

A Quick Guide To Identifying and Treating Chemical Sensitivity

By Doris Rapp, M.D.



What can cause a chemical sensitivity?

When I approach a chemical sensitivity problem I ask, is it due to something inside, outside, a food or a chemical. If you see somebody that suddenly does not feel well, they cannot write,

they cannot draw, and they cannot behave correctly, you have got to ask what did they eat, touch or smell. If it is something they ate or something in the room, it may take up to an hour for a reaction to become apparent. If it is an odor, it may take seconds before you feel sick, you just walk by it and you can be sick immediately.

You can spot problems by using a peak flow meter. If you are blowing 400 liters per minute (L/min) (4 minutes) before you come into this room and then fifteen minutes to an hour later you blow 300 L/min, there is something in this room affecting your lungs. If your pulse changes, your circulation is off. If your brain has been altered, you would not be able to think clearly. So you keep asking, is it inside your home, school or work area. Is it outside? Is it a food or a chemical in or on a food? Or is it chemical exposure or pollution? What was different just before you had the change. Did you move, did your furnace break down, did you change your diet, did you have someone come to apply pesticides to your house, did you have an infection, or was there stress. There is a reason why you suddenly get sick. You can figure out the reason if you just spend the time thinking about it.

Who has chemical problems?

People who smell chemicals before anyone else frequently are chemically sensitive. Anybody can have a toxic reaction to a chemical. Chemical sensitivity means that a minute amount of something makes you very, very ill. Any area of your body can be affected. Chemical exposure can cause fatigue, dizziness, weakness, irritability, depression, headaches, nasal problems, hoarse voice, muscle aches, burn-

ing muscles, burning mouth, burning eyes, one infection after another, moodiness, crying, irregular heartbeat, memory losses, joint pain, spasms, ticks, panic reactions, cystitis, and intestinal problems.

We have to start figuring out what is making people sick. We have to find fast, easy, inexpensive, effective and safe ways of turning it around. Solutions are available, but these are not known and many of them need more scientific evaluation. In our world, if you do not have a double blind study, no one is going to believe you. Well I say that if I can make you sick, produce your symptoms, and then eliminate them in eight minutes, I do not care if I do not have a double blind study. I would feel better if we had one. But, if I have to have one, you might not be able to wait until we get the funding.

Clues to chemical sensitivity

There are several clues to knowing if you have chemical sensitivity. For example, you can smell odors before anyone else, you know the odors are making you ill, you get sleepy or ill in cars, buses or planes or you either crave or detest odors. Usually, the things that you crave or detest are frequently the things that bother you. You can be exposed to chemicals on a daily basis at a low level and develop symptoms gradually. Or you can have a massive exposure and become ill right away and stay ill forever, or gradually get better. One of the worst things about chemical sensitivity is the spreading phenomenon. At first one exposure makes you sick. From then on, any chemical that is in tiny amounts will cause the same illness.

Chemical Odor Problem

- hold breath
- mouth breathe
- leave odor area
- use charcoal mask
- oxygen 4L/min, 10" from face 3-5X/day
- take bicarbonate (baking soda)

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PESTICIDES AND CHEMICALS AFFECT CHILDREN AND ADULTS

Typical characteristics of chemical sensitivity include red earlobes, red checks, glassy eyes, wiggly legs, abnormally red nose tip, modeled tongue, rash around mouth, rapid speech, pail faces, tics, and muscle spasms.

Immediate action

If there is a chemical odor problem hold your breath then run out of the area. If you have to breathe, hold your nose and breathe through your mouth, because your nose is a direct line to your brain. Use a charcoal mask. Use a personal air purifier if you are not sensitive to ozone. Take baking soda if you become alkaline.

I have too many families calling me everyday because they do not know where to go, where it is safe, how to get food when they cannot afford organic food, or how to get a water purifier when they cannot afford it.

There are plenty of people who finally find the answers to why they are sick, but cannot afford to change it.

The Big Five

1. **Appearance**
2. **Act/Behave/Feel**
3. **Pulse up 20 points**
4. **Breathing down 15%**
5. **Write or Draw**

How bad does it have to get?

You have to watch how you look, act, behave, feel and think. Watch your pulse. If your pulse is up 20 points and becomes irregular, you probably were exposed to a chemical. Your circulation is telling you something. If your breathing goes down 15% on a peak flow meter, it means that something has affected your lungs.

Try to figure out what is causing the problem. Check your writing and drawing before you eat, after you eat, before you go in every room in your house, every room at school, and every room at work. Check the Big Five (see box), before and after you go inside versus outside, before and after you eat, and before and after you are exposed to chemicals. You can find the answers. You do not have to be a rocket scientist. You do not have to be a physician, if you start to pay attention. Check the Big Five before you go in each room or before each meal, morning versus evening, outside versus inside. Look at chemical exposures, allergy extract treatments, drugs and immunizations. Go to an environmental medical specialist.

If you want to check a meal, and any of the Big Five change, do not eat any of them for four days. Then check the Big Five as you eat one food at a time every two hours. This helps detect problem foods or beverages.

There is no doubt that children in schools where pesticides have been applied have brain changes. We have to become more active and complain about it. We have to march on Washington and say enough already; you cannot keep polluting our air, our food, our water, our homes, our schools, our workplaces, and our clothing. The human body cannot take it. We cannot tolerate it anymore.

How do we treat chemical sensitivities?

Drink pure water, get a water purifier, do not drink out of plastic bottles, and drink it out of glass. Eat organic foods, wear natural cotton and silk. My book, *Is This Your Child*, talks about what tests to order, where to order them, to find out what chemicals are in your blood so you can document it. My book also tells you how to document it legally so that you can win a case. Then you have to correct your nutrition and detoxify. You have to get those chemicals out of the fat, circulation, gut, perspiration, and urine.

Treatment of Chemical Sensitivity

If Chronic ...

- **drink pure water**
- **eat organic foods**
- **wear natural everything**
- **check blood and urine**
- **identify chemicals – correlate with exposure**
- **correct nutrition – vitamins, minerals, trace metals, essential fatty acids**
- **detoxification units – sauna, niacin, water, exercise, vitamins**

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