

About us...

The Ohio Network for the Chemically Injured (ONFCI) “supports those injured by environmental causes and those with Multiple Chemical Sensitivity (MCS), a disability caused by one major exposure or chronic low-level exposures to chemicals in our everyday environment. Many are suffering from MCS, including those diagnosed with Gulf War Syndrome, Fibromyalgia, Connective Tissue Disease from implants, Chronic Fatigue Syndrome and Sick Building Syndrome”.

The Greater Cleveland Endometriosis Association Support Group offers support, outreach, and resources for those afflicted with endometriosis and their families. The organization also seeks to educate the community at large about the link between dioxin and other pollutants to endometriosis.

For more information, please contact:

Ohio Network for the Chemically Injured
P.O. Box 29290 • Parma, OH 44129
440.845.1888
www.ohionetwork.org

Greater Cleveland Endometriosis
Association Support Group
330 Sprague Rd., #301 • Berea, OH 44017
440.826.9027
snowleopard7001@yahoo.com



**We Want You...
to Get Involved**

**You Can Make
a Difference**

Contact your congressional representatives:

Senate

- Sherrod Brown:
www.brown.senate.gov
- George Voinovich:
www.voinovich.senate.gov

House

- www.puc.state.oh.us/pucogis/ARCIMS.htm: Interactive map of Ohio's congressional districts. Click your district for your representative's contact info.

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” -Margaret Mead

Food for Thought: The Alarming Truth About Chemical Additives in Our Water and Food Supplies



A joint endeavor of the
Ohio Network for the
Chemically Injured and the
Greater Cleveland
Endometriosis Association
Support Group...

CHANGE NEEDS YOU!

While change can sometimes seem to be an insurmountable task, when one person recognizes a need for change and all of us join together to support that change, change takes place. The Ohio Network for the Chemically Injured (ONFCI) and the Greater Cleveland Endometriosis Association Support Group have joined forces to help you recognize the ways in which we can all work together to create change in our corner of the world to make it safer and healthier for all of us.

You can control many of the exposures that cause harm to your health by following the suggestions in this brochure and sharing it with others.

Identify the Problem

Headaches, rashes, wheezing, depression, irritability, fatigue, memory loss, and many diseases that include cancer, asthma, autism, reproductive disorders (endometriosis), and chemical sensitization (MCS) may be caused by exposures to harmful substances.

Find the Cause

Keep a diary to document when your health symptoms occur. Take note of what is in your environment at that time (your trigger). Your intuition has probably already told you what is wrong. It may be the food you eat, the water you drink, the environment in which you live or work, the medication you take, or the perfume you wear.



Search out Solutions

Make safer selections. While it may take some time to get the hang of it, reading labels, researching ingredients placed in foods, pharmaceutical and prescription drugs, avoiding toxic areas, and researching substitutes does help and is well worth the effort. Material Safety Data Sheets (MSDS) are available online for toxic substances. The Center for Disease Control (CDC) website lists the health effects of many toxic substances at www.cdc.gov.

The Cuyahoga County Public Library has numerous books, CDs, and other information under their environmental and toxicology categories. Many were written by investigative reporters, scientists, and researchers, and contain medical health data from the World Health Organization, the European Union, and the Center for Disease Control (CDC), including research about the content of toxins in humans.

Change Attitudes & Actions

You can make a difference. When you learn a product is hazardous, let your friends know. Joint efforts to report harmful products (IN WRITING) to the companies manufacturing them, to the appropriate enforcement agencies, and to legislators works.

Share what you learn with family, friends, neighbors, employers, co-workers, physicians, and others. Encourage them to voice their concerns to support safer food, pharmaceuticals, work environments, building materials, and consumer products. Don't get discouraged when others criticize or intimidate you.

Educate yourself before you vote. Take the time to learn about the candidates you vote for, utilizing

unbiased resources such as www.factcheck.org. Check out their environmental legislation history and preferences: <http://projects.washingtonpost.com/congress/>

Check These Out!

- [Exposed: The Toxic Chemistry of Everyday Products and What's at Stake for American Power](#) by Mark Schapiro
- [Fateful Harvest](#) by Duff Wilson
- [The Hundred-Year Lie: How Food and Medicine are Destroying Your Health](#) by Randall Fitzgerald
- [Our Toxic World: A Wake Up Call](#) by Dr. Doris Rapp
- [Is This Your Child's World](#) by Dr. Doris Rapp
- [What's Toxic, What's Not](#) by Gary Ginsberg
- [Convenient, "Safe", and Deadly](#) by Flora Preston
- [Endometriosis: The Complete Reference for Taking Charge of Your Health](#) by Mary Lou Ballweg and the Endometriosis Association
- [Fibroid Tumors and Endometriosis: Self Help Book](#) by Susan Lark
- [SiCKO](#), Directed by Michael Moore
- [Deceived, Disabled, Dejected, Dehumanized, Dismissed, and Dying: The Widespread Dilemma of MCS Disability](#), www.envhealthproject.org/envn10v06.shtml
- Health of the Great Lakes: www.publicintegrity.org
- Beyond Pesticides: www.beyondpesticides.org
- Center for Health, Environment and Justice: www.chej.org
- For cosmetic issues: www.nottoopretty.org

