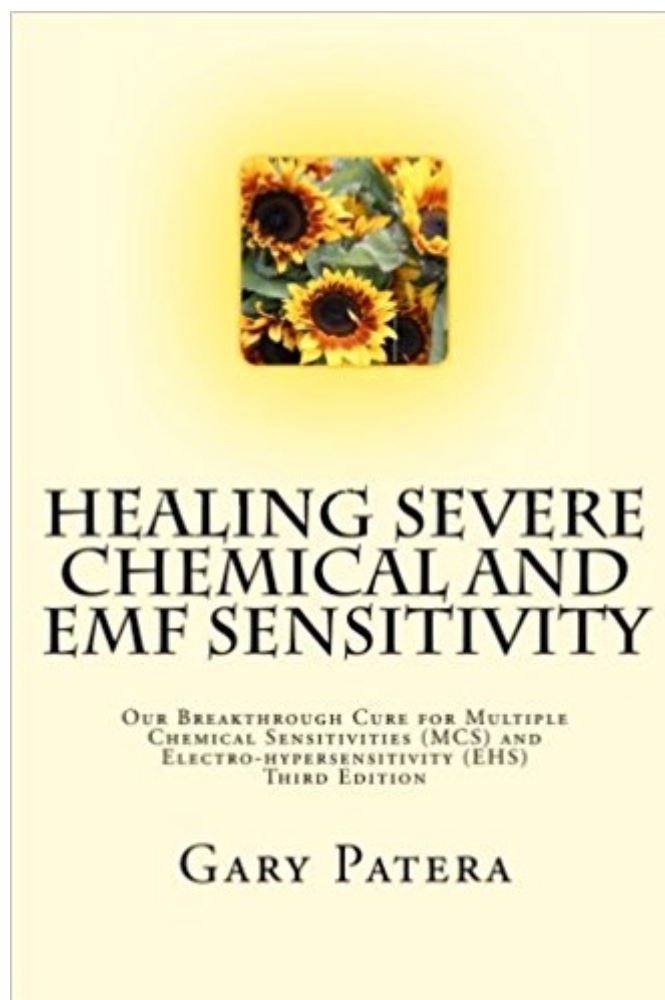


The book was found

# Healing Severe Chemical And EMF Sensitivity: Our Breakthrough Cure For Multiple Chemical Sensitivities (MCS) And Electro-hypersensitivity (EHS)





## Synopsis

From surviving to thriving! The author and his wife went through an unimaginable 5 months of a harrowing search of a cure for the extreme chemical and EMF sensitivity that developed almost overnight after she had been managing Multiple Chemical Sensitivity fairly well for about two years. She needed to be completely housebound for about 4 months to avoid any exposure to chemicals or EMF. This journey entailed a truly no-stone-unturned, all-out effort of finding and wholeheartedly trying almost 40 different healing methods/modalities and treatments. Some were used to manage the devastating physical, mental, and emotional symptoms, but most were in an attempt to find what was ultimately the correct blend, or *the recipe* of treatments. Once this right blend was finally found they did bring about a complete and lasting healing/cure for her. The end result is that she went from being confined to her home in to back at work at her office full-time with no chemical or EMF sensitivities 6 months later with no restrictions or limitations needed. She participates fully in every activity of normal life and has not had any recurrence for 22 months now. Based on this dramatic experience and successful outcome, the husband shares what they found to be most effective and critical components of that *recipe* and lists exactly what they would do with the knowledge they have gained if they were just now being faced with these devastating afflictions. The exact steps they would take are listed as the Essentials and Essentials on a Tight Budget, and they all can be done from home if need be. Alternatives are discussed as a primary treatment should that resource not be available as an option. Additional treatment options are examined and *created* by the author. This book also shares the knowledge and their first-hand experience with numerous and some quite powerful modalities and techniques that can be used as an addition to the *essentials*, many of which are free or almost free. The author and his wife hope others with these afflictions might benefit from what they learned from their intense journey, and perhaps find real hope and an optional path to complete healing.

## Book Information

Paperback: 158 pages

Publisher: CreateSpace Independent Publishing Platform (September 8, 2012)

Language: English

ISBN-10: 1479244740

ISBN-13: 978-1479244744

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 29 customer reviews

Best Sellers Rank: #263,521 in Books (See Top 100 in Books) #49 in [Books > Medical Books](#)  
[> Pharmacology > Toxicology](#) #4957 in [Books > Health, Fitness & Dieting > Alternative](#)  
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## Customer Reviews

Healing Severe Chemical and Electro-Hypersensitivity is a book filled with hope. After helping his wife heal from severe debilitation from both chemical and electro-hypersensitivity, Gary has chosen to share their experiences and successes with the world. The chemical and electro sensitivities were so debilitating that a normal, healthy functioning woman was reduced to staying in a darkened home, unable to participate in her normal work and social life. As time went on the problems worsened and something that we take for granted, like going grocery shopping, became an unbearable occurrence. Her return to health is a testament to perseverance, patience and faith. They never gave up and after researching and voraciously reading everything on these misunderstood maladies and starting treatments, the strategies they employed started to work. Progress was made and finally a full recovery was accomplished and she returned to work and her normal social life. In this easy to read book, the author defines each sensitivity. He then goes on to describe a myriad of treatment possibilities and highlights the ones that were successful. A list of Essential Treatments and a list of Essentials on a Tight Budget help the reader to understand the multiple avenues of healing. Thoroughly researched, the author lists websites, books, products and treatments that the reader may choose to use. For anyone suffering either or both of these sensitivities, this book is like a ray of sunshine.-Richard Flatau author of Cordwood Construction: Best Practices

Gary and wife are amazing. I am working to get rid of my hypersensitivity to EMF's and his advice has been most Valuable. I still have a ways to go, but sure am better. Thank you Gary Patera - Deb Grace (Coppertop)

Like many with MCS I have brainfog and can't read like I used to, so I was hesitant to buy yet another health-advice book that would sit unread on the shelf. But this one was pretty easy to handle! I will copy the review of it I wrote to my MCS support group:I really REALLY like this book! It will be months before I can get my foggy brain organized enough to plan what to do based on his

advice, & find room in the budget for each thing. Maybe in a year I'll be saying "This book cured me!" but for now I have no idea how it will actually pan out, of course. One thing is that it's fairly well priced. If you do ebooks it's a major bargain. I got a real book but used so it was only \$10. Even at full price though, it's not very costly at all. I like the way he writes- very easy to understand. He uses examples and provides links for further study, but he does strive to keep it brief & simple which is great- I can't handle reading too much info all at once. He expresses himself very clearly. Not one line of it has confused me. But don't think that means it's light- it is packed with info. Just presented in an easy-to-follow way. I like his attitude- he seems to have a reasonable skeptical viewpoint. He isn't just "Well I heard this is important and that too and try this also and and..." like some bloggers who are just out to fill their weekly column. He will say "I don't think this makes sense" or "This treatment has a lot of the same goals as this other one, & since I think the other one's better, there'd be no point in doing this one too". I mean, he isn't just some "cheerleader" who likes everything. He advises against many things too. The things he does like, he explains different options, which is SO GREAT. Like say the best way to tackle that facet of the illness is with some obscure type of practitioner, or some super expensive device. He may argue that it's worth it! but he will also offer a cheaper device that, while not as good, at least provides SOME benefit... or a therapy you could do at home if you can't find or attend or afford a special practitioner. He gives you an array of alternatives. He isn't going to guilt you because you can't do one of the things on his list- he wants you to be able to follow his plan on any budget, with whatever limitations you have. One thing he suggests is to try the supplement protocol from Dr Pall and I haven't even opened that website yet- I'm sure it will be overwhelming. But he does explain (I think he understands how brainfoggy many of us are!

most helpful thing I have found in almost 7 years, hundreds if not thousands of hours, and thousands of dollars, seeking for answers and dealing with electrosensitivity. I am eternally grateful to Gary and Sue Patera for this book----absolutely buy this book if you are dealing with this in my opinion

Excellent book with helpful information! The author is thorough, intelligent, and sincere. I appreciate this book very much, and it has helped to enlighten me about my electrosensitivity. I definitely recommend this book. However, I gave it four stars, instead of five, because the book needs editing and proofreading. Thank you, though. I wish many blessings for Gary Patera, his wife, and anyone else who suffers from electro-or chemical sensitivity.

This book is written by the husband of someone with severe MCS and EMF. It is their journey. Along the way, he not only provides hope, but a lot of variety of treatments to explore. As someone fighting MCS and EMF, I found treatments that I had not heard of, that I will be exploring. That's important to me. I would highly recommend this book.

Very encouraging for me as I have MCS and EHS. I will be trying out some of the therapies that worked for this author!

Very helpful, but not cured.

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