



Accommodating Persons with Disabilities: New Precedents in Canadian Human Rights Legislation

ALSO:

Parasites: The Missing Link?

Are Your Carpets Killing You?

10 Reasons to Go Organic

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Eco-Sense

A quarterly publication of the Ottawa Allergy and Environmental Health Association. Reprinting of original articles is permitted with appropriate acknowledgment.

AEHA is a national registered charity operated by volunteers with branches in cities across Canada. Together we strive to promote awareness of environmental conditions that may be harmful to human health, and to bring individuals together for mutual support and education.

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Prevention Key to Environmental Health



BY BARBARA LEIMSNER

As I thought back on this summer, I realized that so many environmental health issues are pushing their way to the forefront. Poisoned water in Walkerton. A successful ban on the cosmetic use of pesticides in Halifax. Protests about the disposal of Toronto's garbage in northern communities. The list goes on...

Two stories in particular caught my attention. An Aug. 22 front-page story in *The Globe and Mail* was headlined: "Toxic soup may be choking our kids." A comprehensive report issued by the Canadian Institute of Child Health warns that Canadian children are being exposed to a daily dose of toxins in their water, air and food, and that these exposures could explain the sharply rising incidence of asthma, childhood cancers, behavioural problems and others. The authors called on the government to commit to major investments in research because so little is known about the impact of chronic, low-level exposure to pesticides, air pollution, food additives and the like on future generations.

Another dramatic headline, "Is Your Office Killing You? The Dangers of Sick Buildings," was on the cover of the June 5 *Business Week*. (see summary in Health Briefs). This excellent story documents case after case of workers who have been severely disabled by workplace exposures to contaminants including toxic molds and pesticides. Calling indoor air quality one of the top health risks today, the article says U.S. companies could save as much as \$258 billion a year by preventing sick-building illnesses and from the accompanying productivity gains. The financial benefits to companies of making improvements to indoor air quality far outweigh the costs.

The environment ranks fourth on Canadians' priority list, right after children's health, according to an Ekos poll. And yet, our governments seem unable to focus priority attention on promoting public

health and preventing so many very preventable illnesses. It's time they put public health squarely ahead of the concerns of those with vested interests in continuing to pollute or promote toxic products.

Activism Pays

The experience of Halifax AEHA and other organizations this summer in winning a ban on pesticides for cosmetic use, including around schools and playgrounds--and importantly, within 50 metres of those with environmental sensitivities--is proof-positive that David can take on Goliath, if he's strategic and well-organized.

Which brings me to environmental activism! As our organization gears up for a busy fall, Ottawa AEHA is continuing to educate our members and the public about environmental health issues. I think you'll find our lineup of fall meetings excellent and informative. The September meeting will again feature a three-person panel of people with MCS, CFS or fibromyalgia discussing how they have regained their health. In October, we'll feature dynamic speaker Ronald Bisson, husband of Claudette Lupien, a long-time sufferer of chronic fatigue syndrome, who will speak about how to support persons with chronic disability. I know you will want to tell your spouses, partners, relatives, friends and colleagues about this meeting!

In November, we're pleased to have board member Diana Dernford and hopefully a doctor of Environmental Medicine talk about their experience with Enzyme Potentiated Desensitization (EPD) treatment. EPD is an immunotherapy used to treat inhalant allergies, adverse reactions to chemicals and food allergies all at the same time. A few planned topics for Winter and spring 2001 include "A Holistic Approach to Allergies," "Stress Reduction, Meditation and Chronic Illness" and more! As always, if you have ideas for topics or speakers, please let me or a Board member know.

Don't forget to mark your calendar for the holiday pot luck dinner, planned for December 2, a great chance to meet informally and enjoy some wholesome culinary delights too. See you this fall!

Is Your Carpet Killing You?

HAZARDOUS CHEMICALS IN CARPET

BY BARBARA LEIMSNER

Wall-to-wall carpeting is almost everywhere and is marketed as a soft, luxurious but low-cost floor covering. For many people, however, new carpeting installed in a home, school or workplace can be an unsuspected cause of toxic indoor air pollution and health problems ranging from acute neurological and respiratory damage to more insidious long-term immunological damage. Environmentally sensitive people, however, as many of us know first-hand, experience adverse effects at much lower levels of exposure than others.

In the face of numbers of consumer complaints in the U.S. starting in the late 1970s, mounting medical evidence and growing concerns raised by health care practitioners and researchers, the U.S. Senate held hearings on indoor air quality and carpeting in 1991 and 1993. In 1988, toxic carpet backing and adhesive were the suspected culprits when hundreds of employees of the U.S. Environmental Protection Agency became ill after new carpet was installed in their building.

According to the carpet industry, some 1,000 chemicals are used in the manufacture of today's synthetic, petrochemical carpets. These include acetone, benzene, toluene, styrene and 4-PC, to name a few. That's not to mention the chemicals used in adhesives and glues, seam sealants and in underpadding and carpet backing. And stain-resistant treatments such as Scotchguard™ (recently withdrawn from production by 3M--see related article page 7), and anti-static or anti-microbial treatments are standard additions today. Individually, many of these chemicals have known human health effects. In combination, however, little is known about their adverse impact. There may be interactive effects between chemicals that far exceed the impact of any one substance. Although some chemicals may stop "offgassing" in days or months (that new carpet smell does eventually fade), other carpets may continue to emit chemicals for years.

What's the evidence that some of these chemicals emitted from carpets are toxic and dangerous? Using recognized testing procedures, Anderson Laboratories, an independent U.S. lab, conducted tests on some 500 carpet samples using mice. The lab found that about one-quarter of the samples, both new and old, caused moderate to severe pulmonary irritation, slight to moderate sensory irritation and neurotoxicity. Some of the effects were so acute, the mice died. What is more, the reactions caused

in the mice often mimicked the acute reactions suffered by humans who were exposed to the same carpet.

Notably, the Anderson tests were designed to determine the effects of short-term exposure only. What is still unknown are the effects of long-term exposures--slow and silent damage to human immune systems. Does this kind of exposure cause people to be more susceptible to other chronic conditions, including cancer? The evidence strongly suggests this is the case. One need look no further than the health problems of carpet installers, which include numbness, tingling, dizziness, ringing in the ears, shortness of breath, joint pain, fatigue, memory problems, tremors and immune abnormalities. According to an article, "Carpet Installers Speak Out," by Cindy Duehring, many have died before retirement age of lung and other cancers, and a Georgia study showed they had a higher incidence of lymphocytic leukemia and testicular cancer.



Carpet is not only a potential health hazard, but an environmental concern. Billions of square yards of old carpet containing toxic chemicals must be disposed of every year.

Although the carpet industry denied that their products caused such health effects, they eventually acknowledged that some individuals might become sick and agreed to a voluntary labelling program to warn U.S. consumers about toxic fumes from carpets. The Canadian Carpet Institute also offers these warning labels. Some manufacturers may also have voluntarily reduced or eliminated some of the more toxic chemicals from their product

-- but carpet should still be viewed with great caution.

Potentially toxic carpets continue to be widely installed, despite the mounting medical evidence, media attention, and despite the fact that people are still suffering serious health damage. It's time for governments to address this serious health risk and to act to protect the unwary public.

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www.thenaturalhouse.com

Do you have a concern about existing carpet, or is your employer, school or daycare planning to install carpeting? Here's what you can do:

- Inform yourself! The AEHA library and the Internet (Anderson Laboratories [see address below] and www.holisticmed.com) are good places to start. Insist that only non-toxic carpet be considered.
- Don't rely on uninformed retailers or the carpet manufacturers, who have a vested interest in marketing their product and may provide biased information.
- Research non-toxic flooring alternatives including pure wool (can have been treated with pesticides for moth-proofing), hardwood, jute, cork or old-fashioned linoleum and others.
- Have carpet tested by an independent lab. Anderson Laboratories conducts tests for about U.S. \$350. Contact Anderson Laboratories, Inc., Box 323, West Hartford, Vermont 05084 (802) 295-7344 or www.andersonlaboratories.com/

Old Carpets Can Also Be a Hazard

It's not only the toxic chemicals offgassing from new carpets that are cause for concern. All carpets trap or "adsorb" particulates and pollutants. Carpets act as a reservoir for tracked-in chemicals including pesticides, lead and other heavy metals, of particular concern for children who play on them. Carpets are an ideal home for highly allergenic dust-mites. Scandinavian studies, for example, show a 10-fold increase in the risk of asthma associated with wall-to-wall carpeting. Wet carpeting can breed another allergen--mold.



A wealth of resources and links about health and the environment can be found on the Environmental Health Network's index site at <http://users.lanminds.com/~wilworks/ehindex.htm>, or call the EHN at (415) 541-5075.

Searching for specific ingredients of household cleaners? Check out The National Library of Medicine's TOXNET database at <http://sis.nlm.nih.gov/sis>.

The Canadian Neurotoxicity Information Network has a site at www3.sympatico.ca/cnin or contact Ron Braithwaite, R.R.#2 Perth Road Village ON KOH 2LO. e-mail: cnin@sympatico.ca.

A new online support group ONLY for caregivers of persons with Multiple Chemical Sensitivity can be joined by going to the Web site at www.egroup.com/subscribe/mcs-caregiver and click the "join" button. But be warned--if you are found to be a patient rather than caregiver, you will be removed from the list. (*Our Toxic Times*, July 2000)

For food allergy and vegetarian/vegan recipes and information to help with specialized diets, check out The Online Recipe Network at <http://members.home.net/recipenet>. Also includes vegetarian restaurant guide for Canada and the United States.

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Parasites:

HITCH-HIKERS ON YOUR HEALTH

BY JANE WILSON

The problems caused by untreated parasite infection can sometimes underlie multiple chemical sensitivity. Here's what you need to know.

Everyone who owns a dog knows the importance of regular de-worming to keep their pet healthy; horse owners also de-worm their animals every eight weeks to maintain health.

But what about people? Do we get worms, too? The answer is yes, and a whole lot more. Parasites that affect humans include protozoa such as giardia and helminths or worms. Often we think that parasites are associated with tropical climates, which is true, but we in Canada are not immune to parasitic infection. In 1996, for example, giardia was the third most commonly reported enteric foodborne or waterborne disease in Canada. Although notification for giardia has declined since 1991, the rate of infection is still at 20 cases per 100,000 population.

And that's just what's reported: Statistics Canada notes that public health scientists acknowledge these illnesses are far more common than the reported numbers suggest. Estimates from studies in North America indicate that as few as one to 10 per cent of cases are recorded.

Amebiasis infection by the protozoan parasite *Entamoeba histolytica* is estimated to be present in 50 to 100 million people worldwide, and is responsible for more than 100,000 deaths each year.

Parasites are transmitted easily in food, water, on the hands of infected people, or by pets. Parasites can be transmitted through sexual contact as well.

OK, so now you know you may not be alone, but how do you tell if you have a parasite?

The symptoms vary with the individual parasite, of course, but the main symptoms are chronic gastrointestinal distress including constipation, diarrhea or chronic irritable bowel syndrome, bloating, excessive gas, abnormal stools which may be fatty-looking and mucus-laden, fatigue, and signs of malabsorption such as weight loss. A common sign of pinworm infection is an itchy rectal area, as the female pinworms exit the body to lay eggs; these eggs can then be transferred to someone else by contact, even through bedding and clothing.

If an infection is severe, more dramatic signs may appear. In the case of a heavy tapeworm infection, for example, abdominal obstruction can result. The parasites may also migrate from the intestinal tract to other organs where they can cause other symptoms.

Diagnosis may be tricky: usually doctors will order a series of stool specimens to be taken to check for the actual parasites and their eggs (ova), but stool specimens can be negative even in people with active parasitic infection.

Treatment varies with the individual parasite. Treatment for giardia and amoeba, for example, is usually a course of a drug called metronidazole (Flagyl) or furazolidone (Furoxone). Worms, or helminths, are treated with mebendazole (Vermox). These drugs do have side effects, and you should check with your pharmacist about the proper way to take them. As with all drugs, the full course of medication should be taken, and not stopped when symptoms disappear. The goal of treatment is not only to kill the existing parasites, but also all their eggs.

Natural remedies do exist, containing herbs such as black walnut and wormwood which are effective against parasites.

Prevention

Preventing parasitic infection requires attention to hygiene, and avoiding contaminated food and water. Such contamination can happen anywhere—recently, diners in a Toronto restaurant became ill with a parasite after eating desserts with infected raspberries from Guatemala.

- Drink only safe water; if you are uncertain, boil the water for 20 minutes.
- Wash all fruits and vegetables.
- Cook all meat well; tapeworms and other parasites may be transmitted in undercooked or raw meat, fish and poultry.
- Ideally, areas of the house where food is prepared should be off limits to pets.
- Wash your hands before each meal and always wash hands with soap and hot water after using the toilet, changing a child's diaper, or handling pets.
- Do not allow children to eat dirt or play in a sandbox or area where cats and dogs defecate.
- Worm your pets regularly.
- Change cat litter daily and wear gloves; pregnant women and people with immune system disorders should not do this chore.
- Keep your immune system strong and your digestive system healthy by eating well and reducing sugar intake. (Bugs love sugar!)

- Be aware of the risk of sexual contact, particularly from oral sex and multiple sex partners.
- Be very careful when travelling; wipe or cover toilet seats before using, drink only bottled water from sealed bottles; do not take drinks with ice cubes; and eat only cooked foods.

Jane Wilson is an Ottawa writer who specializes in health care.



Health News Briefs

Timeless Scent

It seems a popular Calvin Klein perfume may truly have timeless effects. "Eternity eau de Parfum" was recently identified by two independent laboratories, in a study commissioned by the Environmental Health Network (EHN), to contain 41 ingredients, some of which are known to be carcinogenic, toxic to the skin, respiratory tract, nervous and reproductive systems. But "Eternity" is by no means outstanding in its field, according to Dr. Samuel Epstein, a professor of Environmental Medicine at the University of Illinois' School of Public Health. "This is the only one that happened to be analyzed," says Epstein, "but there's no difference between Calvin Klein and any other mainstream brand."

Research presented at the annual meeting of the American Academy of Allergy, Asthma and Immunology identified that Red, White Diamond, Charlie and Giorgio also trigger asthma attacks. The "trade secret" status of mainstream fragrance ingredients conceals their synthetic — and potentially hazardous — histories, shaping what Epstein calls a completely unregulated industry. *E The Environmental Magazine, July/August 2000*

Ontario is Continent's "Third-Worst polluter"

Ontario is North America's third-worst polluter overall and the continent's second-biggest air polluter, a new NAFTA report says, in part because Canadian factories release an average 1.9 times as much air pollution as their U.S. counterparts. The overall production of pollutants (counting both direct emissions and waste dumped in industrial landfills) rose 5.9 per cent between 1995 and 1997. While releases of pollutants directly to the environment fell 13 per cent, the amount shipped off factory sites (mainly to industrial landfills) jumped by 40 per cent. About 15 per cent of pollutants directly released by factories to the air, soil or water (totalling 850 million kilograms in 1997) are carcinogens. *Ottawa Citizen, May 31, 2000*

3M Pulls Scotchguard

In May, 3M Co. voluntarily withdrew its best-selling stain-repellant and fabric protector, Scotchguard, and related products after Cornell University researchers using a powerful new technique to scan blood found traces of a chemical in the blood of people all across the U.S. and in Europe. The chemical, which the company has produced for 40 years, also turned up in wildlife samples from around the globe. The chemical, called perfluorooctane sulfonate (PFOs), an organic fluorine that repels water and oil, can turn into a second fluorine, PFOS, when it gets into mammalian

cells. The chemicals persist in the environment for decades, accumulate in human and animal tissues, and PFOS shows up in trace amounts in human blood. At very high daily doses, PFOS killed monkeys and new-born rats in lab tests, although the health effects on humans are unknown. 3M is working to develop a replacement for the chemical, which has generated \$500 million in sales annually.

Business Week, June 5, 2000

Is Your Office Killing You? The Dangers of Sick Buildings

According to a *Business Week* cover story, employees at Levi Strauss, US West, BP Amoco and even the Environmental Protection Agency may have suffered sick-building related illnesses. The World Health Organization estimates that one in every three workers may toil away in a workplace that is making them sick. As many as 350 volatile organic chemicals that are emitted by building materials, furnishings and office machines circulate in stagnant office air. The U.S. Environmental Protection Agency calls indoor air quality one of the top five environmental health risks of our time.

For 20 to 30 per cent of the office population without robust immune systems, the problems can range from the mild headaches, nausea, dizziness, short-term memory loss, irritability, and itchy eyes and throat—to possible damage to the nervous and respiratory systems. Doctors also link the doubling of asthma rates since 1980 to bad indoor air. Experts predict that the five to 10 per cent of the population that is allergic to chemicals will grow to 60 per cent by 2020. Although indoor pollution levels are two to five and sometimes even 100 times more concentrated than outdoors, no effective federal standards for indoor air quality exist. More than a dozen states now recognize Multiple Chemical Sensitivity as a bone fide claim for workers' compensation.

U.S. companies could save as much as \$58 billion annually by preventing sick-building illnesses and an additional \$200 billion in worker performance improvements with better indoor air, say researchers. The financial benefits of improving office climates can be eight to 17 times larger than the costs of making those improvements.

Business Week, June 5, 2000

Fibromyalgia Pain Both Real and Manageable

Don Goldenberg, rheumatologist at the Newton-Wellesley Hospital, cites studies that show between 10 and 12 per cent of the population suffers persistent widespread pain, and many of these satisfy the diagnostic criteria for fibromyalgia, making it the second most common diagnosis in rheumatology. Half or more of fibromyalgia patients also have or had other disorders including chronic fatigue syndrome, chronic headaches or irritable bowel syndrome, and depression.

Arguments that the syndrome is psychosomatic are discounted because most sufferers have no current psychiatric illness, and because organic aberrations have been found in people with fibromyalgia, including changes in nervous system chemicals. No infectious organism has yet been identified to cause fibromyalgia. Proper treatment can greatly alleviate a patient's discomfort and distress.

Two new books are referenced: *Fibromyalgia: Simple Relief Through Movement* by Stacie Bigelow and *Fibromyalgia and the Mind-Body-Spirit Connection* by William Salt and Edwin Season.

The Globe and Mail, Aug. 15, 2000

Valley Sources for Organic Flours, Bread and Unsweetened Baked Products

News from the Valley (Aug. 2000) noted that three area businesses produce the majority of organic flours and baking in the region:

Mountain Path in Mountain is the only miller of certified organic flour providing 17 different types of organic flour in eastern Ontario and west of Montreal. In operation since 1982, it has seen its production rise faster than leavening bread! Owned and operated by Robert Hogg, Mountain Path does not have its own retail operation but relies on the majority of health food stores and co-operatives throughout Eastern Ontario. A small operation in relation to producers of conventional flour (about \$140,000 in sales for 1999) Mountain Path enjoys an excellent reputation for many kinds of flour as well as some cereals, brans, beans, nuts dried fruits and pasta. Hogg buys locally grown product as much as possible. His prices have not changed in 10 years; fluctuations in the price of grain throughout the season are absorbed.

Mountain Path (Organic Products)
tel.: (613) 989-2973

Helping Hands Bakery is barely one year old and does not sell itself as a pure organic baker. They bake pies, cakes, muffins, mini loaves, squares and cookies made from certified flour, oats and other products from Mountain Path and they buy uncertified organic eggs. Erica Parsons started the company because she was unable to find baked goods she could safely eat as a diabetic. None of her products contain sugar, and are sweetened by fruit that is not organic. Her products are baked and then frozen for distribution around Ottawa and the Valley every Thursday.

Helping Hands Bakery, Kemptville, Ontario (helpinghandsbakery@magma.ca)
tel.: (613) 258-1767

Available at:

Louise's Belgian Chocolates, 194 Robertson Road, Bell's Corners
Nature's Food Basket, 150 Robertson Road, Nepean
Rainbow Foods, 1487 Richmond Road, Ottawa
Evans Meat Shop, 417 Rideau St., Kemptville
Haedae Farms, 230 St. Lawrence St., Merrickville (613) 269-4330
New Horizon, 163 Ormond St., Brockville
Valley Produce & Deli, 561 St. Lawrence St., Winchester
Warring's Independent, 25 Ferrara Drive, Smiths Falls
Foodsmiths, 33 Wilson St., Perth

Little Stream Bakery near Perth is the only storefront business of the three; they do have their distribution channels but owner Graham Beck welcomes customers to his Glen Tay Bakery. Concentrating mainly on certified organic bread, Little Stream is grown at a healthy 30% annually. They have been in business for 7 years, and employ 17 people. The flour is milled on the premises and the grain they purchase is certified organic. They use a sourdough mixture that rises naturally in a controlled environment and the bread is baked in a wood-fired brick oven, which gives it its unique flavour. The product is then frozen and shipped out to distributors across the province.

Little Stream Bakery, 667 Glen Tay Road, Perth (just off Christie Lake Rd.), (www.littlestream.com)
tel.: (613) 267-9712

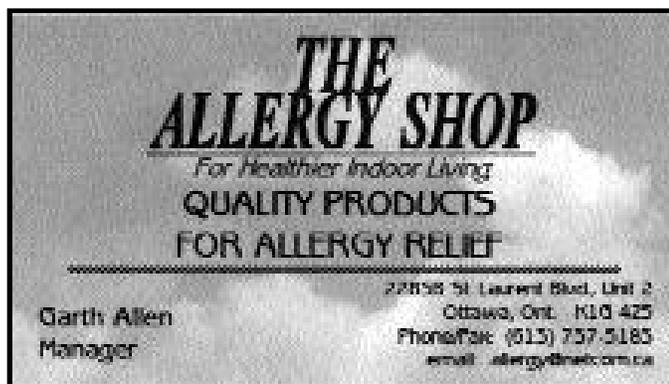
Available at:

Nature's Basics, 1 Hobin Street, Stittsville
Rainbow Foods, 1487 Richmond Road, Ottawa
Trillium Bakery, Wellington Street, Ottawa
Almonte Natural Foods, 24 Mill St., Almonte
Foodsmiths, 33 Wilson St., Perth
The Granary, 107 Bridge St., Carleton Place
Haedae Farms, 230 St. Lawrence St., Merrickville
Nature's Way, 2676 Hwy. 43, Kemptville
New Horizon, 163 Ormond St., Brockville

Thanks to Gabrielle Bristow for submitting this item.

Don't Panic: 10 Reasons You Should Go Organic

- 1) Locally grown organic produce is clean, fresh, nutritious and it helps support Canadian family farms and the rural economy.
- 2) Organic foods are grown without the use of pesticides or other toxins in field, stable or transportation. Allowable pesticide residues are calculated for adults, not children; protect children with organically grown food. Pesticides have also been implicated in many cancers, infertility and the decline of bird and fish populations. Pesticides kill beneficial insects as well as harmful ones.
- 3) Many chronic diseases and health "conditions" can be attributed to the ingestion of pesticides.
- 4) Rigid specific organic standards are applied from planting to purchase of organic foods. Standards are monitored and inspected for three years before certification is granted.
- 5) Animals are raised without added hormones, unnatural food and routine antibiotics. They must not be kept in overcrowded conditions and must be given appropriate free-range space in contrast to unnatural conglomerate factory farming where waste disposal is a mega-problem.
- 6) Soil fertility is sustained by the incorporation of organic matter and composted vegetable and animal waste, green manure and appropriate mineral amendments. The all-important prevention of topsoil erosion is achieved with cover crops and cultural practices.



- 7) Organic family farms are designed to complement the biodiversity of a region and not overwhelm the environment with monocultures and industrial (large) farms.
- 8) By avoiding pesticides, poisons and overstocked farms, we can rely on safe food, free from contaminated water supplies.
- 9) Growing and saving organically grown seeds as well as collecting heirloom seeds is most important. If genetically engineered (altered) seeds are not going to be so labeled, we will not know the difference when buying commercially. It is vital to protect our genetic resources.
- 10) Many tests have shown that organically grown foods taste better than those grown on depleted soils, with artificially induced growth through the use of chemical fertilizers. Foods grown organically in rich, living soils are more likely to contain higher levels of the essential vitamins and minerals our bodies need.

Prepared by Nancy Rawson, Nutritional Consultant, Canadian Reiki Healing Centre, Carp

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RESTAURANT REVIEW

The Green Table

By Barbara Leimsner

Ottawa-area vegetarians and those who enjoy wholesome, organic food have something to celebrate — a new, organic vegetarian restaurant has opened its doors in Ottawa's west end. The Green Table is located at 1230 Wellington Street near Holland.

Owner Simon says almost all ingredients are organic. Although there were a few start-up problems when I went (a new pastry chef had just started that day, so there were only two or three desserts on offer, and food ingredient labelling was sketchy), the friendly staff was ready to answer any questions about the dishes or ingredients. There was a good variety of hot dishes and salads, and the bread was free. I tried the curried lentils, which were spiced just right and were very tasty, a piquant, spicy tomato dish, and an excellent barley salad. The price per 100 grams is \$1.60, so a reasonable main course dinner for two with no dessert came to about \$19.00.

There will be inevitable comparisons with Ottawa's oldest vegetarian restaurant, The Green Door. Owner Simon says he will try to offer more variety than the Green Door, and to prepare more innovative vegetarian dishes. (The Green Door charges slightly more at \$1.80 per gram.) He was pleased that the restaurant was already serving almost twice as many customers as projected only a few weeks after opening.

There's more good news for the chemically sensitive worried about possible problems with a new building--the restaurant has tile floors, solid pine tables and pine-panelled walls. I noticed no "new building" smells on my one visit in early August. Call 789-3775 for more information.

LIBRARY NEWS

The library is currently located at the home of Frances McInnes at 2270 Kipling Street in Alta Vista. It is accessible off Heron and Walkley Roads and Kilborn Avenue.

Please call 731-7338 for an appointment to visit the library or to request a book. There is an answering service which requires 6 rings before it is activated, so please be patient.

To borrow a book one must be a member in good standing. Books are loaned for a maximum of one month. The loan period for recent acquisitions may be shortened depending on the demand. If prior arrangements are made books may be picked up from and returned to the Librarian at AEHA meetings.

There are a lot of books missing from the library collection. If you currently have any of the library's books it would be very much appreciated that you call Frances at 731-7338 to arrange their return.

Any books on topics in keeping with the AEHA goals and of interest to members that you would like to donate to the library would be most appreciated.

A thankyou goes to Barbara Leimsner for having donated "Forty Something Forever: A Consumer's Guide to Chelation Therapy" by Harold and Arline Brecher.

Canadian Human Rights Legislation and Disability: TWO IMPORTANT CASES FUNDAMENTALLY CHANGE LAW

Many persons with environmental sensitivities and related syndromes face discrimination from employers or service providers. For those who may be considering filing a discrimination complaint with the Canadian Human Rights Commission, this article explains the importance of two ground-breaking recent cases heard before the Supreme Court of Canada.

This article is based on a talk at the Ottawa AEHA Annual General Meeting in April 2000 by Maureen Armstrong, senior counsel with the Canadian Human Rights Commission.

Two cases by the Supreme Court of Canada, one in Sept. 1999 and one in Dec. 1999, will fundamentally change Human Rights law in Canada. Only one of them is a disability case, but the principles will absolutely apply equally to cases involving environmental sensitivities, chronic fatigue syndrome or fibromyalgia.

To make sense of the importance of these two cases, I need to talk about cases that came before, and I want you to bear in mind two fundamental principles in Human Rights law. One is that there are two types of discrimination, and this is what the law has always recognized, internationally but particularly in both the United States and Canada. There is something called "direct discrimination". If an employer or service provider says "I'm sorry we won't hire you because you are in a wheelchair" or "whites only in this restaurant," that is direct discrimination.

But there is also something called "adverse effect" discrimination, and this is a huge area and affects a large number of people. An employer can have a rule that is neutral and applies equally to everyone in the workplace, such as "you must stand up to do your job." You have to work around a certain rule that applies equally to everyone, but clearly it has an adverse effect on certain individuals as a result of their disability or perhaps because they are a woman or lesbian or gay or other grounds.

Besides the concept of "direct" versus "adverse effect" discrimination, the other concept is that freedom from discrimination is not absolute. The legislation in every jurisdiction recognizes certain circumstances under which it is all right for an employer or service provider to discriminate. An outrageous example might be that an individual who is blind applies for a job as a bus driver. OC Transpo will say they will not give the person the job because they are blind, and they are entitled to do that

because sight is obviously an occupational requirement to be a bus driver.

There are two concepts of the limit of when an employer or service provider can discriminate that are particularly important. One is what is known as a bona fide or justified occupational requirement.

Previous Supreme Court Decisions

I want to talk briefly about a few of the previous Supreme Court of Canada decisions, because as much as we have the greatest respect for the Supreme Court, on occasion they do get side-tracked. In my opinion, in Human Rights law, they did get a little side-tracked in developing the principles here. Dating back to 1982, there was an important case called *Etobicoke v. Ontario Human Rights Commission*. It was a case about firefighters being forced to retire at the age of 60. The Borough of Etobicoke argued it was a bona fide occupational requirement to have the physical capability to do the job, and this wasn't the case after the age of 60. So the safety of the public was at risk. In that case, the Supreme Court asked what was the justified occupational requirement. The Court said there were two parts: the employer must prove this is an occupational requirement, and they have to prove two things—one that this rule was developed in good faith. And also, that this particular standard is reasonably necessary.



That was our understanding of what the employer was trying to prove in order to justify discriminating against someone. Around the same time, the Court heard a case called *O'Malley v. Simpson's Sears*. Mrs. O'Malley worked for Sears for many years. Then she joined the Seventh Day Adventists and was no longer allowed to work on Saturdays as a result of her religion. She asked for Saturdays off. Simpson's Sears told her all clerks have to work two Saturdays out of three. Is that discrimination? The Court recognized this was "adverse effect" discrimination. If Human Rights legislation is given a broad, liberal and purposive approach, we have to identify that in order to effect true equality, sometimes an employer is not intending to discriminate, but their methods, standards or policies are having an adverse effect on someone. So what happens when there is an adverse effect?

The Court says the employer is not trying to discriminate, they need to show that that rule is in some way connected to the work. If that rule is connected in some way rationally to the work, then the employer gets to maintain that

rule for everybody else. They just need to find a way to accommodate the individual who is adversely affected. That is where the duty to accommodate came from.

In the former case, the employer must prove that they made that ruling in good faith and that they reasonably need that rule. Adverse effect discrimination does not affect the policy but the individual that is negatively affected by it has to be accommodated by the employer.

Then in 1985, the Court heard the case of *Binder v. CN Railway*, which was under the Canadian Human Rights Act. Mr. Binder is Sikh and he wears a turban, and worked for CN in the railway yard. CN Rail has a policy that says everyone has to wear a hard hat for safety. CN Rail said this was a bona fide occupational requirement. The Supreme Court agreed. The Court said a bona fide occupational requirement was just an objective thing, and if the employer could prove the policy is reasonably necessary, they did not have to accommodate this individual. This rule, which was never intended to discriminate against anybody, meant the rule stood and Mr. Binder was out of luck.

Five years later in 1990, the Court got to rethink what they were saying about these bona fide occupational requirements. In the case of *Central Alberta Dairy Pool*, the complainant joined the New World Church of God. Under his faith, he had to have certain holidays off. He asked for an Easter Monday off without pay. They denied him because Mondays were their busiest days. The case made its way to the Supreme Court, and Madame Justice Wilson clarified what was meant. She said in a case of direct discrimination, the bona fide occupational requirement is the burden of the employer. Once they meet that burden, they don't have to try to accommodate anybody. If it is adverse effect such as in this case, the employer must show that they could not accommodate this person without undue hardship. Could the employer not give him the one day off? What undue hardship would it cause?

Meiorin Decision Sets Precedent

This created two streams in society, where being directly discriminated against has a whole different process than being indirectly discriminated against. The Supreme Court had 10 years to mull over the fact that they had created this twin process. They finally found the right set of facts to change the law.

The Meiorin decision, called the *British Columbia Public Service Employee Relations Commission v. the British Columbia Government Employees and Service Union*, is the case of a woman who worked as a forest firefighter in British Columbia, and did the job for three years with no problems. All of a sudden her employer, the B.C. government, instituted a fitness test and called it a bona fide occupational requirement. But Meiorin failed the aerobic capacity part of the test. She said that was discrimination on the basis of sex because women have a lower aerobic capacity than men.

The Supreme Court said the B.C. government would have to accommodate women, perhaps by giving them more time to do the test, give them less weight to carry. But the test got to stay the same. The Court said there was something wrong with this twin approach, where if it is direct discrimination, the Court gets to look at the test and decide whether or not it is really necessary, but if it is adverse effect discrimination, the employer gets to carry on with the thing that is discriminating and simply gets to accommodate the person or group being discriminated against.

The Court said that double or bifurcated approach is wrong for a multitude of reasons. One is that the distinction between direct and adverse discrimination is artificial. It is extremely difficult in practice sometimes to tell whether the discrimination is direct or adverse. The Court also said these two different ways of looking at the issue means two different outcomes. They said there is a questionable assumption in the case of adverse effect discrimination that those affected are the minority. In Meiorin's case, she is a woman and that applies to at least 50 per cent of the population. Difficulties in the practical applications of employer's defenses didn't make sense either.

Supreme Court Takes Unified Approach

But one of the strongest reasons, in my opinion, for making a unified approach, is that the Court said having two approaches legitimizes systemic discrimination. Why does it do that? Because if it is adverse effect discrimination, we are still to assume that this neutral policy is all right even though there are a whole lot of people who don't fit into that policy. Why do you have the standard that says "you must be this way?" The Court said it very aptly:

"Although the practical result of the conventional analysis may be that individual claimants are accommodated and the particular discriminatory experience may be alleviated, the larger import of the analysis cannot be ignored. The difficulty with this paradigm is that it does not challenge the imbalances of power or the distortions of dominance such as racism, able-bodyism and sexism, which result in the society being diagnosed as being well for some and not for others. It allows those who consider themselves 'normal' to continue to construct institutions and relations in their image, as long as others, when they challenge those constructions, are accommodated."

Ask anyone in a wheelchair what that means and they know what it means to sit on the outside with all the doors and structures of society developed in a certain way. The Court is saying it can't be sustained any more. They are also saying this bifurcated approach created a dissonance between conventional analysis and the express purpose in terms of human rights codes. Human Rights law is always interpreted in a very broad, liberal manner. Making these arbitrary distinctions just didn't fit into that scheme.

The final point they made was that there was a difference being created between how the analysis was under the Human Rights law and how it was done under the equality provision of the Charter of Rights and Freedoms. Under Section 15 of the Charter, they don't distinguish between adverse and direct discrimination. They just look to see if discrimination is occurring.

From now on, it is no longer relevant whether the discrimination is direct or indirect. Here is what the employer has to do once it is shown that any particular standard has discriminated against someone. The first thing they must show is that they adopted the standard for a purpose rationally connected to the performance of the job. Secondly, the employer must show that they adopted the standard in an honest and good faith belief that it was necessary to the fulfillment of a legitimate, work-related purpose. Thirdly, the employer must show the standard to be reasonably necessary to the accomplishment of that legitimate work-related purpose. To be reasonably necessary, it is built in now that they must demonstrate that it was impossible to accommodate the individual or the group without incurring an undue hardship.

Defining Undue Hardship

What exactly does undue hardship mean? It depends. There is no straight answer, but the definition is fact-driven. The Court has stayed away from boxing this in. There are a few factors to consider, though, which the Court had articulated back in the 1990s and that still apply. Cost is one factor. So is disruption to collective agreements. Problems of morale of other employees are considered, but the mere fact that other people might be annoyed is not enough.

We wondered if this case would apply to the service industry, when the case of Terry Grismer came up. This case is the British Columbia Superintendent of Motor Vehicles v. The British Columbia Council of Human Rights. Grismer had a stroke, and after that he had very restricted peripheral vision in both eyes. The B.C. Superintendent of Motor Vehicles canceled his drivers' license because he didn't meet a 120-degree peripheral vision. He was none too happy and reapplied for his license several times, passing all parts of the test except the peripheral vision part. Curiously, the superintendent of Motor Vehicles actually would give drivers' licenses to some people who had less than 120-degree peripheral vision, but they did not give it to people with his particular condition.

The Supreme Court said the decision applies to all services. It's not just in the course of employment, but also in the course of applying services. The Court adopted that three-part test to a service case. And it is in essence the same test, except in services it is referred to as a bona fide justification. The service provider has to show that it adopted the standard for a purpose or goal that is rationally connected to the function being performed. The Court said, be careful about making these knee-jerk reactions about people's abilities. And that happens all

the time in discrimination, whether it is race, sexual orientation, disability, religion, sex.

Impact for Persons with Environmental Sensitivities/CFS

How will these cases potentially affect those with disabilities like chronic fatigue syndrome, fibromyalgia and environmental sensitivities? The Court is first and foremost asking that employers and service providers rethink their standards. The Court is saying, go back and think about how you structured things in the first place, instead of trying to just slot in people who are different. Can't you just develop a system expansively enough so that it is inclusive of everyone?

The Court said in the Meiorin decision, employers designing workplace standards owe an obligation to be aware of both the differences between individuals and differences that characterize groups of individuals. They must build conceptions of equality into workplace standards. It creates a positive obligation on employers and service providers to develop and maintain non-discriminatory and inclusive standards or policies. This should have a huge impact on the structure of workplaces in Canada.

Inclusive Policies

What the Commission expects to see from employers--and it won't happen over night--is that instead of having rigid rules, that they develop enough flexibility in the system in the first place for it to be inclusive of everyone. Particularly for disabilities like CFS and fibromyalgia, whether it is at work or for services provided, employers should be building in that flexibility in the first place. Don't make this individual the exception.

When it comes to air quality standards in workplaces, for example, those standards are going to discriminate disproportionately against persons with environmental sensitivities because their tolerance level is not the same. So why does an employer have that level in the first place?

If the employer is allowing people to wear perfume to work, you have a policy or practice that is discriminating against a person on the basis of their disability because they can't tolerate it. Why does the employer have a standard that says it is OK for people to wear perfume to work? There certainly won't be a human rights complaint from someone saying they are being discriminated against because they can't wear their Chanel No. 5 to work. In some cases it may not be as obvious, such as if someone has a severe allergy to dogs and a blind person needs a seeing eye dog at work.

In the case of the bus company and perfumes, for example, there would be problems making the bus company liable because they have limited control over the people who get on the bus. It is different than an employer who has control over the employees within that workplace. You can argue that the employer is providing an environment that is discriminating on the basis of a person's disability. Where the standards will come into play is in the "reasonable

necessity" part of the test. If you are asking a housing organization or employer to justify why they set their standards where they do, they will say those standards are established through international scientific study or whatever.

Employers designing workplace standards owe an obligation to be aware of both the differences between individuals and differences that characterize groups of individuals. They must build conceptions of equality into workplace standards.

What is important is the call to employers and service suppliers to rethink how they are doing things. That is an enormous task. In fairness to them, if you can imagine

trying to set up your workplace taking into consideration the vast areas of differences in a workforce by sex, race, religion and disability — disability alone is enormous. It will be a tough job for them. But that is what we expect to see them do. It is now more difficult for them to justify discrimination than before.

The Canadian Human Rights Commission can be reached in Ottawa at 613-995-1151 (TTY 613-996-5211, or toll free at 1-800-999-6899. Internet: www.chrc-ccdp.ca



MEAT FREEZER NEWS

New Location for Meat Freezer

Our meat freezers have been relocated to the home of member Monique Rooke, who kindly agreed to manage the meat distribution. Monique is located at in Carp. It's easy to find. Please call for directions and to arrange a convenient time for pick-up. There is currently moose available.

Our sincere thanks to Joanne Bédard for managing the freezers for some time now!

Tel.613-256-5313

HEALTH ALERT

For years, Malathion insecticide has been widely used in North America for aerial spraying of mosquitoes, fruit flies and other insects. Due to this year's wet weather, many Canadian cities increased usage to combat mosquitoes. Malathion is also widely used in commercial and home gardening products. The August 2000 edition of Rodale's Organic Gardening notes that the U.S. Environmental Protection Agency is now reviewing the status of malathion because studies suggest the chemical could be a low-level carcinogen.

Submitted by Anne McCallum

RECIPE

Yummy Rice Crispy Squares

Unlike the gooey marshmallow and sugar-laden version, these delicious rice crispy squares are made with whole-grain crispy brown rice cereal, nut butters and use rice syrup as a sweetener. They are nutritious, look like the real thing, and freeze well for lunches.

Rice Crispy Squares

- 1 1/2 cups brown rice syrup
- 1 cup almond or other nut butter (if allergic to nuts, sunflower seed butter works well)
- 1/2 cup slivered almonds (or pecans, toasted sunflower seeds or coconut)
- 1 tsp. vanilla (optional)
- 1/2 tsp. cinnamon (optional)
- 6 cups crispy brown rice cereal (New Morning Organic is sweetened only with fruit juice)

In a medium-sized pot, heat syrup to a simmer (do not boil). Add nut or sunflower seed butter until soft and mixed with rice syrup. Add vanilla and cinnamon if used. Add 6 cups of crispy brown rice cereal and fold in. When mixed, press into lightly oiled 13" x 9" x 2" pan. Let sit or refrigerate briefly before cutting. Enjoy!



Clean and Green Eco-Tips

Have you found an earth-wise solution to a particular housekeeping or cleaning problem? Or are you looking for a non-toxic way to clean, launder or disinfect something and haven't found a solution that works? Share it or ask readers for their solutions!

Question: How do I clean my oven without resorting to harsh and toxic products?

Eco-Tip: You are wise to avoid commercial oven cleaners, considered one of the worst household pollutants. Not only will you inhale toxic fumes, but residues could enter the air and food when the oven is heated.

Try Ecover Cream Cleaner or Bon Ami Cleaning Powder, if available. Here's a homemade recipe using baking soda, water and vegetable-oil based liquid soap. Sprinkle the water generously over the grime, then sprinkle liberally with baking soda. Sprinkle more water on baking soda and let sit over night. Wipe up grease with scouring pad. Dab sponge with liquid soap and wash all sides of oven. Rinse well to remove baking soda. For tough jobs, follow above directions but add washing soda to burnt-on areas to cut grease. Rinse very well.

Question: The all-natural laundry product I use works fine, but doesn't leave my laundry very soft. What are the alternatives to commercial fabric softeners?

Eco-Tip: Several natural fabric softeners are now available from you health food or environmental store. Ecos liquid laundry soap, if tolerated, contains a soy-based fabric softer and pleasant natural scent. You can also add one-quarter of a cup of baking soda, or vinegar, or borax to your wash cycle.

Source: *Clean & Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping*, Annie Berthold-Bond, Ceres Press, Woodstock, New York.



Consumer Corner

A column about products or sources that may help persons with environmental sensitivities and allergies. Got a hot consumer tip? Share It!

Who says man cannot live on bread alone?

New in the freezer at **Nature's Cupboard** in Bell's Corners--wheat and gluten-free **Fit for Life breads** imported from California, including Rice Pecan and Rice Almond. They are sweetened with fruit juices only, but contain yeast. Expensive at \$7.29 a loaf, but a nice change. Nature's Cupboard also boasts the region's **largest selection of gluten-free products**.

New on the shelf at Rainbow Foods and the Wheat Berry from Stickling's Bakery in Peterborough are **spelt bagels, pizza crusts, hotdog rolls and hamburger buns**. They are, however, made with yeast, unlike some of Stickling's other breads such as kamut and spelt, which are made with sourdough.

Also seen recently at Rainbow are some **new varieties of bread from Dimpfelmeier Bakery**, including sourdough spelt/wild rice and organic rye.

Allergic to most grains? Ever tried **cassava bread** or baking with cassava flour? These are available from **Mugena African Caribbean and Latin American Grocery** at 911-A Richmond Road. The store also carries plantain and other flours.

A fairly new source of **organic meat and produce** is the **Natural Food Depot** at 304 Wilbrod at Friel St. Call 232-2116 for hours.

Interested in joining a co-op to buy your organic and natural products? Check out **Ontario Natural Food Co-op**. Phone 416-503-1144 ext. 10 or e-mail onfc@pathcom.com.

Organic produce now available at the Byward Market from Denise Séguin at Booth 286. Denise also teaches **organic gardening workshops** for the Sweet Willow Community Garden Network. For information on free workshops contact Brenda Inouye at 244-2804.

Against genetically modified foods? Order a "The insane applications of Genetic Engineering" Greenpeace T-shirt, using vegetable inks printed on natural organic cotton. Adult short-sleeve \$20/each. To order call toll-free 1-800-320-7183 or e-mail canada.member.services@diab.greenpeace.org.

The new **Mountain Equipment Co-op** store on Richmond Road carries an inexpensive MEC Organics line of short- and long-sleeved **organic cotton shirts** in white, and colours such as blue and sage green. Short-sleeved are \$11 while long-sleeved shirts sell for \$15 plus tax. Apparently an expanded organic cotton line will be introduced later this year.

Want to feed your pet an appropriate diet? **Raw Connections** provides a raw natural diet for dogs and cats. For information call 613-623-3830 or check out www.raw-connections.com.

Now that **Parker Clean**, the only dry cleaner in the city to offer Aquaclean as an alternative to the toxic chemicals normally used in dry cleaning, has gone out of business has anyone found an alternative that is tolerable to the chemically sensitive?



Book Reviews

Saving Yourself From the Disease-Care Crisis **Sunrise Health Coach, Panama City, Florida US** **\$ 10.95 (tel. 800-464-7034)**

Reviewed by Gabrielle Bristow

U.S. physician Dr. Walter Stoll is a courageous man who, because he believes in treating his patients with a combination of allopathic and naturopathic, complementary and alternative treatments, has been harassed by his own profession.

He started on the alternative path when he experienced dramatic improvements in his own health after following a number of holistic approaches. He has since followed this course for the last 17 of his 30 years in medical practice.

Dr. Stoll advocates a whole foods diet (see review below). In this book, he discusses the critical state of health care in America and asks the difficult questions about the monopoly of conventional medicine, which limits the options available to most consumers.

He describes several common sense "safe" approaches to reversing the ill effects produced by the modern American lifestyle. He addresses such ills as the common cold, hiatus hernia, fungus infections, allergies, arthritis, mood, mind and memory disorders, behavioural disturbances, IBS, Crohn's and colitis, endocrine conditions, AIDS, vascular insufficiency and more.

Dr. Stoll outlines a blueprint for good health through a sugar- and refined carbohydrate-free diet and skilled relaxation. He explains his belief that each of us is born with a certain level of immunity and uses a Bell curve to demonstrate this, arguing that with ever-increasing environmental stressors, it is not surprising that new "diseases" crop up.

Dr. Stoll concludes that allopathic medicine is still the best choice for surgery, management of trauma and acute infections, but that chronic diseases such as arthritis, allergies, cancer, anxiety, depression, substance abuse, gastrointestinal disorders, hypertension, and immunological depression are not well managed by allopathic options themselves. Dr. Stoll encourages patients to educate and think for and to form their own conclusions.

As a true hero of our times, I believe he deserves our admiration and support. Physicians like Dr. Stoll, and others in our own community, are helping persons who have developed chronic symptoms that often cannot be diagnosed using existing tests to get practical advice to help ourselves. These brave, principled individuals have pursued this path, often at great personal sacrifice in terms of their careers. This book is a must for all who are concerned about their health and that of their children. Order by visiting Dr. Stoll's web site at "<http://bcn.net/~stoll/book.html>" <http://bcn.net/~stoll/book.html> The site is also well worth your time.

The Healing Power of Whole Foods **Healthways Nutrition, Nicholasville, Kentucky (800-870-5378)**

Reviewed by Gabrielle Bristow

I found this to be a goldmine of information about foods, well worth the time and money invested. Beth Loiselle, a registered dietitian with a Bachelor of Science degree in Food Science, wrote this book to help Dr. Walt Stoll's patients with his recommended diet. She is employed by Good Foods Co-op in Lexington, Kentucky.

The book's focus is on the Perfect Whole Foods diet, which eliminates all refined carbohydrates, including any type of sugar, alcohol and caffeine. The author says the diet can correct or prevent a variety of diseases and symptoms and has brought about dramatic health improvements in many.

The effects of sugar on the body are explained in detail and in simple language. Many types of sugar and many hidden sources of sugar are listed, including the fact that iodized salt contains dextrose (a type of sugar!) There's also a list of refined complex carbohydrates and the reasons to eliminate both alcohol and caffeine.

The topics are presented in a logical fashion, explaining alternatives to these foods and how long to stay on the diet, as well as menu planning, strategies for eating out and much more practical information. Special appendices are devoted to help those with candidiasis, food allergies and sensitivities, with quick references for foods, additives, brand names and many recipes.

Fats that Heal, Fats that Kill

Reviewed by Edwinna von Baeyer

This is the eighth printing of the book by Udo Erasmus (well known by purchasers of dietary supplements for his Udo's Choice line), originally titled *Fats and Oils*.

The book, at just under 500 pages, provides information on how eating the "right" fats and oils can improve health, boost immune function, aid in loss of body fat and, the author says, improve cardiovascular health.

Most of the kudos for this book come from physicians involved in complementary therapies and nutritionists, with good reason: this book is very, very technical and complex. If you are looking for a quick read and a simple listing of what to eat and what not to eat, this may not be the book for you. It's full of information on the molecular composition of fats and oils, and how the body metabolizes them.

Erasmus makes the point that a lot of our problems today are due to the way we live. We ought to live a more peaceful life, he advises, and have a sunny disposition as well as freedom from fear and anxiety. If we want to do what's right, he concludes, we have to know quality. He follows this with a discussion of polyunsaturates and superunsaturates, monounsaturated fatty acids, essential fatty acids, and so forth.

He also states that modern medicine has not really had a 100-percent success rate treating heart disease by simply reducing cholesterol; the situation is far more complex. He advises that with the right combination of oils, it is possible to reverse certain signs of cardiovascular disease. A nutritionist who works with heart patients I once heard speak, however, said it would really be very difficult to do that.

As a writer who does a great deal of research, I found it interesting that the most recent of Erasmus' references is from 1991. I know this is a revision, but there has been ongoing research into both heart disease and the role of foods in our health; one would think more recent references would be possible. The regime of oils and other dietary supplements recommended by the author would be fairly expensive and also not accessible to everyone.

All in all, the book has much to offer the reader who truly wants to understand the chemistry behind foods and health, but I believe this book to be too academic and complex for most people.*

*Edwinna von Baeyer is an Ottawa-based author of five books, including *The Reluctant Gardener, who is watching her fat intake closely.**

* Note: Available in AEHA library

OTTAWA ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

Upcoming Fall Meetings

If you are looking for support and information about environmental sensitivities and allergies, chronic fatigue or fibromyalgia, you'll find Ottawa AEHA meetings a good place to learn and share information.

Monthly meetings are held at the McNabb Community Centre
(180 Percy St. corner Bronson & Gladstone)
at 7:30 p.m. on the third Thursday of each month (unless otherwise noted.)
Mark your calendar and tell your friends! All welcome.

- September 21** **Panel Discussion: Recovering from Environmental Illnesses**
Three persons who have made progress in their recovery from candida and asthma, chronic fatigue and multiple chemical sensitivities will share their experience about treatments that did--and didn't--work for them.
- October 19** **How to Support a Person with a Chronic Disability** Ronald Bisson, an Ottawa management consultant and motivational speaker, whose wife has chronic fatigue syndrome, will discuss how to understand and support persons with chronic disabilities.
- November 16** **Enzyme Potentiated Desensitization Treatment (EPD) for Multiple Chemical Sensitivities** Diana Dernford, who is undergoing EPD treatment, and Ottawa Doctor of Environmental Medicine (to be confirmed), will explain this treatment option, an immunotherapy that treats inhalant, chemical and food allergies by stimulating T-suppressor lymphocytes.

No meeting in December

Other Events

- Dec. 2, 6:00 p.m.** **AEHA Holiday Pot Luck**
361 Mockingbird Drive, Orleans Contact Judith Baril at 837-1327.
An informal way to meet other members and supporters.

For more information about these meetings or about joining AEHA Ottawa, call the AEHA Hotline at 860-2342 or (819) 777-5848.