

BASIC ADVICE FOR PATIENTS - Getaway Plan

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.

I think education is your friend. Please watch my University of Pennsylvania Med lecture: (www.lisanagy.com) If you can read and learn from other patients it may help to skip making 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 us 508-693-1300 – coconut charcoal inserts (1-2) and two cotton covers with elastic straps, and one foil tape. Also get thinner masks called I Can Breathe (available at WWW.Needs.com). Also at Needs try the cellophane bags, which come in handy.

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 349 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 419.00 Austin Air Healthmate Junior 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. Order enough for a month at a time. We all use it. No plastic bottled water anymore – this is key.

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 TriSalts 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.

--Check pulse lying and standing and see if one has untreated Dysautonomia. Wait one minute after changing position. If it is 20 points faster on standing then one can have a tilt table (unnecessary). Treatment is with Florinef and Midodrine. (Treatments and descriptions of POTS at www.ndrf.org.) Prescription Midodrine use starts 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 goose bumps 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 with hook over the ear – I have them at the office for patients (55.00)

Mycotoxins: Test urine at RealTime labs for 729.00 , or BioTrek Lab for 450.00. 972 243 7754 call and get a kit sent. Get Dr. to sign by faxing it to him. If urine is positive for Trichothecenes, then send a piece of clothing and dust collected from apartment and clothing to Pure Air Controls, 800 422 7873 , to test for Trichothecenes. 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 if feasible. 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.

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 bathes. Prescription Cholestyramine is very helpful too to bind the mold toxins.

Get Venous Blood Gas. Or try oxygen (h tanks from welding company)– get set up from our office. 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.aaem.com, or Integrative doctor, 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.

I advise considering leaving the home now if they think it is the source of the problem – i.e. a toxic mold.

Below are ideas for how to do this correctly so as not to waste time and money. You need to walk away and make a clean break in order to do it correctly – learn from those of us who know.

THE GETAWAY PLAN:

Step 1. Before you leave store all important things in storage facility so you can easily get to them – best in 6 ml thick plastic bags or boxes. You will not want to come back into the home once you leave, so this will make it easier to get to you belongings without having to go into the house. Organize things as soft and likely to be discarded later like clothing and furnishings, bedding unless you can dump it now. Perhaps keep essential items to which you want quick access to clean, like china or glass tables, in a different storage room. Things with holes like computers and telephones and stereos are likely difficult to clean. Paintings may be sealed later with AFM Acryglaze and Polyuroseal or other non toxic polyurethane that you can tolerate.

Step 2. Get clean clothing and prewash it of formaldehyde that is normal in new clothing and will make them ill (sizing). Use borax and Seventh Generation and use relatives machines for new clothing only– do not wash your moldy stuff at relatives or you will make them sick too. Public machines will work OK – but do not use driers that smell of Downey or bounce! Smell each once first then place wet clothes in least smelly drier. Later when and if you become more sensitive in a few days or week the clothing won't bother you.

Step 3. Before you consider doing this I would review the plan with me please so you have a logical step-by-step way to do it.

Step 4. Arrange another or rental car to be brought over to your hotel by a friend or relative after you rent it in a rental place close by – technically they cannot drive it so be careful they do not have a fender bender.

Step 5. Stay in one hotel room, overnight or for part of the day, in contaminated clothing. Before showering bring in new clothing in garbage bags, already washed and dried. Shower each person in unscented shampoo and conditioner ideally – maybe dip in a tub with a little bleach in it first (Quarter cup maybe?). (Vitacost or whole foods sells earth science shampoo and conditioner and Jason conditioner is OK too – must be unscented). Then dress each person in

new clothing and they can exit and go into new car or lobby or outside. They should not sit on furniture inside the hotel room as it is contaminated.

Step 6. Then whole family gets into new (used at least 3 years old and not smelling of cigarettes, air fresheners, or new car smell) vehicle and goes to another hotel – cause the first hotel will perhaps think you odd now or another room in the same hotel or with friends or relatives – and stay at a place with a kitchen in the room like Extended Stay America. Ask if they have sprayed pesticides in that room in the last year – do not allow any pesticides, air fresheners, or spray cleaners or even the cleaning lady to come in.

Step 7. Get a charcoal Air filter (hopefully from me) and place it in the room on 24 hours a day (really step 1. get filter and store in clean place – not at home).

Step 8. In plastic box - in friend's trunk and then garage you can place items you wish to later clean like laptop, jewelry, cell phones – anything hard and potentially cleanable. You want to try not to contaminate the new vehicle with old stuff – even in the trunk – you will notice it days later. To clean items: Try wiping off with squeezed out soapy sponge or towel and then paper towel and then spray with ammonia and wipe off over and over again – using a new side of the towel and then new towel each time – you do not want to just push around the toxin. Computer may make you ill so don't get near it for a week so as not to confuse things. After 5 days completely away you might become very sensitive to the old moldy things so beware. If you are continually exposed this unmasking process cannot take place. I think of it as the immune system finally relaxing enough when away then it over reacts when exposed again to the offending agent.

That is the basic way to leave the moldy house. Remember to order a charcoal mask for the sickest individuals from Dallas (1 or 2 coconut charcoal inserts and 2 cotton covers with elastic straps) so that if you are more chemically sensitive on the 5th day you have a way to protect yourself when odors like diesel, scented fabric softeners, other laundry products, and perfume bother you.

You will get well – how fast is up to you. So get started today. Believe what you read and what other patients tell you, and do as they say to move ahead

Office # is 508 693 1300 Thank you and Goodluck!

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