

allergies when they cannot find a solution to the patient's problem - often, if the patients themselves suggest allergies, they are ignored, or are told they are hypochondriacs, nervous or referred to a psychiatrist).

- Psychiatrists
 - should have new patients allergy tested for food and chemical sensitivities prior to psychiatric treatment.
- Doctors should decrease their dependency on drugs for helping patients.
- A more comprehensive system of diagnosis and treatment that focusses on removing causes of problems, (rather than symptoms) should be provided. Doctors should develop a more holistic approach.
- Doctors should stop telling patients that their symptoms are "all in the mind" simply because they are unable to diagnose the illness and because their treatments don't bring improvement.
- The Ministry of Health should develop reading lists and other informational materials alerting doctors to the symptoms and causes of environmental hypersensitivity, so that they can make a preliminary diagnosis and refer the patient to a clinical ecologist rather than to a psychiatrist.
- Raise the respectability of ecological/environmental medicine in order to attract qualified researchers.
- Doctors should be well trained in diet and nutrition and biochemistry and study the nutritional management of illness.
- Doctors should be taught about the wide range of allergic symptoms and something about allergic management. If allergic diagnosis and nutritional counselling is done early, huge O.H.I.P. costs and harm to patients would be avoided (i.e. by incorrect diagnosis and treatment).
- There should be better communication and cooperation between the traditional medical community and clinical ecologists and other alternative health practitioners.
- Employ social workers in doctors offices and clinics.
- Involve the public health nursing system in the area of environmental hypersensitivity.