

other Sites that may be of interest...

(if you find other relevant sites e-mail then to us on asehalegacy@gmail.com and we'll include them)

- [State of the Evidence 2008: The Connection Between Breast Cancer and the Environment](#)
- [Nutrition Arborcom](#) You need five hours to navigate your way through this site, it has many links to databases and current information.
- [US EPA Home Page](#) Navigate many US authorities from this page.... Office of Toxic Substances, Food and Drug Administration etc.
- [New Scientist](#) Check this out.
- [Health and Healing, Journal of Complementary Medicine](#)
- **Personal nasal filters:** www.breathe-ezy.com.au Find breathing allergy relief reduce danger effects of second hand smoke with breathe-ezy nasal filters breathe cleaner air instantly.

Information of Medications.

The [recall guide](#) is one of the easiest ways to access information about US FDA recalls and warnings and other important information about your medications. The medication tracking

system is free and was established to help people get the facts. They share information on US FDA recalls and warnings and are building a community to share personal stories and information about all types of medications and their side effects. Register for Recall Guide to gain access to information that you need if you are currently on any medication.

Allergy Bracelets for Children:

AllerBuddies offers a range of colourful allergy and medical condition bracelets to help you keep those around your little one aware of his/her condition. Your little one is guaranteed to love Dr Willow, our wombat doctor on the bracelet! **AllerBuddies:** www.allerbuddies.com.au

Links to Other Food and Food Allergy Sites

- A Parents Guide to a Gluten free diet for kids <https://www.lighthousedentalcare.com/a-parents-guide-to-a-gluten-free-diet-for-kids/>

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Allergy dietitian website: [Food Allergy Information](#)

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Food Intolerance Network Australia: [FINA](#)

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Food Sensitivity Website [Food Sensitivity Dietician Joan Breakey](#) Provides general information on basics of food sensitivity.

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Restaurant Food Allergy Guide <http://www.idbylandau.com/v/vspfiles/resource/restaurant-food-allergy-guide.html>

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Allergy awareness wristbands,
<http://www.wristband.com/GuideToAllergyAwarenessWristbands.aspx>

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A guide for Consumers About Food Safety <http://www.complaintslist.com/a-guide-for-consumers-about-food-safety/>

- An educational guide to food allergies by Katie Colburn an educational outreach writer <http://www.accupos.com/pos-articles/food-allergy-guide-for-restaurants.php>

- [Articles on asthma and anaphylaxis](#) .

- Information on **how to become a registered Dietitian** in the USA. <http://www.nutritioned.org> This as a resource for undergrads that are looking for step by step requirements on becoming a Dietitian.

- **Food Safety for the Whole Family.** <http://safestars.org/food-safety/> Safe Stars was established as an online resource for those looking to learn about making the right choices for themselves and for their family.

- **Common Food Allergies Guide.** <https://www.dietspotlight.com/diet-watch-common-food-allergies/>

- Public Health Resources: A Guide to Food Allergies from the University of Southern California: <https://mphdegree.usc.edu/public-health-resources-guide-to-food-allergies/>

- **Peanut Allergy Diet Guide** covering symptoms, how to avoid peanuts, cross-reactivity allergies and so much more. <https://www.ryesmilesforlife.com/peanut-allergy-diet-guide-what-you-need-to-know/>

Cleaning Products and Allergies.

Most cleaning products in the home are dangerous for children and many chemical components are potential allergy triggers according to research undertaken by the University of Minnesota. Asthma cases across the United States has increased by 59% since 1970 with many children under 15 suffering at the highest rate since records began. These results are causing alarm for healthcare officials and leading many to look for causes. Would you like to know which products should most definitely be avoided around the house both when starting and raising a family? You should take a look at this article on [what cleaning products to avoid with allergies](#)

It covers basic products to be avoided including the now infamous but still used formaldehyde which is linked to birth defects, ammonia, and sodium lauryl sulphate or SLS. The article also goes into a range of alternative but healthier ways to clean a home including the useful qualities of lemon juice and vegetable oil. It's become all too easy to buy off the shelf cleaners, but by engaging in simple, time honored and innovative methods, we can learn to clean our homes without affecting the health of our children.

GROUPS

[Chemical Injury Relief Foundation](#) (CIRF)

[NATIONAL TOXICS NETWORK](#) - Environmental Advocates Homepage - for toxic campaigners.

[TOTAL ENVIRONMENT CENTRE](#) - Website on toxic chemicals. Gives community

independent advice

[BRISBANE SMOGBUSTERS](#) - raise community awareness about the health effects of car emissions & promote a reduction in car use as a solution.

[GENE ETHICS NETWORK](#) -A must for those concerned about gene technology in our food and environment. Visit the site. Join the network.

[AESSRA](#) - Allergy and Environmental Sensitivity Support and Research Association

[Chemical Awareness in Schools](#)

[Lead Advisory Service Australia](#)

[Australian Chemical Trauma Alliance \(ACTA\)](#)

Allergy and Environmental Health Association of Quebec: www.aeha-quebec.ca 6
Trianon, Dollard-des-Ormeaux Quebec H9A 2H8 Tel: (514) 683-5701, Fax: (514) 683-2468

MCS America www.mcs-america.org : The mission of MCS America is to gain respect and understanding for the many men, women, and children suffering with multiple chemical sensitivities (MCS), toxic injury (TI), and other related chronic illness and disability through brochures, printed materials, newsletters, support groups, public awareness campaigns, and lobbying for the full recognition of MCS in the medical and legal communities, while promoting mutual respect between fellow human beings and encouraging all members of the MCS community to participate to create a world in which there is no threat of toxic injury.

[Women and the Environment](#) **Women's Voices for the Earth** (WVE) is a national, women-centered environmental health and justice organization that works to eliminate or substantially reduce environmental toxics impacting human health and to increase women's participation in environmental decision-making.

[Multiple Chemical Sensitivity \(MCS\) Resources](#) at **The Environmental Illness Resource**. Includes information, news and research updates, doctor authored articles and forums.

[Mesothelioma Cancer Alliance](#) . **The Mesothelioma Cancer Alliance** is the online resource provider for Mesothelioma. The Mesothelioma Cancer Alliance has all you need in regards of answers, information, and the next steps for anyone affected or their caregivers.

Mesothelioma Center <http://www.asbestos.com/mesothelioma/>

Mesothelioma Services and Resources <http://www.asbestos.com/>

Mesothelioma and Asbestos exposure Help. The organizations mission is to spread awareness and provide information to individuals who might have experienced Asbestos exposure, which leads to the deadly cancer of Mesothelioma.

www.MesotheliomaHelp.org

Asbestos and mesothelioma information on the legal options available to mesothelioma victims and their families . [Me sotheliomaLawyerCenter.org](#)

Mesothelioma information and resources can be found at [Mesothelioma.net](#). <https://mesothelioma.net/>

Up-to-date Mesothelioma information to help people with [Mesothelioma](#): www.mesotheliomahub.com

The Mesothelioma Guide is your trusted ally in the fight against asbestos-related cancer. Our comprehensive guide includes up-to-date information about living with mesothelioma, top doctors and treatment options. <http://www.mesotheliomaguide.com/>

Links to Other Sites

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The Mesothelioma Fund <https://www.mesotheliomafund.com/asbestos-exposure/>

the Mesothelioma + Asbestos Awareness Center <https://www.maacenter.org/>

Health On the Net Foundation www.healthonnet.org

Environmental Health Network <http://www.ehnca.org>

EWG petitions FDA, June 2004 Support Cosmetic labeling petition, Docket Number 2004P-0266 [Skin Deep Reports](#)

Stop Toxic Trespass <http://www.stoptoxic trespass.org/>

Personal nasal filters: www.breathe-ezy.com.au Find breathing allergy relief reduce danger effects of second hand smoke with breathe-ezy nasal filters breathe cleaner air instantly.

The American Lung Association:- <http://www.lung.org/>

Quit Smoking Community for information on the effects of smoking:- <http://quitsmokingcommunity.org/>

Links to Organic Gardening Sites

Guide to Bee Keeping - storing and selling honey <http://www.arenaflowers.com/features/bee-keeping/>

Organic Gardening Resource Center <http://www.groworganic.com/organic-gardening/>

UK Organic Resources: <https://www.eckman.co.uk/resources/organic-gardening/>

Seed Saving Guide: <http://www.rodalorganiclife.com/garden/beginners-guide-seed-saving>

Links to Other Sites

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Composting Guide: <http://www.planetnatural.com/composting-101/>

Green and Safe Gardening: <https://www.brighterblooms.com/blog/green-safe-gardening-ultimate-guide-clean-plant-care/>

A Homeowner's Guide to Composting: www.austinrealestate.com/homeowners-guide-to-composting.php

Lessen Your Footprint By Learning To Compost: <https://blog.avasflowers.net/learning-to-compost>

Anti-smoking website with helpful information. anticigarettes.com

Tips for Friends and Family of Quitters: http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuittingResources/Tips-for-Friends-and-Family-of-Quitters_UCM_307889_Article.jsp#.VsnszJN953k

Eco-Friendly Guide to Cleaning Your Home: <http://epcleaners.co.uk/resources/eco-friendly-cleaning/>

How to Make Your Home More Environmentally Friendly
<https://stanmore.co.uk/eco-home-guide/>

Green Business: <https://www.autoenrolment.co.uk/guides/green-business/>

Recycling electronic waste: <http://www.aerial-direct.co.uk/guide-recycling-electronic-waste/>