

# Environmental Sensitivities

*"When you start asking your patients about sensitivities, you will be surprised how many have them."*

When people with genetic weaknesses are exposed to a major stress, usually in the form of chemical exposure, they can lose tolerance to substances that they normally would not react toward. All of a sudden smells, chemicals, certain foods that they were not sensitive to will create life changing, vaguely defined illnesses like chronic fatigue, fibromyalgia, brain fog, chronic headaches, IBS, pain, inflammation, puffiness and other chronic infections.

Dr. Mark Force developed a unique product that can help people with genetic weaknesses by supporting the biological processes involved with chemical detoxification. The result, patients that were sensitive to odors, sulfites, chemicals and food additives can now tolerate them.

As background to the severity and prevalence of the problem, he shares the work of Dr. Claudia Miller who overcame a chemical toxicity in her own life. The research of Dr. Claudia Miller shows 1 in 5 chronically ill people have environmental sensitivities.



You can see a link to her work and a questionnaire she uses called the QEESI, short for quick environmental exposure and sensitivity inventory.

If someone scores high in this scale, it is a warning flag that everything you do has to be slow and in low doses. These patients will find it difficult to detox stored chemicals in their body. So even though they need a detox, if you put them on one, they may get sicker as stored chemicals flood the system.

Your practice may not be exposed to this patient population yet; however, 15% of

all people report sensitivities to everyday chemicals such as household cleaning products, paints, perfumes, soaps, garden sprays as well as medications, caffeinated and alcoholic beverages. It's also estimated that 50% of the population is sensitive to sulfites. When you start asking your patients about these sensitivities you will be surprised how many they have.

Dr. Force started investigating these concepts by accident. One of his successful patients felt great but still couldn't drink red wine. He discovered a sulfite problem

and helped her solve the issue. Excited by his success he treated still another patient with white wine sensitivities and found it was an aldehyde problem. Still other patients' conditions helped him realize someone with a wine intolerance may have other triggers.

Dr. Force found the following substances or processes present in wine and alcoholic beverage consumption: sulfites, phenolic compounds, aldehydes, histamines, tyramines, and miscellaneous congeners.

Congeners is a fancy name for aldehydes, phenolics and taste enhancers in many distilled products like scotch and whiskey which by the way must also be detoxified by the liver. You can see a link that describes some examples of foods that contain them.

As you know, an excess of tyramines have been linked to chronic headaches.

Dr. Force jokingly suggests that ScentArest is like a fine wine, because ScentArest supports many biological processes particularly detoxification in the following pathways: P450 pathway, sulfation, acylation, acetylation, methylation and glutathione peroxidase enhancement.

ScentArest supports mitochondrial function and regulates histamine. By supporting methylation, it helps reduce histamine. ScentArest also contains quercetin which helps the mast cells regulate the release of histamine. Histamine is a stimulatory neurotransmitter; by providing nutrients to modulate histamine, don't be surprised if patients report better sleep through an indirect mechanism. These are the type of patients that will have multiple spikes with food allergy testing. They don't have the high spike like you see with milk, gluten or eggs but they have lots of smaller spikes that add to the inflammatory load. They frequently have irritable bowel syndrome and a leaky gut.

ScentArest contains phosphorylated B vitamins, molybdenum, selenium, vitamin E, 5-methyl tetrahydrofolate, quercetin and a proprietary blend of botanicals.

In terms of methylation, ScentArest is a useful low dose foundation for gentle or soft support of methylation that avoids the stress of over-methylation. The low dose allows the body to process chemicals already present before digging deep to unload toxins stored in tissue.

In terms of dosing, start with 2 or 3 capsules twice a day and as symptoms abate, reduce dosage. Dr. Force noted that this product may be used at a dose as low as 1 or 2 capsules a week; but since this product is geared to deal with supporting epigenetics, it will be life time support. Small amounts can have huge effects.

Synergistic products are: zinc as Zn-Zyme Forte, hydroxocobalamin as in B12-2000 lozenges, co-enzyme Q10 as in CoQ-Zyme 100 Plus and a source of sulforaphanes, trace minerals and nitric oxide as in NitroGreens.

As a side note, you could use the aldehyde sniff test that Dr. Schmitt championed as a screen for this product.

ScentArest is formulated to provide nutrients for the complex and chronic patient genetically predisposed to inadequate metabolism of xenobiotics from food and the environment. Often these patients have depleted levels of glutathione as well as mitochondrial impairment. ScentArest supports the breakdown of xenobiotics as well as providing the nutrients to support both glutathione and mitochondrial repair.

I think you will agree the combination of genetic weaknesses and exposure to chemicals is on the rise, consider ScentArest as part of your nutritional portfolio.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.