what we found was that in most cases, including the reaction to a standard influenza vaccine and other types of immune responsiveness, there is little or no genetic influence at work, and most likely the environment and your exposure to innumerable microbes is the major driver.”

To determine nature’s and nurture’s relative contributions, Davis and his colleagues turned to a century-old method of teasing apart environmental and hereditary influences: They compared pairs of monozygotic twins — best known to most of us as “identical” — and of dizygotic, or fraternal, twins. Monozygotic twins inherit the same genome. Despite inevitable copying errors when cells divide, which cause tiny genetic divergences to accumulate between monozygotic twins over time, they remain almost 100% genetically identical. Dizygotic twins are no more alike genetically than regular siblings, on average sharing 50% of their genes.

Because both types of twins share the same environment in utero and usually share the same environment in childhood, they make excellent subjects for contrasting hereditary versus environmental influence.

About two decades ago, study co-author Gary Swan, PhD, who was then at SRI International and is now a consulting professor of medicine at Stanford, began curating a registry of twins for research purposes. The registry now includes about 2,000 twin pairs. For the new study, the researchers recruited 78 monozygotic-twin pairs and 27 pairs of dizygotic twins from the registry. They drew blood from both members of each twin pair on three separate visits.

The Stanford team then applied sophisticated laboratory methods to the blood samples to measure more than 200 distinct immune-system components and activities. All samples were sent immediately to Stanford’s Human Immune Monitoring Core, which houses the latest immune-sleuthing technology under a single roof.

Examining differences in the levels and activity states of these components within pairs of monozygotic and dizygotic twins, the Stanford scientists found that in three-quarters of the measurements, non-heritable influences — such as previous microbial or toxic exposures, vaccinations, diet and dental hygiene — trumped heritable ones when it came to accounting for differences within a pair of twins. This environmental dominance was more pronounced in older identical twins (age 60 and up) than in younger twins (under age 20).

Davis and his associates also observed considerable environmental influence over the quantities of antibodies produced in members of twin pairs who had been vaccinated for influenza in a separate Stanford investigation directed by study co-author Cornelia Dekker, MD, professor of pediatric infectious disease and medical director of the Stanford-Lucile Packard Children’s Hospital Vaccine Program. While many previous studies have suggested

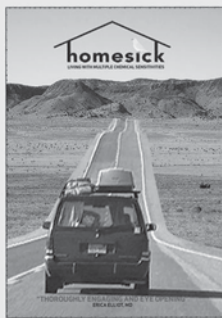
a powerful genetic component in vaccine responsiveness, Davis noted that those studies typically were performed in very young children who had not yet undergone the decades of environmental exposure that appears to reshape the immune system over time.

In a striking example of the immune system’s plasticity, the Stanford scientists found that the presence or absence of a single chronic, viral infection could have a massive effect on the system’s composition and responsiveness. Three out of five Americans and as many as nine out of 10 people in the developing world are chronic carriers of cytomegalovirus, which is dangerous in immune-compromised people but otherwise generally benign. In 16 of the 27 monozygotic twin pairs participating in the study, one member of the pair had been exposed to cytomegalovirus but the other had not. For nearly 60% of all the features Davis’ group measured, cytomegalovirus’ presence in one twin and absence in another made a big difference.

“Non-heritable influences, par-

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ticularly microbes, seem to play a huge role in driving immune variation," said Davis. "At least for the first 20 or so years of your life, when your immune system is maturing, this amazing system appears able to adapt to wildly different environmental conditions. A healthy human immune system continually adapts to its encounters with hostile pathogens, friendly gut microbes, nutritional components and more, overshadowing the influences of most heritable factors."

The study was funded by the National Institutes of Health (grants U19AI057229, U19AI090019, DA011170, DA023063, AI057229, AI090019, ES022153 and UL1 RR025744), SRI, the Howard Hughes Medical Institute, the Wenner-Gren Foundation and the Sweden-America Foundation.

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## Engineered Plants Demolish Toxic Waste

by Beth Mole

*Science News*, November 29, 2014

Greenery may one day clean up the chemical fallout of oil spills and air pollution.

Wielding the metabolic machinery of microbes, plants can now digest polycyclic aromatic hydrocarbons, the ubiquitous chemicals known as PAHs that ooze from oil spills and settle out from smog. The vegetation is still in early stages of development, but scientists are hopeful that it may act as green cleanup crews in future dirty environments. Plant-based scrubbing could be around one-tenth the cost of current methods to clean up contamination, such as harmful PAHs, researchers say.

The United States spends billions of dollars each year cleaning up dangerous waste sites. Global costs are estimated to reach up to \$50 billion. The expense of the work — which often covers excavating contaminated land or pumping in chemical treatments — often results in waste sites being deserted without any cleanup.

For a cheaper fix, scientists have eyed biological cleansers. Certain microbes are natural

waste-gobblers, sucking in chemical pollutants and snapping them apart to make harmless molecules. Some of these bacteria have been used to clean up oil spills in seas, rivers and even soils. But getting microbes to live in toxic dumps and monitoring their progress can be difficult. Many plants also take up pollution, but they tend to be vulnerable to poisoning because most are unable to break down the harmful chemicals.

Agricultural researcher Quan-Hong Yao and colleagues at the Shanghai Academy of Agricultural Sciences got around the problem by arming plants with pollutant-cracking enzymes from bacteria. The proteins they chose are encoded in a cluster of four genes found in *Pseudomonas putida*, a soil microbe that breaks down PAHs.

Other researchers have put these genes into plants before, including biochemist Michel Sylvestre of the Centre INRS - Institut Armand-Frappier in Laval, Canada. But there's a sticking point, Sylvestre says: If protein production isn't synchronized, those enzymes can't work together to digest the PAHs. "All those who have tried have never succeeded," Sylvestre says.

Yao and colleagues pulled it off with careful assembly of the four genes into one neat genetic package. For the receiving plants, the researchers chose rice and a flowering plant called *Arabidopsis thaliana*, both of which are commonly used like guinea pigs in plant research.

The plants took in the genes,

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coordinated their enzyme manufacturing and broke down phenanthrene, a common PAH pollutant. After 30 days, the plants digested up to 50% of the phenanthrene in spiked soil, Yao and colleagues report October 9 in *Environmental Science & Technology*.

"This is a big deal," says environmental chemist Christopher Reddy of the Woods Hole Oceanographic Institution in Massachusetts, who studies oil spills. The genetic feat and the success in a lab cleanup are promising, but he cautions, that it's still unclear whether the plants can digest dangerous waste outside the lab.

Some of the pollutants, particularly those from soot, form hard-to-break chemical complexes, he says. How well the plants will grow in contaminated sites is also unknown.

Yao agrees: "There is still a long way to go to use these transgenic plants." He is planning to test the plants' scrubbing potential in real-world conditions.

However, strict regulations on genetically engineered plants in the United States and elsewhere may make these green cleaners difficult to use, says environmental scientist Sharon Doty of the University of Washington in Seattle. In her research on PAH remediation, Doty introduces whole bacteria instead of injecting bacterial genes. Called endophytes, these microbial partners live inside a plant, breaking down PAHs and other pollutants, she says.

With the same bacteria Yao's group used, willow shrubs and grass could chew up phenanthrene in contaminated soil, Doty and her colleagues report in the Oct. 21 *Environmental Science & Technology*.

Collectively the new data, she says, shows that plants could one day solve the pollution problem.

## Heart Experts Warn of Air Pollution Dangers

by Janice Neumann

Reuters Health, Dec 18, 2014

Air pollution should be one of the avoidable heart risk factors — just like smoking and excess fat — that doctors warn patients to steer clear of, according to a new statement from 20 heart experts.

Citing pollution's heavy toll on cardiovascular health, the panel urges people to take steps to protect themselves from breathing heavy traffic fumes or industrial air pollution whenever possible, and public officials to pass laws to reduce air pollution.

"Cardiovascular disease is a huge global problem, causing immense suffering and premature death, as well as placing severe strain on national healthcare budgets and/or family finances," said Dr. Robert Storey, a professor of cardiology at the University of Sheffield in the UK and senior author of the new position paper.

Air pollution causes more than 3 million deaths worldwide each

year and causes 3.1 percent of all cases of disability, Storey and his coauthors write in the *European Heart Journal*.

Air pollution is also ninth most important on a list of modifiable heart-disease risk factors - ranking above low physical activity, high-salt diet, high cholesterol and drug use, the authors point out.

Although gaseous air pollutants can be dangerous too, Storey said, airborne particles are the biggest contributor to cardiovascular disease because they cause

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inflammation of the lungs and enter the circulation, inflaming blood vessels, provoking clots and causing heart rhythm disturbances.

Particulate matter includes coarse particles from road dust, construction work and industrial emissions and fine particles from traffic, power plants and industrial and residential burning of oil, coal or wood for heating.

The bulk of particulate air pollution is made up of these fine particles, known as PM<sub>2.5</sub>, that are less than 2.5 micrometers - about one fifth the size of visible dust.

The World Health Organization sets the safe outdoor exposure limit for PM<sub>2.5</sub> at an average of 25 micrograms, or 25 millionths of a gram, per cubic meter of air over a 24-hour period, or average annual levels of 10 micrograms per cubic meter. In 2013, the U.S. Environmental Protection Agency lowered the 24-hour exposure limit to an average of 12 micrograms.

European studies have found that PM<sub>2.5</sub> levels are often markedly higher near heavy traffic zones compared to elsewhere in the same city, and that the levels can more than double during rush hours, according to the position statement.

Some of the authors' advice for people to protect themselves is as simple as walking, cycling and using public transportation instead of driving cars, and exercising in parks or gardens, rather than near busy roads.

And everyone should avoid

being outside when pollution is highest, though this is especially important for infants, elderly and people with heart problems, the authors say.

People who live in heavily polluted areas should also consider ventilation systems with filtration in their homes, since a large portion of outdoor pollution can penetrate buildings.

The use of fossil fuels for heating and energy should also be decreased, according to the statement.

"Many countries have made good progress towards reducing risk factors such as smoking, high cholesterol and high blood pressure but much less effort has been extended on reducing exposure to air pollution," Storey said in an email to Reuters Health.

Studies have shown even short-term exposure to high PM<sub>2.5</sub> levels increases deaths from heart disease and respiratory disease,

## Medical Information Booklets

| Compiled by Cynthia Wilson |

Over the years, CIIN has taken many requests from members for "something" they could give their doctors, families, and friends to help explain what's happened to them. Cynthia Wilson has compiled 5 different booklets containing medical studies, patient advisories, and articles from *Our Toxic Times*. These booklets are designed to give a concise look at state-of-the-science explanations in an easy to understand and use format.

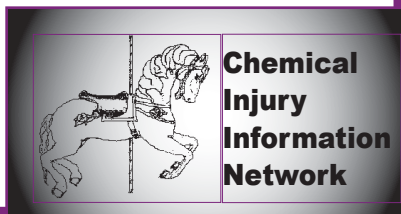
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and that people living in places with high PM2.5 have an 11 percent greater risk of dying from heart attacks, strokes and heart failure than those who live in cleaner areas.

Dr. Robert Brook, a cardiologist at the University of Michigan Health System and another author of the policy statement, said many people don't realize the dangerous effects of air pollution on the heart.

"While most people can readily observe and believe that air pollution may cause lung diseases, it is in fact cardiovascular diseases that are the largest adverse health effect of fine particulate matter exposure," Brook said in an email.

Dr. Alan Abelson of the Dalla Lana School of Public Health at the University of Toronto in Canada, called the statement an important reminder. Too few cardiologists and primary care doctors advise their patients of pollution's risks, he said.

"It's a very important and neglected area of prevention," he said.

Abelson, who was not involved in the position statement, noted that national-level guidelines on allowable amounts of pollution can only do so much. He said individuals should always pay attention to the local Air Quality Index, which rates the level of air pollution according to health risk, and reduce their exposure accordingly.

Brook said that while the U.S. has made great strides reducing air pollution since the 1970s or even 2000, the efforts should continue.

"What we should not do is lessen our regulations and pose a threat to the cardiovascular health of the nation in the name of expediency or supposed economic growth or stimulus," Brook said. -OTT

## Secret Chemicals In Perfume

by Amy Westervelt

*The Guardian*, October 15, 2014

The term "fragrance" has, for decades, hidden all manner of ingredients: somewhere between 10 to 50 chemicals, in most products, which don't have to be disclosed on labels because they are considered trade secrets under the U.S. Fair Packaging and Labeling Act.

Some of those ingredients might not remain secrets for much longer. Consumer packaged goods company SC Johnson last week became the first multinational to announce its intention to disclose all fragrance ingredients in its products. The news comes after other companies - most recently Clorox - have announced steps to disclose fragrance allergens in their products. But this represents the first attempt to disclose all fragrance ingredients on a product-by-product basis.

It's a big deal, not just because consumers want to know what chemicals they're putting in and around their bodies, but also because many of the chemicals that make up fragrances happen to be allergens. In a 2009 study, Anne M Steinemann, an internationally recognized expert on pollutant exposures and related health effects, found that 30.5% of the US population reported skin irritation or headaches (and in some cases both) when exposed to scented

products.

SC Johnson plans to begin its disclosure project with its air-care products - which include air-freshener sprays, candles, oils and gels - in North American markets. It will list the fragrance ingredients for these products on its website and also make them available via a toll-free number starting in the spring.

The company will then expand the disclosure across all product lines and geographic areas, disclosing all fragrance ingredients used at a concentration of 0.09% or higher. In categories where products include less fragrance, SC Johnson will disclose either the top 10 fragrance ingredients or - in the case of fewer than 10

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### Regaining trust

This isn't the first move towards transparency for SC Johnson: the company began disclosing product ingredients in 2009, with the launch of its voluntary ingredient disclosure site. CEO Fisk Johnson is making a big push for total ingredient disclosure as a way to "regain the trust of consumers", as he put it in a recent speech to the American Oil Chemists' Society. Ingredient disclosure is a big part of regaining consumer trust, he said, adding that fragrance ingredients are the last frontier in transparency. As he told the Guardian in an email:

If you want to earn trust and credibility, I believe you have to lay it all out for the scrutiny of the world, rather than keeping it secret. People fear the worst in the

absence of information.

The consumer products industry - and SC Johnson - has been getting a fair amount of pressure from nonprofit Womens' Voices for the Earth as well. In addition to gathering 50,000 consumer signatures on a petition asking the company to disclose its fragrance ingredients, the nonprofit also produced a spoof of an SC Johnson ad touting its position as a family company that values an honest relationship with its consumers.

Stacy Malkan, co-founder of the Campaign for Safe Cosmetics and author of Not Just a Pretty Face, called the news "an important first step" that she hopes other companies will also take.

"Various groups have been pushing SC Johnson for a long time, but I think it's a really big deal that they're doing this," she said. "They're the first big company to disclose all fragrance ingredients."

### Clearing the air

Part of the reason that companies have been slow to disclose fragrance ingredients is that, for the most part, they neither create nor own the fragrances used in their products. SC Johnson had to bring their fragrance suppliers to the table not only to get the information needed to disclose all ingredients, but also to get them on board with the disclosure plan. According to the International Fragrance Association (IFRA), this is something fragrance suppliers are increasingly willing to do, despite wishing to keep trade-secret protection in place.

"The fragrance industry is keenly aware of the principle of the consumers' right to know," said Stephen Weller, director of communications for IFRA. The group is working with a broad range of stakeholders to try to address this

issue while simultaneously preserving trade-secret protection, he added. "Within this context different companies, and indeed countries or regions, have different approaches to providing both meaningful consumer information and the protection of intellectual property," Weller said.

Companies that are disclosing fragrance ingredients maintain that they have already weeded out any potentially bad chemicals from their products. Still, Malkan said she expects that this new level of transparency will eventually lead to improvements in product formulations.

"When we [at the Campaign for Safe Cosmetics] tested products back in 2010, we found a number of allergens and hormone-disrupting chemicals in fragrance," she said. "Many of those chemicals are still being used, but as more information is readily available, consumers will take a closer look and NGOs will push for improvements."

She hopes to eventually see fragrance ingredients disclosed right on product labels, as fragrance allergens already are in Europe. "I understand that of course it's difficult to add 50 chemicals to a label, but there are ways ... or they could reduce the chemical load of their products and find ways to include fragrance without adding so many chemicals." <sup>-OTT</sup>

## Networking 1 to 1

Networking 1 to 1 may not be used to sell services or products, rent out property, or for any other type of transactions that would financially benefit the user.

☐ **Miriam Whitten** has EMF problems and suffers from hearing loss. She can't tolerate hearing aids, so does anyone have suggestions to help? Miriam may be reached at 316 Foxhound Dr., Lafayette Hill PA 19444; 215-402-8496.

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## Japanese Study Finds QEESI a Reliable MCS Diagnostic Tool

profile by Treasha deFrance

Evaluation of subjective symptoms of Japanese patients with multiple chemical sensitivity using QEESI by Sachiko Hojo, Kou Sakabe, Satoshi Ishikawa, Mikio Miyata, Hiroaki Kumano. Published in *Environmental Health and Preventive Medicine* (2009) 14:267-275.

The Quick Environment Exposure Sensitivity Inventory (QEESI) is a questionnaire that has been used to evaluate subjective symptoms found in patients with multiple chemical sensitivity. In Japan, no cutoff values had been established, so this study was designed to determine them. Researchers found the QEESI can be used to screen patients, such as those with MCS, "suffering from low level of environmental chemicals."

There are at least seven case definitions for MCS, and none is used worldwide. Various objections have been raised for these different standards, and the situation will likely continue to be debated.

The 1999 Consensus definition from the U.S. is considered the most comprehensive and well-known case definition and is used in a number of countries. The researchers used these diagnostic criteria and the Japanese diagnostic criteria to select the subjects for this study.

These researchers thought the most effective way to establish reliable diagnostic criteria in Japan would be to identify the characteristic features of Japanese MCS patients, and then analyze their findings. This would allow researchers to compare their results with those of other countries.

The QEESI was developed in 1999 by Dr. Claudia Miller and Dr. T.J. Prihoda\*. It is a self-administered questionnaire designed to assist researchers and clinicians in screening, studying, and evaluating patients for MCS. The researchers translated the QEESI, and surveyed its reliability and validity. They concluded that 30 questions in 3 subscales (Chemical Intolerance, Symptom Severity, and Life Impact) of the Japanese QEESI showed high reliability and validity. The fourth subscale, Other Intolerance, showed some inconsistency so it was not used.

The Japanese researchers compared the scores between Japanese MCS patients and American MCS patients and found the scores of the Japanese MCS patients to be considerably lower, indicating that a unique Japanese cutoff value is necessary to screen Japanese patients.

The subjects were 103 patients, 24 males and 79 females, who visited the Outpatient Division of the Environmental Medical Center, Kitasato Institute Hospital during a 3-year period from March 2001-March 2004. They met the diagnostic criteria for MCS, had been diagnosed with MCS by three specialists, and completed the QEESI questionnaire.

Patients who had been diagnosed with chronic fatigue syndrome, fibromyalgia and psychological disorders were excluded.

The control group was made up of 309 healthy people matched for sex and age with the MCS patient group. Potential subjects completed a general health questionnaire indicating if they had been diagnosed with any disease by a physician and if they had, they were excluded.

All MCS patients underwent three neuro-ophthalmologic examinations (smooth pursuit of eye movement, contrast sensitivity function, and papillary reaction to light), which are part of the Japanese MCS diagnostic criteria. They also underwent general neurological and electrocardiographic examinations.

The Chemical Intolerance subscale of the QEESI asked the subjects to rate from 0-10 their intolerance to ten common structurally diverse classes of chemical inhalants that MCS patients frequently attribute their symptoms to. These are: diesel or gas engine exhaust (petrochemical combustion products), tobacco smoke, insecticide (pesticides), gasoline vapors (fuels), paints or paint thinner (solvents), cleaning products such as disinfectants or bleach (structurally diverse cleaning agents), fragrances, fresh tar or asphalt (polynuclear aromatics), nail polish, nail polish remover or hair spray, new furnishings such as carpets (fragrance/solvent), and soft plastic shower curtains or the interior of new cars (solvents, plasticizers, formaldehyde).

The Symptom Severity subscale of the QEESI asked the subjects to rate from 0-10 the severity of their symptoms. Symptoms include musculoskeletal, airway/mucous membrane, heart/chest-related, gastrointestinal, cognitive, affective, neuro-

Environmental  
Access Profile  
No. 223

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muscular, head-related, skin, and genitourinary.

The Life Impact subscale of the QEESI rated the degree to which chemical or food sensitivities adversely impacted each of ten aspects of their lives. They rated impacts on: diet, ability to work or attend school, choice of home furnishings, choice of clothing, ability to drive or travel, choice of personal care products such as cosmetics or deodorants, ability to be around others and enjoy social activities, choice of hobbies or recreation, relationships with spouse and family, and ability to perform household duties. Each item was rated 0-10.

For each of the 3 subscales, the scores were added to obtain a total score of 0-100, with a low score range being (0-19), medium (20-39) and high (40-100).

The researchers analyzed the results and determined unique cutoff values for screening for MCS in Japan. The values established were: Chemical Intolerance

subscale (40), Symptom Severity subscale (20) and Life Impact subscale (10).

The researchers concluded that patients meeting two of the three cutoff criteria can be screened as "suspected of having MCS" in Japan.

The subjects whose scores met or exceeded the cutoff values in any two of the three subscales accounted for 88.4% of the MCS patient group, compared to the control group which exceeded the cutoff values only 14.5% of the time.

The results showed the control group had an ever-decreasing distribution, with the highest frequency being that of 0 in all three subscales. The MCS patient group showed a widely scattered distribution. A high score of 40 points or more was relatively common in the control and MCS group for the Chemical Intolerance subscale.

Mean scores in all 30 items (all three subscales) were significantly higher for the MCS patients than for the controls. The Life Impact

subscale results differed somewhat between the two groups with "ability to work", "choice of personal care products" and "social activity" scoring the highest, and "diet" and "relationships with spouse and family" were relatively low in the MCS patient group.

The Chemical Intolerance subscale cutoff in Japan was the same as it is in the U.S., but the cutoff for the Symptom Severity subscale in Japan was about half the U.S. value. This may be due to the frequency distribution of the Japanese patients being widely distributed compared to the high scores for Symptom Severity in the U.S. There were no significant differences between the Japanese and U.S. control groups' scores.

At least at this point, the QEESI is useful to screen patients who are suffering from low levels of environmental chemicals, such as in MCS, and can help establish a clinical definition. QEESI is used in many countries and is an effective means of comparing subjective

## Legal Information Packages

Documents regarding chemical sensitivities to help the chemically injured in their legal efforts for recognition, accommodation, and fair compensation. These packages are expanded and updated as pertinent documents become available.

*To order, send the title(s) with payment to:*

**CIIN Legal Information Packages, PO Box 301,  
White Sulphur Springs, MT 59645, USA**

To pay by MasterCard, Discover or Visa, call 406-547-2255, fax your order to 406-547-2455, or use the secure server at [ciin.org/pages/14-order.html](http://ciin.org/pages/14-order.html). Please include your phone number with your order.

*To get a four-page brochure describing these packages, send a Self-Addressed Stamped Envelope to CIIN and request the Legal Info Pack brochure.*

### Available on these subjects:

Abba Terr Discredits Himself, 3 versions: \$18.75, \$43, or \$112.75  
Americans with Disabilities Act, \$14.75  
Carpet Toxicity, \$20.75  
Counteracting Psychological Claims, \$12.75  
Daubert & Admissibility of Clinical Evidence, \$45.25  
Dursban Litigation, \$58  
Environmental Tobacco Smoke Accommodation, \$11.25  
Fair Housing Act, \$22.75  
Federal Agencies Recognition, 2 versions: \$6.50 or \$12  
Formaldehyde Sensitivity, 2 versions: \$11 or \$14.75  
Gots, Ronald E., Discredited, \$8  
Hospital & Medical Facility Accommodation, \$12.75  
Inadequate Chemical Exposure Standards, \$15.75  
Local Authorities Recognition, \$9.25  
Objective Evidence of Injury, 2 versions: \$8 or \$55  
Perfume Toxicity, \$16  
Pesticide Secret "Inert" Ingredients, \$12.50  
School Accommodation, \$19.50  
Social Security Administration, \$16  
State Government Agencies Recognition, \$4.25  
Workers' Compensation Medical Treatment Coverage, \$19.25  
Workers' Compensation, \$49.75

symptoms among patients in different countries.

It is more extensive than conventional questionnaires that allow only a “yes” or “no” answer, and by using a rating scale for subjects to evaluate their subjective experience, makes it possible to perform certain quantitative analyses. QEESI can also be used to evaluate effectiveness of treatments, and to clarify clinical conditions.

The researchers conclude that they reconfirmed that the QEESI is effective for screening Japanese MCS patients and that they established optimal cutoff values. They note that the definition of MCS is still under discussion and reiterated what a recent scientific review of MCS in Australia stated – that several primary research needs are evident, including the establishment of agreed diagnostic criteria that can be used by clinical and scientific groups.

**Reference:**

\* Miller, C.S.; Prihoda, T.J.: “A controlled comparison of symptoms and chemical intolerances reported by Gulf War veterans, implant recipients and persons with multiple chemical sensitivity,” *Toxicology and Industrial Health*, April/June 1999; 15(3/4):386-397. Order No. 0112-MILL-99-012 - \$4.00.

**Peer-Counseling**

Telephone

Private one-on-one counseling sessions with John or Cynthia Wilson is offered by appointment 10 am to 2 Mountain Time Monday thru Thursday by phone.

This service is free and available only to CIIN members.

**CIIN News**

Activist Email List

CIIN members can sign up to be notified by email when important issues that effect the MCS community come up.

Email CIIN at [chemicalinjury@ciin.org](mailto:chemicalinjury@ciin.org) to be placed on the activist list.

2015 Raffle

For your convenience, a raffle ticket is available on the bottom of page 11. The drawing will be held December 1st — just in time for the holidays.

The raffle not only raises much needed funds for CIIN, but it is a way to reach out and educate our healthy friends, neighbors, and families about MCS in one of the most normal, everyday ways pos-

sible – almost every charity has a raffle.

Raffle tickets are \$5.00 each. A minimum payout of \$200 is guaranteed.

CIIN wishes to express a very grateful thank you to all who sell or have purchased tickets.

**Let’s Talk:**

Bulletin Board

Because of chronic technical problems, CIIN will be shutting down its bulletin board. In order to keep a bulletin board option available to our members, CIIN is asking for information on other good MCS bulletin boards that we can refer members to. Please e-mail suggestions to John at [johnw@ciin.org](mailto:johnw@ciin.org).

Twitter

CIIN has a Twitter place to promote interaction between members. It is [www.twitter.com/ourtoxicities](http://www.twitter.com/ourtoxicities). To make it membership friendly, please use the HashTag #chemsensitivity so that members can track their conversations to ask questions or to start their own threads on the site.

In 2014, a New York woman won \$757.50.  
In 2012, a New York woman won \$612.  
In 2010, a New York woman won \$1,132.  
In 2008, a Montana woman won \$870.

**Current Prize: \$200.00**

In 2013, a Florida woman won \$406.  
In 2011, an Idaho man won \$960.  
In 2009, a N. Carolina woman won \$1,074.  
In 2006, a New York woman won \$1,266.

In 2007, an Ohio man won \$1,908.  
In 2005, a California woman won \$974.

**The drawing will be held December 1st — just in time for the holidays.**

↓ Cut Here ↓ ↓ ↓ ↓ Cut Here ↓ ↓ ↓ Cut Here ↓

<p align="center"><b>50/50 Raffle</b></p> <p align="center">Chemical Injury Information Network PO Box 301, White Sulphur Springs, MT 59645; 406-547-2255</p> <p align="center">The drawing will be held December 1st.</p> <p align="center">Raffle tickets are \$5 each. The Prize is 50% of all funds raised through this raffle. If CIIN raises \$1,000, the winner will get \$500.</p> <p align="center">A minimum payout of \$200 is guaranteed.</p> <p align="center">CIIN is a 501(c)3 charity incorporated in the State of Montana, Tax ID No. 81-0496727</p> <p align="center"><b>Keep this portion as your Receipt</b></p>	<p align="center"><b>50/50 Raffle</b></p> <p align="center"><b>Return to: Chemical Injury Information Network</b> <b>PO Box 301, White Sulphur Springs, MT 59645;</b> <b>406-547-2255</b></p> <p><b>Name:</b> _____</p> <p><b>Address:</b> _____</p> <p><b>Phone:</b> _____</p> <p><b>Sold by:</b> _____</p> <p align="center">Send in this portion with \$5</p>
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## Conference Calling

Members are free to use the conference call line at anytime not taken. Suggested use are family time, treatment groups, book clubs, craft-talk, or any type of shared experience discussion.

If members would like to host a regular meeting and have it listed in OTT, please let CIIN know.

The dial-in number is (712) 432-1402 and the access code is 780308#. The conference call company has gone out of business, so if a problem develops, please let CIIN know so it can set up a new conference calling system.

Participants will be charged the normal long-distance rates from their long-distance carrier.

## Night Owls

Night Owls meetings are every Tuesday at: Eastern 10 to 11 pm; Central 9 to 10 pm; Mountain 8 to 9 pm; and Pacific 7 to 8 pm. [Meetings are an escape into normality, and not an educational format.]

## The ES Group

The Electrically Sensitive Group meetings are the 2nd Monday of each month at: Eastern 7 pm, Central 6 pm, Mountain 5 pm, and Pacific 4 pm.

State NewsAZ Utility Spraying

The United States Forest Service (FS), Arizona Public Service Company (APS), and Salt River Project Agricultural Improvement and Power District (SRP) are responsible for the management of vegetation within utility corridors in Arizona. Herbicide treatments would follow Forest Service procedures outlined in Forest Service Manual 2150 *Pesticide-Use Management and Coordination*.

For additional information about the proposed action and to facilitate your review and comment, we encourage you to review the Preliminary EA document on the project web site at [www.fs.fed.us/ncpa/nepa/project\\_\\_e'p.php?project=-"45771](http://www.fs.fed.us/ncpa/nepa/project__e'p.php?project=-).

If you have any questions concerning this process, please contact Tracy Parker, Southwestern Region Lands and Minerals Management Director, at 505-842-3270.

AZ Clean Air

Clean Air, Lakes and Mountains (CALM) in Arizona has produced a petition and video on prescribed burns.

Petition: [www.change.org/p/tom-vilsack-blue-cross-blue-shield-environmental-protection-agency-stop-prescribed-burning-on-public-lands-and-implement-healthier-methods-of-forest-management](http://www.change.org/p/tom-vilsack-blue-cross-blue-shield-environmental-protection-agency-stop-prescribed-burning-on-public-lands-and-implement-healthier-methods-of-forest-management)

Video: [tinyurl.com/calm2014](http://tinyurl.com/calm2014)

Internet News

## Research Sites

PubMed: [www.nlm.nih.gov](http://www.nlm.nih.gov)

TOXNET: [toxnet.nlm.nih.gov](http://toxnet.nlm.nih.gov)

Community Pollution: [scorecard.goodguide.com](http://scorecard.goodguide.com)

Last month's Sudoku answer.

Cynthia's time: 23 minutes

7	1	6	4	2	8	5	3	9
8	9	4	1	3	5	2	7	6
5	3	2	9	6	7	8	4	1
4	8	5	3	7	6	1	9	2
1	7	9	2	5	4	3	6	8
6	2	3	8	9	1	7	5	4
9	6	1	7	8	3	4	2	5
3	5	8	6	4	2	9	1	7
2	4	7	5	1	9	6	8	3

Please Donate To MCS Research

**The Cindy Duehring MCS Research Fund was created to fund reliable and credible research into Multiple Chemical Sensitivities (MCS) as a physiological illness.**

**The Fund needs your donations in whatever amount you can afford in order to prove MCS is a "real" illness and to work toward effective treatments and a possible cure.**

**Please help all of us by sending whatever you can to:**

**The Cindy Duehring MCS Research Fund**

**c/o CIIN, PO Box 301, White Sulphur Springs, Montana 59645 USA**

**Blogs**

☞ CIIN Blog: [www.toxtalk.blogspot.com](http://www.toxtalk.blogspot.com)

☞ My Invisible Disabilities Community: [www.InvisibleDisabilitiesCommunity.org](http://www.InvisibleDisabilitiesCommunity.org)

**Did You Know?**

☞ Drinking coffee is associated with a slightly reduced risk for skin cancer, according to a new study. Researchers used health and dietary data on 447,357 people for an average of 10 years. Results showed the more coffee consumed, the lower the risk. Drinking four or more cups of coffee was associated with a 20% risk reduction compared with those who drank none. *[The New York Times 1/22/15]*

☞ The bald eagle population, once so decimated by the pesticide DDT that only a single pair nested in New Jersey, is on the rebound. The statewide population now numbers 156 pairs. *[The Record 1/23/15]*

☞ In the late 1970s, 70% of all Japanese men smoked. In 2013 only 19.3% of the Japanese population smoke. As of 2012, 18.1% of U.S. population smoke. *[The Japan Times 1/24/15]*

**New Congress Fires Shot at Social Security on Day One**

**by Dylan Scott**

[talkingpointsmemo.com](http://talkingpointsmemo.com), 1/6/15

With a little-noticed proposal, Republicans took aim at Social Security on the very first day of the 114th Congress.

The incoming GOP majority approved late in the day on January 5, 2015, a new rule that experts say could provoke an unprecedented crisis that conservatives could use as leverage in upcoming debates over entitlement reform.

The largely overlooked change puts a new restriction on the routine transfer of tax revenues between the traditional Social Security retirement trust fund and the Social Security disability program. The transfers, known as reallocation, had historically been routine; the liberal Center for Budget and Policy Priorities said that they had been made 11 times. The CBPP added that the disability insurance program “isn’t broken,” but the program has been strained by demographic trends that the reallocations are intended to address.

The House GOP’s rule change would still allow for a reallocation from the retirement fund to shore

up the disability fund — but only if an accompanying proposal “improves the overall financial health of the combined Social Security Trust Funds,” per the rule, expected to be passed on. While that language is vague, experts say it would likely mean any reallocation would have to be balanced by new revenues or benefit cuts.

House Democrats are sounding the alarm. In a memo circulated to their allies, Democratic staffers said that would mean “either new revenues or benefit cuts for current or future beneficiaries.” New revenues are highly unlikely to be approved by the deeply tax-

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averse Republican-led Congress, leaving benefit cuts as the obvious alternative.

The Social Security and Medicare Boards of Trustees estimated last year that the disability insurance program would run short of money to pay all benefits sometime in late 2016. Without a new reallocation, disability insurance beneficiaries could face up to 20% cuts in their Social Security payments in late 2016 — a chit that would be of use to Republicans pushing for conservative entitlement reforms.

“The rule change would prohibit a simple reallocation. It will require more significant and complex changes to Social Security,” said Social Security Works, an advocacy group. “In other words, the Republican rule will allow Social

Security to be held hostage.”

Policy wonks who follow Social Security saw the GOP rule change as a play for leverage. “Everybody’s been talking about entitlement reform. John Boehner (R-OH) and President Obama were pretty close to coming up with some kind of grand bargain, which ultimately fell apart,” said Tom Hungerford, senior economist at the liberal Economic Policy Institute. “Maybe this could be used as a hostage to try to get back to something like that.”

For their part, congressional Republicans were fairly transparent about their thinking. Rep. Tom Reed (R-NY), who has been outspoken on the disability program, co-sponsored the rule amendment. The disability program has been a favored target for the GOP; members were warning last month that the program could be vulnerable to fraud.

“My intention by doing this is to force us to look for a long term so-

lution for SSDI rather than raiding Social Security to bail out a failing federal program,” Reed said. “Retired taxpayers who have paid into the system for years deserve no less.”

Liberal analysts counter, however, that the retirement fund, which pays out \$672.1 billion in benefits per year versus \$140.1 billion for the disability fund, is more than healthy enough to allow for a reallocation, as has historically been done. CBPP’s Kathy Ruffing wrote that, if a transfer was made before the 2016 deadline, both funds would be solvent until 2033.

The Republican angle in preventing that move then seems obvious.

“By barring the House from approving a ‘clean’ reallocation in 2016, the rule will strengthen the hand of lawmakers who seek to attach harsh conditions (such as sharp cuts in eligibility or benefit amounts) to such a measure,” Ruffing wrote.

*EDITOR’S NOTE: The Republican national platform calls for ending Social Security - see [ww.w.gop.com](http://ww.w.gop.com).*

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### Sudoku Returns with a Twist

OTT is bringing back the Sudoku puzzles by popular request, but there will be a slight twist. Instead of computer generated puzzles, OTT will be using puzzles created by Tetsuya Nishio. These hand-designed puzzles are meant to be difficult and time consuming. I’d like to turn solving the Sudoku into a contest — mostly to see how my time in solving the puzzle stacks up. The answers to the puzzle will be published in next month’s issue along with the name and time of the winning solver. I hope everyone enjoys Nishio’s puzzles as much as I do.  
—Cynthia Wilson

1									2
	5			3				8	
		6		8		7			
			6		9				
	3	7				8	4		
			8		3				
		5		9		6			
	4			6				5	
8									9

Sudoku  
from  
Sudoku Hell  
published by Vertical, Inc.

The numbers 1 through 9 can only be used once in each row, column, and 3x3 block.

The answer will be published next month.

▼ Housing ►

**Rental Wanted:** Mature, stable, responsible, woman with MCS would like to rent cottage within 50 miles of SF Bay Area. Have excellent credit and personal refs. [angelacee@att.net](mailto:angelacee@att.net)

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[www.thenaturalplace.com](http://www.thenaturalplace.com)

### Wanted;

Woman with MCS looking to rent or purchase home in Fort Lauderdale/South Florida.

**ALSO;** personal experience with tolerable mattress brands to purchase or materials and info on how to construct.

GreenSinger7@gmail.com

## Avion Trailer for Sale

1970 Avion 26 foot aluminum travel trailer, beautiful hardwood interior, modified for E.I., \$8,000 less up to \$3000 improvements.  
wardstalnaker@gmail.com

To run housing ads in next month's issue, notify CIIN by the 13th unless the ads are already paid for. Contact John by phone, regular mail (see page 2) or e-mail: [ads@ciin.org](mailto:ads@ciin.org)

## MCS Friendly Housing

South Beach Island Resorts (formally Pride and Joy) consists of 6 ocean front 1 bedroom condos developed and managed in a less toxic manor and is located on a barrier island in Melbourne Beach Florida.

- Pesticide free non-smoking facility ● Filtered water ● All electric ● Ceramic tile floors ● 100% cotton (mostly organic) ● futons, linens, and towels ● Fully equipped kitchens with range ● Full baths with tub ● Austin air plus purifiers in units ● Fragrance free laundry facilities ● Phone ● Cable TV ● Cable internet (No WIFI) ● Heavenly heat sauna onsite ● No smart meters ● Furnishings are metal, glass, stainless, and hardwood

The 1 acre property to the north is vacant and the property to the south is owned and operated by a woman with MCS. 2 of the next 3 properties are owned by individuals with MCS. Local MCS community, doctors, organic food stores and restaurants. Discounted rates offered to long term guests.

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Contact Amber or Robert Damiano at: Email: [damianorob@gmail.com](mailto:damianorob@gmail.com)

Phone: 321-409-8233 Fax: 321-725-4883

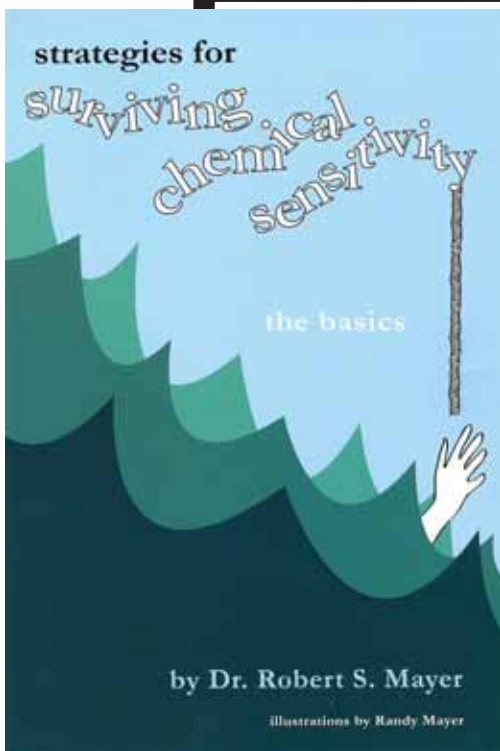
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## Strategies for Surviving Chemical Sensitivity, *the Basics*

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