

## Where can the Patient Start to Get well? Easy Recommendations.

Start doing one thing at a time so as not to become overwhelmed.

Getting out of scented environment so you can tell what is affecting you. Therefore this is where you should start. Do not give up before trying!

Read first chapter (very easy) of Living With EI. No perfume.

No 'normal detergent or Fabric Softener' (very Toxic for ill patients. Seventh Generation unscented, or Trader Joes only. Add Borax, or Superclean.

If you suspect mold then do cheap mold plates to get species identified and see how toxic.

If mold, vacuum dust, send for Trichothecenes.

Absolutely get near no pesticides! No Golf, fly spray.

Non toxic shampoo (Pure Essential at Whole Foods).

Buy nontoxic hair and body products from Needs (N) – unscented.

Make OASIS bedroom with charcoal air filter (N) Aireox quieter less EMF for small bedroom only, Austin Air Junior Plus, stronger for larger room,(both 300), hard floor, only cotton bedding (everyone becomes allergic to down), get cotton pillows (N), close windows if polluted or smoky outside.

Switch to non toxic: SG kitchen sprays, soaps, dishwashing powder –(no orange scents), make up. Use recirculate button on car to avoid diesel exhaust. Get masks if becoming more sensitive to go into stores or stay out of public buildings where VOC's make you ill.

\*Order Mountain Valley Glass bottled Water. 800 643 1501.

Eat organic and start to not repeat foods except in 4 days. Less sugar, chocolate, wheat, dairy, carbs, coffee, soda. Drink lots of new water, plenty of salt of low adrenal function. Green Tea. If very sick eat one food per meal – easier on immune system.

Get salivary cortisol testing going, see environmental doctor.

## Shopping – Whole Foods, Wild Oats,

NEEDS.com-Everything, hair dye 'herbatint', make up, Super Clean for laundry and floors, soap and detergent, I can Breathe 'mask', cellophane bags for food, \*Trisalts by Biotech, oral charcoal, NAC, Vits Less EMF.com, air tubing Headset,gauss meters, apron Safelevel.com, out gassed computers with EMF shielding

EHCD – 214 361 9515,charcoal masks, O2 set up, books

## What is Environmental Treatment?

First and most important is clean Air (filtered), Food (organic), and Water (glass bottled).

Identify the initial causative agent(s) that made you sick. Often moldy basement, office, golf course with pesticides, paint fumes, 'Gulf War', 911 workers Avoidance of that which is making you sick and most other chemicals until you can again tolerate them and stay well (in a few years). Leave moldy house.

Oral (Fish Oil, Co Q 10 400 mg) and IV supplements like Vitamin C, B complex, Magnesium, Glutathione, Taurine, Amino Acids, phosphotidyl choline, glass bottles – to assist in breaking down toxins efficiently, strengthen the adrenal and immune system. Discover all metabolic and nutritional deficiencies. 4 Day Rotational Diet.

Neutralization and Provocation Allergy Testing (150.00/day) to grasses, trees, molds, foods, viruses, supplements, and chemicals, even your own stool and blood ('Autovac').

Treating with Oxygen if the Venous O2 so indicates (greater than 30) for 2 ½ weeks or longer, 2 hours a day, 5 liters, with 'set up' from Dallas (ceramic mask, tygon tubing, humidification bottle, and rebreathing frame. Dramatically helps ANS!

Sauna, massage, other detox methods - coffee enemas. Do not start sauna without EM guidance you may 'CRASH' when you release all the stored toxins from your fat. Goal 20 min of sweating /day.

Determine Genetic inadequacies and treat to counter act deficiencies in detoxification or immunity.

'ALF', Autogenous Lymphocyte factor, which assists in boosting the immune system and is AMAZING (only available in Dallas, personally recommended for anyone at an impasse). (Keeps me alive.)

Hormone studies and replacement of all that are low, Thyroid replaced clinically even if numbers are 'normal'(as long as cortisol is good first). If indicated, *cortisol early to motivate patient, 5mg qid* Study urinary neurotransmitters and replace deficiencies with amino acids and wean off psychiatric drugs as hormones and neurotransmitters 'normalize'.

Chelation of heavy metals oral or IV, with mineral replacement. Remove 'high voltage' dental work early in Rx. and amalgams at IAOMT dentist. Test new composite/porcelain for allegenicity. Energy treatments, Cranio Sacral, massage, acupuncture All that works and doesn't harm the patient.

'Midodrine for POTS'. \*Take Trisalts, 2,000 buffered C, and Oxygen,Epsom Salts bath when ill.

# HOW TO TAKE AN ENVIRONMENTAL HISTORY

Doctor and patient guide to identifying EI

## Environmental Illnesses include

Common syndromes which can culminate in Chronic Fatigue, Autism Fibromyalgia, Chemical Sensitivity, Chronic Lyme as well as other milder conditions like allergies, anxiety and ADD.

They have **environmental, nutritional, hormonal, and genetic** components that need to be addressed.

When you: find **perfume**, **diesel exhaust**, and the **detergent isle** of the grocery store offensive – have **memory loss**, fatigue or weak **muscles**, trouble **reading**, clothing tags itch, need to pretzel your legs, a reddened face, or alcohol intolerance  
It is time to see an Environmental Physician

at [www.AAEM.com](http://www.AAEM.com)

## Preventative and Environmental Health Alliance

*A group focused on political and educational change*

**Lisa Lavine Nagy M. D.**  
President

Lisa@Nagy1.com (508) 696 6998  
P O Box 2472, Vineyard Haven, MA 02568  
[www.Environmentalmedicineinfo.com](http://www.Environmentalmedicineinfo.com)

**“This is the most important medical issue facing women in America today”**

*Lisa Nagy M.D.*

## Brief Screening History-- Questions to Ask Your Patient

When did you last feel well?

What changes in your life occurred before that time? \*Known chemical, mold, radiation, pesticide exposure. ? What do you think has precipitated your condition?

Examples: Did you renovate your home, get new kitchen cabinets, carpeting, spray pesticides? Have you changed jobs or had less ventilation at work or a new copier or computer installed. Are others sick – even if the symptoms are different?

\*Are you sensitive to perfume, diesel exhaust or the detergent isle of the grocery store\*. Do other chemicals, newspapers, the mail bother you? Sleepy, headaches? Do you feel better outside in fresh air? Do you fall asleep or get a headache in traffic, feel exhausted in stores, tire centers, or moldy buildings? Are you better on the weekends and worse on return to work. Do you have a moldy basement or does the house smell musty when you first come home?

Have you been avoiding dealing with a water leak? Do you have a crawlspace? Are you worse in the Winter when inside more and the windows are closed? Feel bad on rainy days.

Do you pretzel your legs after eating? Dizzy on standing from bending over recently? Insomnia.

What part of the year gives you the most trouble? Do you have symptoms in many different areas?

Do people think you are a hypochondriac. Does your husband think your are wacky?

Have you not been helped by many other physicians? Can you tell you have a physiologic not a mental problem? Do others think you have mental difficulties and that you tolerate stress very poorly? Do you have short term memory loss? Do feel you are definitely ill but no one can figure out why? Are you intolerant of electrical appliances, fluorescent lights. Does the cell phone heat up in your hand or give you a headache. Do you use Tide, Downey or Bounce? Lawn treatments?

## Physical – some classic signs

‘Allergic shiners’. Nasal Polyps, Poor Rhombberg (standing on toes with eyes closed - have a spotter) and walk heel to toe eyes open then closed. Rosacea or flushed face, nasal turbinate inflammation, rashes/lesions (mold), cannot do squats ( suggests mitochondrial damage), dry unkempt hair (mold, hypothyroid), distractible, loquacious, irritating, aggressive. Check for fillings, crowns, infections, ‘adrenal teeth’ (crowded). Fungal infections of skin,

Nails, vagina, groin and dandruff. Adrenal pupils. Facial hyperpigmentation. Loss of lateral third eyebrow (thyroid). Poor cap refill, bluish limbs, anxious on sitting near air filter, fluorescent lights or fridge.

Look for breast or other implants. Petichiae. Bruises. Neuro: short term memory very poor, color discrimination, concrete, thinking may be floridly psychotic or neurotic which will clear with treatment eventually – multiple causes. Do not discount signs and symptoms because of patient’s psychiatric presentation. Treat the whole patient – ignore the mental instability for now. Reassure that this is treatable and they will get better.

## Common Patient Complaints

**Characteristic Of EI.**—If they are still ‘masked’ they might be wearing too much perfume and fabric softener, and unaware that they are developing sensitivity at all yet. Patients may have many or few of these: Waking up with sore throat from too many VOC’s in bedroom. Morning headaches (mold in bedroom). Feels better when sleeps with the window open, Asthma, shortness of breath in stores

Clothing tags are extremely irritating to the skin and must be cut out. Increased sensitivity to smells chemicals, sounds, spaciness, cannot read.

Muscle weakness (cannot wash hair), neurologic problems, difficulty standing with legs apart and talking without leaning or crossing legs (mild dysautonomia is in 85% of patients). Feel like lying down in stores (VOC induced dysautonomia). Difficulty reading and remembering what is read.\*Blurry vision while driving at night. ‘Second wind’ late at night? Hypo-manic, OCD, ADD, Depression (mold), extreme tearfulness (low cortisol), anxiety (low DHEA), lower I.Q. Hormone (adrenal, thyroid, testosterone, HGH) deficiency syndromes.

Bras are too tight, Bp cuff hurts to blow up, rolling up shirt sleeves is painful (tissue ischemia). Allergies increasing to cats, down, latex gloves, newspapers and mail – red itchy hands and headaches. Early hangovers (poor methanol metabolism), intolerance to alcohol. Alcoholism (low cortisol). Belligerence (men) from low growth hormone and testosterone. Heat intolerance, post exertional exhaustion. Too cold in the grocery store, arrhythmias, seizures, asthma, irritable bowel. . . . Inability to get up in the morning, motion sickness, new fear of heights, bridges. Cannot tolerate airplanes, Jet fuel, magazines on plane. Fall asleep at wheel due to diesel.

## Work Up, Lab Tests, Home Water And Mold Tests

\*Venous Oxygen –VBG, A great screening tool. At hospital, no tourniquet, antecubital vein. Call and arrange with lab Normal is 20-25. Treat with O2 if > 30. >50 severely ill, read Von Ardenne on therapy. Doctors Data 800 323 2784, heavy metals etc. Immunosciences – immune panels, viral Ab, SOD and GSH Acuchem Labs 800 451 0116, Pesticides, Aliphatics, PCB’s Metamatrix 800 221 4640, ‘Cardio ION Profile’ 800.00 Salivary Cortisols- a must at Diagnostechs (800 878 3787) 99.00 –also at Labrix, & Genova Diagnostics who also does Detoxification and Immune Genetics (400.00), and more. ‘Iodine Loading test’ 877 900 5556, 75.00 \*\*\* Only in Dallas: T and B cell counts to be ‘ALF’ candidate. Serum hormones Testosterone, SHBG, IGF-1, dhea-S, aldosterone, cortisol and CBG, pregnenolone, Reverse T3 total and free T3, FT4, and TSH, Est, Prog, Urinary hormones, serum thyroid profile with reverse T3, Meridian Valley lab (425 271 8689). 300. Urinary Neurotransmitters, Neuroscience 888 342 7272, 200. WATER National Testing labs 877 900 5556, <150.00 test tap water for pesticides, chemicals, and metals.

MOLD P & K Microbiology – 866 871 1984 for malt agar mold plates 70.00 per room with speciation. 4 colonies/1 hour OK. Pure Air Controls 800 422 7873, order ‘dust socks’ and Vacuum dust from clothes or carpeting for Trichothecene. Dr. Hooper 214 764 1165 urine mycotoxins, 350.00 and PCR. Antibody Testing: Various Labs.

REFERENCES: \*Living With Environmental Illness, Stephen Edelson must read first chapter to get understanding of the field. Less Toxic Alternatives, Carolyn Gorman will use forever! Tired or Toxic, and newsletter Total Wellness, 54.00 By Sherry Rogers 800 846 6687. Doris Rapp, books on kids too, great videos on Oprah, \*‘Environmentally Sick Schools’ 800 7878780 Videos by Alison Johnson. \*MCS and Gulf War, ‘Toxic cloud of 911’, 207 725 8570. HEAL newsletter, 404 248 1898 Chemical Sensitivity 4 Volumes by William Rea M.D.



