

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

MCS, Toxic Mold, Sick Building Syndrome, and Chronic Fatigue Syndrome

By Thomas Leo Ogren

MCS, Toxic Mold, Sick Building Syndrome, and Chronic Fatigue Syndrome by Thomas Leo

Ogren

MCS, Toxic Mold, Sick Building Syndrome, and Chronic Fatigue Syndrome

Thomas Ogren

Often people who suffer from undiagnosed illnesses may be experiencing multiple chemical sensitivities (MCS), chronic fatigue syndrome (CFS), unusual pollen or mold reactions, food allergies, fibromyalgia, or even combinations of one or more of these.

Last spring I gave a talk to a group of allergists from San Luis Obispo and Santa Barbara Counties (California). I mentioned that I liked to see allergists hire college horticulture students to map the exact species of plants growing in a patient's yard. Sometimes, as I explained, without knowledge of exactly what is growing closest to them, it is next to impossible to figure out the problem.

One of the allergists then told me this true story: They had a patient, a woman in her 60's, from Santa Barbara, who was extremely sick and getting sicker by the day. She was having classic symptoms of both allergy and asthma, was not responding to any type of treatment, and they were afraid that she would die. And so they took the unusual step of sending someone from their office out to her house to look it all over.

The allergist's assistant didn't find any high allergy plants in her yards. He didn't find any strange houseplants in her house, nor any unreported pets or anything of the sort. He saw no walls, windows, bathrooms or anything that appeared to pose a mold problem. The house was an older one, and he doubted that it was off-gassing chemicals. He was about to give up when he noticed a door he hadn't seen before. "Where does that go?" he asked her.

"To my basement," she told him.

Now, because basements are rare in California, he was surprised to discover this. When he opened the door, turned on the lights and walked down the steps he was even more surprised. There, growing all over the cement floor of her basement were thousands of unusual looking mushrooms. When he

asked her why they were there, she told him, "Well, they just started to grow there and I let them grow since they were so pretty."

I'm sure you can figure out the rest of the story. He took samples of the mushrooms back to the office and the woman was tested for spores from these same fungi and it turned out that her entire system was swamped with these allergenic, poisonous mushroom spores. The mushrooms were of some rare species native to the southeastern US and no one ever did figure out how their spores had arrived in that lady's basement and started growing.

The mushrooms were removed, the basement was cleaned up and the patient regained her health.

Another interesting episode of trigger sleuthing: A woman from Lompoc, California asked me to look over the yard of her apartment to see if I could figure out what was making her so sick. She was in her late 30's, married, had always enjoyed excellent health, but was getting sicker and sicker. She was starting to forget things, had headaches, sore throats, was always tired, often had stuffed up sinuses,

and now and then would slur her words while she was talking. More and more she would forget what she was saying right in mid-sentence.

It was a nice enough apartment, neat and orderly, and she told me that their rent was very reasonable. Inside I discovered that one wall in her bedroom, next to her bed, looked moldy. I also found another wall, a wall in the living room that also looked moldy. Outside in the yard I discovered that the rainbird sprinklers for the lawn would hit the wall directly every time they went around. There had also been a leak in the roof, directly over the bedroom wall. I suggested she hire someone to do an inside and outside mold count for her. This she did and it was found that the mold spore count was high in the yard, and even higher inside the house. It was highest in her bedroom.

She then confessed that she had tried to clean up all this mold, several times, using soap and water. Afterwards she had felt even sicker.

I suggested that she explain all of this to the landlord, and immediately move out until it was fixed. She did explain it all to the landlord, but she did not move out. The landlord hired someone who supposedly cleaned it all up but she just got sicker and sicker.

One day a few weeks later she called me up again. She was crying and told me that her doctor said that she had MS. The symptoms she was having certainly did seem like multiple sclerosis but I didn't think that was her problem. As we talked she would lose it, stutter, slur her words, forget what she'd just said.

She said that she'd had to take a leave of absence from her job since she just couldn't work any more. When I asked her what she was doing instead of working, she said she was mostly just lying in her bed. It was about all she could do. "That bedroom," I told her, "is killing you."

I called her back later and got her husband on the phone. He was now starting to feel kind of sick himself. "Look," I said, a little angry now, "get the hell out of there! Leave that apartment and do it tonight. Pack a few things, go to a motel and check yourselves in. Tomorrow you can tell your landlord what you had to do. If they won't pay for the motel bill, I'll help you find a lawyer and you can sue him. They moved out of the apartment that night and into a nearby motel room. He took some time off work and the two of them just hung out at the motel, watching TV, eating in a restaurant around the corner, and they slept a good deal. The landlord (I think he was finally afraid of a lawsuit) did agree to cover their motel bill while this was being figured out.

On the phone I advised her husband that he ought to start looking for a new apartment. He told me that he was starting to feel more "like himself again," and agreed to look for a different place to live.

They stayed at the motel for two weeks and by the time they moved into their new apartment she too was starting to feel a little better. I insisted that her husband move everything from their old apartment himself. That all their clothes, everything, had to be thoroughly cleaned before he brought it into their next place. I didn't want her to even walk in that door again, and she didn't.

As I write this now, it has been just over two years since they moved out of that mold spore-ridden apartment. Little by little she started getting better, the slurring of words stopped, the disorientation stopped, eventually all the symptoms disappeared. Two months after they moved she went back to work. Six months later she felt so good she started taking night classes at the local college. They are now both working full time, both are taking advanced computer classes in the evenings and they are doing great. There's been no more talk about her having MS either.

Thomas Ogren is the author of Allergy-Free Gardening. Tom does consulting work on landscaping for the USDA, county asthma coalitions, www.Allegra.com, and the Canadian and American Lung Associations. He has appeared on HGTV and The Discovery Channel. His book, Safe Sex in the Garden, was published in 2003. In 2004 Time Warner Books published his latest book: What the

Experts May NOT Tell You About: Growing the Perfect Lawn. His website:
www.allergyfree-gardening.com

Chronic Fatigue Syndrome And Depression Are Not The Same Thing!

By Claire Williams

You may have noticed that Chronic Fatigue Syndrome /M.E. /Post Viral Fatigue Syndrome is a very misunderstood illness...

...and this is perhaps why there are so many myths about it.

Perhaps the most common myth about Chronic Fatigue Syndrome is that it is effectively a mental condition, and another name for depression.

But these two conditions are very different!

And when you label a condition incorrectly it can cause no end of problems when trying to diagnose and treat it. So it's extremely important to make the distinction between Chronic Fatigue Syndrome /M.E. /Post Viral Fatigue Syndrome and depression – because they are completely different illnesses.

Depression can be a ****symptom**** of Chronic Fatigue Syndrome, but there are many Chronic Fatigue Syndrome sufferers out there who do ****not**** suffer from depression at all.

I, for example, used to suffer from depression when I was first diagnosed with Post Viral Fatigue Syndrome (CFS/M.E.), but now I (thankfully) don't have depression anymore.

-----SIDE NOTE-----

MCS, Toxic Mold, Sick Building Syndrome, and Chronic Fatigue Syndrome

My recovery from depression (whilst I had PVFS) was down to having psychotherapy. And I can safely say that it's THE BEST thing I've ever done.

If you're depressed, then I urgently recommend that you try a talking therapy of some sort.

I'd personally describe the whole process of going through psychotherapy as "reading a fascinating book" – where the topic is on 'yourself'.

To find out what it's like to go through psychotherapy /counselling, visit:

If you're housebound, or just want to conserve your energy and don't want to travel to see a therapist, then why not try online counselling?

There are services out there that can give you counselling sessions via telephone, via email, or via 'Instant Messaging' (real-time chat sessions on your computer, where you type instead of talk).

-----SIDE NOTE-----

There are other differences between Chronic Fatigue Syndrome /Fibromyalgia and depression...

Research has shown that Chronic Fatigue Syndrome sufferers have an abnormality in their 'deep sleep' brainwave patterns. But, depression sufferers do not have this abnormality!

And in a recent study by scientists at the University of Alberta, it was found that there were significant differences in skin temperature and electrical activity in the skin, which sets Chronic Fatigue Syndrome sufferers apart from depression sufferers (Pazderka–Robinson, H. Int. Jnl. Of Psychophysiology Aug 2004).

What's more, depression sufferers tend to feel tired ****all**** the time, whereas Chronic Fatigue Syndrome sufferers' exhaustion ****increases**** notably after mental or physical exertion.

There are also symptoms of Chronic Fatigue Syndrome that are not shared by depression sufferers. Nasty flu-like symptoms, headaches, painful muscles and joints, Restless Legs Syndrome, and an increase in colds and viruses, are all just a few symptoms that can play a part in Chronic Fatigue Syndrome.

There you go – just a few of the differences between Chronic Fatigue Syndrome and depression! So the next time someone mistakes your Chronic Fatigue Syndrome/ M.E. /Post Viral Fatigue Syndrome /Fibromyalgia for depression – you can set them right!

Copyright, Claire Williams, 2004. All Rights Reserved.

**** Reprinting of the article above is welcome! ****

The article above may be freely reproduced provided that:

(1) you include the following resource box; and (2) you only mail to a 100% opt-in list.

Here's the resource box to use if reprinting the article above:

Claire Williams is editor of

and has suffered from Post Viral Fatigue Syndrome/ Chronic

Fatigue Syndrome since 1995.

She created '

' to help Chronic Fatigue Syndrome and Fibromyalgia sufferers to deal with

the condition – from handling their money worries, to recovering from their illness....

To subscribe to the newsletter in which this article was published, please go to:

Copyright, Claire Williams, 2004. All Rights Reserved.

– Helping You To Deal With Post

Viral & Chronic Fatigue Syndrome, M.E. & Fibro.

To subscribe to the ezine in which this article was published, go to:

Chronic Fatigue Syndrome And Depression Are Not The Same Thing!

How To Win Your Case For Social Security Disability Benefits If You Suffer From Chronic Fatigue Syndrome and/or Fibromyalgia

Omega 3 fish oil EPA and chronic fatigue syndrome

Multiple Chemical Sensitivity Syndrome

Levator Ani Syndrome: A Real Pain in the Butt!

Stretch Assistant Software

Natural Pain Management

Use and Abuse of Steroids

Free List Pro

The Gurubuster Doubler



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!