

**Book List for
Environmentally Induced Illnesses
Multiple Chemical Sensitivity**

January, 2003

Personal Stories:

- Berkson, Jacob. 1996 A Canary's Tale: The Final Battle Available from A Canary's Tale, PO Box 2041, Hagerstown, MD 21742-2041.
- Millar, Myra & Heather Millar. 1995. The Toxic Labyrinth. Vancouver: NICO.
A nurse with EI and her mother tell their story. Emphasizes the inability of conventional/Western medicine to address the issue of allergies, EI. Diary style. Little on what to do--see their next book.
- Sette, William. 1995. Off Center. Very well written story of man with MCS. Again, have to get the next book that describes what to do.
- Swander, Mary. 1995. Out of This World: A Journey of Healing. New York: Penguin.
Writer develops food sensitivities, chemical sensitivity.

Pamphlets on Chemical Sensitivity & MCS

- Frisch, Tracy & NY CAP Taskforce Members. 1992. MCS: A Disorder Triggered by Exposure to Chemicals in the Environment Available from NY CAP, P.O. Box 6005, Albany, NY 12206
- McCampbell, Ann. Multiple Chemical Sensitivity. 1998. Available from Environmental Health Connection, 12 Bryce Court, Belmont, CA 94002 \$4.
- Rogers, Sherry. Chemical Sensitivity. 1995. A Good Health Guide available from Keats Pub. Inc., 27 Pine Street, Box 876, New Canaan, CT 06840-0876. \$3.95.

Classics:

- Ashford, Nicholas and Claudia Miller. 1998. Chemical Exposures: Low Levels and High Stakes. 2nd Edition. New York: John Wiley & Sons.
- Bell, Iris. 1982. Clinical Ecology. Bolinas, CA: Common Knowledge.
- Kroll-Smith Steve and H. Hugh Floyd. 1997. Bodies in Protest. New York: New York University Press.
- Mathews, Bonnie. 1992. Chemical Sensitivity: A Guide to Coping with Hypersensitivity Syndrome, Sick Building Syndrome and Other Environmental Illnesses. Jefferson, NC: McFarland.
- _____. 1998. Defining Multiple Chemical Sensitivity. Jefferson, NC: McFarland & Co.

Dental Care

- Breiner, Mark. 1999. Whole-Body Dentistry. Fairfield, CT: Quantum Health Press.
- Huggins, Hal. 1993. It's All In Your Head. Garden City Park, NY: Avery.

General books for people with allergies, chemical sensitivity, and MCS

- Edelson, Stephen. 1998. Living with Environmental Illness. Dallas, TX: Taylor
- Gibson, Pamela. 2000. Multiple Chemical Sensitivity: A Survival Guide Oakland: New Harbinger
- Gilbere, Gloria. 2001. I was Poisoned by my Body Lancaster, OH: Lucky Press
- Golos, Natalie and William Rea. 1992. Success in the Clean Bedroom: A Path to Optimal Health. Rochester, NY: Pinnacle.
- Kerns, Thomas A. 1991. Environmentally Induced Illnesses: Ethics, Risk Assessment and Human Rights. Jefferson, NC, and London: McFarland
- Krohn, Jacqueline. 1991. The Whole Way to Allergy Relief & Prevention. Point Roberts, WA: Hartley & Marks.
1996. The Whole Way to Natural Detoxification. Point Roberts, WA Hartley & Marks.
- Mayaan, Deborah. 2000 Environmentally Safer Living. Tucson, AZ: Three Points Press.
- Millar, Myrna and Heather Millar. 1996. Overcoming Environmental Illness. NICO, 1515 West 2nd Ave., Suite 543, Vancouver, BC, V6J 5C5 Canada
- Rapp, Doris. 1991. Is This Your Child? New York: Quill/William Morrow
1996. Is This Your Child's World? : How To Fix the Schools and Homes that are Making Your Child Sick. New York, NY: Bantam Books.
- Rogers, Sherry. 1986. The EI Syndrome, 1990 Tired or Toxic & 1994 Wellness Against All Odds Northeast Center for Environmental Medicine, PO Box 2716, Syracuse, NY or NEEDS-800-634-1380.
- Sampson, Robert & Patricia 1997 Breaking Out of Environmental Illness Santa Fe: Bear & Co.
- Whittenberg, Janice. 1996. The Rebellious Body: Reclaim Your life from Environmental Illness or Chronic Fatigue Syndrome New York: Plenum Press.
- Wilson, Cynthia. 1993. Chemical Exposure and Human Health. Jefferson, NC: McFarland

Housekeeping

- Berthold-Bond, Annie. 1994. Clean and Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping Woodstock, NY: Ceres.
- Bower, Lynn. 2000. Creating A Healthy Household. Bloomington, IN: The Healthy House Institute. 430 N. Sewell Rd., Bloomington, IN 47408.
- Dadd, Debra. 1992. The Nontoxic Home and Office. Los Angeles, CA: Tarcher.
- Dadd, Debra. 1990. The Nontoxic, Natural & Earthwise. Los Angeles, Ca: Tarcher
- Lawson, Lynn. 1993. Staying Well in a Toxic World. Chicago: Noble.
- Steinman, David and Samuel Epstein. 1995 The Safe Shopper's Guide: A Consumer's Guide to Nontoxic Household Products, Cosmetics, and Food. New York: MacMillan.

Housing: Environmentally Safe

- Baker, Paula, Erica Elliott, & John Banta. 1998. Prescription for a Healthy Home Santa

- Fe, NM: InWord Press.
- Bower, John. 1993. Healthy House Building: A Design and Construction Guide. The Healthy House Institute. 430 N. Sewell Rd., Bloomington, IN 47408.
2001. The Healthy House How to buy one; How to build one. How to cure a sick one. 4th ed. (See above for address)
- Bower, John & Lynn. 1997. The Healthy House Answer Book. (See above for address)
- May, Jeffrey. 2001. My House Is Killing Me! Baltimore, MD: John Hopkins University
- Taylor, Tad. 1996 The Inspector's Guide and Checklist to Finding Safe Locations to Live
The Inspector's Guide and Checklist to Finding Safe Houses to Live
LifeLine Press. HCR 61, Box 39, Newfane Rd., Wardsboro, VT
05355.

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