



A diagram and list of general symptoms of MCS:

#### Nervous system

- Heightened sense of smell
- Difficulty concentrating
- Memory problems
- Apparent variability in mental processes
- Feeling dull, weak or foggy
- Feeling 'spacey'
- Headaches
- Restlessness, hyperactivity, agitation, insomnia
- Low stress tolerance
- Irritability
- Depression
- Lack of coordination or balance
- Anxiety
- Seizures

#### Gastrointestinal tract

- Heartburn
- Nausea
- Bloating
- Constipation
- Diarrhea
- Abdominal pain
- Inflammation

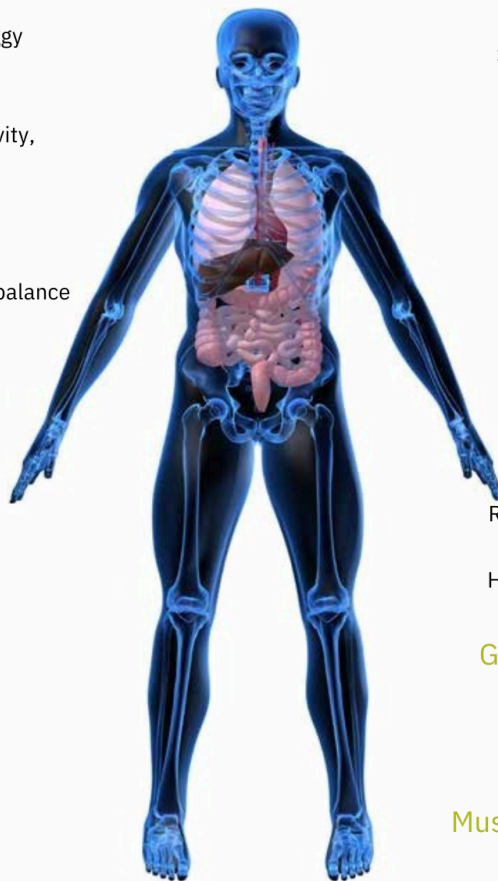
#### Skin

- Flushing (whole body or isolated areas)
- Hives
- Eczema
- Other rashes
- Itching

#### Eyes

- Red, watery eyes
- Dark rings under the eyes
- Blurred, altered vision

#### Pain



#### Ears

- Blocked ears
- Pain, infections
- Ringing in the ears (tinnitus)

#### Respiratory system

- Stuffed, running, itchy nose
- Congestion, painful or infected sinuses
- Nosebleeds
- Cough
- Wheezing
- Breathing problems
- Chest tightness
- Asthma
- Frequent bronchitis or pneumonia

#### Cardiovascular system

- Rapid or irregular heartbeat
- Cold extremities
- High or low blood pressure

#### Genitourinary system

- Frequent and urgent need to urinate
- Painful bladder spasms

#### Musculoskeletal system

- Joint and muscle pain
- Muscle twitching or spasms
- Muscle weakness

#### Endocrine system

- Fatigue
- Lethargy
- Blood sugar fluctuations

Source: <http://environmentalsensitivities.com>