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Here is a list of questions for determining if you are somewhat chemically sensitive:

Many of the effects are on the brain because the chemicals are fat soluble and get stuck in the brain and nervous tissue. The autonomic nervous system (which you will have to learn a little about) also controls maintaining blood pressure while standing up, sweating, peeing, pooping, fight or flight etc. In fact the sicker a person is the longer it will take him to sweat in a sauna. When these chemicals trigger a response in the nervous system the person can appear to be stimulated or hyper stimulated -- or sedated or depressed. This is one way that different foods, chemicals, pollens, molds, etc make people behave as if they are mentally odd.

If you are exposed to a food that you are reacting to (allergic) every day you will not know it is causing trouble because the effect is almost always there! If you skip it for 5 days and then have it on the weekend boom you may react with irritability, tapping of the foot, diarrhea or gas, or depression etc. So try seeing what foods you are addicted to. These are the ones that we are the most allergic too! Funny how that happens. What we eat or are exposed to every day (like me and the horse) we become most sensitized to or allergic. Sometimes it is near impossible to stop the addicted foods but replacing chocolate with green tea (Yogi anti-oxidant is really tasty) will help get over the hump.

Do you have an increased sense of smell.

Does the smell of the newspaper bother you?

Do the odors of air freshener in a car or bathroom or pot pourie/ candles bother you in a store.

How about the smell of rubber tires in a tire store? Can you smell them. Normal people do not notice the scent.

Can you stand next to buses running with diesel engines or do you walk away. Can you drive behind a diesel vehicle or does it bother you?

Do you like perfume on girls? Can you wear cologne or is it unappealing?

Dose turpentine bother you? How about pine post and beam homes.

Are you sensitive to the tags inside clothes on your skin?

Are you sensitive to cleaning products esp Lysol? Do you dislike that smell?

When did you last remember feeling healthy and normal.

Do you get abnormally tired at home Depot , large stores, malls and libraries? (Formaldehyde and mold respectively).

Do your legs get heavy while shopping. Is it hard to stand in line without leaning against something or constantly moving around? Do you wrap your legs in a pretzel shape? Are you mentally or physically sluggish after eating – or get chilly? (Dysautonomia).

Can you stand and talk to someone for an hour without sitting down?

Does you heart ever beat quickly when you haven't exercised?

Do some foods give you diarrhea? Make you tired.

Can you smell mold on a day old washcloth? Do you smell mold outside in leaves or in basements easily.

Do you get frequent headaches? Beer, wine give you headaches? Are your hangovers worse now than they used to be?

Do you crave certain foods. Chocolate, coffee, cola, cigarettes. At night do you need chocolate?

Are you fatigued or get headaches in an MRI, in front of the TV, holding the phone or cell phone. Does the cell heat up in your hand?

Or get headaches or have to pea when you pick up the cordless phone? Is the Refrigerator annoying to sit near.

How about large generators for air conditioning like at a hospital. Is the dishwasher especially annoying or give you an ache in your chest which gets better on moving further away?
Do you fall asleep if stuck in traffic from the exhaust ? (use the recirculate button or the AC to prevent this.
Are you too fatigued to get out of bed? To leave the home to exercise or go out in the morning?
Are you more attracted to rooms to study that have hard floors and more zonked if they are carpeted?
Do you crave salty foods, sugary foods? (hypo adrenal symptoms).
Do you get really dizzy after bending over and getting up fast? (low aldosterone/adrenal function as well as dysautonomia.
Are you intolerant in the heat? Can you exercise well or do you have poor endurance?
(Mitochondrial and dysautonomic problems).
Does the smell in the art classroom bother you? Does it bother others?
Are you hostile, argumentative and suspicious even with those that are trying to help you?
Do you have the energy to do things alot for other people or are you too pooped to write a note or ask how you can help make others feel better
Do you feel normal? Are you sounding hypochondriacal but really feel not right -- not that you are feeling sorry for yourself and making up symptoms?
Do you have muscle weakness when trying to do repetitive tasks like washing hair, brushing the dog, brushing teeth. Do you quit after a few seconds?
Do you feel anxious that the phone will ring with bad news or someone will say something that will make you feel awful? That that can happen anytime and therefore you never feel relaxed and happy?
Can you cope well with stress? Do you feel like crying a lot when faced with a stress?
(hormonal decline – cortisol and dhea -- in the face of constant stress of environmental exposure).
When you go into a store do you think in a spacey way? Do you ever get agitated after exposure to perfume or gasoline being pumped etc?
Where can you concentrate best? Where the worst? Where do you feel like you feel stuck?
Where do you feel energetic? Go there alot!
Does fresh air make you feel better? do you prefer to be outside?
Are certain seasons hard because of molds, pollens, staying more indoors?
Do pesticides smell offensive to you? (stay away from all of them if you are smart -- these are the most toxic things that people with Environmental Illness can get exposed to.!)
Remember 50% of the population is affected so don't feel bad or angry at figuring out you are a little sensitive and overloaded. Just do something about it.
Ask for the what to do list next. Read Stephan Edelson on living with environmental illness and clean up your bedroom to start, get a charcoal air filter and take supplements then sauna briefly – if it wipes you out then call.

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