



MCS and Van Life with Marie LeBlanc

SPEAKERS

Kendra Seymour, Marie LeBlanc

ML

Marie LeBlanc

00:00

Another myth is kind of avoiding chemicals is easy. That's what some people seem to think. They think it's easy in modern life. Well, it would be easier if these, you know, could refrain from the chemicals and their deodorant and their body soap and their laundry detergent and their dish soap. So it's really, really hard. It's like we're constantly being bombarded by all these chemicals. And even the World Health Organization, I think, mentioned something about how men, much of our illnesses, are created from pollutants and things in our environment.

KS

Kendra Seymour

00:39

Hello and welcome to your indoor air podcast brought to you by Change the Air Foundation. My name is Kendra Seymour, and today we're going to be talking about Multiple Chemical Sensitivity, or MCS, for short. Now, for those diagnosed or suffering from this condition, navigating daily life can be challenging because of the countless number of fragrances, chemicals and products that are in our everyday environment, whether you're at home or at school or at work or the grocery store or the mall, all of these things can you know in our indoor air can trigger a wide range of symptoms in the people who are affected, and many of these symptoms can be rather debilitating. So our guest today is Marie LeBlanc, and she knows firsthand the challenges of living with MCS, from severe health struggles to the difficulty finding safe housing. Marie has faced obstacles that many of us can't even imagine. She's lived all over the US and Canada and as a result of her struggle to find safe housing, and she's now navigating life from a unique perspective of living in a van. But Marie isn't just surviving. She's using her experience to fuel her art and her advocacy, raising awareness about MCS and fighting for change, and today we're going to talk about her journey and the misconceptions surrounding MCS and the changes she hopes to see in society, plus she's going to offer some wisdom for both those struggling with this and those who may not be as familiar with how our

indoor environment can affect our health. So this is an important conversation about resilience and awareness and the urgent need for safer environments for all. So thank you so much, Marie for being here.

KS

Kendra Seymour

00:39

Hello and welcome to your indoor air podcast brought to you by Change the Air Foundation. My name is Kendra Seymour, and today we're going to be talking about Multiple Chemical Sensitivity, or MCS, for short. Now, for those diagnosed or suffering from this condition, navigating daily life can be challenging because of the countless number of fragrances, chemicals and products that are in our everyday environment, whether you're at home or at school or at work or the grocery store or the mall, all of these things can you know in our indoor air can trigger a wide range of symptoms in the people who are affected, and many of these symptoms can be rather debilitating. So our guest today is Marie LeBlanc, and she knows firsthand the challenges of living with MCS, from severe health struggles to the difficulty finding safe housing. Marie has faced obstacles that many of us can't even imagine. She's lived all over the US and Canada and as a result of her struggle to find safe housing, and she's now navigating life from a unique perspective of living in a van. But Marie isn't just surviving. She's using her experience to fuel her art and her advocacy, raising awareness about MCS and fighting for change, and today we're going to talk about her journey and the misconceptions surrounding MCS and the changes she hopes to see in society, plus she's going to offer some wisdom for both those struggling with this and those who may not be as familiar with how our indoor environment can affect our health. So this is an important conversation about resilience and awareness and the urgent need for safer environments for all. So thank you so much, Marie for being here.

ML

Marie LeBlanc

02:05

You're welcome. Thank you very much.

KS

Kendra Seymour

02:08

Okay, so let's, let's start with for those who maybe aren't familiar, what is MCS and what are some of the symptoms?

ML

Marie LeBlanc

02:16

MCS is where people have adverse reactions to various things in the environment, like cleaning chemicals, laundry detergent, smoke. Also, there's electrical hypersensitivity, which is also, you know, Wi Fi, electronics, building materials, you name it, there's so many things. And it can it can be from, you know,

mild for a person, to completely debilitating, where they cannot even function at all. And some of the symptoms are like, there's a whole range, you know, brain fog. It can affect multiple body organ systems as well. So that that will confuse, when you go to a medical practitioner, it sometimes is confusing because the tests may come out normal, and it's really just the environment. So brain fog, pain. For me, sometimes it would have been slurring, my memory, and that would be with mold, exposure to where I've had kidney failure with mold. And for me, I have interstitial cystitis. However, the symptoms become worse when I'm reacting. Same with intestinal issues. There's just so many things for symptoms that are different for various people.

KS

Kendra Seymour

03:35

Yeah. And I think the challenging thing too, and you kind of touched on this, is there are different triggers for different people, and then it impacts you in different ways, and then you go to a doctor, and they're not connecting the dots, because in one case, it's brain fog, but then also GI and so then you're seeing all these different specialists, and no one's looking at the picture rather holistically. So it can certainly be a struggle to kind of get this diagnosis. So you've kind of touched a little bit on your health struggle. But can you speak to that a little bit more about your journey, like how long you've had MCS and what what life kind of looks like with that?

ML

Marie LeBlanc

04:16

Okay, I also did forget to mention pesticides. That's one of my things, too. So for me, I was born two months earlier, and I had a bad start to begin with. So I I've been sick ever since I was born, and when I lived in residence at university, there was mold. So for me, there's mold. Buildings were sprayed with pesticides. I've had over 20 surgeries for things, and I do notice, though, that the things that went for surgeries for that when I'm away from my triggers, I feel much better. Right now in I think it was 95 I had to quit my job due to chemical sensitivities, and then after that, it led to my struggle of trying to find housing. It was constantly looking from one place to the next to the next, and losing friends because I kept moving, and I needed them to help me move. And I did get on disability. I had my own car, and I had to give that up, because that was, you know, the rules for disability, and I had to start taking the bus. And that was really, really hard, and I realized after a long time, I just couldn't do it. So I started walking to my medical appointments. I can't remember the question, and that's part of my thing too, is memory and brain fog?

KS

Kendra Seymour

05:38

No, that's that's understandable and and I think that's a symptom that's a lot of people listening might relate to, whether it's from multiple chemical sensitivities, or mold related illness or a tick borne illness. It is very scary and frustrating when you when you sometimes struggle with that. So let's, let's look into that a little bit more. So you had mentioned the bus, because if somebody isn't living this. It's really hard to imagine. Why is something as seemingly simple as taking the bus? Why was that problematic for you?

ML

Marie LeBlanc

06:09

Oh, man, I would get so lost. I would take I'd be in pain, I'd be in confusion mode. My bladder would go nuts, because I'm reacting to the either whatever they spray, because sometimes there's, you know, bugs, or whatever they spray for in the bus, and then I would get to work and I couldn't think, I couldn't, couldn't concentrate, and, you know, people are looking at me like, what's going on? And then if I leave work and I'm in the in the environment where things were better for me, and I didn't know at the time, it's like, oh, well, choose I can function. I'm still in pain, you know, but I can function better. I had no idea it was confusing to me, as much as it was confusing to everybody else who thought I was lying or making it up. Even now, even with all the information I know about it, it's still hard to talk to some people who just they will never maybe they don't want to understand, or it's just too hard until it happens to them or a family member.

KS

Kendra Seymour

07:12

Yeah. And I think what's challenging too, is a lot of the things that you may be reacting to, it's not something we can see and and we're we tend to be a society where, if we don't see it, that's hard to believe, and so, on the bus I imagine, everything from people's perfume and cologne to laundry detergents to any host of a number of other things. Like can trigger symptoms in your body that you know make it hard to function. And then you go into work and you have other challenges, right? Other exposures from maybe what they're cleaning the floors with, or the building or, you know, I know someone who likes photocopiers and things like that, will send them into a little bit of a flare. So when you, I know you, you had mentioned that you had been struggling with your health for a long time, but that you'd have situations where it would get worse and then it would get better. So what did it look like when you went to get treatment from like, a medical doctor? What take us through a little bit of that? Like, what were they saying? Like, how did you ultimately end up being diagnosed?

ML

Marie LeBlanc

08:15

Okay, so I would go to the doctor, they would send me to a specialist, then another specialist, and sometimes things would be a little bit better or not, they couldn't figure it out. Then they would send me to, you know, the psychiatrist, who then had me on a bunch of medications. That just doesn't work. I couldn't handle the medications. Then finally, I was on, like, a Fibromyalgia in meetings, or something on the board, I can't remember, and I was looking through this information, it's like multiple chemical sensitivities, and I started being, that's me, you know. So then I went to my doctor. She knew I had it, but she but anyway. So what she did was she sent me to Nova Scotia to get diagnosed. And so I went there, got diagnosed, came back to Manitoba, couldn't get the things I needed that was part of my treatment, and then later on down the road after I lost everything I owned due to mold in 2016 after that, my one doctor sent me to Alberta to see a specialist there.

KS

Kendra Seymour

09:17

So what did that look like when you got to that specialist?

ML

Marie LeBlanc

09:20

Oh, my goodness, it was. He was so kind. He was he knew all about it, and he couldn't believe because it was a psychiatrist that sent me. And psychiatrists normally don't send you to an environmental doctor, but my psychiatrist kept saying, You don't need me. I'm going, Oh yes, I do, because he was my supporting doctor who supported the most with chemical sensitivities. So anyways, he, he sent me there, and my new doctor in Alberta helped me understand electrical which I didn't even know I had. And he, he would write down stuff on paper, because I was having a hard time with my memory. He would explain things to the nth degree, which I needed, and he would repeat himself because I couldn't remember. And it was just awesome. The hard part though of going to Alberta was I did lose my disability from Manitoba, and I ended up basically being on the streets of Edmonton with with my gutting my van and begging for people to help, and finding other people like me, and just trying to do a little odd jobs, just so I can kind of make it. Because I think it was two years where I was I didn't get disability again. I mean, I had the CPP pension plan thing, but that wasn't much.

KS

Kendra Seymour

10:35

Yeah, yeah. And I think one of the challenging things is I'm glad you finally found a doctor who believed you there. There is, you know, people might be more familiar with bigger events, things like around 911,

and Gulf War Syndrome and the Southwest Seven big events where we have a large group of people and something happens, and then it triggers kind of a number of illnesses, whether you want to call it sick building syndrome or multiple chemical sensitivities, and they're all a little different in people, and we and we recognize that, and there's research going on. We'll have an interview with Dr. Masri, who's doing some really interesting research, and Dr. Dempsey talking about the actual mechanism that happens in the body for this. So for those listening, if you want to check that out, we'll have those available as well on our website, changetheairfoundation.org, so now that you had like a diagnosis, what did they tell you treatment looked like?

ML

Marie LeBlanc

10:37

Housing.

KS

Kendra Seymour

10:39

Housing. Okay,

ML

Marie LeBlanc

10:41

The, the most important thing, well, housing, food, water, you know, eating all the right things. And at that point in time, I was paying rent in a place, you know, probably spraying pesticides and leaking in different apartments. And I didn't know mold was my thing at that point. So basically, treatment was, I needed the proper air, you know, the proper building, without all the chemicals, so that my body would have the chance to heal, because it's constantly fighting. It's like, if there's gonna be pesticides, there's no chance for my body to heal because I'm fighting against the pesticides or whatever's in there, the laundry exhaust. It was, it was really, really hard living in an apartment building is so much easier. In some ways, living in my van, in some ways,

KS

Kendra Seymour

12:25

We're going to get to that. So I wonder if you can touch a little bit about what happened with you and mold, though, because that was really interesting, and some of our listeners are coming at this from a mold perspective. And just as an aside, sometimes those who develop mold related illness, right? Maybe that's the initial trigger, they will find that they then develop multiple chemical sensitivities. So then they start reacting to things outside of mold and other things that normally didn't have an immediate or noticeable effect on them, not to say it wasn't impacting their health, because VOCs, as if you've been listening to our

followers, the last few weeks, we've been highlighting VOCs and other hazardous air pollutants and how those impact your health. But, yeah, can you tell us a little bit about the mold in that situation and kind of what happened the before and after? Because it's pretty shocking.

ML

Marie LeBlanc

13:11

Okay, well, there's actually a few times that I can think of when I started thinking about mold, I remember living in residence. Well, they used to, you know, have water fights and everything right in residence. So always smell like a skunk in there. It was so bad, and I was so sick, I couldn't figure out, why am I sicker? And then, of course, I'm I, I moved to a place in Winnipeg, and it was leaking urine and feces behind the wall for like, three years. So I ended up, pretty much, you know, getting rid of, like, the stuff I owned. And then that's what started my journey of being kind of nomadic. First of all, couch surfing, which I was too hard. And then got my van. And then when my doctor sent me to Edmonton, it was really, really cold. I didn't have any heat or anything. So I stayed in someone's place. I figured I would just try and stay in there, because I didn't know what to do. And there was mold, and I had kidney failure. I kept saying, the beginning, there's mold, there's mold. And when I was talking to the person, and I was losing my memory like crazy, and I just said, you know, his wife had just passed away and from dementia. And I said, was she sick beforehand? Nope, just when she got in this house, because I noticed how my memory was going, and I'm just my mind was going, Oh my goodness. And so finally, we did get it tested, and it was way above whatever Alberta standards were for mold, like it was really bad, and I had kidney failure. So the the general practitioner had spoken with my environmental doctor, and we decided, because pretty much knew it was the mold that was doing this. So we took the risk, even though the general practitioner had people, we getting ready for the hospital, for me to go there. I knew that I've had lots of procedures for things. I knew that this was my environment. I didn't want to have to deal with something else and then reacting to things in the hospital, like the cleaning chemicals and other things. So a week later, I didn't have kidney failure. But I do know now, though, that certain things will affect my kidneys more than they have before.

KS

Kendra Seymour

15:27

So when you moved out, all of a sudden, your kidney issues resolved. You didn't need to be hospitalized. You didn't need surgery. You removed the exposure, and your body was able to function a little bit more normally.

ML

Marie LeBlanc

15:40

Yeah, it was like, I felt like I was on my own guinea pig or something. I'm like, I know it's my environment. I just don't want to be on kidney dialysis or something like that for the rest of my life. I'm just going to leave. And that's after that is when my doctor said I'm going to live in the desert in the winter, because there's the electrical in the house, there's the chemicals, the building supplies and mold so, and now I'm just going environment to environment.

KS

Kendra Seymour

16:07

Yeah, so you split your time between Canada and the US, right, trying to avoid the Canadian winters. So talk to us a little bit about what living in the van is like, and how you manage your needs and how you kind of got to that point. Because it wasn't just like, well, this is, I mean, it was, it was a long journey to get to that point.

ML

Marie LeBlanc

16:28

Well, just to get to the van, I remember staying at a place and one of my friend's son was very, let's just say I was so scared of him, that was my decision. I'm getting a van. But then I couldn't even go into my van that I had gotten because it was too scented. So I had, you know, people come over and try and help and descent it. And I remember, I went to someone said, to use vodka. And I'm like, I never go the liquor mart. So I went in the liquor mart, and I said, some to the to this guy, but I'm detoxing my van. And he, his wife, worked for, is it called alcoholics anonymous. So he followed me on the store, thinking that I'm, I'm the one detoxing. So I said, No, no, let's go to the van. I'll show you really this coffee grounds, vodka. There's everything here that I'm trying to detox my van. He just, I think it just left, like, Oh my goodness. So it took a long time for that, and then I covered it in silver, like mylar. In the end, I couldn't get it out. And then I actually had to gut it, which is what I did on the streets of Edmonton. So then, and the doctor had also said, you know, live in a van. So I did that. And then I went to the States, and I was kind of nervous about going, because I, you know, I'm by myself. I met a lot of people. I meet a lot of people with chemical sensitivities or lyme, and I have lym as well. And it's, it's quite the thing, trying to figure out where am I going to camp for the night. You know, there's the physical safety, the environmental, you know, cell towers, those power lines over top, laundry exhaust. It's really, really hard. It's actually exhausting. So I do that. Or one of the first things when I go into a town is, okay, garbage can, you know, it just, just the small things that people don't even think about. How am I going to cook? Where am I going to cook? Is there going to be a fire pit? You know? It just goes on and on and on and, oh, I guess I might need to have access to a bank. You know, there's all these different things, and people don't realize how hard it really is. They think I make it look easy, but it's not.

KS

Kendra Seymour

18:35

Yeah, you have to be very intentional about everything right from how am I going to meet my basic needs, if I need to take a shower, if, if I need to run to the bank, or if I need to go to the grocery store, like so much of that, it has to be, I imagine, like planned out in advance. And then I imagine you also have to be flexible, right? You maybe you get somewhere and you think, Oh, this is going to work out. And then you realize that it's not,

ML

Marie LeBlanc

19:00

Yeah, and sometimes it's like, I just don't know, I gotta stay here, because what else do I do? Sometimes it's just like, What do I do? Yeah, it's really, really hard.

KS

Kendra Seymour

19:13

So, so, you know, we I said in the introduction, though that you're not just surviving, though you are. You are trying to bring about change. So you are an artist, and you do a lot of advocacy work, and you are really trying to get, like the public, involved. So tell us about that.

ML

Marie LeBlanc

19:31

Actually, I have have been in different situations where I've attended meetings or proposed resolutions and things like that. Do you want to talk about the art first or the advocacy? Why don't we start with the art? And then I had one called who says we need fresh air, where I was actually just faced homelessness. And I collected quotes from people from around the world, and I started projecting them onto structures. And I cannot tell you how many people came up to me. Who either had the condition or knew someone or felt really bad because they had shunned someone who had it. And one person said, I'm going to go, I don't even know if this person's alive. I'm going to go try find this person because they didn't know. And then I had a short film, MCS and EI awareness and acknowledgement, which has been played at UCLA and the Canadian Museum for Human Rights. And it's won like, I don't know, I don't know six awards or something like that. And that is only eight minutes long. And it's people I met along my journey, and that was the first, the first year I came down here, like when COVID hit, but it was right before COVID. I got the stories of people, and then Paul Turgeon helped me edit it, you know, thank goodness, because I have a hard time that way. So we worked back and forth on that. And then my latest thing right now is, I call it Illuminate Canada Yellow. On May 1st, I'm going to have from coast to coast to coast, where at least one structure, be

it a bridge or a fountain lit yellow, to raise awareness for environmental sensitivity. So in Canada, we call it environmental sensitivities, which includes multiple chemical sensitivity, electromagnetic sensitivity, mold illness and the prominent landmarks across the country will light up in yellow, symbolizing unity and support for over a million Canadians living with these debilitating, debilitating conditions. So I'm excited about that, and I'm really hoping that people can go to the event on it's on Facebook, and during the month of May, maybe they can share some pictures of them with yellow, or light something yellow and share it, which will help with the unity. I'm really, really hoping. I think, right now, I have 80 something people that are attending and interested kind of thing, so that that would be really, really nice,

KS

Kendra Seymour

22:00

and we can link to that in the show notes for people. Just because it's in Canada, across Canada, doesn't mean that people in the US can't participate and be involved as well.

ML

Marie LeBlanc

22:10

Yeah, because it affects, well, it affects everybody, not everybody, but every country. And it would be really, really nice to have people from all over the world. I would love that.

KS

Kendra Seymour

22:21

Yeah, yeah. So, so that advocacy work, I know is so important, I think we'll touch on that too in a bit more detail in a moment. But what is for the common misconceptions? I mean, you kind of alluded to it that you faced, or that you know people you've met along the way have faced about multiple chemical sensitivity,

ML

Marie LeBlanc

22:41

Yeah, one of them is people think it's a psychological condition, and I don't feel it is because, because individuals experience severe reactions to low level amount of chemicals and or exposures. And it's not simply anxiety or stress, but anxiety or stress will also happen for me especially. That's kind of how I'm affected. I remember before I would go into the store and I would be like, this basket case and cracking jokes, it was crazy, and it comes out, I couldn't count my money, and people looked at me like, oh, it's like anxiety. Well, maybe that's how it's perceived as but there's also the part where you know you're facing someone who doesn't believe. Well, the anxiety is from having to explain and always be an explanation mode, which actually doesn't help. So it's sometimes it's really hard. Sometimes I have to just leave the situation because they're not going to understand. They just want to pick at it. Another one was with the

people. They think people with MCS are overreacting or exaggerating their symptoms while they're real. They could be debilitating, including respiratory issues, migraines, fatigue, so many things. So they're not faking it. People, people just kind of poo, poo it, and if it hasn't happened to them. But there are a lot of people who have migraines, and they don't know why, but they they just, for some reason, there's some resistance of them relating it to anything environmental. Another one is people think MCS is rare and it doesn't affect many people. While in Canada, there's over a million people, and how many people have so many symptoms and don't know what it is. It could be mold, could be MCS could be both. Could be Lyme, and they just aren't being diagnosed. So many people are so sick, and then they think Another myth is kind of avoiding chemicals is easy. That's what some people seem to think. They think it's easy in modern life. Well, it would be easier if these, you know, could refrain from the chemicals and their deodorant and their body soap and their laundry detergent and their dishsoap. So, so it's really, really hard. It's like we're constantly being bombarded by all these chemicals. And even the World Health Organization, I think, mentioned something about how men, much of our illnesses, are created from pollutants and things in our environment. So it's a big thing. It's so big. So those are, like, the main things. I think there's a lot of, you know, myths and misconceptions,

KS

Kendra Seymour

25:25

Sure, sure, no, that's helpful. And I think too, just to add to your point, I think there is something upwards of almost 80,000 registered chemicals for use in in our everyday products, just in the US alone, many of which we don't have the necessary like health data, especially the long term cumulative data on what those exposures look like over time. And so this is not like our great grandparents generation either, right? And for the most people, we spend more than 90% of our time indoors, and so what's in your air matters to your health, and that's why we have those conversations at the foundation. Because many of these things, sometimes they have an odor, sometimes they don't, but in most cases, we can't see them. Many cases, we can't smell them, but they're there, and we need to be thinking about how the air in our home, where we work, where we go to school, can make us healthy or make us sick. So it's so important to think about that. So what are some of changes you would like to see in society that can better accommodate people with environmental sensitivities like MCS?

ML

Marie LeBlanc

26:36

It would be really, really nice if, especially if the person is close to someone they want to visit, someone with MCS, if they could refrain from wearing, you know, certain deodorants, like, ask the person what it is they can handle, because it's actually good for the person who is trying to accommodate someone with MCS. They may not realize, oh, I have this rash, but it could be because of my laundry detergent, if they could do anything to accommodate that person, and if the general public could even either get rid of all

their things that are scented and chemicals, you know, in their cupboards and go through everything, or as they finish using up a product, why not then go to the store and buy a product that's actually good for the environment and good for you. I think that would be really, you know, something that would be really good. And if they are really, really sick, you know, look into their environment.

KS

Kendra Seymour

27:33

Yeah. So it sounds like even just like asking the person with Multiple Chemical Sensitivities, how can I better support you? How can, or is there something differently that I can do to, you know, accommodate this so that you can feel better, and I'm not contributing to that, and then just that general awareness in public. Once and while, I don't have Multiple Chemical Sensitivities, my journey has resulted in me being more sensitive to certain things, and I noticed it. And once you get rid of fragrances in your cleaning products and deodorants and things like that, you suddenly realize just how many places, you know, I find it very overpowering sometimes to walk into certain buildings, and I'm a lot more aware like, oh, I probably would have never even thought twice about that before. But, yeah, yeah, it's, it's definitely something that, if you're listening today, I challenge you to, as you go through your day, pay attention to what you're noticing, what you're smelling, where you are, and think about what life might be like for someone with Multiple Chemical Sensitivities. So what, in your opinion, like, if you had to give like, one tip for the public, is there anything that you would say to them?

ML

Marie LeBlanc

28:47

Um, yeah, basically, start now to reduce chemicals in your life. Like, now is the time, if you wait for the future, it might be too long, you never know if you'll develop Multiple Chemical Sensitivity it may develop over time, or all of a sudden, boom, you've got it one large hit. Or just all of them together, it just all added up. If you can live in a clean environment, that would be one thing that would really, really help you. And if you're already living in a clean environment, that's great, because you're probably on to the next bigger and better, eating organic and drinking the right kind of water and starting with exercise and things, you'll have a better chance at maintaining a better lifestyle if you can have like that clean air, clean environment.

KS

Kendra Seymour

29:38

Yeah, so even if you're not impacted, it's not the message I think there is to prevent it from happening to you, right? Be cognizant of your exposures. Take steps. Small steps can add up to big changes over time, whether it's swapping your cleaning products or ditching the candles or moving to fragrant free personal care products. Like all those little steps can make a big difference over time. And what about any wise words for anyone who's currently struggling with this because you're living in your van, not everyone is at

that point or needs to be at that point, but it can feel very isolating. I think that was a word you had used before. So what? What advice do you have for them?

ML

Marie LeBlanc

30:21

Well, I just want them to know they're not alone. There's there's so many people, there's so many Facebook, Book Group groups out there that can help you. And just keep on going. You will hit a lot of roadblocks, and you will realize that you are stronger than you think you are, you will not believe how much of a survivor, thriver you really, really are. And if you can go to any of the Facebook groups, that would be great. I can't remember the names of them right now, but you do look up Multiple Chemical Sensitivities, or if you have mold, there's mold groups. You might know some. I can't, I can't remember them because I haven't been on them as much lately.

KS

Kendra Seymour

31:01

Yeah, and maybe we can try to find those and link to them in the show notes after this this call, so that that is really helpful if, and I imagine people might, if they're they've been listening and they think, oh, gosh, that sounds like me. If they had follow up questions for you, or they wanted to learn more about your advocacy work and what's happening in May. How could they get into contact with you?

ML

Marie LeBlanc

31:24

Hey, well, they can go to Marieleblanc.net and on my blog, because that's the most up to date right now. On the blog part, it shows the event, and they can click on it and go on to the Facebook event. And they could contact me at whosaysweneedfreshair@gmail.com but there my site is more the art and advocacy, not really the explanation and the other information. There's other sites out there, and it's slipping my mind right now. I know Seriously Sensitive to Pollution, actually has a lot. I don't know how much you got. I can't remember how much you have on your site. I can't remember.

KS

Kendra Seymour

32:04

Yeah, we're building it out. So what we'll do for listeners, Marie, if you find some you like and you send them to me, and we'll link to everything in the show notes. And if you're watching on YouTube, you just look in the description. If you're watching on Facebook, just head on over to our website, where the article is housed for this interview, and you'll see those there, but everything is available on our website. You can

also find it on our YouTube and our podcast. So the show notes will try to link to as many resources as possible for people,

ML

Marie LeBlanc

32:33

There's The Environmental Health Association of Quebec in Canada, which actually has a lot of information like you wouldn't believe

KS

Kendra Seymour

32:42

Wonderful, no. And I think you've really done an amazing job advocating for yourself and others during what is a very challenging time for you with your own health, and I know what it takes to just manage that, and you're still going above and beyond to help others. So thank you for all of your advocacy work and continuing to shine a light on this important topic, because the only way this is going to change if it's people like you and all and others who are talking about this and fighting for change and healthier indoor air for us all. So thank you so much.

ML

Marie LeBlanc

33:18

You're welcome. Thank you so much for everything you're doing, too. Thank you

KS

Kendra Seymour

33:23

Absolutely and for everyone listening. If you found this information helpful, if you want to learn more about what's in your air, please head on over to changetheairfoundation.org, and sign up for our newsletter, because it really is the best way to get interviews like this. Great information, tips, resources, freebies sent directly to your inbox. Thank you so much, everyone. We'll see you next time you.