

Nice to talk – here is some standard info on getting going with treating your Environmental Illness. The faster you do the things on the list the faster you will get well. If you hem and haw it will take forever. Learning from those who have gone through this is the most expeditious way to go. These are ideas for what to ask of your doctor, what to read but not medical advice and I am not your doctor by giving you this to read.

I think education is your friend. Please watch my University of Pennsylvania talk at [www.MVTV.org](http://www.MVTV.org), ) if you can read and learn from other patients so as to skip make costly mistakes. Read Living with Environmental Illness by Stephen Edelson – on Amazon 7 dollars used..

If you are living in a toxic or moldy environment – you may have to go to a hotel or friend's place. Do not take your moldy clothes to other's homes or new place. Get new cotton cheap clothing that may be tossed one day soon as well and prewash on Borax and Seventh Generation and not in your machine – nor machines that smell of fabric softener as this will soon bother you. Your old car is a source of cross contamination and if you have toxic mold as an issue please call to review how to walk away without dragging mold spores and toxins with you to the new location. Do not buy a new home. Get better first and rent and then buy when you see how sensitive you are.

Get charcoal masks from the Foundation Store Dallas – coconut charcoal inserts (2 ) and three cotton covers with elastic straps. Foil tape 1 tape. Ask them for number of foundation store. Also get (thinner masks called I can breathe are available at Needs.com). Also at Needs try the cellophane bags which come in handy. Home Depot sells 3 M painting respirator with organic vapor cartridges to use when traveling on the plane.

I recommend charcoal Aireox 45 D air filter right now for the bedroom and get papers and books and shoes out. Minimal stuff in the bedroom that outgases chemicals so that you can improve and detoxify all night long and take in toxins but excrete them. Aireox air filter costs 329 from me ( no shipping) and is amazing and a must for your bedroom to start things of right. It cleans 400 sq feet. I also use and sell for 379.00 Austin Air Healthmate Junoir plus for living rooms and higher ceilings. This filter lasts 5 years! It is louder and does 750 sq feet. Also get home depot painting respirator with organic vapor cartridges for planes and heavy diesel exposures in the car etc. Mountain Valley Water needs to be ordered – 800 643 1501. Get 5 gallons or 2.5 if you are weaker. And enough for a month at a time. We all use it. No plastic bottled water anymore – this is key.

Get and Read Prescriptions for a healthy House. C Cure non toxic grout and home depot tile should be considered for the bedroom.

Vitacost sells the Earth Science unscented shampoo and Jason conditioner and goat's milk unscented soap, and many supplements that are important to start taking to enhance detoxification (A, B, C, D, E, Carlson Fish Oil, Co Q 10 400 or 600 mg, ALA for example. Needs.com has Trislat's by Biotech that you need to take with Vitamin C (buffered) when you feel a reaction or headache. I can breathe masks as well. (thin but helpful on small exposures like reading books.

Everything has to be unscented. You might unmask on day 5 when you are surrounded by less scent. Get Masks from Dallas and Needs now please.

--You need to check the pulse lying and standing and see if she or he has untreated dysautonomia.

If it is 20 points faster on standing then she can have a tilt table (unnecessary). Wait one minute after changing position. Treatment is with florienef and midodrine. Treatments and description of POTS ([www.ndrf.org](http://www.ndrf.org)).

Prescription Midodrine is used. Start with 2.5 mg every 4 hours while awake and standing. Increase it to 5 mg, and then to 10 mg. If you get pounding head feeling on lying down stand up. If you get bad goosebumps on the head that is a smidgeon too much.

--Do 24 hour urine for hormones at rhein labs including aldosterone level. Salivary cortisol testing and treat all hormone deficiencies.

--Try getting hydrocortisone compounded at Abrams pharmacy if you are not tolerating it.

Less emf.com sells air tubing headset get two with hook over the ear – I have them I the office for patients (55.00)

Mycotoxins: Test urine at Realtime labs for 699.00 or skip aflatoxin and trich and save 2/3 of cost. If negative then can add the tricho or aflatoxin. . 972 243 7754 call and get a kit sent. Get Dr. to sign by faxing it to him. If urine is positive for trichothecenes. If trichothecenes are positive then send a piece of clothing and dust collected from apartment and clothing to pure air controls for trichothecenes. Pure Air Controls - get dust socks – then vacuum dust samples – 1 tsp. and send for trichothecenes – 5 sample for 350.00 or one for 150.

For some: Try to do 6 IV's in two weeks then go to Dallas. Dallas 214 368 4132 and ask to book a room at the Marriott.

Strengthen up with Oxygen, IV's and hormones , dysautonomia treatment before trying sauna and slowly work up to 30 minutes a day at 140 degrees. NO SAUNA without medical guidance please.

Charcoal capsules, trisalts (1/4 tsp to 1/2) (if not hypertensive) from needs.com, buffered C to be taken when you have a reaction a few times, Epsom salts baths. Prescription cholestyramine is very helpful too to bind the mold toxins. Goodluck!

Get Venous Blood Gas. Or try oxygen (h tanks from welding company)– get set up from Dallas. See above. Obviously have salivary cortisol testing done if not already accomplished. Have all hormones sent in the blood and replaced by someone trained in this. – Environmental, [www.aem.com](http://www.aem.com), or Integrative doc , [www.worldhealth.net](http://www.worldhealth.net) lists the docs – call and ask if they do salivary testing for cortisol and use hydrocortisone if necessary. Ask if they do testing with out preservatives.

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