



## Why are you asking me not to wear scent to the clinic?

As you may know from the sign on our door, HNNH is a scent-free facility.

We are treating an increasing number of our community members who suffer from Multiple Chemical Sensitivities.

We know that this a sensitive topic for people and do not mean to offend anyone; however: this is not a personal issue, but a medical one.

**We are therefore asking everyone in our community to not wear any fragrance-based product to our facility.**

## Are you saying you don't like how I smell?

It's not that we don't like how you smell; it's that fragrance of any kind can cause serious medical problems for an increasing number of people.

Some of our patients are so sensitive that exposure to fragrance will give them an immediate migraine, cause hives, vision problems, and breathing problems that require them to take antihistamines such as Benadryl or possibly even go to an emergency room.

**Scent of any kind can trigger significant allergic reactions in those who suffer from MCS.**

**Multiple Chemical Sensitivity (MCS)** is an adverse reaction to potentially toxic chemicals in air, food or water, at concentrations generally accepted as harmless to the bulk of the population.

Once the excessive reactivity develops, it can "spread" so that the body now either reacts to a wider range of chemicals over time or develops dysfunction in more organ systems. The immune system has a threshold which, once reached, will precipitate a variety of other symptoms in response to exposure.

**In consideration of our patients we ask that all visitors refrain from wearing any perfumed products.**

**We apologize for any inconvenience and thank you for your understanding.**



## Multiple Chemical Sensitivity



# Why Are You Asking Me Not To Wear Any Scented Products?

An Individualized Approach  
As Unique As You Are! <sup>sm</sup>

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# Multiple Chemical Sensitivity



**“A diagnostic label for people who suffer multi-system illnesses as a result of contact with, or proximity to, a variety of airborne agents and other substances.”**

-U.S. Environmental Protection Agency.

## What are MCS people sensitive to?

Basically, **anything scented**, whether chemical or even natural origin, including:

<b>perfumes</b>	<b>colognes</b>
<b>essential oils</b>	<b>body lotions</b>
<b>aftershave</b>	<b>shampoo</b>
<b>fabric softener</b>	<b>deodorant</b>
<b>detergent</b>	<b>chlorine</b>
<b>paints</b>	<b>solvents</b>
<b>gasoline</b>	<b>newsprint</b>
<b>cigarettes</b>	<b>wood smoke</b>



**Facts about Fragrance** -According to the Massachusetts Nurse’s Association:

- There are 3,000 – 5,000 chemicals used in fragrance, 95% of these fragrance chemicals are derived from petroleum.
- Over 80% of the chemicals in fragrance have not been tested for human toxicity.
- Some of the chemicals found in fragranced products are on the EPA hazardous waste list.
- The perfume industry is not regulated by any government agency and is not required to disclose the ingredients in “fragrance”.
- The National Academy of Sciences targeted fragrances as one of the six categories of chemicals that should be given high priority for neurotoxicity testing.

Check out the **Environmental Working Group’s Skindeep Database** to find out what’s in your personal care products at

<http://www.ewg.org/skindeep/>

## What are the symptoms of chemical sensitivity?

Chemical sensitivity can cause many symptoms, ranging from mild to severe, including:

<b>skin rashes</b>	<b>hives</b>
<b>nausea</b>	<b>vomiting</b>
<b>fatigue</b>	<b>dizziness</b>
<b>asthma</b>	<b>wheezing</b>
<b>sore throat</b>	<b>sinus congestion</b>
<b>earaches</b>	<b>dry or sore eyes</b>
<b>diarrhea</b>	<b>constipation</b>
<b>confusion</b>	<b>memory problems</b>
<b>depression</b>	<b>anxiety</b>
<b>hyperactivity</b>	<b>insomnia</b>
<b>joint pain</b>	<b>muscle pain</b>
<b>headaches</b>	<b>heart palpitations</b>

Symptoms may linger for days after exposure to the triggering substance.



## What causes chemical sensitivity?

People can become sensitive to chemicals after a major chemical exposure or after long-term, low-level exposure to chemicals, such as pesticides. Chemical sensitivity can also occur after a virus or other illness, or with hormonal disturbances, such as those that occur during or after pregnancy. Some people are genetically susceptible. People with allergic illnesses such as hay fever or asthma appear to be more likely to be sensitive to chemicals.