

Before I was diagnosed with Gilbert's Syndrome I had some pretty awful symptoms. I couldn't explain them at the time! I couldn't work out why I was ill as I hadn't a pattern of symptoms to link to. This was when Gilbert's Syndrome started to make its impact felt.

One time, I used a can of spray paint to paint a piece of furniture. I even did it outside for ventilation. The instructions said not to get any on my skin, but I only got a little on my hands so that didn't seem like much.

I spent the next 24 hours vomiting.

The only trigger event was the spray painting. I had no diagnosis to explain my extreme reaction, but it was the only possible explanation.

Over time, I began to see a pattern of being more sensitive to paint and chemical fumes. I was always happy to take on decorating my home, but it began to make me feel sicker and sicker.

Later down the line I had my diagnosis, after a long while of feeling generally unwell and many tests at the Dr. Having done some early exploration, and in view of the pattern of symptoms, I tried out organic paints. Wow! The difference was incredible. I didn't feel even slightly nauseous. I was so happy that I could go back to doing something I considered normal - painting my own walls!

These days ordinary wall paint you can buy from the DIY store has far fewer chemical odours in it. This means you are more likely to tolerate it if you have Gilbert's Syndrome or a sensitivity to chemical odours. I'd always recommend organic paint though, as I know it works to keep the chemical load in your home as low as possible.