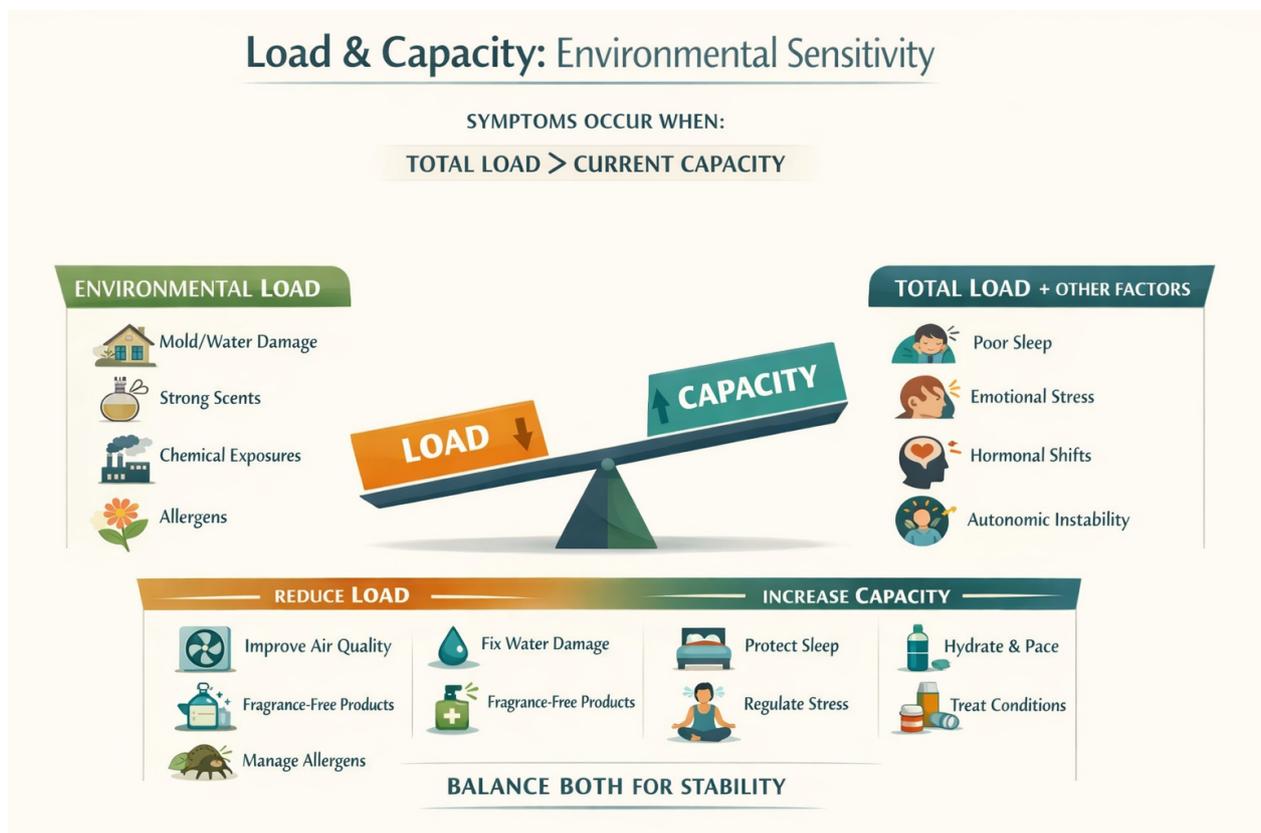


# Environmental Illness & Regulation Sensitivity

## A Load & Capacity Perspective

This booklet outlines a balanced reflection on environmental illness through a regulation sensitivity lens. It integrates lived experience with physiological understanding and a calm, evidence-informed approach.



## Part 1 – Why the Environmental Model Made Sense

Symptoms were real and disruptive: fatigue, migraine, autonomic instability, asthma, immune reactivity, and sensory sensitivity. The environmental model offered validation and practical steps when mainstream care felt dismissive. Reducing fragrance, improving air quality, and addressing visible mould provided genuine relief and a sense of agency.

## **Part 2 – When It Became Heavy**

Gradually, environmental awareness shifted into hypervigilance. Constant scanning for risk increased stress. Testing expanded, financial strain grew, and relational tension emerged. Fear became an additional load. Not all flares were exposure-driven; sleep loss, stress, hormones, and autonomic instability also played major roles.

## **Part 3 – What Was Learned**

Symptoms occur when Total Load exceeds Current Capacity. Environmental factors are one category of load. Others include poor sleep, emotional stress, infection, hormonal shifts, and overexertion. Fear itself activates the nervous system and can amplify symptoms. Capacity building became as important as load reduction.

## **Part 4 – Where Things Stand Now**

The goal is no longer zero exposure. The goal is stability. Reduce obvious environmental load. Increase capacity. Treat known medical conditions. Avoid fear-based escalation. Protect relationships. Environmental awareness is appropriate; environmental obsession is destabilising.

## **Balanced Environmental Approach**

- Address visible water damage and confirmed allergens.
- Use fragrance-free products where helpful.
- Protect sleep and regulate stress.
- Hydrate and pace activity.
- Treat migraine, asthma, and autonomic conditions appropriately.
- Avoid unnecessary over-testing and high-cost detox protocols.
- Focus on stability rather than elimination of all risk.

***Core Principle: Balance Both for Stability.***