

PERSPECTIVE AND AWARENESS WHAT I WISH I HAD KNOWN YEARS AGO

Perspective on any topic is based on an understanding of the available information that pertains to the subject. My goal is to make information that impacts your health available, increase your awareness/knowledge, broaden your horizons – to bring you into the freedom of health that allows you to be the person that you were created to be.

Whether you are trying to find out answers for yourself or a loved one, each increment of perception that is grasped and applied brings reward.

YOU WILL FIND THAT WHEN YOU PUT YOUR HEART AND SOUL INTO HELPING SOMEONE ELSE THAT YOU YOURSELF REAP INCREDIBLE GAIN.

Some people say, “Ignorance is bliss”. My answer to that is, “My family’s life illustrates the opposite. That “blissful ignorance” has cost my family in a way that all the money in the world would not give us back what was missed out on or make up for the losses we have experienced. If my parents had known and if I had known what we know now from very painful experience, then a very different life story would have unfolded. Unfortunately, the laws of nature stand and in our ignorance we paid dearly with the consequences.” Thankfully, my heart now explodes with gratitude to God that my family is blessed with good health, vibrant energy, and incredible stamina. The story below depicts our journey. I pray that lessons learned on our long road shorten your own path to a more vital and healthy life.

What a difference living unaware (in ignorance) and/or living with misinformation can make. I think back on my life and a palpable agony rises up whenever I face the realization that the suffering that my son, my husband, and I have been through was so unnecessary. The many years of trying to survive, years of trying to undo years of choices made in ignorance, the years it took to finally recover – it could have been avoided. All of this harrowing experience has much value if even one person can take this information and change the course of their life. I offer our story as a gift to you so that you can think about it and apply it to your own life. Living in ignorance will not shield you from consequences; education, understanding, and taking action will. I call living in ignorance living in darkness and for my family emergence from this “kingdom of darkness” into the arena of light (increasing knowledge and awareness) has meant freedom from enslavement to health destroying habits that are rooted in accepted conventional practice and thought.

PART 1 – The Food Supply – The Standard American Diet – (S.A.D.)

At age 25, I entered this journey of awakening. Before this time I was eating what everyone else was eating (the Standard American Diet – SAD), using products everyone was using, and just following the commonly accepted way of life in which I had been brought up. I had no idea that this blind adherence/allegiance to conventionality or commonly held practices was the reason for the following:

- I was being told “my surgery was unsuccessful” and that my future involved dialysis and a kidney transplant
- that I had been administered antibiotics over and over for the majority of my life up to that time
- that I was so weakened that I could only function through sheer mental determination
- childhood bronchitis/asthma/allergies to pollens, foods, environments, etc.
- infections, one after another – sinus, bronchial, flu-like
- a constant search for wellness/feeling normal - whatever that was!
- tenacious, intractable constipation/digestive issues
- cystic acne
- raging insomnia
- chronic pain
- endometriosis – excruciating monthly cramps
- staggering, incessant fatigue
- living in “survival mode” state
- chronic sinus congestion
- going from doctor to doctor to find – the miracle cure
- and many more

For me the surgeon’s verdict of “unsuccessful surgery and the future prospect of dialysis and a kidney transplant” translated into the best news he could have given me. In fact, this prognosis catapulted me into a shift from unawareness, ignorance, hopelessness, and despair into a welcoming realm of liberating knowledge and hope. I had run into the medical wall of no answers and I decided not to accept that diagnosis, but to search for alternative answers. I asked God this question – Am I subject and limited to what the medical world has discovered at this time in history for my condition when 10 years from now they may have the answers? I refused to believe I was stuck in the medical world’s real time information gap.

In the meantime, during this search for answers, I continued to take several medications for my condition. I became pregnant (supposedly a medical impossibility as exploratory surgery had revealed extensive endometriosis) and I was already so sick that my doctor proposed termination of the pregnancy. That was not an option for my husband and me. Motivation to protect our baby rose up and we were committed to not do anything to harm him or her. For some unknown reason, in my vast ignorance of cause and effect between what I did and how it affected my health, innately I knew that I should stop all prescription medication, all over the counter medication, and that I should stop eating sugar. I went cold turkey and somehow lived through the sugar and drug withdrawal. My son, Douglas, was born three weeks premature and distinguished himself in the hospital nursery. The nurses told me that he could find no solace unless he was being held and comforted. What I didn’t know at the time was that we were about to undergo 18 months of an unimagined nightmare. My precious baby was unable to relax unless being held and was generally continually miserable especially at night. I refused to “just let him cry” as many advised, because I knew that something was wrong. I did not want him for one minute to be left without consolation. My husband and I traded off 24/7 caring for him.

My pediatrician just thought I was a hysterical mother and thought that I was exaggerating – he said that there was no way a baby could stay awake as I described. After spending the night in the hospital when Douglas was having what seemed to be a serious reaction “to something” the doctor came in and apologized to me for doubting what I had reported, saying that the nurses had written on his chart that Douglas was up the entire night. The doctor had no answers, but to give him something to calm him. The medications made him worse.

As I would hold Douglas, I would read everything I could get my hands on to try to figure out what was happening and how to get help. I would read the articles to him as if telling him a story. When Douglas was about six months old a friend gave me a book about “The Feingold Diet” that was supposed to affect behavior and hyperactivity by avoiding artificial coloring, flavoring, artificial sweeteners, sugar, aspirin, foods containing salicylates (which plants make as a natural pesticide to protect themselves), and artificial preservatives BHA, BHT, TBHQ. I was breast-feeding so I immediately threw out all the foods that contained these items. The transformation was radical and within three days Douglas became calm and was content enough to be put down during the day. He was behind developmentally, but made rapid strides and caught up to the norm. We were in ecstasies with this change. Unfortunately the nights did not improve and this misery at night continued until he was 18 months old.

My own condition had continued to deteriorate with little sleep and constant vigilance – I was barely functional, just putting every ounce of energy into taking care of Douglas. I was in big trouble. Douglas was now about 18 months old. I stopped breast-feeding, put Douglas on a formula, and began taking medication for my kidney condition. I felt so determined to find help and thought that perhaps Douglas would do better on a formula. Thankfully, the process of enlightenment intervened and reappeared one night with a phone call at 1:00 a.m. from my sister. She just **had** to read me an article from “The Saturday Evening Post” that was about a medical doctor who had used “food as medicine” to cure a medically incurable disease. The next morning I was on the phone to a Boston hospital asking for information. Within one month of incorporation of a dietary prescription for my condition, I was able to stop all medications and have been prescription free for over 25 years. This was revolutionary – the pressure was off my kidneys - the dietary changes I made were dramatic. I literally overhauled my pantry and dumped its contents overnight. I had always been a hearty eater; in fact, my mother called me her “human garbage disposal”. It was a family joke that I could out eat anyone. If my mother baked the family a cake, she would bake me my own cake because I would not stop until I had devoured the entire cake. If it was on the table – whether animal or vegetable, there would be no leftovers. I just could not fill up. I was addicted to sugar and food. If my mother gave me money to go shopping for clothes as a teenager – I would go buy food. I was obsessed with food and thought about it constantly. With the diet change, suddenly I was satisfied after a normal sized meal. I couldn’t believe it. My body was finally being nourished with what it needed – real unadulterated, non-processed, organic food. Liberation was rapid for me and voila Douglas began sleeping through the night. I had started breastfeeding again, once off the medication, and the real Douglas emerged

with the most beautiful disposition, no signs of agitation – he was a happy, normal child that “slept like a baby”.

Now what was I to do with this? Of course, my husband and I were overjoyed, but at the same time I was stunned. It appeared that my life up until age 28 had virtually been governed by what I ate and my son’s life to 18 months was governed by what I ate. As realization set in and a dazed stupefaction came over me my lament was - Where had this information been all my life? Why hadn’t the doctors informed me or why hadn’t I been given instruction on how to make choices that would have given me the opportunity to avoid all the misery, cost, and anguish. My kidney problems, severe cramps, endometriosis, pollen allergies, and constipation had all resolved with just a change in diet (Note: my sensitivities to different environments remained). I had been poisoning myself as well as my child. How was it that in this civilized country we were actually putting chemicals in our food supply that poison us, as if they belonged there and how was this fact not front page news? How is it that intelligent people who actually have heard and do know choose to continue to poison themselves as well as their children? What are we doing? What are we thinking? Better yet – why aren’t we thinking?

PART 2 – The Environment – Waking Up, Leaving More Darkness, Coming into More Light

As mentioned above, perspective on any topic is based on an understanding of the available information that pertains to the subject and this next section describes a second wake up call. I ended up studying “Using Food as Medicine” extensively and was given the opportunity to be in charge of a health resort in Montego Bay, Jamaica. My entire family benefited greatly from this move. Most stunning was the intellectual leap that my son made when we left the environment of Houston, Texas and landed on the pristine Caribbean beach of Montego Bay. His mathematical abilities were off the charts for his age – he was spontaneously adding, multiplying, dividing, and subtracting at age 4. It was as if his mind had been released to function at a new potential. His coordination and athletic ability also improved. We would in the future see very clearly how exposure to chemicals affects the mind and body through my and especially our son’s experiences.

After spending a year in Jamaica, we moved back to the states and my condition started to deteriorate. My kidney function was still good, but I was reacting to environmental exposures. I didn’t have full clarity about this phenomenon, but I knew that I felt better in some places than in others. At this time, I was associating my problems mostly with outdoor air. We moved from Houston, Texas to the country to a small town called Hunt, Texas and Douglas started third grade in the public school. In the fifth grade, at age 10, he was exposed to 1,000 times the allowable level of 3 banned pesticides – chlordane, heptachlor, and dieldrin. He was also exposed to pyrethroids and other currently used pesticides. This exposure resulted in a cataclysmic breakdown of his immune system. The medical doctors told us that he would never recover from such an exposure and on top of that he would have cancer within 10 years. We were told that he would be like a bubble boy – unable to function around everyday chemicals and that he would need to

live in isolation. Douglas left that clinic with a regimen that included 23 shots a day plus shots for exposures, shots for controlling anaphylactic shock, antihistamine shots, etc. We were again at a medical crossroad where there was no answer – my husband and I refused to accept this verdict – we were intent on finding a way to recover our son. At this point we were so naïve and unsuspecting - we had no idea that we were at the beginning of a long harrowing journey.

The exposure affected Douglas both mentally and physically. Douglas lost his mental capacity. He went from being a crack speller to not being able to spell even three letter words. He became listless, sometimes almost catatonic as if in a stupor. His sensitivity to noise was extreme. He would put his hands over his ears and beg us to whisper because normal conversation volume felt like screaming to him. Tears would continuously stream from his eyes, not because he was crying, but because of the exposure. His head would hurt and feel as if it would explode, as he would describe it. His limbs would twitch uncontrollably and would sometimes feel so heavy that he had trouble lifting them. The slightest whiff of a scented product could trigger wheezing, difficulty breathing, and choking. He would continually try to clear his throat as if something were blocking it. He could not concentrate and was very easily frustrated. He would become unresponsive – sitting and staring or sleeping - if even something so minor as a common #2 pencil were “outgassing” in his periphery. He was light sensitive especially when he had headaches. He would become so hyperactive that it was literally like he was climbing the walls. He had been a very athletic child, but his coordination was shot.

This was a time of discovery – learning just exactly what he was reacting to. We all became detectives and made it a game. The extent was unfathomable. He was reacting to everything – from polyester to nylon – all fabrics, natural scents, synthetic scents, plants, beds, furniture, drapes, pencils, paper, clothes, all cleaning products, all body care products, shampoos, soaps, books, plastics, toys, etc. We stripped our home down to 2 organic beds, wire containers for clothes (instead of furniture with drawers, etc.), and a wood table and four chairs - no drapes, no upholstered furniture, no carpet, etc. We threw out all our cleaning products, body care products, etc. and started using unscented non-toxic ones. For an item (such as books, etc.) to stay in the house we would “outgas” it in the sun for days. I began cooking more medicinally using the “Food as Medicine” training that I had. Douglas made some progress, but would go back to ground zero with even minute exposures. To illustrate the degree of his sensitivity - One day some items from a friend’s house were placed on our front porch. The windows were open. Douglas was in the back of the house and within seconds he was down with BB sized lymph nodes popping out all over his neck. He started having difficulty breathing. Whatever was in the items on our porch had come into our house through the window in probably parts per million or trillion and Douglas was cratering. At that time we didn’t know what was wrong. We took him outside into the fresh air. He started to recover. We ended up having to sleep outside for three weeks because he was unable to enter the house without the extreme reaction starting all over again. We made this a family adventure – sleeping out in the open (no tent – open to the stars). To make the house livable again for him we had to take everything outside, sun all contents, vacuum, and wipe down all surfaces in the house. Finally he could come back in without reaction. (NOTE: Thankfully, finally after

trying to put every scenario together to make sense, we realized that his reaction was due to the items placed on the porch – what had stumped us was - we never brought them into our house. The wind carried the chemicals from those belongings through the window and throughout our house. It was later discovered that that friend's house where the items on the porch came from had chlordane - a chemical he was originally exposed to – a story in itself). Through this experience it was discovered that sleeping outside in the open was a very helpful tool for recovery.

Constant reading, investigating, trying to uncover what could be done to help Douglas became an obsession. This was my single focus every minute of the day every chance I got. I experienced déjà vu - as I had searched for answers and they were found when he was a baby – so I knew that as I searched for answers now that answers would also be found. I studied the Phase 1, 2, and 3 Liver Detoxification Pathways and how to support them. I studied enhanced intestinal permeability (leaky gut), mold toxicity, expanded my study of Food as Medicine and synthesized the information for application to detoxification. In addition I read everything I could get my hands on about environmental controls and the clean room concept, how building materials can impact the body, and much more. I wanted to discover the keys that were necessary for real recovery since the generally accepted thought was and is that people that are chemically injured just don't ever recover fully – they just live with whatever level of functionality they can get. I was chemically sensitive myself, and I realized through the revelation of the extent of Douglas's sensitivity how actually complacent I had been. You think you are trying, but you are just not digging deep enough. Boy, did I wake up! Seeing your child reduced to a “pile of inability to function” will enable you to lift a 2-ton truck and continue on like a Navy SEAL - (there is no give up – ever – if you are shot down you get up and continue fighting). Chlordane's devastation of my son had mobilized a non-stop drive to overcome and I ended up benefiting from the overflow.

Unfortunately, when a person has been chemically injured exposure to a very small amount of a toxin can severely plunge the body and/or mind into a drugged-like complacency. It's not that you do not know that you need to do something (get out of the area to fresh air for one) it is just all of a sudden you are operating in a thick slog where every movement whether mental or physical is met with great resistance. This would be similar to being drugged and being unable to function. Finding Douglas slumped in a chair, staring blankly, gripped with a raging headache or some other extreme symptom was not unusual. Discovering the trigger was my concern so that we could avoid “it” the next time. At first these incidences were what felt like constant. We were forever trying to clear the area and put out the fire. One exposure blurred into the next. It felt like we were at a standstill – not making the progress I wanted. I thought about this and started to liken healing from chemical sensitivity to healing from a wound inflicted by a knife on the skin. If you take that knife every day and re irritate the wound with the knife, the cut just will not heal. But, if you do not abrade the skin again, it will naturally continue to repair as the body is marvelously designed to mend and restore given the right tools and circumstances. I reasoned (of course as an observer, not a scientist), that since a chemically sensitive person does not have the physical equipment (detoxification system is damaged) to neutralize and metabolize the chemicals found in everyday life, that to

heal they must avoid these exposures as much as possible because they are literally re-poisoned every time they are exposed. So, I figured that these mini poisoning incidences were inhibiting my son's ability to heal and in order to heal and give the immune system a rest and chance to repair they had to be stopped. Now that may sound like it is obvious, but I must say that to carry this out in reality is quite difficult. I think that those that are sensitive easily lose track of this point, are not in a position to implement isolation from exposures, or have maybe never pondered it to the degree necessary to achieve the goal.

With a one-track mind to gain momentum and discover everything we could that was affecting our son's recovery, my husband and I started the study of Bau-Biology, which originated in Germany. The German term Bau-biologie, which translates into English as "Building Biology", is the study of how buildings affect health with emphasis on the bedroom. The bedroom is considered the most important room in the house and the bed itself the most important piece of furniture. This is because at night when we sleep the body focuses on healing and rejuvenation and is at the same time much more sensitive to environmental influences than when awake. If the body is surrounded by a chemical soup and is stressed from electromagnetic pollution then the immune system is on red alert and is unable to utilize the night for deep rest, regeneration, and the shedding of metabolic waste. So the body becomes more toxic and is less able to handle the pollutants faced during the day. If this cycle of disturbed sleep continues, the toxic body burden increases, various symptoms may appear, and finally degenerative disease can ensue. The Germans consider this information so important that some insurance companies will not pay for a doctor visit unless the patient has had a Bau-Biologist test the sleeping place to make sure that there is nothing in the house that could be inhibiting them from healing.

So, a real clue that there is a problem in the environment and/or diet is that the body is not recovering from illness as would be expected, chronic illness has developed, and/or there is sleeping difficulty. The body is designed to heal and rejuvenate (like a cut will mend if it is not repeatedly irritated) and when it doesn't heal there is something inhibiting that process. According to the Germans, electro stress from electric fields on the body at night during sleep is one of the main reasons for inhibited healing. Electric fields are a measure of voltage and are present whether there is current flow or not. The human body acts as an antenna in the presence of these fields. High voltages in the sleeping place have been linked to muscle pain, insomnia, high blood pressure, chronic fatigue, bedwetting, nervousness, short-term memory impairment, increased allergies, adverse effects on the nervous system, cardiovascular system, and inhibition of the healing process. Electric fields are measured in milliVolts (mV). It takes only 1 mV to operate a pacemaker. We measured Douglas in his bed and his body showed an electric field of over 25,000 (mV). We reduced this level to about 20 mV through proper grounding and shielding. The Baubiology standard of 20 milliVolts and below are recommended for a healthy bedroom.

This discovery that the electro climate in the home has an effect on the health and the reduction of these electromagnetic fields (EMF's) was a definitive turning point in his recovery. We removed synthetic materials to reduce the DC Electric Fields (synthetic materials increase static electricity), we removed steel items that could induce DC

Magnetic Fields, and made sure that Douglas limited his exposure to batteries (DC Magnetic Fields) and other AC field exposures. Thankfully, at least the magnetic field where he slept was perfect – under .2 milligauss (you want .2 milligauss or below for healing). To really avoid the EMF's we tried to sleep outside whenever we could – out on cots in the open air under the stars. This was in the days before extensive cell phone use and Wi Fi and the resulting explosive increase of high frequency fields in our environment.

Douglas was a laboratory for observation on how the body and mind react to environmental triggers when challenged with bioaerosols (fungi/mold, bacteria, mycotoxins, and viruses), chemicals, particulates and/or electromagnetic stress as well as how the body and mind respond to a healthy diet and environment. I began to realize that I was an eyewitness to a picture of the dissolution of a body and a mind due to chemical exposure and how the recovery from this exposure depicted various stages of mental and physical impairment as the gradual regeneration of the mind and body took place. As the toxic load was lifted, so also shifts in his mental and physical function were clearly exhibited.

Before the exposure Douglas had supreme concentration and focus. After the exposure he could not complete even very simple tasks without diversion of attention. It was as if he had Age Related Memory Decline or extreme ADD/ADHD. Even if something were right in front of him, he would forget what he was doing. Before the exposure Douglas was a crack speller and brilliant in mathematics – all was lost after the exposure. I thought of the children that are labeled slow or retarded and recalled my son's response to my withdrawing the additives from food when he was a baby and his increase in seeming intelligence when we moved to the pristine beach of Jamaica. This made me start to aggressively question how much of intelligence level, ADD/ADHD, hyperactivity, Age Related Memory Decline, etc. is actually related to food and environmental factors.

The learning curve was very steep in fact we would make a little progress - see tangible change in Douglas, have a setback and seemingly plunge right to the bottom – where we had started. For example, one day Douglas was playing outside – we had made some headway in our home environment so that his reactions were down and he had some energy. Our house sat back on a hill above a country road about 300 feet away. A big diesel truck went by and unfortunately the wind was just right so that it carried up the diesel fume payload right to Douglas. To an outsider and for me, as his mother, this event was probably one of our most frightening episodes. It was like watching the Incredible Hulk mobilize with his expanding neck only instead of being strengthened Douglas was being strangled by swelling lymph nodes all up and down his neck while his throat was closing up as he gasped for breath. The family was in survival mode – every waking minute devoted to trying to keep afloat mentally and physically – forget living life - it was SOS – rescue us – all the way. Now this is what you could call depressing, but to a child, then a teenager it was a crushing blow every time we felt like we had fallen again into the pit and were starting over. We battled mold, a spilled pesticide (malathion) stored for years in a storage room next door that a workman knocked over, noxious fumes from

burning trash (we live in the country and this is how some people deal with their trash), road nearby being resurfaced with asphalt, dust storms, pesticide drift from neighbors spraying their property, forest fires from Mexico, well contamination, diesel and car exhaust, and many other assaults too numerous to mention.

Obviously, mental attitude was a critical player in the recovery picture. Douglas was now isolated from his friends, he could not go to school, to church, to friend's houses, to movies, to restaurants, to family reunions, and no one could visit our home because they would contaminate it with their laundry detergents, deodorant, shampoos, and other personal body care products. (NOTE: We did have some family members and friends that would "detoxify themselves as much as possible that would come and stay at a nearby cottage during this period. This was very infrequent because Douglas would often suffer during the time and after people left because of subtle exposures.) Depression became as big an issue as chemical exposure – some exposures themselves eliciting depression as a reaction. My husband and I never entertained the idea that he might not recover and that was the constant message that he got – encouragement, God will guide us, and there is a way out of this. But, at age 14, four years into the battle, he hit bottom and to climb out he had to take on his own positive mental/spiritual dynamics and make them his. It was a defining moment when he latched on to that confidence that he would recover!

Slowly, very sporadically at first, and then more steadily Douglas increased in mental as well as physical strength. Home schooling gave him the latitude to progress as fast or take as much time as needed to master a subject. As his brain function returned so also his coordination and athletic ability began to flourish. Fresh outdoor air and exercise played a very big part in his recovery. He played tennis, took Marshall Arts privately outdoors at home, and improved to the point where he could play on a local soccer team and became a star player. Setbacks continued, but didn't take him down to square one. He still was not going into buildings and no one could come in our home's safe haven. We were very carefully controlling what he was exposed to as much as we could. I became aware of the link between chronic infection and heavy metal toxicity as part of the body's total load. More and more clues and pieces to the puzzle were filling in - providing missing links to his recovery. We were seeing definitive gain. The hard work was paying off. My health had improved remarkably as all the precautions we took for Douglas benefited me as well. I was developing incredible physical stamina in contrast to the time when folding a dishtowel took every mental and physical effort I could muster. After seven years Douglas was ready to very carefully start expanding his horizons. This process was done very deliberately and cautiously. Ten years after his exposure he received a full scholarship to Schreiner College in Kerrville, Texas and started as a freshman, living at home.

A tremendous blow occurred right before he started college. Douglas had melanoma. This is a very serious skin cancer. The doctor had predicted in 1989 that Douglas would have cancer in ten years and here we were facing this monumental adversary. Chemotherapy was out of the question with his history, so we took an alternate path. Our mental determination and resolve were as critical as ever. Because of potential

controversy we did not inform even close friends as we did not want to introduce or have time to focus on well meaning points of views that might discourage. There was no time for hesitation or possible self-recrimination. Douglas emerged from this episode stronger than ever and after two years at Schreiner College he decided to apply to the United States Naval Academy in Annapolis. He was ready to leave home and fly.

We checked out many facets of the Naval Academy including pesticide spraying (which they did not do in the rooms or halls), dietary options, and immunization requirements. He was accepted into the Academy and with much effort, the immunization requirements were waived, and Douglas started preparing for the rigorous boot camp physical training he would be subject to where they attempt to weed out those that are not tough enough to take academy life.

The day that Douglas left for Annapolis, Maryland to go to the Naval Academy was monumental. The courage it took for him to leave home and face the boot camp that is called “Plebe Summer” took his father and me to our knees. Tears of pride, happiness, and joy mixed with trepidation and apprehension streamed down our faces as we watched him walk down the narrow pathway to the plane (It was June, 2001, just a few months before 9/11). We knew that the grueling physical and mental ordeal that he had been forced to endure the past 13 years had given Douglas a very unique and incredible preparation. The depth of character and resolve it took to come through this, mind and body intact, was nothing short of miraculous. But, how would he perform with no props, no immediate backup, and the intense pressures of Naval Academy life?

His first semester at the Academy he made a 4.0 and maxed out his PRT’s (physical readiness tests)– which are periodic physical fitness tests. He was definitely making the cut. Through the four years at the Academy he was exposed to the constant mental and physical pressure that the Academy places on the Midshipmen so that they will be fit as leaders in our military. To think that a whiff of a #2 pencil had wiped him into oblivion just a few years before was a sobering thought. He had come so far and he was thriving. He graduated in 2005 and went on to Naval Aviation. As a Naval Aviation officer he underwent what is considered to be the most grueling training that the military branches offer – SERE (Survival, Evasion, Resistance, and Escape) Training (also called POW – Prisoner of War School) in the mountains of Southern California. He was sent out into the wilderness with no provisions, was tortured, and basically trained on how to be a prisoner of war in case of capture. I mention these details because the stamina and perseverance demanded by this type of training is a real tribute to Douglas and his determination to totally overcome his difficult past. He is now in the Naval Aviation Intelligence Community. His life for the past 9 years since starting the Naval Academy has been most rigorous and he has continued to excel both physically and mentally.

PART 3 – Life after Douglas Left Home

During the time that Douglas was recovering I started receiving calls from people asking me questions. I had not advertised or asked anyone to give out my name nor did I or seek to find people that were interested in my advice. At first most of the people were mothers

from Texas whose children had been injured at school from pesticide spraying. One boy from an East Texas school had gone blind from exposure to a routine pesticide spraying at school. The school building was sprayed on a Friday afternoon and the child had forgotten something and came back into the room after school while it was being sprayed. I heard tragic story after story. Lives being changed and ruined by decisions made in ignorance. Soon I was getting calls from all over the country, not only about pesticide exposures, but from the chemically injured at work, mold injured, fiberglass injured, glade plug in injured, formaldehyde injured, air freshener injured - and in general – the chemically sensitive. Most of these people were too sick to even go to a doctor's office or travel to an environmental specialist. The bottom line answer for these victims was – in order for them to heal, they must create the healthiest environment possible - starting with the bedroom, they must get some form of exercise, and they must eat a very healthy diet. Then, with their environment, diet, and condition stabilized, they would be ready to start careful detoxification and perhaps be able to tolerate a doctor's office. I began helping people become their own detective to discover what could be causing them immune stress and what to do about it. Many times the mother that was trying to help her child ended up being able to get off her own prescription drugs because as the chemical load in the home was reduced and the diet was changed - she and/or other family members also benefited.

After certification as a Bau-Biologist and Bau-Biology Inspector my studies expanded to construction and Building Science which addresses how a building works as a system, how building strategies for particular climates are used to ensure that the building is not subject to mold growth and indoor air quality issues, and how ventilation, moisture, and humidity play a part in indoor air quality problems in the home. I saw how the combination of Building Science integrated with safe materials and Bau-Biology principles (which includes electromagnetic guidelines) would be the ultimate approach to healthy building practices. For a healthy home Building Science principles would determine how the materials would be put together and Bau-Biology standards would ensure that the materials used in the building would be safe and ideally even beneficial to the occupants.

I started working with medical doctors and alternative doctors helping their patients clean up their environments, remodel safely, learn about avoidance of exposures, and build non-toxic homes. There are so many desperate, very sick people that need guidance to help them unravel and discover the processes needed to liberate them from their prisons. The steps are concrete and solid, but can be very complex especially if the illness has been longstanding and chronic. It is my job to take the situation, evaluate it, and develop a process that is workable and feasible for the client that will create the fastest results with the least amount of effort. Sometimes it is as simple as changing laundry detergents and eliminating fabric softener. One woman with contact dermatitis called and said that she had been itching for over a year and that it had gotten so bad that she was clawing her skin to shreds at night. She was frantic and very upset because she didn't know what to do. She had been to dermatologists and been on medications. Still she was itching. One dermatologist had suggested changing her laundry detergent, which she did – numerous times. It just turned out that none of the laundry detergents she had tried was truly non-

toxic. I had her buy a new set of organic sheets and cotton pajamas, change to a human safe detergent (which means if you drank it, it would not harm you) and also had her change her body soap, shampoo, and lotions. After a few days no more itching! She was so grateful and it was relatively very simple. This string of events opened her mind to thinking maybe some of her other symptoms had a solution. So further investigation revealed electromagnetic issues in the bedroom that were influencing her heart rhythm. Resolution of the field issue and nutritional adjustments to the diet enabled her to get off a prescription drug, a Beta-blocker.

It is so hard for people to grasp how the body will respond when they are not being exposed to their daily dose of poison. We have become so adapted to our environments that we don't realize how much it affects us. We may be taking pills for headaches, stomachaches, depression, insomnia, but what is the source of the problem? There is always a reason – a headache is not a Darvon deficiency. The body is just worn down trying to detoxify and eliminate what is constantly being applied, breathed, and eaten. When it gets a break from this immune stress, the body can relax and do its job of restoration and healing, basically it can stop “fighting”. If a relatively healthy person rids their home and diet of common everyday toxic elements, the body has much more reserve; more ability to fight viruses and bacteria, more rejuvenative and restorative energy, and therefore an even greater level of health is enjoyed.

FURTHER ENLIGHTENMENT

After the introduction of cell phones I started to receive calls from people with electromagnetic sensitivity, but after the introduction of Wi Fi and wireless technologies sometimes more than ½ of my calls in a day pertain to this subject. We are now surrounded by a sea of electromagnetic frequencies never before experienced in the history of human civilization. The level of radio waves and microwaves is many millions of times higher than natural levels. This is in addition to what is called the Extreme Low Frequency (ELF) fields produced by the AC Current in homes that drives electrical appliances in households and the power lines feeding those devices. The problem with EMF contamination today is that it cannot be avoided as wireless technology and cell phone frequencies pervade the entire earth's surface. The consequence of this unprecedented EMF exposure has paralleled the consequence of the unprecedented exposure to chemicals after World War II that resulted in the sensitization of many people to chemicals. Today the rising number of people with electrical sensitivity is a warning to everyone to reduce their exposure to harmful electromagnetic fields. Researchers have shown that the presence of electromagnetic fields especially high frequency fields from cell phones, Wi Fi, etc. influence the behavior of molds, bacteria, lymes, viruses, etc. to become more virulent, produce more toxic byproducts, and reproduce more quickly. What is most important is that we educate ourselves, which will make us proactive and positive, limit, reduce, and shield ourselves from exposures when possible. For example, using a cell phone in a car amplifies the exposure to electromagnetic fields because of the car's metal frame. One woman called and said that she had been on her cell phone for four hours in the car while driving home for a holiday. She did not use her speakerphone, or an air tube earpiece or any protection on the phone.

She held the phone to her ear the entire four hours. When she got home she laid her cell phone on the counter and went to bed because she wasn't feeling well. Later when she went to pick it up, it just fell from her hand. She could not even hold it. Now she is unable to be around any cell phone that is on. If someone comes in her vicinity with a cell phone (not using it but on) she gets a blinding headache and her limbs go weak. The problem is quite serious because everyone carries a cell phone. She is unable to go into public places. We are working to recover her, but simple precautions, such as using the speakerphone or using an air tube earpiece, and shielding would have helped her avoid such a serious repercussion. Knowledge and understanding give us power to deal with today's world.

The experience of my personal illness and recovery as well as my son's recovery from extreme environmental illness was the impetus for the creation of "The House Doctors" as an educational vehicle for others. The discovery that toxic chemicals in building materials, our food supply, common household products, body care products, and electromagnetic fields impact the health of all of us has been verified through my family's personal experience, through the experience of my client base of about 2,000, through the experience of children with ADD/ADHD and autism, and through the chemically and electromagnetically injured throughout the country. The majority of people have a hard time relating to this because their immune systems are able to more efficiently metabolize and excrete hazardous chemicals – therefore they have no frame of reference for this phenomenon of injury to the immune system. But, due to the astronomical increase of these chemicals and electromagnetic fields in the environment our bodies are not able to handle this overload. It has been proven that we are all bioaccumulating these chemicals to some degree (depends on the strength of our detoxification system) and they are like ticking time bombs. If you doubt that you are affected by this toxic overload please read "Pollution in People: Toxins in Our Bloodstream" <http://www.thecancerblog.com/2006/05/24/pollution-in-people-toxins-in-our-bloodstream/>, read "The Pollution Within" from the October 2006 issue of National Geographic – <http://nngm.nationalgeographic.com/2006/10/toxic-people/duncan-text.html>, and read about a recent study that detected chemicals found in cosmetics and body care products in the blood and urine of American teenage girls - www.cosmeticsdatabase.com/research.

It is time we all apply the key element of "The Precautionary Principle" - it should stir us to take anticipatory action in the absence of scientific certainty. The Wingspread Consensus Statement on the Precautionary Principle is this - "The release and use of toxic substances, the exploitation of resources, and physical alterations of the environment have had substantial unintended consequences affecting human health and the environment. Some of these concerns are high rates of learning deficiencies, asthma, cancer, birth defects, and species extinctions..." In other words instead of a breakdown of the immune system as happens with the chemically sensitive, other systems in the body reflect this bioaccumulation - This may be manifested as chronic pain, digestive difficulties, hyperactivity, ADD/ADHD, depression, insomnia, headaches, asthma, cancer, Parkinson's, ALS, heart disease, MS, sinusitis, etc. I have seen so many conditions disappear by taking measures to eliminate toxin contact and EMF exposure.

The body has a remarkable capacity to rebound and repair. Douglas provides a good example. He experienced chronic pain, headaches, asthma, cancer, ADD/ADHD, hyperactivity, digestive difficulties, depression, chronic fatigue, etc. all of which resolved with a program of elimination and detoxification.

I propose that as you read this to think of Douglas and others that have been chemically and EMF injured as canaries like the ones they used to take down into the coalmines. When the canaries started dying, the coal miners knew that they should not enter the area because it was dangerous. Learn from our present day canaries. The chemically and EMF sensitive are the benchmarks for safe products and building materials. Their experience is giving us the chance to be warned to not use something that is harmful or to make sure that we take precautions for safety. This information is especially important for the developing fetus, young children, and elderly. People are getting sick from these chemical and electromagnetic exposures and the rest of the population should take note and take action. The chemically and EMF injured can teach us much. Increase your awareness and change your perspective - remove these insults to the immune system, become product savvy, start taking steps to clean up your home environment, and give your body and mind a break. If you make the choice to remove them, your body will thank you and you will change the course of your life for the better. Your body will be free to be healthier and your entire family will benefit.

The increase in awareness and change in perspective that resulted in life changing choices for my son and for me is illustrated by the following lines in the poem “The Road Not Taken” by Robert Frost

“Two roads diverged in a wood, and I – I took the one less traveled by,
AND THAT HAS MADE ALL THE DIFFERENCE.”

Make good healthy choices for your life and it will make all the difference in the world.