



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## Eco-Journal March 2015

Dear members and friends,

Enjoy our Eco-Journal! We would like you to be a part of our Eco-Journal, where you have a voice and can share:

- Your personal stories of how you, or a member of your family, struggle with environmental sensitivities (ES), your successes and the many ways you cope against all odds. If you wish, your name will be kept confidential.
- Your recipes.
- Tips and resources in your area and elsewhere.
- Anything else that you feel would be of value to the ES community and the public in general to improve human health and respect the planet.

We will also inform you about upcoming events, starting with the month of May, which is environmental sensitivity month. You can volunteer your time for these events. All help is greatly appreciated!



### **VOLUNTEERS**

Here is a list of volunteer skills we would appreciate having:

- Expertise in any type of fundraising
- Expertise in moderating support meetings
- Help with organizing conferences
- Help during events
- Give a conference or workshop
- Website and graphic design
- Technical support (computer and social media)
- Filming & editing interviews, conferences and events
- Translation English to French and French to English, including text editing
- Check on or visit a member in need
- Drive a member to appointments
- Bring groceries or medication for a member
- Do Internet searches on ES (what is happening elsewhere, new studies published, etc.)



## ANNUAL GENERAL ASSEMBLY (AGM) You're Invited!



As you know, our [AGM](#) is taking place on March 21<sup>st</sup>:

**Time:** 11:30

**Address:** 2700 Diab Street, St-Laurent H4S 1E8

### Speakers:

1. Environmental Sensitivities (chemical, electromagnetic, mould, etc.): A disabling illness. Barry Breger, MD.
2. Is there a bio-physical mechanism that explains electromagnetic sensitivities? Paul Héroux, Ph.D.
3. Environmental Hypersensitivities: coping or avoiding, which strategy for you? David O'Hare, MD
  - *What is hypersensitivity from a physiological standpoint?*
    - o Coping or avoiding, what are today's answers?
    - o General information on body adaptation to the environment, what happens when the body is overwhelmed?
    - o The major role of breathing in adaptation.
    - o Demonstration, explanation and adaptation of Heart Coherence breathing techniques to hypersensitivity.
    - o How to practice two very simple breathing exercises, shown and performed with the whole attendance.

**Parking:** easily available on the street

### Directions to the event:

 **From Côte-Vertu metro**, take bus 215 Henri-Bourassa, direction west. Get out at de Miniac Street and walk 489 meters

 **From Central Station**, take the train direction west. Get out at station Bois-Franc and take bus 215 Henri-Bourassa, direction west. Get out at de Miniac Street and walk 489 meters.



### Transportation wanted to the AGM

- Scent-free transportation required from Saint-Sauveur and Villeray (Montreal) to the AGM. Please contact ASEQ-EHAQ
- If you are driving from out of town and you would like to offer a scent-free ride to a member; or if you are looking for a ride to attend the AGM, please contact us.
- **Information? 450- 240-5700**

### Filming and editing speakers

We have received many requests to view the conference online or to have a DVD of the conference; if you would like to volunteer to film the conference, edit and load it on our Website, please contact us.



### MEMBER REQUEST

Does anyone have a good home inspector to recommend? We are looking for a home inspector who is an architect, preferably, or an engineer, and who has some understanding of environmental sensitivities and air quality issues.



### PETITION

Please do not forget to sign the petition asking for a scent-free environment in all health-care settings in the province of Quebec. [Please print](#), share and send the completed petition by mail. Do not print on both sides. All family members from the same household over 18 can sign it. Scent-free spaces and especially in health-care settings is the second largest request from our members for help, following housing. We are therefore asking for your strong participation. *Certain hospitals recommend staff and visitors to be scent-free but do not reinforce it.*

### DRUIDE

Just a reminder that Druide, a Quebec manufacturer offers a complete line of organic products and a, PUR and PURE line, that is scent-free. Our members obtain a 10% discount by simply entering the code 'ASEQ' (capital letters) while ordering Druide products online or over the phone.



1. [Why do employees with MCS struggle for accommodation and benefits?](#)

A must read blog by Dr John Molot! Please share with others.

2. March 23 2015: Online Symposium on environmental sensitivities

From Monday 23rd March, 2015 at 8am Australian time (Sunday March 22, 5pm EST Canada), environmental sensitivities Symposium will run for 8 consecutive days.

For details and to participate, please [click here](#).

[International Scientific Symposium on environmental intolerances:](#)

Electromagnetic fields and chemical exposures.

3. The first to be held in Europe on this subject, aims to bring together leading researchers and scholars to advance knowledge on the mechanisms of these diseases and to establish their relationship to environmental factors whether electromagnetic fields or chemical. The objective is thereby to obtain recognition of these these health conditions by WHO for integration into the [International Classification of Diseases \(ICD\)](#).



We struggle to make ends meet just as all non-profit organisations do. We count on [donations](#) to realise the mission of ASEQ-EHAQ. Please make your yearly donation, or you can donate \$5 every month. For details, contact the office. If you are an enterprise, you can help us by advertising on our Website. For details, please contact our office at 450-240-5700.



March recipe: *Seraphin Pancakes*

Source: Maria Acosta

**Ingredients**

- 2 cups buckwheat flour (blood types B and AB replace with spelt flour)
- 3 tsp baking powder
- 2 tablespoons sugar (sucanat, which can be replaced by a pinch of stevia)
- 1 tsp salt

2 cups milk rice or almond or water  
2 eggs (chicken, guinea fowl, duck, other)  
¼ cup butter (oil) coconut or palm oil or ghee  
Butter (oil) coconut or palm (ghee) necessary for the skillet  
Molasses or maple syrup to taste

### Preparation

1. Mix the dry ingredients and put aside
2. Except for the 2 cups of liquid, combine the other ingredients and beat well in a mixer
3. Add the dry ingredients, alternating with the liquid
4. Mix well until a few lumps remain
5. For each pancake pour ¼ cup of batter on a hot greased cast iron pan
6. When you see the pancake filled with bubbles and dry edges, turn to the other side
7. Grease the skillet as needed

Serve warm. If you tolerate them, add butter, goat cheese or berries. Top with molasses or maple syrup to taste.

### Variations:



- 1) You can add blueberries or chocolate chips to the batter.
- 2) The buckwheat pancakes can be cooked as blinis. A delicious typical appetizer from Eastern Europe. When cooking, pour enough batter for mini pancakes, 5 cm (2 inches) in diameter. Serve at room temperature, garnished with fresh berries or fruit.

## Where To Find Us



Buckwheat flour from [Aliments Trigone](#) (Les moissonneries du pays) guaranteed cereal free.

Maple syrup from Delapointe (organic and biodynamic) 819-872-3346 or any other organic farm.

Non organic syrup can be contaminated with [lead](#) and or chemicals used to [enhance production](#) and others used for [washing the equipment](#). Black strap molasses is a very [good source of iron](#).



### **Cooking utensils:**

It is preferable to use a cast iron skillet. As you know, “non-stick” skillets are not health friendly, releasing their toxins as they are heated. What we breathe in and eat, becomes a part of us!

Preferably use a wooden spatula to avoid contact with the nickel in stainless steel, particularly if you are sensitive to metals and/ or you cannot eliminate them.

### **Gluten (cereal) free:**



*Buckwheat*

Those of you on a gluten-free diet will be happy to know that buckwheat is a protein source of better quality from the vegetable kingdom. In addition, it contains 90% of the value of skimmed milk solids and 80% of value of an egg. Its amino acid profile is perfect, particularly when there is a lack of lysine and sulfur amino acids. It is relatively high in potassium and phosphorus and contains 150% more vitamin B than wheat.

### **Nutritional and nutraceutical qualities:**

- ♣ reduces blood cholesterol
- ♣ regularizes high blood pressure
- ♣ anti-inflammatory
- ♣ prevents excessive sweating
- ♣ protects against bloody nose
- ♣ aids intestinal motility
- ♣ body uses 74% of its protein
- ♣ contains twice more lysine than rice
- ♣ 100 g buckwheat provides 40% of vitamin B1 needs (adult)
- ♣ its high iron levels compared to grain makes it useful to deal with anemia
- ♣ it helps liver function
- ♣ combined with animal protein and vegetables it makes an excellent protein
- ♣ regulates blood sugar, which makes it popular among diabetics
- ♣ gluten-free
- ♣ low caloric intake
- ♣ very low in fat

Enjoy and give us feedback of your tasty experience!



**Mobile home for sale (45' X 9'):**

- Conceived for ES person, built in 2012 and used only 4 months.
- Soy insulated, Faraday cage (EHS), paint and materials as specified by experts.
- Hot water pipes for floor heating, insulated oak flooring, bathroom and shower fragrance and mold-free (fibreglass).
- Kitchen counter specially built in stainless steel, refrigerator, lighting and all services on 12 volts DC.
- Exterior finish to be completed by buyer. Price is negotiable starting at \$ 17,000 (cost \$ 23 600).
- Visit at residence in Lac Brome, by appointment only 450-243-0156.



[Join us!](#)

[Volunteer!](#)

[Like us on Facebook and share](#)

[Read our Twitter feed](#)



We hope you enjoyed your Eco-Journal and looking forward to seeing you on Saturday March 21<sup>st</sup>.

Sending our best wishes to all our members and friends,

The team from ASEQ-EHAQ