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Aerotoxic Syndrome Treatment

A list of possible options and a discussion of members' experiences.

Disclaimer

The purpose of this document is to record members' experiences. For legal reasons, it must be stated that nothing in this document is intended as medical advice and should not be taken as such. Also for legal reasons, the Aerotoxic Association is unable to recommend any particular treatment options. The decision to undergo any particular treatment ultimately rests with the exposed individual.

NB While all members have exposure in common, member's situations are all different. This means that from the small base of experience presently extant, it is difficult or impossible to establish the effectiveness of particular individual treatment options. Getting well can be a full-time occupation, especially if you are suffering from chronic fatigue, and you are encouraged to study all of the possibilities presented here.

Modern medicine relies heavily of symptom suppression for treating ailments – one simple example is the aspirin. A philosophy of symptom suppression does not attempt to treat the cause of the problem. Since the basic problem with exposure to contaminated air is that the individual has been injured, symptom suppression is simply not an option; there is no 'magic pill' and we must look for other, effective, methods of treatment.

Given that Aerotoxic Syndrome results from exposure to a toxin, for the purposes of rebuilding health it would seem reasonable to focus on detoxification measures, combined with other general wellness and health strategies. The philosophy here is that it would seem to be a reasonable proposition that a healthier body will be more easily able to detoxify and repair itself. However, there is much that is still not known about recovering from an exposure to contaminated air. It is possible that once an individual has been tipped into ill health, factors that were previously well tolerated become significant impediments to recovery.

One of our members has vigorously pursued almost all of the health recovery strategies outlined here and has experienced a substantial degree of recovery. However, another has also experienced a substantial degree of recovery using none of the strategies except for avoiding further exposure to contaminated air. Please, do report back your experiences in order that others may learn from your experience, as you are doing now. This is most important.

Nevertheless, for the individual intent on recovery, pursuing as many of the options as is possible/comfortable/affordable would seem to be wise – there is much to be said for stacking the odds as greatly in your favour as possible. The known treatment possibilities are listed under various categories in alphabetical order. They include the following:

AEROTOXIC ASSOCIATION

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Part 1: Avoidance of further chemical exposure

Avoidance of further contaminated air exposure

The importance of this measure is in no doubt, and it is the number one item to attend to when trying to recover.

Members' experiences and AA comment

It is well known that with each subsequent exposure, sensitivity to contaminated air increases. For sensitive individuals, contaminated air is more toxic than those who have not yet become symptomatic. No members' condition has improved who have not ceased further exposure.

Home environment chemical clean-up

The home environment is widely acknowledged to be far less clean in chemical/pollution terms than outside. Many toxins are around the home, in such common items as air fresheners, cleaning products, new paint etc. Many of these chemicals have not been tested for toxicity and given that the number of possible combinations is almost without limit, it is no surprise that the synergistic effects of combination exposures are unknown.

Multiple Chemical Sensitivity (MCS), in which an individual becomes sensitive to a range of synthetic chemicals is common amongst Aerotoxic Syndrome sufferers and so reducing your chemical load would seem a sensible thing to do. Possible measures worth considering include:

1. Eliminate as many of these chemicals as possible.
2. Sleep with a window open.
3. Spend time outdoors.

Members' experiences and AA comment

One member who has experienced a significant degree of recovery has worked to create a chemically clean home environment.

Organic food

Organo Phosphates (OPs) are used as a pesticide control measure and may be present in and on foods. It would seem to make sense that as OPs are a cause of the problem, avoiding further exposure to them would be wise. For this reason, organic food would appear to be a wise choice when possible as these may be expected to have much less such residue. A further benefit of organic food is that the nutrient levels tend to be substantially higher than for non-organic alternatives.

Note that although the Government's official position on organic food is that its value is unsubstantiated, the canteen in the House of Commons is reported to be all-organic!

Members' experiences and AA comment

One member who has experienced a significant degree of recovery eats a high proportion of organic foods.



Personal care chemical clean-up

Almost all personal care products such as soaps, shampoos, toothpaste etc are based on synthetic chemical preparations. To varying degrees, these are toxic to the body and exposure to them is best minimized. It is therefore worth considering replacing such products with more natural ones.

Members' experiences and AA comment

One member who has experienced a significant degree of recovery seeks out low-toxicity personal care products.

Water matters

Clean drinking water is an important aid to health. Some local authorities fluoridate the water, with the intention of inhibiting the population's dental decay. Other chemicals may also be added such as chlorine, and additionally other metals such as lead, copper and aluminium may be present.

Fluoride in particular is a highly toxic poison and is not something that will assist a poisoned individual. The effectiveness of fluoride for dental purposes is in any case highly controversial. Some studies have shown that not only is it of highly limited effectiveness, but that it is also very toxic and is linked with cancer and other problems. You can contact your water supplier to find out about the quality of your water, and whether or not your water is fluoridated.

Many water cleansing options are available such as jug filters, built-in canister-type filters, reverse osmosis filtration plants, bottled water etc. One problem with all filters is that as well as filtering toxins, they may also filter out needed natural minerals from the water.

Filter types

Reverse osmosis (RO) filtration is effective at removing fluoride, as well as minerals. Carbon filtration reduces the levels of many kinds of common tap water contaminants, but does not remove fluoride.

Bottled water

A problem with bottled water is that it comes in plastic containers, thus probably exposing individuals to different toxins.

Members' experiences and AA comment

No experience to report at this time.

Part 2: Detoxification treatments

Chelation therapy



Chelation therapy involves taking a substance designed to bind with toxins which is then excreted. One such treatment is offered by Breakspear Hospital and uses DMSA and EDTA.

Members' experiences and AA comment

No members so far are known to have tried this therapy.

Exercise

All health professional recognize the value of exercise in promoting health. The lymph system, a major detoxification mechanism, relies on bodily movement for its operation. Exercise, however limited is therefore necessary for this mechanism to operate effectively.

Member's experiences and AA comment

The Aerotoxic Association recognises that exercise may be very difficult for those who are more or less bed-bound.

Fasting

Fasting is an age-old technique for the promotion of health, and many ancient cultures practiced it. Animals when sick will often fast until they are well. Fasting has become largely ignored by the medical community, yet its value as an agent for healing remains strong. The theory behind fasting is that digesting food requires a considerable expenditure of energy, and if the body is relieved of this duty it has more energy to devote to repair and healing.

In fact, we all fast on a regular basis overnight; the first meal of the day is named break-fast in recognition of this. A simple and safe way to increase the benefits of the overnight fast is to finish eating relatively early in the evening, perhaps 6pm, and to delay eating in the morning.

Members' experiences and AA comment

Suddenly taking up the practice of fasting may be risky in some circumstances because the detoxification that can be unleashed can be very uncomfortable and perhaps even dangerous. Therefore, if you wish to investigate this issue further please become well informed before practicing it.

One member who thoroughly researched fasting found very positive reports as to people's experiences of the benefits. He later fasted as part of an intestinal cleansing programme, and again as a short (3 day) stand-alone activity. He reports that in both cases significant positive effects resulted and intends to continue the practice from time to time.

Hot-air sauna therapy

Hot air saunas promote sweating by causing the body to become hot. Detoxing is a by-product of sweating. Since certain toxins are water-soluble, and the skin is a major detox route, sweating is known to be an effective detoxification strategy. Exercising prior to taking a sauna may increase its effectiveness as a detoxification method.



Members' experiences and AA comment

One member started this therapy, only to find that owing to the need to travel, it was very time consuming and also he found it unavoidable to be exposed to other people's deodorant sprays etc.

FIR saunas

Far Infrared sauna therapy is widely recommended by detox professionals. Essentially, FIR saunas are a more effective sauna therapy than conventional hot air saunas because the FIR rays are thought to 'vibrate' toxins clear of the cells and safely heat the tissues to a depth of perhaps 4cm. The treatment is widely thought to be safe since the FIR rays closely mimic the sun's FIR emissions. Sunburn is not a possibility.

It is said that about 50 FIR sauna sessions will reduce the prevailing toxic load by around half. It is thought that once toxins are sweated out, those remaining in the body redistribute over time by osmosis and diffusion, leaving a new 'layer' to be sweated out next time.

Exercising prior to taking a FIR sauna may increase its effectiveness as a detoxification method. One medical professional suggest frequent short sessions, taking the body only just to the point of sweating. Showering immediately afterwards is recommended in order to remove toxin residue, which would otherwise be reabsorbed through the skin as the body cools.

Members' experiences and AA comment

One member has frequently used a high quality Physiotherm FIR sauna for more than a year and has achieved very encouraging results. Another has used a cheap portable FIR unit with less success. Although possible, this is not necessarily due to differences between the units.

The member above is now an agent for Physiotherm FIR saunas – please contact the Aerotoxic Association if you wish to know more.

Further information from:

www.magmed.com

Intestinal cleansing

Natural health practitioners universally maintain that the digestive system is an important cornerstone of health. The theory behind intestinal cleansing, which involves taking a herb and Bentonite clay mixture several times a day for several days at a time, is that the GI tract becomes clogged with old fecal matter, known as mucoid plaque and that this contributes strongly to ill health and lack of vitality. Enemas are frequently used in conjunction with intestinal cleansing.

Opponents of the technique assert that the plaque that is evacuated is actually formed from the herbs and clay that have been ingested.

Members' experiences and AA comment



One member has experimented widely with intestinal cleansing and reports excellent results. He reports that the mucoid plaque evacuations are sometimes of different colours and this appears to indicate that the substance excreted is not composed only of the recently ingested herbs and clay. Additionally the plaque usually smells extremely foul and this seems to add weight to the assertion that the plaque is most unlikely to be a recently ingested substance.

Further information from:

www.cleanse.net

www.blessedherbs.com

Mercury amalgam replacement

Mercury is used in all conventional dental amalgams. The medical profession, with the exception of most dentists, agrees that mercury is an extremely toxic metal, and that it off-gases out of fillings into the human body even without the mechanical abrasion of chewing. Even tiny doses of mercury are known to be toxic and inhibit nervous system tissue growth. For these reasons removal of mercury fillings would seem to be a wise measure for an individual with compromised health. One doctor experienced in treating exposed individuals recommends mercury amalgam removal.

It seems reasonable that that the more mercury amalgams you have, the more potential benefit there is to be gained from replacement. If you go this route, it is reported to be important to have such work done by a specialist dentist, who will use dams, fume extraction equipment and other precautions. Fillings each have their own electrical potential and must also be removed in reverse order, highest negative potential first.

Members' experiences and AA comment

One member has scheduled this treatment with a member of the Mercury-free Dentistry Association and will report in due course.

Part 3: Dietary matters

Raw food diet

This diet consists of a high proportion (up to 100%) of raw fruits, and raw vegetables such as leafy green salad crops, supplemented with very small quantities of nuts and seeds. Raw food is a cornerstone of the natural health philosophy. The theory behind this diet is that cooking foods compromises their nutritional content and also that cooking food to some extent creates toxins within it. Evidence for this last item is that it is reported that Leucocytosis (an increase in white blood cells) always follows eating, but not if the food is uncooked. One advantage of the diet is that it can be gradually introduced; it's not an 'all or nothing' proposition.

From the point of view of chemically injured individuals, eating cooked food several times a day may, perhaps severely, impede healing as it forces the body to deal urgently with these toxins rather than be able to expend energy on repairs.



Proponents for the raw food diet maintain that raw foods are whole, high in nutrition and devoid of the toxins that cooking creates. They also maintain that these are the most natural foods for humans. Research reveals that there are a large number of people reporting healing from serious conditions such as cancer, ulcerative colitis and many others by using this type of diet, so it would appear well worth investigating. Also, a number of raw food enthusiasts have posted their experiences and 'before' and 'after' pictures on the internet – and these paint a very positive picture.

Members' experiences and AA comment

One member is pioneering this diet and found it quickly made a strong improvement to energy levels, general health and his mood. The member has continued with the diet and for in excess of a year and reports continuing benefits.

As with fasting, the detoxification that can be unleashed on a raw food diet can be uncomfortable. There is much to learn about natural health, for example healing reactions and cleansing reactions and if you want to go this route, it would probably be wise to ease your way in gently rather than go 100% raw overnight.

Further information from:

Book: The 80/10/10 diet by Dr Doug Graham (www.nutricentre.com)

www.foodnsport.com

www.lovingraw.com

www.rawfoodexplained.com

www.rawschool.com

www.shazzie.com

'Stone age' diet

This is a relatively high fat, high protein diet which excludes many foods to which allergies and intolerance is common, such as milk and wheat. Part of the theory behind this diet is that a high fat intake will help to promote an exchange of polluted body fats for clean ones. Another part of the argument for this diet is that it represents the natural hunter-gatherer diet of our forebears, though raw food practitioners would disagree.

Members' experiences and AA comment

One member has tried this diet and found it made a noticeable improvement to his energy levels. He also found it was an easy step to take towards improving his diet. He subsequently embraced the raw food diet and found this to be even more beneficial.

Vitamin therapy

Many doctors recommend patients take a variety of vitamins and supplements. These can include B series vitamins including B12, vitamins C and E, Glutathione, CoQ10, etc. Other doctor-recommended supplements include minerals, D-Ribose and L-Carnatin.

As with most medical issues, there are both proponents and detractors for vitamin therapy. The proponents argue that the vitamins are useful aids to ensuring adequate nutrition, while the detractors argue that they are heavily processed synthetic substances that cannot equal food, and furthermore that they may in fact represent a further toxin for the body to have to deal with. However, it may be that certain vitamins



even in synthetic form are worthwhile. If you wish to go this route, it would probably be worth purchasing high quality products, especially if they are derived from real food rather than produced synthetically.

Members' experiences and AA comment

Reports from two members who followed a regimen of vitamins found it appeared to make no discernable difference. However, it is impossible to know what their condition would have been had they not taken the vitamins. We hope to have more information in time on this subject.

Part 4: Other treatments and measures

Dental hygiene

Poor dental hygiene has reportedly been linked to ME/CFS and has effects on the body that extend far beyond the mouth. Dental hygiene issues also include the gums, especially the area beneath the teeth. For this reason a visit to a skilled dental hygienist may be something worth considering.

Hyperbaric oxygen therapy

This therapy involves resting in a high pressure chamber whilst breathing pure oxygen. The theory is that this super-oxygenates the body's cells and helps to counteract the effects of chronic fatigue.

Members' experiences and AA comment

One member has tried this therapy three times, and each time reported a noticeable improvement in fatigue levels post treatment. He did not continue the treatment due to the requirement to travel and because he felt this probably constituted symptom relief more than a healing treatment.

PLX therapy

Phosphoid-lipid exchange (PLX) therapy involves a course of injections.

Members' experiences and AA comment

No members so far are known to have tried this therapy.

Sleep and rest

Waking in the night, and being unable to regain sleep is a common problem for those affected by exposure to contaminated air. The reasons for this are unclear but it is thought they may include:

1. Nocturnal detoxification, in which stored toxins are mobilized for excretion (in which case this discomfort would lead to benefits in the longer run), and possibly also;
2. Disruption of the body's internal body clock, (influenced by sunlight) which may be caused by the presence of skin-stored toxins.



NB both may be incorrect; and are subject to verification.

Missing sleep can be stressful in itself; take comfort from the fact that rest can be gained even when not actually asleep. Taking a sleeping pill is probably unwise, as pharmaceutical preparations represent a further toxin. Likewise alcohol, a toxin, is not a good solution.

Stress reduction

Studies show that a stressed individual will not heal as well as one who is less stressed. Therefore, it would seem wise to try and minimize sources of stress in your life, and to try to be relaxed about those you can do nothing about.

Thinking Healthy

What you believe is very important, and studies have shown that a positive mindset has a definite beneficial effect on the health. Furthermore, it is said that we tend to get more of what we concentrate on. Therefore, rather than thinking about illness, it's far better to focus on health, wellness and recovery. It is worth remembering that the human body has an astonishing ability to repair itself.

Vitamin B12 injections

Members' experiences and AA comment

No members so far are known to have tried this therapy.

Miscellaneous health-related websites

www.colitis-crohns.com
www.mercola.com
www.notmilk.com
www.rawfoods.com
www.snyderhealth.com
www.thedoctorwithin.com
www.thewolfclinic.com
www.heartattackproof.com

YouTube videos

Functional Medicine: <http://www.youtube.com/watch?v=qeq6xRU2ASQ>

Additional information

As other treatment options become known, they will be added to this document. In order for our base of experience to grow, please do report back your experiences in order that others may learn from your experience, as you are doing now. Thank you, this is most important.