

December 2, 2009

Re: Introducing your book to Japan

Dear Ryozi Tamakoshi,

Thanks for your message and it is a great idea that you want to introduce my book to Japan!!  
Thank you!

Yes, sure, you may translate/use the information on my English book webpage for the website of Citizens Against Chemicals Pollution.

I also have an article for you if you like to use that. See text below.

You are free to use pictures of the book (see my website) and/or of me as well. If you need anything else, just let me know!

If you have translated it, I would love to receive the link from you, I will place the link on my website then as well.

The text of the article is (I could not send a Word file via Facebook, so I pasted it here below):

---

#### New English MCS book launched worldwide by McFarland

Els Valkenburg wrote the first Dutch book on multiple chemical sensitivity, a year later the book became available in the German language and now the English language edition is launched worldwide, also in libraries, schools and universities. Els is very proud that this project succeeded after years of hard work. All editions are adjusted to the specific area/market of that language.

Els: "My goal is to bring more understanding and acceptance about this environmental illness and spread the knowledge as far and as much as possible. I hope young people, supplied with the facts, will not end up like me. Had I received this information 10 years ago, I would not have had to live the life of a recluse".

Els hopes with her MCS book to improve the situations of MCS patients. Not only their health and living situation, but also their relations with family and friends concerning understanding and respect. The book is also suitable for specialists and therapists, because it also has a scientific part and everything is underpinned with research and reports. Most books are written only from a scientific point of view or are written by patients only about their own experiences. This book is written based on both, from own experiences, those of others and on throughout (scientific) research, that is why it has 7 Parts: Part I: What Is MCS? (General; Treatment and Strategies for Relief; Scientific etc.); Part II: The Personal Story; Part III: The Voices of Others; Part IV: The ABCs of MCS: Tips and Advice in Alphabetical Order; Part V: Films, Books, Art, Music and Spiritual Nourishment; Part VI: Further Resources (Articles; Websites); Part VII: MCS Handout.

Understanding Multiple Chemical Sensitivity

Causes, Effects, Personal Experiences and Resources

Els Valkenburg

ISBN: 978-0-7864-4443-4 | 224 pages

More information on the book: [www.the-abc-of-mcs.com](http://www.the-abc-of-mcs.com)

Publisher: [www.mcfarlandpub.com](http://www.mcfarlandpub.com)

---

Many thanks ahead and 'talk' to you later!

Regards from the Netherlands,

Els Valkenburg