



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

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News from ASEQ-EHAQ

Dear members and friends,

As we step into the beautiful month of August, we hope this newsletter finds you in good health and high spirits. August is a wonderful time to focus on self-care, connect with nature, and engage in activities that promote well-being, especially for those of us living with Multiple Chemical Sensitivity (MCS). Here's to a happy, healthy month ahead!

Embrace the Outdoors Safely

August offers warm and inviting weather, perfect for spending time outdoors. However, for those with MCS, it's essential to take precautions to avoid exposure to harmful chemicals and pollutants. Here are a few tips to safely enjoy the outdoors:

Choose Natural Spaces: Opt for parks, forests, and nature reserves where air quality is typically better, and there is less exposure to pollutants.

Avoid Peak Pollution Times: Plan outdoor activities in the early morning or late afternoon when air quality is generally better.

Wear Protective Gear: Sunglasses, hats, and masks can help protect against allergens and pollutants.

Healthy Habits for a Thriving Month

Maintaining healthy habits is crucial for managing MCS symptoms and overall well-being. Here are some practices to incorporate into your daily routine:

Stay Hydrated: Drinking plenty of water keeps your body functioning optimally. Aim for at least 8 glasses a day.

Balanced Diet: Incorporate fresh, organic fruits and vegetables into your diet. These foods are less likely to contain harmful pesticides and chemicals.



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Regular Exercise: Gentle exercises like walking, yoga, or tai chi can improve your physical health and reduce stress. Remember to exercise in clean, fresh-air environments.

Home Environment

Creating a safe and chemical-free home environment is vital for those with MCS. Here are some tips to help you maintain a healthy living space:

Use Natural Cleaning Products: Opt for vinegar, and baking soda, instead of harsh chemical cleaners.

Air Purifiers: Invest in a good quality air purifier to remove pollutants and allergens from your indoor air.

Mindfulness and Relaxation

Taking time to relax and practice mindfulness can greatly benefit your mental and physical health. Here are some activities to help you unwind:

Online gentle chair yoga: Please visit our website to [practice wellness yoga at your convenience](#).

Meditation: Spend a few minutes each day meditating. It can reduce stress and improve your overall well-being.

Reading: Choose a book that inspires and relaxes you. Reading can be a great escape and a way to learn new things.

Upcoming Events

Join us for an online [legal event in Alberta](#) : [Register here](#)

As we move through August, let's embrace this time to focus on our health and well-being. Remember to take care of yourself, stay connected with your community, and enjoy the beauty of nature.

Wishing you a happy, healthy, and joyful August!

Warm regards,

Rohini Peris, President & CEO and Michel Gaudet, Executive Director