



The Environmental Health Association of Quebec

Education * Awareness * Prevention

ECO-JOURNAL

May is Environmental Sensitivities Month

MAY 2012

Word from the President

Dear members and friends,

We are at an exciting time for the group. More than ever, we need you to be active members and participate to make our projects a success and to help spread the word about Environmental Sensitivities in Québec.

ASEQ-EHAQ is collaborating with professors at UQAM, TELUQ and the *Service aux Collectivités* on a project that will touch on the biological and legal aspects of Environmental Sensitivities (which include all sensitivities including chemical and electromagnetic). The project will include giving workshops in many regions of Québec. They are for 1) people who suffer from Environmental Sensitivities and their entourage (family, friend, support system), and 2) to train trainers to become Resource people in the different regions. Read more in the article in this newsletter.

How can you help? By participating! If you are interested in being part of this project, taking part in workshops, or if you know of a community group in your area or a community organizer, please contact ASEQ-EHAQ at the earliest. We need to know your interest so we can plan for the best venue to have these workshops.

Have you registered for our affordable, healthy housing project? You can find the questionnaires on the website, or we can mail them to you.

We get many requests for healthy housing from people desperately looking for 'safe, healthy' accommodation. If you want to rent a room or your home and you use non-toxic personal and cleaning products, refrain from using air fresheners and all other scented products including essential oils, have materials that do not off gas volatile organic compounds such as fresh paint, please let us know and in turn we will inform our membership.

On behalf of the Board of Directors of ASEQ-EHAQ, I wish you a healthy and joyful spring and summer.

Rohini Peris

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IN APPRECIATION

We would like to sincerely thank all of our volunteers, contributors, donors and sponsors since its inception in 2004. Due to your generosity, we are able to provide support services and other programs to help people who suffer from environmental sensitivities and educate the public on least toxic strategies to protect human health and the environment.

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Letter from the Editor

Dear members and other readers,

My name is Megan; I've been working as an associate at ASEQ-EHAQ for one month. Working here makes me happy because I know that what the association does is so important. Of course, at the same time I am saddened to see how much the association is needed. Reading the testimony in this month's newsletter and in newsletters past really helps me understand environmental sensitivities and the difficulty of living with it in an unsupportive society. I hadn't heard of ES until about a month ago, when Rohini and Michel came to Concordia to meet with a group of volunteers (including myself). I considered myself to be a reasonably well-informed person, up-to-date on environmental and social issues. But I had never seen or heard MCS or EMF sensitivity mentioned anywhere. Now that I know, I am committed to helping you. Each time I tell friends and family about my new job, I discover that none of them have heard of ES before either. The general public (or at least the portion of it that I am in contact with) just does not know about you. I am sure that so many people would support you, if only they knew.

I hope more of you will write in with your stories, which we will of course keep anonymous.

If you have any questions or comments, don't hesitate to write to me at admin@aseq-ehaq.ca

Megan Millward

Report your adverse reactions to chemicals:

Pesticide Incident Reporting: <http://www.hc-sc.gc.ca/cps-spc/pest/part/protect-proteger/incident/index-eng.php>

Cosmetics Product Ingredient Labeling: http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/prod/cosmet_prod-eng.php

Cosmetic Adverse Reaction Reporting: <http://www.hc-sc.gc.ca/ahc-asc/media/advisories-avis/reaction-eng.php>



Healthy Home Conference:

On October 20, 2011, EHAQ hosted a conference on "Electromagnetic fields and mould prevention, recognition and removal", with invited guest speakers Stephane Belainky from 3E Electromagnetic Environmental Expertise Inc, and Claude Mainville, an indoor air quality and mould expert from Groupe NAK. The two experts taught participants how to protect their health and home from unwanted and dangerous environmental hazards.

2012 Annual General Meeting

At this year's Annual General Meeting Dr Barry Breger gave a presentation called "environmental illness - my experience" about his experience with ES, Dr Paola Decicco presented on "Living Well in a Toxic World", and Olivier Perreault-Smith talked about his experience with misdiagnoses and ineffective treatments, and how he fought the insurance company and reached a settlement.

Dr Paola Decicco, Dr Barry Breger, and Olivier Perreault-Smith, keynote speakers at ASEQ-EHAQ's 2012 Annual General Meeting



This year's AGM raffle winner took home a set of glass bowls with airtight lids, presented by Shelagh Webster.



Are you moving?

Please contact us by telephone, email or regular mail so we can update your address. You can also download a change of address form from the following address and then email or mail it to us:

www.aeha-quebec.ca/ma_wva/wva_ca.php

The Recognition and Accommodation for Environmental Sensitivities

A Global and Canadian View

Environmental Sensitivities encompass all sensitivities, including Multiple Chemical Sensitivity (MCS) and Electro hypersensitivity (EHS) and often overlaps with other chronic conditions such as Fibromyalgia and Chronic Fatigue.

Although diagnosis of Multiple Chemical Sensitivity (MCS) has been increasing since the advent of widespread petrochemical use, recognition of this medical condition has been very slow. Around the world, a few countries officially recognize MCS as a medical condition. These countries are Germany, Austria, Luxembourg, Switzerland, and Japan. This recognition is embodied in the assigning of a code number for MCS in the ICD (the International Statistical Classification of Diseases and Related Health Problems, a list of all (recognized) diseases, is sorted by category. The ICD is currently in its 10th 'edition', known as ICD-10. Over 100 countries use ICD-10, and a few others have made modified versions of it. For example, the version used in Germany is called ICD-10-GM, and includes codes for diseases that are not listed in the original, such as MCS. The German ICD code for MCS is T78.4, which is in the section for "allergy, unspecified". Austria uses the ICD-10-GM as well, and therefore also recognizes MCS. Importantly, there is no allocation for MCS in the section on mental and behavioural disorders of the ICD.

There is hope that more European countries will recognize MCS. In a written declaration pursuant to Rule 123 of the Rules of Procedure on the recognition of Multiple Chemical Sensitivity and Electro hypersensitivity in the International Statistical Classification of Diseases and Related Health Problems (ICD), the European Parliament called on all "Member States which have not yet done so [to] include MCS and EHS in their own ICDs." Spain, while not yet at the recognition stage, issued a consensus document providing information on MCS end of Nov 2011.

In Japan, MCS is found in a different section of the ICD-10: T65.9, which is the category "toxic effect of unspecified substance".

In the US, the Social Security Administration and the Housing and Urban Development both recognize MCS as a disability, and the American Academy of Environmental Medicine recognizes MCS as a legitimate physical condition.

In Canada close to a million people have been diagnosed with this health condition. According to Statistics Canada, there has been an increase of 34% in diagnosed cases from 2005 to 2010. There are clinics that provide care located in Nova Scotia and Ontario, as well as a pediatric clinic in Alberta. The Canadian Human Rights Commission has recognized MCS as a disability that must be accommodated in the workplace. Many hospitals and some other workspaces have scent-free policies to protect the health of people with MCS. Many educational institutions are also implementing scent-free policies or awareness campaigns. For example, Confederation College has a fragrance-free operating practice, and the Canadian Mennonite University has a university-wide scent-free policy. Universities have voluntary scent-free programs and awareness campaigns, or certain areas and indoor spaces that are mandated scent-free, they include: UBC (Okanagan), Athabasca, University of Calgary, University of Guelph, U of Toronto, UPEI, McMaster Mount St Vincent, Dalhousie, King's College. Some high schools are completely scent-free, such as Sturgeon Heights School and Vernon Barford Junior High School in Edmonton, Digby Regional High and Colby Village Elementary School in Nova Scotia, and Meadowbrook Elementary School in Coquitlam, BC.

IMAGINE IF THIS HAPPENED TO YOU

As far back as I can remember, I always had significant problems using the computer. I used to get what I now know is 'brain fog' – the inability to think clearly or concentrate, leaving the person with a 'heavy' head, and resulting in not being able to function. I also suffered from severe headaches and fatigue. As a child the only way I knew how to communicate the way I felt was to say: 'I can't sit here and finish my homework because I'm tired, my head hurts and I cannot think.' These complaints were interpreted as I was lazy and stubborn, or did not want to study.

As a child I was completely confused with this response. How could my parents and teachers not know what was happening to me? They were supposed to know everything. Medication did not help me so I was sent to fix my mental health. I remember how stupid I felt when I had to look at a picture of my computer and repeat many, many times, 'I love my computer', 'I love working on my computer', 'My computer is my friend'. And on and on it went. I tried really hard. I hoped really hard that the headaches and brain fog and everything else would go away. But they didn't.

At some point I realized that I could not use a computer and ride in a car, or watch television

on the same day. I could only do one of these things, and even then, my symptoms persisted. I also developed sharp pain in my eyes and face and a trembling feeling in my body. With all this new pain in my life, I was given stronger medication and had to increase my 'I love my computer' exercises. With all the treatments I was feeling worse and I became afraid to talk about it. I was 14 by then and able to understand that the screaming matches between my parents were due to my health problems. It was now around five years since I was able to identify that I felt sick in front of a computer. My life was different from my friends and other kids my age. I could not play games on the computer, ride in a car, watch television, many places now made me ill including school.

No one could help me. I did not want to live anymore. This went on during my teenage years always getting worse. I was told that my problems were now due to my age. These age related problems now included dizziness and fainting. The experts still insisted that I was making all this up. I attempted to end my life and landed in the psychiatric ward and was put on new medication.

I developed new symptoms, which I now know to be the symptoms of Multiple Chemical

Sensitivity/Environmental Sensitivity.

If life was bad before, it was now unbearable. My parents were told this was all in my head and that they should make me use the very things that made me ill and that this would cure me. I limped through life fatigued, being frequently ill, on many medications and always in great pain.

It took me long, but I managed to finally move out of my parents' house. By this time I was reacting to WiFi, computers on the other side of the wall (in neighbouring homes), to chemicals, foods, mould and the list went on. Life had become unbearable. I did not know what I had. Just that I was not well and if I did not get help, I did not think I would make it. I spent my days in a park until WiFi was provided in the park and I could not sit there without getting disabling symptoms. I really felt that there was no place to run or hide to escape from all the things that made me unwell. I took to sitting on city benches wherever I felt better and I became homeless.

One day I started a conversation with a stranger and it turned to my health and this hopeless predicament.

(continued on page 7)

Detoxification: A Naturopathic Perspective

By Paola Decicco

Whether it be food, household cleaners, carpets, body products, amalgam fillings, plastic bottles, unfiltered water, stress, or cell phones, our internal and external environments are laden with toxins. These toxins significantly impact our body's ability to attain and maintain health. Unfortunately, this modern day reality is generally not included in the doctrine and teaching of conventional medicine. This causes a great deal of frustration amongst patients who seek to understand and resolve their symptoms and conditions. With its holistic perspective, naturopathic medicine examines factors that influence an individual's wellbeing in order to identify root causes of disease. Such factors include diet, stress, genetics, mental-emotional health, and environmental toxin exposure.

In its innate wisdom, the body is equipped to handle toxins. Both endotoxins (those naturally created as metabolic byproducts) and exotoxins (those ingested from the environment) are ushered to the liver where they undergo two phases of detoxification. This process neutralizes the toxins and prepares them for elimination. When the body is in a balanced state, this detoxification and elimination process goes virtually unnoticed. It is when the body's toxic load becomes overwhelming that we see symptoms and conditions arise, including autoimmune diseases, multiple chemical sensitivity, fibromyalgia, chronic fatigue syndrome, thyroid disease, acne, mental health issues, allergies and intolerances, osteoarthritis, cancer, etc ...

Keep in mind that as each patient is individual, so is the manifestations of their disease.

Our modern lifestyle combined with the air we breathe, the food we eat, and the water we drink lead many of us to ingest more toxins than our bodies can handle. This produces a net body burden that potentially carries both physiological and psychological consequences. To gain a better understanding of a patient's body burden, your naturopathic doctor may recommend one or several of the following tests:

- Food intolerances, including gluten
- Sensitivities to Environmental inhalants, including molds
- Heavy metals, including mercury and lead
- Environmental pollutants, including parabens and phthalates
- Stool analysis, including yeast/candida and parasites
- Estrogen metabolism

In my 7 years of clinical experience, I have often found these tests to be very helpful in identifying causes of and contributing factors to disease. Once there is an understanding of the patient's underlying imbalances, an individualized protocol is prepared and presented to the patient. Although varied in their details, protocols often include a minimum four week clean-up, or detox, program.

The program focuses on three simple principals:

1. Minimize exposure to toxins
2. Support the two phases of liver detoxification
3. Maximize elimination of toxins

Minimizing exposure to toxins often entails lifestyle changes, including those listed below:

1. Eat organic food.
2. Follow a clean diet.
3. Drink filtered water.
4. Use toxin free housecleaning products.
5. Use toxin free personal hygiene products.
6. Reduce stress levels; cultivate stress management techniques.
7. Minimize cell phone use; use plug-in headset; use speakerphone.

Supporting the two phases of liver detoxification can take many forms, all depending on the assessment of the individual case. This support can take the form of vitamins, minerals, nutraceuticals, herbal medicines, homeopathy, hydrotherapy, acupuncture, etc ... An interesting physiology fact is that the liver uses a different set of cofactors, or helpers, for each of the two phases of detoxification. Often, the cofactors for phase I are sufficient, as they are more readily available through a healthy diet. However, the phase II cofactors are often insufficient, as they are more difficult to obtain.

The most interesting part is that when a toxin is brought to the liver and undergoes phase I detoxification, this process makes

the toxin MORE toxic. In our body's innate wisdom, phase I is to be quickly followed by phase II detoxification, which neutralizes the toxin and prepares it for elimination from the body. Since phase II is often insufficient when compared to phase I, our toxins are often not detoxified, and adding insult to injury, they are often left in their more toxic state. This precarious situation of slow phase II detoxification can manifest in a variety of symptoms and conditions, including multiple chemical sensitivity. Such individuals must be supplied with ample phase II cofactors to correct the insufficiency in their own biochemistry.

Once toxins are successfully neutralized by the liver, they are ready to be eliminated. The principal routes of elimination include the stool, the urine, the sweat, and the breath. Should any of the routes show signs or symptoms of imbalance, it is imperative that these imbalances be corrected for successful detoxification. For example, if a patient has a history of chronic constipation, then attaining and maintaining healthy bowel movements is a primary step in their protocol.

Here are some suggestions to maximize the routes of elimination:

1. Drink 2-3 L of filtered water daily; avoid plastic bottles.
2. Ensure a minimum of 30 minutes of light to mild exercise daily.
3. Consider working with a colon irrigation hygienist.
4. Ensure 2-4 weekly sessions of infrared sauna.

Unlike other types of saunas, 15% of the sweat generated from an infrared sauna consists of toxins. When using an infrared sauna, it is important to keep the following in mind:

- a) Aim for each session to last about 60 minutes.
- b) Immediately follow the sauna by a cold shower.
- c) Ensure that the sauna is made of non treated wood.

5. Hydrotherapy, both constitutional and contract showering.

In general, I recommend that a four week clean-up program be done twice a year, ideally in the spring and the fall. It is important to keep in mind that an individualized approach will yield optimal results, as it assesses the individual's body burden, medical history, current signs and symptoms, lifestyle factors, and mental-emotional health.

For a complete list of naturopathic doctors in your area, consult the Canadian Association of Naturopathic Doctors at www.cand.ca.

IMAGINE IF THIS HAPPENED TO YOU

(continued from page 5)

This person told me that she had the same condition and also about the Environmental Health Association of Quebec and how I could be given help and resources for the condition that I had. The kindness of this stranger saved me. She returned with the phone number and helped me call them from a phone booth. I contacted the group and for the first time in all my life, I was understood and told 'there are many people like you. You are not alone'. Imagine my huge sense of relief to be able to talk to someone who understood what I was going through. There are no words to express my feelings.

I am now in touch with experts in the field and with the help of others like me have found decent housing and help for my health. I find the best thing is avoidance. My condition is improving little by little and I hope to one day advocate for people like me. I know that Sweden takes care of people like me. Why has Canada and the provincial medical system not addressed this illness? Imagine the pain and suffering that I have lived through without acknowledgement and the appropriate health and social services.

Imagine if this happened to you.

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How to Make Your Bedroom a Safe Haven

Key things to watch for:

1. The Bed

Try to get an organic mattress and pillows, as well as organic sheets. Make sure to wash them with non-toxic and non-scented laundry detergent, so that you're not breathing in chemicals while your body is trying to detox and repair.

2. Walls

Vinyl wallpapers are unhealthy, and standard paints contain harmful VOCs, which continue to off-gas for a while. Get rid of old wallpaper and use VOC-free paint.

3. Computers and Other Electronics

Electrostress can hamper your body's ability to rest and regenerate. Keep computers and cell phones turned off or out of the room, and clock radios at least a metre away from the bed.

4. Ventilation

It's extremely important to have fresh air in the bedroom. Ensure that the room is well-ventilated, but close windows if neighbors are doing their laundry, etc.

5. Maintenance

Vacuum and dust frequently, as dust can harbour mold spores. Dusting with a slightly damp cloth will prevent the dust from flying around.

6. En-suite Bathrooms

If you have an en-suite bathroom, make sure that there is no mould growing anywhere.

People spend an average of 1/3 of their life sleeping (most of this probably in the bedroom). Since sleep is when our body does most of its regenerative work, it's important to give it good working conditions. Luckily there are many ways to ensure your sleep environment is safe.

First off, the bed. Any chemicals in or on the bed can be breathed in or absorbed by the skin while you sleep. Conventional mattresses frequently contain synthetic materials and flame retardants. Try to get an organic cotton or natural latex mattress. What you put on the mattress is important as well; organic natural fibre sheets are best, and make sure to wash them with non-toxic, unscented laundry detergent. Same goes for your pajamas.

The walls of your bedroom should be painted with VOC(volatile organic compounds, dangerous substances)-free paints. If you have an older house, the walls may have been painted with lead paint. It is dangerous to try to remove this paint on your own, as small particles of lead dust can be inhaled in the process. The same goes without saying for asbestos behind the walls and ceiling. If you think your house contains asbestos and you want it removed, please call a professional.

If you have an en-suite or nearby bathroom, make sure that it is free of mold. Mold spores are toxic, and can travel in the air and settle in dust or carpets. Make sure to vacuum and dust your bedroom frequently. Dust with a slightly damp cloth, so that the dust sticks to the cloth and does not fly around and get breathed in. It is best not to have pot-pourri or scented oils in the bedroom, as the former can harbour dust, and the latter may contain artificial fragrances. Proper ventilation is also important to keep fresh air circulating in the bedroom, and to help carry dust and other things out. Keep windows open when possible, but make sure to close them when neighbors do laundry with conventional detergent or use other toxic products that can travel in the air.

It is also advisable to keep electronics out of the bedroom. There are two good reasons for this. EMF radiation is not something you want to subject yourself to, especially not when the body is resting. Also, electronics and other gadgets which are used for work or entertainment are not conducive to relaxation, so banish the tv from the bedroom, if possible. Keep any electronics that have to stay in the room as far away from the bed as possible.

Feng Shui in the Bedroom

It is interesting to note that feng shui has long recommended that electronics be kept out of the bedroom. Feng shui also advises against having too many mentally stimulating things in the bedroom, such as work-related papers, bills, and too many books. In feng shui, plants are not suitable in the bedroom, because at night they absorb oxygen and emit carbon dioxide, the opposite of what they do during the day.

Roses are both beautiful and delicious! But make sure to only eat them if you are certain they have not been sprayed.



How to grow herbs and vegetables on your windowsill:



If possible, get organic untreated seeds. Non-organic seeds are usually treated with a chemical or hormone to make sure that they germinate. You can find suppliers of organic seeds online, or you can ask friends who garden if they'd be willing to share seeds. Once you have herbs and vegetables that have bloomed, you can collect seeds yourself to use in the following years.

1. Find containers for your plants - yogurt containers or soft drink bottles (you don't have to drink the soft drink) work well. Make sure they are clean, dry, and have drainage holes in the bottom (you can poke holes yourself).

2. Put a layer of pebbles, pot shards or shells in the bottom of the container for drainage.

3. Fill the containers with soil. Use a chemical-free soil. If you want to fertilize, go with compost from organic kitchen waste.

4. Read up on the care of whichever plants you've decided to plant, so you know which ones like lots of sun, which ones can't tolerate many hours of direct sun, etc. Find windowsills that provide an appropriate amount of light.

Edible Flowers:

Did you know that the following flowers are edible? Some taste great added to salads, others as garnishes for cakes and desserts. Make sure to only use organically grown flowers!

1. Rose

Rose petals make a beautiful garnish for cakes, and are also frequently made into jam.

2. Lavender

Lavender can be used to make a stress-busting tea, and also imparts a lovely flavour to cheesecake!

3. Day Lily

Day lily flowers and buds can be incorporated into soups and stir-fry dishes, as well as being made into fritters. The flowers are also commonly sold dried in China for use in soups.

4. Nasturtium

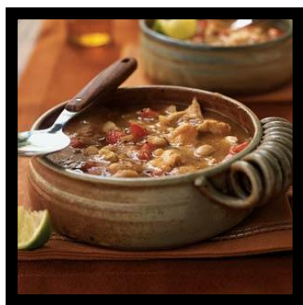
Nasturtium flowers and leaves are both edible. The leaves have a peppery taste that brings a salad alive. Flowers can be used in salads, or mixed with sour cream for a colourful dip!

5. Chrysanthemum

The Chinese drink chrysanthemum tea for its eye-protecting properties.



HEALTHY RECIPES FOR SPRING



Turkey Chili with White Beans

<http://www.epicurious.com/recipes/food/views/Turkey-Chili-with-White-Beans-3090>

- 1 tablespoon vegetable oil
- 2 medium onions, chopped
- 1.5 teaspoons dried oregano
- 1.5 teaspoons ground cumin
- 1.5 pounds lean ground turkey
- 1/4 cup chili powder
- 2 bay leaves
- 1 tablespoon unsweetened cocoa powder
- 1.5 teaspoons salt
- 1/4 teaspoon ground cinnamon
- 1, 28-ounce can whole tomatoes
- 3 cups beef stock or canned beef broth
- 1, 8-ounce can tomato sauce
- 3, 15-ounce cans small white beans, rinsed, drained
- Chopped red onion
- Chopped fresh cilantro
- Plain low-fat yogurt or light sour cream

Heat oil in heavy large pot over medium heat. Add onions; sauté until light brown and tender, about 10 minutes. Add oregano and cumin; stir 1 minute. Increase heat to medium-high.

Add turkey; stir until no longer pink, breaking up with back of spoon. Stir in chili powder, bay leaves, cocoa powder, salt and cinnamon. Add tomatoes with their juices, breaking up with back of spoon.

Mix in stock and tomato sauce. Bring to boil. Reduce heat; simmer 45 minutes, stirring occasionally. Add beans to chili and simmer until flavors blend, about 10 minutes longer.

Discard bay leaves. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium-low heat before continuing.)

Ladle chili into bowls. Pass red onion, cilantro and yogurt separately.



Image: Grant Cochrane / FreeDigitalPhotos.net

Chocolate Frozen Yogurt with Bananas and Berries

- 2 cups of chocolate frozen yogurt
- 3/4 cup strawberries, Halved
- 2 bananas, Sliced
- Toasted sliced almonds to garnish

Allow the frozen yogurt to soften up. Divide it between two serving bowls. Add the bananas and strawberries, half to each bowl, and mix with a spoon. Top with sliced almonds and serve.



Quinoa Salad with Radishes and Spring Greens

<http://www.thekitchn.com/recipe-quinoa-salad-with-spring-141346>

- 1/2 cup quinoa
 - 1 cup water
 - 3 tablespoons good, unsalted butter
 - 1 1/2 cups microgreens
 - 1/2 cup sliced French breakfast radishes
 - 2 tablespoons basil chiffonade
 - 1 teaspoon lemon zest
 - 1 teaspoon lemon juice
 - 1/4 teaspoon fleur de sel or other salt
- Measure out quinoa, place it in a fine-mesh strainer, rinse thoroughly with cool water, and drain.

Place quinoa in a small saucepan with 1 cup water and butter. Bring to a boil, cover, and simmer over low heat. Simmer for about 15 minutes, or until all liquid is absorbed.

Remove from heat and let stand for 5 minutes. Fluff with a fork and let cool completely.

Toss the cooled quinoa with all other ingredients. Taste and add more salt if desired. Serve by itself or on a bed of lettuce.

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The ALCAT Test

Recently, many professional athletes have been taking a test to improve their performance. The ALCAT is a simple blood test that identifies which foods and chemicals induce sensitivity in an individual. Proponents claim that the ALCAT identifies adverse cellular reactions to foods and chemicals associated with inflammation. These adverse reactions can contribute to chronic health problems, including obesity. Foods such as sugar, gluten, dairy, etc. can block insulin receptors, which tells the body to store fat instead of burning it. Avoiding these foods can unblock the receptors, which will allow the body to burn the fat, resulting in a decrease in weight (until a regular weight is reached, and then can be maintained). If athletes can reduce their body fat, it will increase their performance.

This is not just useful to athletes; a reduction in excess body fat is useful for everyone, perhaps especially those who are not physically active enough.

Of special interest to people with Environmental Sensitivities (ES) is to identify and avoid foods as well as chemicals that cause sensitivities in the individual. If there are particular foods that are 'natural', such as dairy or grain (even organic versions), but induce inflammation in someone, they contribute to overburdening the body. Removing that burden may be effective in managing ES.

But what is great about the fact that famous athletes are taking this test and benefiting from the information it gives (which foods they are sensitive to) is that it is making the medical condition of sensitivities more common knowledge, and showing that sensitivities are widespread. This is good news for people suffering from ES. Because this is an acknowledgement that in order to get better, some people are really recognizing the importance of avoiding substances that the body cannot tolerate, or does not tolerate well.

The UQAM Project

On Environmental Sensitivities

In order to help people who suffer from Environmental Sensitivities (ES), in collaboration with UQAM, TELUQ and UQAM's *Service aux Collectivités*, ASEQ-EHAQ will be holding training workshops on the biological and legal aspects of ES in the fall of 2012, in ten regions of Quebec. The two main goals of the workshops are 1) to help people who have this condition (and their entourage) understand what has happened to them and how to best manage this medical condition, and 2) to train resource people in the various regions of Quebec, who will be able to provide support to those with the condition. Community or volunteer groups are also encouraged to contact EHAQ for information on supporting individuals with this condition and partnering with the group on this project.

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HELP US MAKE A DIFFERENCE!

We at ASEQ-EHAQ, through our volunteer work:

1. Do our best to help people who live with this medical condition, and
2. Inform the general public on ecological strategies that are safe for human health and the environment.

Your funds will help us help those in need.

Disclaimer: Products and services advertised in Eco-Journal are not necessarily safe for everyone with environmental sensitivities. It is the responsibility of the individual to assess all products before use.

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VOLUNTEERING

ASEQ-EHAQ is looking for volunteers in the following areas:

1. Posting posters and flyers in key locations
2. Working in the office (data entry)
3. Translation (English to French)
4. Help writing a business plan
5. Fundraising
6. Marketing
7. Website experience and optimization and SEO

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