



# Understanding Multiple Chemical Sensitivity: Causes, Effects, Personal Experiences and Resources

*Els Valkenburg*

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## Understanding Multiple Chemical Sensitivity: Causes, Effects, Personal Experiences and Resources

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This personal view of multiple chemical sensitivity and environmental illness is supported by research. In a question-and-answer format, the effects of exposure to perfume, smoke, air fresheners, cleaning products, exhaust, and other air contaminants are examined and linked to symptoms such as headaches, allergies, asthma, and fatigue. The book contains additional testimony and reports from 37 sufferers, as well as listings of resources and related scientific articles.

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