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## How to Become a Member of EHAO

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To become a member of EHA Ontario, please **print** in the following form, and mail it with your cheque to the address below.

New Member       Renewal

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Prov.: \_\_\_\_\_

Country: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone No.: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

How did you find out about EHAO? \_\_\_\_\_

Annual Membership Fee (pro-rated to Sept 1): . \$25.00

Donation: . . . . . \_\_\_\_\_

Total Amount Enclosed: . . . . . \$\_\_\_\_\_

*Thank you*

**Note:** Membership Fees are pro-rated to Sept 1. Please pay according to the month in which you join:

Sep \$25, Oct \$23, Nov \$21, Dec \$19, Jan \$17, Feb \$15,  
Mar \$13, Apr \$11, May \$9, June \$7, July \$5, Aug \$28\*.  
(\*\$28 covers August plus full membership year.)

Please make your cheque or money order payable to:

**EHA Ontario**  
Box 33023  
Ottawa, ON K2C 3Y9

If you need a charitable receipt for your donation over \$25, your cheque or money order should be made out to "**EHA-Ottawa**" and marked "**Donation**". Please clearly identify cash donations and request a receipt for donations over \$25.

Charitable Number: BN 13273-7099 RR0001

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## We Invite You to Join Us

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**Please refrain from wearing smoke-laden clothing or scented personal care products to our meetings.**

Membership in EHA Ontario enables the association to serve you, and to reach out to others. Your membership entitles you to:

- **A subscription to *Eco-Sense***, our branch newsletter (published three times a year – includes local calendar of events and interesting and informative articles)
- **EHA Ontario general meetings** – Informative meetings held 3-4 times a year in Ottawa (date, time and location listed in *Eco-Sense* and on our website) – open to the public
- **Access to the *Source Book*** – listing stores and suppliers of environmentally safe products
- **Special prices on books** related to Environmental Sensitivities
- **Member discounts** from stores which carry environmentally safe products
- **EHA Ontario Board meetings** – held monthly and open to all members
- **E-mail tree** to remind or inform members of upcoming events
- **Audio/visual lending library** – available to all members
- **Access to wild game meat** – sold to members, subject to availability
- **Opportunity to volunteer** for this worthy cause



**Website at [www.ehaontario.ca](http://www.ehaontario.ca)**

*Our membership list is confidential.*

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## EHA Ontario



Environmental Health Association  
of Ontario

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**[www.ehaontario.ca](http://www.ehaontario.ca)**

**E-mail: [helpline@ehaontario.ca](mailto:helpline@ehaontario.ca)**

**EHAO Help Line & Info: 613-860-2342**

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### **MAILING ADDRESS:**

**EHA Ontario**  
**Box 33023**  
**Ottawa, ON K2C 3Y9**

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## What Are Environmental Sensitivities?

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A growing segment of the population experiences a variety of adverse reactions to environmental agents at levels well below those that might be deemed to affect average persons. These atypical reactions are called environmental sensitivities.

### Some agents that may act as triggers are:

- Naturally occurring or synthetic agents in the air, water, food, personal and home care products; fabrics, furnishings; hospital, school and office equipment; office supplies and building materials; chemicals used and stored in the home, health care facilities, schools, workplaces, farms or industries and public transportation vehicles; pollens (grass, trees, plants and weeds), dusts, molds and animal danders.
- Artificial lighting and electromagnetic fields.

### Symptoms:

The severity of symptoms ranges from mild discomfort to severe disability affecting daily activities, family life and career.

Environmental sensitivities can develop in individuals of any age, whether or not they have a past history of allergies.

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## The Environment and Human Health

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Symptoms that have been known to develop through contact with common things in the environment include:

- **BRAIN/CENTRAL NERVOUS SYSTEM** (often inappropriately diagnosed as a psychiatric disorder) – headaches, extreme tiredness, dizziness, mood swings, confusion, depression, hyperactivity, memory problems, seizures.
- **LUNGS** – infection, coughing, wheezing, tightness, breathing difficulties, asthma.
- **DIGESTIVE SYSTEM** – cramps, nausea, bloating, gas, diarrhea/constipation, irritation, food cravings, weight loss/gain.
- **MUSCLES/BONES/JOINTS** – stiffness, aches, pain weakness, swelling, cramps, “arthritic” symptoms.
- **URINARY/REPRODUCTIVE SYSTEMS** – cramps, infections, itching, burning, urinary urgency or frequency, loss of libido.
- **MOUTH** – metallic taste, dryness, cracked lips, excessive saliva, skin peeling or blistering.
- **EARS/NOSE/THROAT** – frequent infections; itching, ringing or blocked ears, red earlobes; sneezing, itchy, irritated, blocked, runny or stuffy nose; irritated, hoarse throat; laryngitis.
- **EYES** – infected, itchy, red, watery or puffy; some visual problems.
- **SKIN** – cold, itchy, cracked, red, bruised or swollen; hives, rash.

*EHA Ontario does not offer medical advice.*

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## How EHAO Can Help

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EHA Ontario is one of the branches operating under the Environmental Health Association of Canada (EHA Canada). EHA Canada is a registered charity operated by volunteers, with branches in cities across Canada, including EHA Ontario.

### Together we strive:

- To promote awareness among individuals, communities, schools, corporations and governments of environmental conditions that may be harmful to human health.
- To find less-contaminated sources of food, water, clothing, personal and home care products, home furnishings and building materials.
- To bring individuals together for mutual support and education, through meetings and workshops.
- To keep members up-to-date through our local newsletter, *Eco-Sense*, and our website, [www.ehaontario.ca](http://www.ehaontario.ca), with information on:
  - ▶ environmental sensitivities and related health issues;
  - ▶ environmental concerns;
  - ▶ product information and sources;
  - ▶ recommendations for healthier living;
  - ▶ national and local activities.

*Cette brochure est aussi disponible en français.*



Printed on recycled paper.