



## Chemical Sensitivity

### The Fact Sheet – Water and Health

Chemical sensitivity is a condition that is not fully understood by medics, however tap water can play a great role in making the symptoms worse.

#### CHLORINE

Carefully choosing the right source for your drinking water might be a good idea if you or a family member suffers from chemical sensitivity. A Belgian study recently concluded that chlorine, a common chemical added to water to help kill bacteria, could be making asthma in children worse. Fumes from chlorine in pools, and even in the shower, could trigger an asthma attack for some people with chemical sensitivity. Those who suffer from chemical sensitivity are often sensitive to gases that are produced when chlorine sanitizes bacteria in sweat or urine.

#### FLUORIDE

Other chemicals in drinking water can affect people with chemical sensitivity. Fluoride is added to most municipal water supplies to help fight tooth decay in children. But for some people with asthma and allergies, fluoride can compromise their health. Allergists for decades have known that documented cases exist of both adults and children with asthma and allergies who have suffered severe reactions to fluoride. In 1967, the Annals of Allergy published a study finding infants, children and one adult who had allergic skin reactions and asthma attacks after being exposed to tap water treated with fluoride. These are both symptoms of chemical sensitivity.

Eliminating chemicals from the water, will alleviate the symptoms of people who suffer from chemical sensitivity.

**For advice call 020 8539 4707**