

## SUBMISSIONtoNICNAS

My submission may not conform to your format-I am not well enough to read your review. Sitting in front of a computer screen is exhausting to me. My eyes lose focus, my head and other parts ache, my verbal skills falter, my concentration and ability to integrate and co-ordinate information becomes extremely patchy, so now in haste: I have been recently diagnosed with MCS.[ My age is 62.] and it's getting worse. Life is hardly worth living.

My living circumstances are very stressful. The state housing authority put me in a new house unit, which poisons me, so for over a year now, since Feb 09, I've been living and sleeping outside, on the small open back veranda, rain, hail or shine, at 12 Wattle Way, Denmark, [SW of Western Australia] while requesting a transfer to an older, less toxic house. I've no where else to go.

Extensive inflammatory arthritis/tendonitis, feeling groggy, with pain [5-8/10 mankoski scale] all over, like I've been run over by a truck, but first a deep pervasive weariness overtakes me within a few minutes of sitting down inside, and I must fight against this reaction to escape quickly to fresh air. Careful documenting revealed I had about 5 minutes 'grace' inside, then must spend 10 minutes in fresh air resting, or suffer the consequences. This 'grace' varies with the weather. Warmer conditions, 'grace' may be only a minute. Pain has been up to 9/10.

Of course totally avoiding inside, or other forms of pollution/poison, is impossible. I now have chronic recurring pain/ tendonitis, sometimes in both arms and my right leg and foot. Path tests for rheumatology, eg CK enzymes, indicate chronic low grade muscle damage, but the doctor doesn't know what to do, since other tests seem OK or inconsistent....Caring for myself, even holding a cup, frequently becomes problematic. So is getting help. When someone who has chemicals on them [deodorant, perfume, lipstick, after-shave, laundry detergents, shampoo, hand-cream] comes near me, although I may not smell anything, and have no suspicion, my *body* reacts: my throat constricts, black spots appear before my eyes, I feel faint, and suddenly extremely anxious, probably not breathing, can barely speak/squeak, I desperately/urgently remove myself instantly while still able. This happens in a variety of situations, so I basically avoid human contact.

After motor exhaust fumes enter my space, I bleed from the nose and bowel, and bruise easily, for sometimes 2 weeks afterwards. I've had a colonoscopy to check, no cancer, but I saw the entire length of my colon oozing blood. At the merest touch, it bleeds like a stuck pig. The specialist asked was I on warfarin [No]

I've learnt that supplementary **Molybdenum** helps, 250 mcg 2xday, or more often, as well as about 24 other minerals, vitamins, amino acids, oils.

There is more, but I feel too unwell to get it all together here, tired of going thru it, and of 'negotiating' at Equal Opportunity Commission with Department of Housing, where even the conciliator seems biased against me, tells me I'm asking for too much [to have a house I can safely live in].

I was a nurse, theatre sister, 1966-89 and also worked as a dental nurse 1971 with my then husband.

I hope this snippet submission assists.

Sincerely

Felicity Amazon