

Environmental Health Association of Alberta



**Learning to Live
a Less Toxic Lifestyle
And
How to Live
With Environmental Illnesses**

Other Provincial Environmental Health Associations in Canada

Environmental Health Association of BC (EHABC)
Box 30033 Saanich Centre PO, Victoria, BC,
Canada V8X 5E1
Ph: (250) 658-2027
Web Site: www.ehabc.org

Environmental Health Association of Ontario
(EHA Ontario)
Box 33023 Ottawa, ON K2C 3Y9
Ph:(613) 860-2342
Web Site: www.ehaontario.ca

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

Environmental Health Association of Nova
Scotia (EHANS)
PO Box 31323, Halifax, Nova Scotia, Canada B3K 5Y5
Call Toll-Free 1 (800) 449-1995
Web Site: www.environmentalhealth.ca



EHA-AB
P.O. Box 25 Main
Edmonton, Alberta T5J 2G9
Phone: (780) 289-5719
Email: info@eha-ab.ca

**Find Us
On the Web
www.eha-ab.ca**

JOIN EHA-AB

Full Membership Benefits

Access to Meetings	Education Materials, Posters
Voting Privileges	Group Support

To Become a Member:

-Complete the form below or join online.

-Make cheque out to EHA-AB. Mail to EHA-AB
P.O. Box 25 Main, Edmonton, Alberta, T5J 2G9

- Full Membership Pro-Rated (See Table Below)

Nov	Dec	Jan	Feb	Mar	Apr
\$25	\$23	\$21	\$19	\$17	\$15
May	Jun	Jul	Aug	Sep	Oct
\$13	\$11	\$9	\$7	\$5	\$28

- Associate Membership \$5 (Support EHA-AB's Objectives. Includes No Benefits.)

*Special consideration given to those on fixed incomes. Please inquire.

Date: _____

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Email: _____

New Member ____ Renewal ____

I'm willing to volunteer YES / NO

Membership year is from November 1 to October 31
We appreciate your generosity. EHA-AB is a non-profit organization. Your donations are welcome.

The Effects of Environmental Sensitivities range from mild to debilitating. Most people with Environmental Illnesses will have to change their daily activities to avoid triggers and cope. This in turn affects family life, friendships and careers. Most will require accommodations from family, friends and employers who also need to change their daily activities. Public places can be hazardous due to fragrance, electro-magnetic fields, pesticides and other triggers so common in today's environment. Disability insurance, safe housing and public spaces, health care and workplace safety are some major challenges faced by those with Environmental Illnesses.

About EHA-AB

We are a non-profit environmental health organization which provides support and information to its members with environmental illnesses. We also strive to raise awareness within medical communities, educational institutions and the general public. Our goal is to prevent further cases of environmental illness from occurring. Our hope is to assist our members in making healthier choices in: personal care products, home care products, housing construction materials, lawn and yard care products.

Environmental Illnesses (EI) are characterized by sensitivity to environmental triggers. Reactions can occur at extremely low levels. Initial sensitization can result from one large or several small exposures.

Symptoms are reported in all body systems and vary from person to person.

- Skin problems may include rashes, lesions and inflammation.
- Breathing problems can include shortness of breath, asthma and cough.
- Aching and swollen joints, gastro-intestinal problems, rapid heart beat, headaches and fatigue are common.
- Nervous system symptoms may include tingling, numbness, and CNS symptoms.
- Brain symptoms can include disorientation, cloudy thinking, seizures and mood swings.

Some Common Environmental Triggers are chemicals found in everyday consumer products including:

- Cleaning and personal products
- Scented laundry products
- Plastics/Products from petrochemicals
- Paints, solvents, adhesives
- Pesticides and lawn chemicals
- Scented products, perfume, cologne
- Car exhaust
- New building materials

Some people are also sensitive to noise, fluorescent lighting, food, electro-magnetic fields and moulds.