

Shielded laptops reduce ES symptoms – and proves ES

Shielding a laptop computer to reduce radio-frequency emissions helped seven people who had previously suffered sensitivity symptoms from using an unshielded computer. They were able to return to full-time work or to recover sufficiently to undertake some computer work. The study urges the World Health Organisation to advocate shielding as the way to get those impaired by EHS back to work, rather than recommending a psychological explanation or remedy which has been shown to fail (Hagstrom et al, Pathophysiology, 2012).

The Nordic Council of Ministers in the year 2000 issued a diagnosis for electrosensitivity. EHS can be diagnosed when symptoms are reduced following the elimination or reduction in the radiation source. This study shows this correlation very neatly.

EU Commissioner: UK government is responsible for recognising EHS

Thanks to Carol for securing the following reply via Giles Chichester MEP from John Dalli, the European Commissioner responsible for Health and the Consumer. He explained that “the Commission is aware of the many discussions and concerns that surround these issues, and is closely monitoring all scientific developments. I take this opportunity to point out that the Treaty of the Functioning of the European Union confers no powers to the Union which would enable the Commission to recognise MCS and EHS as illnesses in their own right and to ensure proper medical treatment. I would, therefore, recommend that these questions are raised with the appropriate competent authorities of the United Kingdom.”

The UK government is lagging behind other countries in recognising EHS and its consequences. Disability recognition and allowances for EHS are now established in Canada, France, Spain, Sweden and the USA. The UK needs to catch up fast.

See inside for which MEPs supported the written declaration to recognise MCS and EHS.

Say No to wireless smart meters

Make sure you refuse any wireless smart meter from your gas, electricity or water utility company. The government has agreed that you can refuse wireless meters on health grounds. If you have access to the internet you could also sign a form from Stopsmartmeters. This will be sent to almost all UK utility companies refusing them access to your property to fit a wireless meter: <http://stopsmartmeters.org.uk/dont-smart-meter-me-notice-of-non-consent-for-smart-meter-installation/>



The World Health Organisation's IARC classifies wireless smart meter radiation as a 2B possible carcinogen and the UK government advises that children should not use mobile phones, which use similar radiation, except in an emergency. It is therefore wrong for utility companies to pretend that wireless meters are safe or appropriate for the health of their domestic customers.

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Conference with Dr George Carlo

See the enclosed note from Sarah Dacre if you wish to attend. He will be in the UK on Sat. 5th January 2013 in London for doctors, and Sunday 6th in Kent for everyone.

ES-UK Christmas cards

See the enclosed note if you wish to order cards this year. It's one way to raise awareness.

New PayPal button on website

From Sarah Dacre, the treasurer: Owing to popular demand, there is a Pay pal facility available on www.es-uk.info to help you to pay your donation in any currency. Many thanks to all those who have already made a transfer via the Internet to ES-UK. Thanks also to those of you who have set up regular standing orders to pay your subscriptions.

Contact your local radio!

In July someone contacted BBC Northampton Radio about the problems of living with ES in today's world. The following day, on 17th July, Michael Bevington was asked to represent ES-UK in an interview on Electrosensitivity with Helen Blaby. The interviewer said she had never heard of the condition before and seemed genuinely interested, so it could be worth others trying the same approach if it seems appropriate.

Information sheets

The ES-UK has some information sheets, including a new one on CFLs.

Refuse wireless Smart Meters!

If you can use a computer with internet, see the new "Don't Smart Meter Me!" campaign by Stop Smart Meters. Remember to tell your utility suppliers that you do not want a wireless meter for gas, water or electricity. In January 2012 the UK government confirmed that everyone has the right to refuse a wireless meter on health grounds. See: www.DontSmartMeter.me and <http://on.fb.me/Lk9h0S>

In memoriam

Anne Ford of Gainsborough, Lincs, passed away on 10th April. She was electrosensitive and dealt with her condition with tremendous dignity, courage and humour, as well as being a huge source of information and support to fellow sufferers. She helped to make other people's lives better. (from Catherine)

Phil Hendy: passed away 16th June 2012. At peace now after years of pain and illness, but sadly missed by caring friends and fellow sufferers of Electromagnetic Hypersensitivity (EHS) who are allergic to digital wireless technologies. Phil would have urged everyone to research and discover the truth as he did. From Colin, Keith and Sandi. (from the Leicester Mercury)

Spectrum Alliance

Catherine Hessel, the co-ordinator of Spectrum Alliance, writes: The Spectrum Alliance is a group of charities and support groups for people with conditions that can be made worse by low energy lighting. We estimate that there are about 2 million people in the UK with existing health conditions who are seeing these conditions made worse by the ban on incandescent lighting. We also know that people who have no pre-existing conditions, also suffer adverse health reactions to low energy lighting, including headaches (which are not migraines), inability to concentrate, nausea, fainting and other symptoms. For instance, in a case we know of a woman had worked for a large organisation for a year and had no problems in her offices. When her employer moved to new offices she very quickly became ill and went off sick due to the lighting. She is now very likely to lose her job. We believe that the potential causes of the problems are the high level flicker of low energy bulbs, the high level of blue light they produce, their erratic spectral pattern and the electromagnetic fields from their ballasts.

ES-UK NEWS

Light sensitivity takes various forms, eg in Lupus where there is burning to the skin from UV light and blue light in the visible range, in migraines were headaches become more frequent and/or intense.

The UK is phasing out incandescent light bulbs in response to EU Commission Regulation (EC) No 244/2009. The EU asked its Standing Committee on Emerging and Newly Identified Health Risks (SCENIHR) to advise on any health risks due to low energy lighting. We are invariably told that SCENIHR said that the low energy light bulbs are safe to use. This is not the case. The SCENIHR report accepts that there are around 250,000 in Europe for whom low energy lighting is a health risk. This figure is only those who suffer skin burning from these lights and does not include those who suffer other serious and debilitating health effects.

The Spectrum Alliance charities are opposed to the ban on incandescent light bulbs and, as a minimum, want an exemption to the ban for those who suffer adverse health effects. The government are restricted by the EU in what they can do in this respect and refuse to agree to our requests. We also fear that as the use of low energy lighting increases more people will suffer adverse health effects from it and there is no mechanism at present to monitor this effect. We have heard from an optometrist, who is supportive of our campaign, that manufacturers of tints for lenses have seen a huge demand for these in recent years.

Thank You ES-UK!

This article was sent in by an ES-UK supporter.

I am so grateful to everyone at ES-UK for providing me with an outline of how to live with this disability. I have met friends for life. Although my life will never be the same again and many friends have dropped me from their address books, I am so happy to be alive and to be enjoying each day.

Of course I do not use a mobile. We use wired land-lines at home, work from a foil-lined office, use wired broadband connections, shield all cables and wiring at home, switch off the fuse box at night, cook properly without microwaves, and many other simple techniques to minimise exposure to EM Radiation.

Basically, I am now able to:

- Remember everything and chase up others exhibiting e-smog memory failure (don't you just hate people who do that?);
 - Rely on stamina and energy which lasts all day (providing I eat my caveman diet without additives, junk or tinned foods and drink mineral water and sleep 8-9 hours every night with the fuse box switched off);
 - My brain works spontaneously and clearly and I have rediscovered my creative inspiration, vocabulary and ability to interact with anyone without apology and embarrassment;
 - Use a laptop all day if necessary, providing I have eaten well;
 - Attend meetings in town and contribute professionally, although the low energy and fluorescent lights leave me with tinnitus after an hour or so.
- If this sounds somewhat odd, remember that I was almost bed-bound some five years ago with eye-sight problems, hair loss, teeth loosening, night terrors, incontinent, menstrual disasters, memory loss and confusion, insomnia, ME, bad physical coordination and cardiac arrhythmia. The list was endless and unpalatable.

Thank you!

ES NEWS

Medical authorities worried by "the growing number of EHS"



On 11th July La Maison de 21e siecle published a letter by Dr David Carpenter and signed by 40 leading experts showing the danger of wireless smart meters. They stated that medical authorities such as the Public Health Departments of Santa Cruz County, California, and of Salzburg State, Austria, are worried about the growing number of citizens who say they have developed electro-hypersensitivity, especially since for many of them, the symptoms developed after the installation of such meters (it takes some time for most people to link the two events).

According to 7 surveys in 6 European countries between 2002 and 2004, about 10% of Europeans have become electrosensitive, and experts fear that percentage could reach 50% by 2017. The most famous person to publicly reveal her electrosensitivity is Gro Harlem Brundtland, formerly Prime Minister of Norway and retired Director of the World Health Organization (WHO).

Many physicians and other specialists around the world have become aware that EHS symptoms (neurological, dermatological, acoustical, etc.) seem to be triggered by exposure to EMF levels well below current international exposure limits, which are established solely on short-term thermal effects. Organizations such as the Austrian Medical Association and the American Academy of Environmental Medicine have recognized that the ideal way to treat EHS is to reduce EMF exposure.

Blood type

A questionnaire from New Zealand aims to discover if EHS is related to blood type. See: www.ehsbloodtype.com/

Garlic may help?

During exposure to 1.8 GHz, garlic may help reduce protein oxidation in the brain, but not nitric oxide (Avci B et al, Int J Radiat Biol., 2012)

First EHS-sympathetic building in Europe?

On 26th June 19:30 Le Journal reported that the first building in Europe for people with with MCS and EHS is under construction.

Day of Action?

What do you think? A suggestion on the Mast Victims website, for a global day of action on 10th December, the International Human Rights Day. Most of us are unable to travel so we could blitz our leading politicians with the following emails demanding:

- A. An apology for giving us Microwave Sickness, as it is as a result of the government's policy of allowing EM radiation.
- B. Immediate medical and practical support.
- C. Compensation.

Also, perhaps we should return to the name "Microwave Sickness" as the name

"Electrosensitivity" is playing into the hands of the mobile industry and government.

Hospital to create more awareness of EHS

In a press release of 11th June, the Women's College Hospital in Toronto, Ontario, stated that "Cell phones, cell phone towers, wireless internet routers, cordless phones and power lines of all sorts have all been recognized as possible contributors to an environmental health condition called electromagnetic hypersensitivity (EMS) caused by significant exposure from radio waves. EMS symptoms include poor sleep, fatigue, headache, nausea, dizziness, heart palpitations, memory impairment and skin rashes. Patients' reactions vary, some requiring life-altering changes to minimize exposures as much as possible."

The statement said that the first step for patients having these symptoms is to see their family doctor and from there they are usually referred to a specialist, like those in the Environmental Health Clinic at Women's College Hospital (WCH).

On 23rd May the WCH hosted a day of interactive lectures, to share and discuss ideas about the issues surrounding EMS. Dr Riina Bray, medical director, Environmental Health Clinic, WCH, said: "We need to create more awareness about this condition. Health-care practitioners need to better understand EMS so they can help their patients prevent and manage their symptoms. The public needs to know how to protect themselves from the broad range of health impacts electromagnetic fields have on their minds and bodies."

On 24th June the Independent Voters' Network featured the WCH as the first Canadian hospital requiring its doctors to be trained in treating the effects of EMR. It commented that in the development of nuclear energy, "there was a similar debate as to the safety of ionizing radiation, which for a time the industry measured in "sunshine units." Over time, the scientific consensus shifted toward the currently predominant view that there is no safe amount of ionizing radiation."

"Sick of Wi-Fi: The debate over wireless safety is not going away"

The National Post on 11th August had a long article by Tom Blackwell with the above heading. It featured Dr Riina Bray, the environmental health specialist at Toronto's prestigious Women's College Hospital, who sees two or three new EHS patients every week: they are "suffering from stabbing headaches, "brain fog," tinnitus or extreme fatigue, their symptoms seem linked to exposure to Wi-Fi routers, cellphone towers and other sources of radio-frequency radiation."

Dr Bray said: "Every year we are getting more and more people coming in. I'm very concerned, because the stories are very, very compelling ... These are not crazy people. There is a huge, huge problem." She advocates major changes to how telecommunications and computer technology are used, such as moving to more hard-wired communication devices. She saw no EHS patients at her clinic five years ago, but now treats dozens a year, diagnosing patients after first taking an extensive history. The symptoms include "lancinating" or stabbing headaches, nausea, heart palpitations, tinnitus, extreme fatigue and vertigo. Patients tell her the symptoms lessen or disappear when they move away from the source of the radio waves.

"Everybody in the person's family thinks the person is going crazy," said Dr Bray. "Then they'll start putting one and one together and they look around and [during an illness episode] somebody is doing this in close proximity; somebody is texting or talking on the cellphone." Patients often suffer from some other medical problem, too, such as heart disease, Lyme's disease or an ear injury, which Dr. Bray believes may make them more susceptible to the hypersensitivity condition than most people. She said the science is solid and well embodied by the Bio-initiative Report.

ES symptoms from mobiles and computers?

A report in the Daily Mail on 12th June seemed to be describing ES symptoms. It was headed "Constant Internet access 'causes sleep disorders and depression with late night users most likely to suffer'" It stated that people who make heavy use of mobile phones and computers run a greater risk of sleep disturbances, stress and symptoms of mental health.

Holiday cottage

A reader recommends a holiday cottage near Rye in Sussex as having low microwave radiation: www.cottage-choice.co.uk/cottages-Bixley-17266.shtml

READERS' COMMENTS

Blue Tooth to blame?

A reader comments she reacts to a mobile phone especially when a neighbour comes home in his car and she can feel the phone at 100m distance. This occurs only with this neighbour's phone and she wonders whether it is to do with the Blue Tooth radio which he has on the phone and in the car.

Unhealthy Olympics

A reader reports usual electro-sensitivity symptoms on visiting the Olympic Park in August for the 2012 Olympics. Radiation levels one afternoon in the first week were typically 0.2-0.3 V/m and 100 uW/m², with spikes of 1.0 or 2.0 V/m, including inside some venues where spectators were sitting for several hours continuously. Indoor biological safety limits for sensitised people are 0.002 V/m, or 0.02 V/m, so London Olympic Park won a gold medal for being unhealthy.

Fewer small birds because of masts?

A reader asks whether anyone else has noticed far fewer small birds in gardens and parks these days. Large birds such as pigeons seem unaffected, but slower to escape danger. If radio devices can keep houses free of pests and small animals, could masts and Wi-Fi in towns be doing the same thing?

Why no wired routers for BT and Virgin? Why no warning labels?

A supporter asks why BT and Virgin do not supply wired rather than wireless internet routers. Wi-Fi radiation is now a class 2B carcinogen according to the WHO's IARC. Where are the warning labels for wireless routers?

Irradiating children for hours on end?

A reader visiting the Louvre museum in Paris felt ES symptoms and looked round to see the cause. A tour guide was talking quietly into a microphone linked by radio to radio receivers worn by each child in a group. He asks, if an adult can feel the radiation several meters away, can it be healthy to expose children to this radiation for several hours on end?

Gurgling tummy effects!

A reader reports occasionally suffering an embarrassing and audible tummy gurgle when a friend sits nearby with a mobile in transmitting mode.

Laptop on standby or phone switched off?

A reader reports that if she offers a lift to anyone she can tell if their laptop is on standby in a back pack, or if their phone is switched off but with an active battery. On many occasions the individual cannot believe that she has called the situation correctly.

Masts and temporary forgetfulness

A reader reports that after about 40 minutes watching a match one Saturday afternoon, standing still about 200 yards from a phone mast, when asked about a situation 9 months ago, he denied all knowledge of it, twice, to the surprise of his acquaintance. 18 hours later, however, including 8 hours shielded from EM, he could recall the whole situation clearly.

London Underground ill health?

A reader asks if others can also feel ES symptoms when going through narrow entrances into a different area of the London underground system, where the radiation seems concentrated passing through the entrance.

Travel support card for people with hidden disabilities?

A reader asks if EHS people could use the disability support card announced by Transport for London on 22nd February to ask for Wi-Fi on buses to be switched off. Wayne Trevor, London Underground's Accessibility & Inclusion Manager, said it was "designed to make life easier for people who may need help, but do not have a visible disability." The card can be downloaded from the TfL website.

Avoid Debenhams

A reader reports suffering ES symptoms in Debenhams. Some stores have installed Wi-Fi, using radio frequencies which are a possible cancer agent according to the WHO's IARC.

John Lewis – breaking health safety limits

A reader reports unpleasant ES symptoms while visiting a John Lewis store which has installed a BT Openzone Wi-Fi system. The electro-pollution levels, when measured late one evening in the middle of a comparatively empty shop over a 5-minute period, were surprisingly high – averaging 150-600 mV/m with a peak of 1,970 mV/m and over 1,000 uW/m². Since the Bio-initiative International non-thermal safety limit is 200 mV/m and Wi-Fi is now a Class 2B carcinogen, according to the WHO's IARC, he wonders how far John Lewis is concerned for the health of their employees, let alone their customers.

Radiation sickness after concert - warn the music industry?

A reader writes: "At a musical event recently a lead singer was almost shouting into a radio mike. Although I was sitting about 10 metres away, I felt pains round the heart each time he did so. The next day, 18 hours later, I had a typical bout of radiation sickness, throwing up four times. Perhaps someone should warn the music industry in case it employs any ES people?"

BT HOME HUB PROBLEMS

Avoid BT HomeHub – impossible to switch off the Wi-Fi?

A reader reports her problems with BT's HomeHub:

"Eighteen months ago I took on Broadband from BT and got a BT HomeHub 2.0 which gave the option of both Wi-Fi and cable connection. I was talked through switching off the Wi-Fi in the Hub Manager by an online BT assistant. Two days later I shifted the computer and hub, and the Wi-Fi came on. I opened the HomeHub manager, but could not find out how to switch off the Wi-Fi and contacted BT. The online technician tried, including screen-sharing my computer, but was unable to help, as the option to not have Wi-Fi has been "grayed out" and replaced by BT FON which can only be kept permanently switched on.

Apparently BT is trying to create a free Wi-Fi network, BT FON, using private home equipment, without considering the ill health it can cause to them or their neighbours. The only solution the technical assistant could offer was to buy a router that does not have Wi-Fi, that is, cable only. He advised I could get it from BT online. Effectively, I have now to pay out extra money to maintain a service I already had at a level I already had."

You can switch off BT Wi-Fi?

Another reader thinks you can switch off the Wifi on the BT Home Hub2, by (a) enabling Wi-Fi; and (b) switching onto Power Save mode. If the Wi-Fi "disabled" function is used, the transmitter keeps radiating, although the Wi-Fi software is disabled.

BT Openzone – only BT's Wi-Fi has no health effects?!

A correspondent reported on 23rd June the following.

(a) BT Openzone (08800 022 3322) confirm that everyone

signing a BT Broadband Contract (small print) consents to become a Wi-Fi hotspot, unless they opt out.

(b) BT Openzone have also stated that Openzone Wi-Fi signals have a range limit of 50 metres (100 metres max). Yesterday I measured a 3 bar signal 200 metres from the hub.

(c) An employee of BT Openzone (Tricia Down of Exeter) told me: "There is no way that the Wi-Fi coming from BT equipment can cause any health effects." [Perhaps someone should tell her that the WHO's IARC classified ELF and RF as from Wi-Fi as a class 2B carcinogen – Ed.]

BT Home Hub and animals sensitised

Lorna writes:

In the last Newsletter reference was made to a dog being affected by EM radiation. This should not come as a surprise since radiation affects cell membranes and animals, like us, have cells, but it was interesting that the dog showed an immediate reaction to passing radiation.

In recent years I have had experience of four animals which were affected by my neighbour's Home Hub. It penetrated my house and garden as well as saturating their property. Although their dog was quite young, he soon had difficulty walking. He developed septic lumps around his head and neck and became blind due to cataracts. Their cat was a miserable little animal, covered in hard pimples. When the owners died the animals were rehomed and I have since heard that they are well and happy, although the dog's cataracts cannot be treated on account of his diabetes.

I have two cats living with me and both deteriorated when the Home Hub arrived. The tom is most severely affected. Toms usually have a wider territory than queens and mine strays into the gardens

of people with Wi-Fi and dirty electricity. Both are now electro-sensitive, although the Home Hub has been switched off for nearly a year. Both became unwell recently when we had a thoughtless visit from a mobile phone. It is difficult to tell when a cat is in pain, but walking on flat feet, reluctance to jump, and excessive sleeping are indicators of possible joint pain. Both cats are furiously itchy and their skin produces small scabby pimples which could easily be mistaken for flea eggs, but they are smaller and a different colour. Scratching with unhygienic hind legs often rips the skin around the head producing septic lumps.

Cats have wonderful powers of healing and I have not found antibiotics, which interfere with natural healing, helpful. The homeopathic remedy, viscum album (mistletoe) seems to relieve symptoms and reduce healing time. Chronic scratching and frequent licking may cause problems with fur balls. My cats have very little fur on their stomachs and other owners have noticed the same thing. Both cats are now intolerant of the usual kind of pet food.

This situation makes me very cross. I am willing to accept that something inside me causes my EHS problems, but these animals are entirely innocent. I acquired them so that I could enjoy their companionship. In return I owe them a decent life and that I cannot give them. The only possible upside is that I have become more militant than ever on the subject of the secrecy which surrounds the dangers of modern technology. It will never be made safe until the powers that be, especially the medical profession, admit that there is a high price to be paid in human and animal suffering for our whizzy new toys.

WIRELESS METER HEALTH PROBLEMS

Southern Water – compulsory class 2B cancer meters

It is reported that Southern Water are installing water meters for 92% of their customers by 2015. Since DEFRA, the government department for the water industry, now classifies the Southern Water region as an area of serious water stress, and the Water Industry Act 1999 has been extended to include the power to universally meter households if an area has serious water stress, customers cannot refuse the installation of a wireless water meter. Southern Water meters have Automated Meter Reading (AMR) wireless radios for remote reading with “drive by” vehicles. The radiation is 868 MHz at 1,000 uW/m². Advanced Metering Infrastructure (AMI) has two-way communication.

An “ARAD Case Study” information sheet states that the ½ million Arad Gladiator Water meters are “equipped with Arad’s unique integrated Dialog 3G AMR system” for drive-by reading. “The signal from the meters is transmitted constantly” and “each meter can log 4,000 reads” which can be downloaded in less than one minute. “Arad’s Dialog 3G system is a two-way system, enabling not only remote reading ... but also programming and controlling of the water meters remotely.” It works off a 3.5 V lithium internal battery. Southern Water will provide its customers with a key fob, allowing remote reading from about 15 metres for information over the previous 10 months.

It appears the AMR meter sends data as a short SMS message every 11 seconds to the 3G unit using Bluetooth, probably at 2.5 milliWatts, giving a range of 8-10 metres. As most water meters are 0.5 m below ground level it will be about 0.5 V/m at the surface.

South East Water is now fitting meters apparently with Automatic Meter Reading (AMR) functionality. These transmit when requested by a handheld meter reader, approximately twice a year.

Anglian Water apparently has safe meters except for business customers, who can have a smart meter transmitting data via a mobile phone network at 15 minute intervals.

Thames Water is trialing wireless long-range meters in Reading and London, using Arqiva.

Scottish Power, according to Computer Weekly on 18th July, is trialling electricity smart meters in the Ipswich area using long-range wireless with SmartReach (Arqiva, BT, BAE Systems Detica and Sensus) and Siemens which will provide the smart meters.

UK government makes wireless smart meters optional

In the DECC 2012 document, “Smart Metering Implementation Programme: Government Response to the Consultation on draft licence conditions and technical specifications for the roll-out of gas and electricity smart metering equipment”, page 18, section 3.8 reads: “There will not be a legal obligation on individuals to have a smart meter, and the Government does not expect energy suppliers to take legal action (for example by seeking a warrant to enter premises) solely to fit a smart metering system if they cannot get the householder’s co-operation.”

This follows the statement by a government minister on 29th November 2011 that “it will not be an offence for householders to refuse to accept a smart meter” when asked about health effects from wireless meters. The Water Distribution Manager of one company can register a “Special Customer”, to include the blind and other disabilities.

Bees disorientated and killed by wireless meters

Posted on the Stop Smart Meters Irvine website on 12th March:

“When I got home I saw my own walkway, which is on the other side of my neighbor’s smart meter, had a new pile of dead bees. This, dead bees in our garden, is a new occurrence. Sometimes they aren’t yet “dead,” but I see them walking on the ground, not able to fly or get back to their hive.”



Bees and ants problems from phone masts/wireless meters

A study (Cammearts MC et al, El Biol Med., 2012) showed that 900 MHz made ants lose their visual memory more quickly than their olfactory one, and this may have disastrous impact on a wide range of insects using visual and olfactory memories, such as bees.

Wireless meter makes everyone ill, even the cat

From a posting by Dale on Stop Smart Meters Irvine of 2nd June: “Everyone in our home has been severely sick since they installed the smart meter on our home in Ontario, Canada. My father has since died because he took a bad fall and hit his head he was so dizzy, and our cat died of a rare lymphatic cancer. When they first installed the meter our cat started walking around the house with his ears perked up high and his head shaking. After always sleeping with us the cat started sleeping in the laundry room, furthest away from the meter. That is where I sleep now because our cat found it to be the safest place in the house. We all began suffering from loss of balance, dizzy spells, pressure headaches, muscle aches, insomnia, floaters, erratic blood pressure readings, chest pains and tight pressure, face pains, heart palpitations, and the list goes on.”

DR BRIAN CLEMENTS ON EHS

"Avoid exposing yourself to EMFs as much as possible"

Some notes from an interview with Dr Brian Clement, a naturopath and nutritionist, by Andre Fauteux published on 20th July in "La Maison du 21e siècle" magazine of Quebec, Canada.

The most important thing is to avoid exposing yourself to EMFs as much as possible and to ground your home properly. Your body can tolerate some electromagnetic interference, but when it is constant, the cells begin to die or mutate or not to regenerate your bones, organs and tissues. The most serious problems which humans have created are, first, electropollution, then chemicals and heavy metals. Anyone who doubts that electromagnetic energy can have adverse effects on human health is at best a fool, at worst, corrupt. In the 1970s, doctors said that hypoglycemia didn't exist and referred those patients to a psychiatrist for depression; today it's recognized in conventional medicine.

The most accurate diagnostic for EHS is the dark field microscope to test live blood. The Ondamed biofrequency testing machine detects EM problems and biological frequency problems. Some people become electro-hypersensitive because their cells have abnormal biofrequencies, either by birth or because they were exposed to various substances in their childhood, including heavy metals. The more your body contains heavy metals, the more you'll have health problems with EMFs. All EHS people also suffer from electrochemical imbalances and have problems with chemicals. They have higher levels of acidity, as well as more heart disease and brain disorders.

The 40% most EHS will have negative effects throughout their lives. This is because they have exhausted their nervous system to such an extent that their nerve cells operate at an abnormal frequency. In the other 60%, people stabilise their nerves and neurons, but it can take weeks or years.

Dr Clements recommends:

1. Drink pure water or green juice.
2. Avoid meat because it can contain heavy metals.
3. Take chlorella, a green freshwater algae.
4. Use an infrared sauna, starting slowly.
5. Take nutritional supplements: seaweed and edible green clay from France. Systemic enzymes help restore the normal frequency of cells.

6. B vitamins allow nerves to grow. Most vitamins on sale contain synthetic chemicals made from petroleum and should be avoided.
7. Minerals are important but most are not digested by the body, so choose ionic minerals, like manganese, magnesium, phosphorus and calcium (but most calcium tablets contain crushed oyster shells which harden the arteries, or worse, ground chalk that causes cancer). Rinse the salt from seaweed as high sodium increases electrical frequencies in the body.
8. Take mineral baths, for example, putting Dead Sea or even common salt in your bath, or even a quarter cup of powdered ginger to heat the body and open the pores of the skin to give you more ionic energy and to ground the electromagnetic energy in your body. Bath water can be filtered to remove pollutants with a carbon filter on a hand-held shower head for filling your bath.

DR CYRIL SMITH ON EHS

Provocation and neutralisation of environmental stressors and frequencies

These are some points from an article called "Electrical Sensitivities and the Electrical Environment" by Dr Cyril Smith posted by EMFacts on 22nd July. Dr Smith has helped EHS patients at the Breakspear Clinic in Hemel Hempstead since 1982.

Many people are sensitive to certain foods and chemicals, even in very low concentrations. These usually trigger an involuntary alarm reaction in the autonomic nervous system. Such people can then react to a patient-specific frequency of an environmental EMF, where a reaction occurs above a patient-specific threshold. The frequency can be from ELF circadian rhythms, through radio and microwave frequencies, to visible light. The problem often seems to arise when the frequency pattern of a toxic chemical in the body matches that of the person's electrical environment, making the body think it is under attack. Germany uses the WHO International Classification of Diseases Code T78.4 for MCS. EHS could be recorded as a complication of MCS. Sweden regards ES as a disability, implying that public places should be suitable for ES people.

ES can go beyond normal sensitivities, such as the influence of sunlight on melatonin levels, to include electrical or acoustic frequencies from approaching rain and thunderstorms or sunlight. Fluorescent

lighting, lasers at checkouts, power-lines, radio, TV and phone masts can cause trouble. A passive resonant circuit, like a row of metal railings in the street, can also cause problems.

Women tend towards chronic sensitivities appearing at an early stage, whereas men often suffer a sudden and disabling crash, resulting in a failure to function normally. Clinical observations for ES include: changes in respiration, changes in heart-rate (HR variability indicates status of the autonomic nervous system), eye pupil dilation, perspiration or the lack of it, muscular weakness, loss of visual acuity, speech or writing difficulties, loss of consciousness, convulsions.

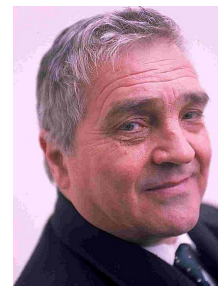
At the Breakspear Hospital about 10% of MCS patients had EM sensitivities. Tests showed stress from common environmental frequencies, such as 50 Hz power cables, or 2.45 GHz of a microwave cooker which can affect L- to D- isomerisation in amino acids. Many of the triggering frequencies were based on 7.8 Hz, the endogenous frequency of the heart acupuncture meridian. About 17% of a 'population' is usually considered to have an allergic reaction to the environment or to food. Repeated exposure to a frequency while a person is reacting to another allergic trigger may link that specific sensitivity pattern to that frequency. The patient's pattern of response is characteristic of the patient whether the trigger is chemical, biological, particulate, nutritional or electrical. Some sensitisers or stressors include: pesticides, herbicides, formaldehyde, ionizing radiation as in long-haul flights, light, light from mercury vapour as in CFLs, and amalgam dental fillings. The mercury toxicity frequency and a mobile phone frequency happen to stress the parasympathetic branch of the autonomic nervous system.

The provocation-neutralisation therapy developed by Dr Joseph Miller of Alabama and at the Environmental Health Center in Dallas, Texas, by Dr WJ Rea and at the Breakspear Hospital, Hemel Hempstead, by Dr Jean Monro, relies on successive serial dilutions of the substance having in sequence the effects of stimulating and/or quelling the reactions that they produce. Dr Rea seeks to reduce the total body load of stressors where possible by trying to find a frequency(s) which turns off the body's frequency sensitivity. This is not a cure but it can help stabilise the body for more effective allergy therapy. As foods and chemicals sensitivities are brought under control and the body detoxifies itself, the electrical sensitivities usually disappear too. Symptoms usually disappear in the reverse order to their appearance. If a person is working or sleeping in a zone of 'geopathic stress', which may be electrical in origin, then their problems may persist

and resist therapies.

Power-supply frequencies are impossible to shield. Higher frequencies can be shielded by metal wire mesh, although these may reflect the radiation, including the radiation emitted by a person. A very sensitive person may react to a quantum component of the EMF called the magnetic vector potential; this cannot be shielded. The eye can be a pathway for frequencies to enter the body, such as when viewing TV or a computer. Most acupuncture meridians are stimulated or stressed while viewing a light source flashing at the endogenous frequency of the meridian. Frequencies greater than 0.05 Hz and less than 47 kHz have this effect, as do strong visual patterns and colours.

PROFESSOR BELPOMME ON EHS



**Professor Belpomme:
WHO's denial of EHS is
"utter nonsense" and
"political backwardness"**

Notes on an article from Robin des Toits, the French National EMF and Health Association (trans. Emilie Paniagua) , 2nd June.

French researchers have shown that (a) Electromagnetic Fields (EMFs) modify blood and brain physiology in ES people, and (b) these biological markers are dose-dependent on the intensity of the exposure. Professor Belpomme, an oncology professor at Paris Descartes University, is president of ARTAC (the Association for Therapeutic Research Against Cancer). Since 2008 his team has studied what he named Electromagnetic Fields Intolerance Syndrome (SICEM). "I have 450 patients and I see up to 20 new patients each week, including children with headaches, memory loss, attention or language problems. We have the biggest cluster in Europe of electrosensitive patients. This is a major problem in public health. We know with certainty that Electro-hypersensitivity is not psychosomatic. EMFs trigger major effects in the brain. The most important effect is the opening of the blood-brain barrier. This allows mercury, organochlorates and other toxics to pervade through the brain, where they cause diverse ailments and neurodegenerative diseases."

Professor Belpomme's team devised a diagnosis based on blood tests and an electroencephalogram (pulsed doppler echographics) enabling them to visualise blood flows in the brain, since EHS patients are sure to have troubles in brain vascularisation. Biological tests show that 30%

have elevated histamine, 50% elevated stress proteins, most a very low rate of melatonin, and 30% antibodies and protein rates which indicate a thermal shock and brain damage. Half the patients also develop hypersensitivity to man-made chemicals, both syndromes sharing common brain anomalies.

Professor Belpomme says there are 3 levels of sensitivity to pollutants.

(1) Intolerance, triggered by pollutants polymorphism. "We are all different. For instance, 30% of the general population has the greatest risk of contracting cancer."

(2) Susceptibility, observed by Hardell in 16 families with more ES because of heredity. There also are active susceptibility factors, "such as dental amalgams which act up as antennas", catching the waves.

(3) Two steps: (i) Induction, with over-exposure to a specific frequency of EMFs, either in an acute or chronic way, such as speaking on a mobile phone for 20 minutes a day, when the first signs of hypersensitivity are pain and a feeling of heat in the ear. (ii) Development of the disease. Sensitivity builds up and the person becomes intolerant to all frequencies.

Dr Philippe Irigaray, the ARTAC research coordinator and nutritional specialist, underlines that the human brain contains magnetosomes, iron oxides which behave like magnets. ES could depend on their quantity, which varies from person to person.

Professor Belpomme says immediate action is required to reduce over-exposure of people to EMFs. In France alone, an estimated 5% of people are electrosensitive, and the proportion rises with the spread of wireless technologies. "Studies show that 10 to 50% of population will face becoming very intolerant to EMFs in the next 25 to 50 years. Two patients of mine have been hit by multiple sclerosis triggered by over-use of cell phones, 3 cases of breast cancer, among which 2 relapsed after over-exposure to EMFs, daily use of computers - and proof is building up against autism and Alzheimer's disease, which seem to be triggered with higher risk than cancer by EMF exposure. Causality is really possible."

Professor Belpomme considers the World Health Organization claim of 2005 that ES symptoms could be psychosomatic or linked to other causes (bad vision, poor air quality, poor ergonomics, etc) as utter nonsense. "This is a political backwardness which shows nothing of scientific nature. WHO will have to revise its judgment in the upcoming months. This is societal denial which doesn't take into account current knowledge which is continuously building up." According to Professor Belpomme, the cause-consequence link between EMFs and leukaemia is no longer to be doubted. "When doses shoot up, leukaemia shoots up accordingly. Dozens of toxicological lab studies show that in the most obvious way, in vivo and in vitro."

EU WRITTEN DECLARATION ON MCS/EHS

11 MEPs support EU Written Declaration on MCS/EHS

As on 11th June the following MEPs had signed the written declaration asking for ICD classification for MCS/EHS.

Catherine Bearder (Lib Dem, SE England)
Jill Evans (Plaid Cymru, Greens/EFA, Wales)
Nick Griffin (BNP, NW England)
Fiona Hall (Lib Dem, NE England)
Ian Hudghton (SNP, Greens, Scotland)
Jean Lambert (Greens, London)
Sarah Ludford (Lib Dem, London)
Brian Simpson (Labour, NW England)
Peter William Skinner (Labour, SE England)
Keith Taylor (Greens, SE England)
Sir Graham Watson (Lib Dem, SW England)



In the whole EU there were 188 votes in favour, below the 378 votes required for the Written Declaration to be approved.

MEPs' replies to readers on the EP Written Declaration

- Ian Hudgton signed the declaration and said it is "a positive step in raising awareness of the condition you and many others have to endure."
- Tim Kirkhope wrote: "I also wanted to thank you for sharing your personal story and explaining more about the sheer extent of this problem in your everyday life ... I will certainly sign this Written Declaration".
- Keith Taylor "was very concerned to hear just how debilitating and distressing it can be for sufferers of these diseases and so fully supports their recognition within the ICD. He has therefore signed Written Declaration 14/2012."
- Sir Graham Watson wrote to a reader: "I share your concerns on this matter" and signed the declaration.
- Some Labour MEPs, such as Stephen Hughes, Arlene McCarthy, Brian Simpson, and Derek Vaughan, who did not sign the declaration, stated that: "The NHS have informed us that as the current scientific evidence does not back up the claimed definition of the conditions, they do not support the written declaration or the principle of classifying EHS or MCS as diseases or disabilities in the UK ... In this situation Labour MEPS feel that

the best way forward is to call for more research." They and Linda McAvan followed the lead of Glenis Willmott who did not support the declaration but submitted a written question to the European Council: "Given that many European citizens seem to be affected by these conditions, it is vital that we continue our research until we find the cause."

- Chris Davies (LibDem, NW) was "unconvinced by the specific action points of the motion" and did not sign.
- Julie Girling (Cons, SE): "As a general rule I do not sign Written Declarations".

EU Commissioner: UK government is responsible for recognising EHS

John Dalli, the European Commissioner responsible for Health and the Consumer, explained that "the Treaty of the Functioning of the European Union confers no powers to the Union which would enable the Commission to recognise MCS and EHS as illnesses in their own right and to ensure proper medical treatment. I would, therefore, recommend that these questions are raised with the appropriate competent authorities of the United Kingdom." [See front page]

POLITICS AND HEALTH

Professor Johansson on the refusal by a few governments, industry and schools to admit that Wi-Fi is harmful – "you can prove a negative"

"Are these gadgets safe, as defined according to IARC's, and others', definition? If a toxicant or toxic exposure is studied by IARC for potential carcinogenicity, and classified as a 4 - Not A Carcinogen - this is the closest definition to 'studied and safe' that we have. Studied. Safe. Decided. This seems so obvious an answer to 'proof of safety' arguments. And, it provides a legitimate answer for those who dismiss the scientific evidence because 'you can't prove the null or negative'. Of course you can - IARC does it!"

Independent professor "silenced after London conference" – radio should be a 2A probable carcinogen

According to The Microwave Factor on 21st May in an article entitled "Prof. Annie Sasco: Silenced after London conference" Professor Paul Doyon reported that he was informed by John Weigel, and it was confirmed by Professor Annie Sasco, that when she returned to France from the UK and Ireland, where she lectured to Irish Doctors Environmental Association (IDEA), she was informed that she could not continue her teaching work at Bordeaux Segalen University. This "could be related" to the fact that Professor Sasco spoke up in the London Children with Cancer UK conference on 26th April

2012 very clearly about reasons for cancer and about conflicts of interests.

Professor Sasco, who has three degrees from Harvard and headed cancer prevention at IARC for 22 years, was already by 20th May on a plane to Africa where she was going to teach. Her experience at IARC made her believe that the strength of evidence for the IARC classification of radio frequency should be 2A "probable", not 2B "possible" carcinogenic. The "probable" category is required by limited evidence for humans but sufficient evidence in animals. For "possible" the human evidence has to be inadequate while animal is less than sufficient.

On 23rd March 2011 John Weigel

reported that Professor Sasco was apparently punished by having her offices taken from her at the University of Bordeaux for speaking at a conference in 2010 before Canada's House of Commons Standing Committee on Health (HESA), outlining the dangers of low-level electromagnetic radiation from cell phones, masts and Wi-Fi. She challenged doctors to adhere to the first rule of medicine. "As an MD," she said, "I would remind you of what Hippocrates said: first do no harm. Primum non nocere: when it's not necessary to have even a cause for potential harm, why should we have it?"

Power companies and telecoms - "suppressing health research"

Microwave News on 1st June reported that the sponsors for the annual conference of the Bioelectromagnetics Society (BEMS) in Brisbane, Australia, in June were: Telstra, MMF, EPRI, ENA, Powerlink, Energex, GSMA, AMTA, SPAusNet. "Each and every one represents industry interests at EMF frequencies (power companies) or in the RF/MW bands (telecoms). Most are more committed to suppressing health research than encouraging it."

Non-thermal effects proved in the battle between the WHO/IARC's and the heating claims of industry and ICNIRP – EHS "possible"

The WHO/IARC's 2B classification in 2011 of radio frequency from Wi-Fi and mobile phones fits the majority scientific view that Wi-Fi and mobile phones can have biological effects as well as heating. All mobile phones are supposed to operate below heating levels, so the cancers found after prolonged use must be from non-thermal effects. This means non-thermal effects like EHS are also possible, as well as cancers.

Cherry-picking and Black Swans –HPA's "consistent" challenged

Dr Magda Havas explains in a short video, "Science 101", the difference between cherry picking, or selecting scientific data which suits your beliefs, and falsification, or finding a single black swan among numerous white ones, to disprove such beliefs, following Sir Karl Popper's theory of empirical falsification of 1934. Based on this she exposes the logical inadequacy of the term "consistent", as used of EM health effects by the WHO, the private pressure group ICNIRP and the HPA, and shows how Glazer's Naval Report in 1972 and the Bioinitiative Report in 2007 have shown numerous fallacies in the belief that EM health affects are not adverse. <http://www.youtube.com/watch?v=QyzZX-bCiqs>



Industry and the Cosmos study – integrity questioned

In an article on the Cosmos study in Ny Teknik on 30th May, Maria Feychting, of the Karolinska Institute, said that she saw no conflict of interest in having been vice president of the private group ICNIRP which sets heating guidelines supported by industry, not biological ones. Ny Teknik reports that the industry and scientists first discuss together about the funding and then turn to Vinnova and request it to act as an intermediary. Researchers have mentioned relations with industry in the progress reports to Vinnova but the authority has no records of such meetings. Feychting says she participated in meetings with the companies in 2006, 2009 and 2011, including about the companies' interests

in contributing funds. A firewall deal existed until 2009 and was extended to 2010, but has now ended.

Anders Ahlbom, also at the Karolinska Institute and the project manager for Cosmos, sent an email on 6th October 2011 directly to Ericsson with an 11-page application with project and budget plan for 2012 to 2014, asking that funding requires a firewall agreement "preferably by Vinnova," and this was later sent to Vinnova. Tommy Ljunggren, head of systems development of the mobile company TeliaSonera, said: "It's a bit strange, I do not know why but we have received an application to us directly and not through Vinnova." Ahlbom said: "It may seem conspiratorial and people may wonder that we have informal contacts with industry, but we are totally independent." Ahlbom and Feychting drive the Swedish part of Cosmos. Ahlbom's integrity as a scientist was questioned last year by a working group of the IARC.

Microwave News on 3rd November 2011 reported that Germany in 2007 advised against participating in the Cosmos study for four reasons.

FCC revision - only when legal action imminent

A news release on 7th August by the City of San Francisco stated that "On the eve of a key federal appeals court hearing in the mobile phone lobby's legal challenge to San Francisco's cell phone consumer information ordinance, the U.S. Government Accountability Office today [26th July] released a report expressing concern that the FCC has failed to keep up with scientific developments on the possible link between cell phone radiation and cancer." This follows the WHO's IARC report that RF exposure is "possibly carcinogenic."

SCHOOLS AND ILL HEALTH FROM WI-FI

Safe Schools 2012

This is the title of a detailed scientific document produced by Wifiinschools. It has statements by leading scientists from around the world arguing for the removal or reduction of Wi-Fi in schools on grounds of long-term health of the children and teachers. See <http://wifiinschools.org.uk/resources/safeschools2012.pdf>

Wi-Fi illness in schools – “Parents must fight for their kids”

On 13th June North Shore Outlook reported that on 26th May the British Columbia Confederation of Parent Advisory Councils voted overwhelmingly to limit Wi-Fi in schools. The two resolutions would allow for at least one Wi-Fi-free and mobile-phone-free school at every level, elementary, middle and secondary, per school district, and restrict the installation of new wireless technology in all other schools where hardwired networking technology is feasible instead.

Cathy Matthews said: “My daughter always started getting a headache whenever a program was being downloaded in the classroom,” adding that she herself has suffered similar pain while at West Bay School. “The headache is very, very distinct.” Her daughter has since been granted permission to leave the classroom whenever wireless downloading is taking place, something one speaker hoped more students would take advantage of.

Wi-Fi banned in elementary schools

The Sacramento Bee on 28th May reported that the Saanich District School Board on Vancouver Island has already banned Wi-Fi in its elementary schools. Earlier in 2012 the Ontario Catholic Teachers Union warned its members that Wi-Fi in classrooms is a potential health hazard and called for a halt to further Wi-Fi installations.

Illegal to irradiate children

It is reported that in St Petersburg, Russia, it is illegal to have Wi-Fi switched on for more than 30 minutes per day for children under 12.

Russia advises against Wi-Fi in schools

At the meeting of RNKZNI on 19th June the Chairman read out the draft decision of the RNKZNI committee recommending against the use of Wi-Fi and wireless broadband access in schools.

UK schools in difficulty – help needed for children sensitive to Wi-Fi

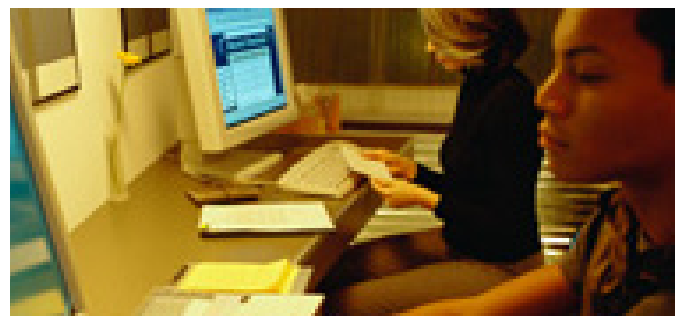
A parent reports how difficult schools in the UK are finding it to provide education free from Wi-Fi for a child who becomes ill after a few hours in Wi-Fi pollution. Can anyone suggest how schools can help? Some schools refuse to consider part-home education and some Health & Safety governors refuse to accept that ill health from Wi-Fi is their responsibility.

Wi-Fi health problems from 5 GHz smart phones and tablets

A Wi-Fi guest system for registered mobile phones and tablets now used in some schools can give ES symptoms. It is on the 802.11n standard and thus has 5 GHz carrier waves in addition to the traditional 2.45 GHz. The strength of microwave radiation is so low that it is below the 0.02 V/m and 1 microW/m² at the bottom of the scale of the Acoustimeter, but it registers on a Wi-Fi Hotspot Locator, with extra lights indicating an increased strength of signal coinciding with ES symptoms. The signals from smart phones, such as iPhones, and tablets, such as iPads, default to the 5 GHz carrier with bursts of wide bandwidth. This makes them even more bio-active than more continuous 2.45 GHz. [Ed.]

EHS children and Wi-Fi in Israeli schools

In July the Israeli Intergovernmental Committee on Wi-Fi in Schools released its final report. This recommended a preference for wired internet. It also raised for the first time in official documents the problem of EHS children: “In the event a child is electro-sensitive we would handle such a case on an individual basis”. Critics claim that inserting Wi-Fi into schools is a violation of the duty of care, especially as it is clear that the government has no plan on how to deal with EHS and that the actual insertion of Wi-Fi into schools may be the cause for the EHS in those electrosensitive children.



Individual responses to EMR – “need to rethink results” of all earlier research

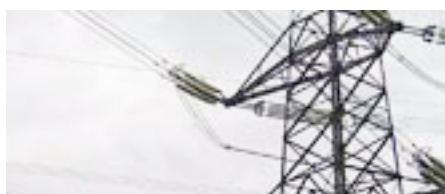
At last researchers are beginning to look at differences in individual responses to EM exposure. Thus Loughran SR et al (Bioelectromagnetics, 2012) found that only some people's EEG changed significantly during exposure to mobile phones when asleep. Professor Croft of Wollongong University said, according to ABC News on 31st July, “We may need to rethink the interpretation of results and the manner in which research is conducted in this field.” Dr Edoardo Aromataris, of the Joanna Briggs Institute, said the study suggests that there could be a subgroup of people whose EEGs are predisposed to being effected by mobile phones. “If this is true, all of what has gone before will be put to question.” Aromataris says individual differences in physiology are already known to be very important; for example, some individuals are more sensitive to the effect of drugs than others.

Magnetic sensors in animals – why some people ‘feel’ Wi-Fi etc?

Natural News on 11th July had an article called: “Discovery of magnetic sensors in fish and rats may explain why some people can ‘feel’ Wi-Fi, smart meters, power lines and electropollution.” It stated that “it is well known that many people are sensitive to electromagnetic pollution. Wi-Fi gives them headaches. Being near high-voltage power lines can bring on migraines. Using a cell phone unleashes similar symptoms.” It reported that geophysicist Michael Winklhofer and scientists from the University of Munich say they have located magnetosensory cells in the noses of rainbow trout,

which are far more sensitive than previously thought. Magnetite in cells exert pressure on the cell membrane which initiates a nervous impulse transmitted to the brain (Eder S et al, Proc Nat Acad Sci., 2012).

“This explains why low-frequency magnetic fields generated by power-lines disrupt navigation relative to the geomagnetic field and may induce other physiological effects,” said Winklhofer. Mechanisms sensing magnetic fields are also known for pigeons, rabbits and rats (Frilot et al., Synapse, 2009). TG Daily on 10th July commented that: “The findings raise the question of whether human cells are capable of forming magnetite and if so, how much. It's already been discovered that human retinas contain the same protein that senses magnetism in drosophila [flies].” “If the answer to the question is yes”, Winklhofer said, “intracellular magnetite would provide a concrete physiological substrate that could couple to so-called electrosmog”.



Power-line effects

Kitaoka et al (Bioelectromagnetics, 2012) show mice exposed to power-line ELF have increased corticosterone and depression-like behaviour, without enhancing the hypothalamic-pituitary-adrenal axis.

ELF affects nerves

A study (Comlekci S, Coskun O, Electromagn Biol Med, 2012) shows that 50 Hz at 1 mT affects the distal/proximal motor amplitude in human median nerve in vivo.

Magnetic fields during pregnancy increase risk of obese children

Li D-K et al (Scientific Reports, 2012) found that children of women who were exposed to magnetic fields of more than 2.5 mG (0.25 μ T) for at least 10% of the day (2.4 hours) while pregnant had close to twice the risk of becoming overweight or obese compared to those exposed to 1.5 mG or less, with a dose-response relationship.

Fetal exposure linked with ADHD and impaired memory

Aldad TS et al (Sci Rep., 2012) shows that fetal exposure to mobile phones is linked with ADHD and impaired memory in rats. In humans 3-7% of school-aged children suffer from attention-deficit hyperactivity disorder (ADHD) and rate of diagnosis has increased at an average of 3% per year since 1997.

Red blood cell reaction – reduce heating limits

Ruan P et al, (Electromagn Biol Med, 2012) found red blood cells had significant reactions in shape, size, etc, at 1 mW/cm². [=10,000,000 uW/m², or 61 V/m. Safety levels are usually set at least 10 times lower than the lowest recorded adverse effects, which would mean lowering the ICNIRP 6-minute heating limits. – Ed.]

Replace SAR with DNA changes

Blank M, Goodman RM (Electromagn Biol Med, 2012) propose replacing SAR with measuring DNA changes induced by EMR as a much better way of predicting cancer risks over the whole of the electromagnetic spectrum.

Sensitivity to CFLs – high electric fields

Moseley H & Ferguson J (Photodermatol Photoimmunol Photomed, 2011) report that a photosensitive patient with chronic actinic dermatitis had a severe erythematous reaction to a CFL after a 2½ minute exposure. They conclude that CFLs “are potentially harmful to photosensitive patients”. Bakos J et al (Radiat Prot Dosimetry, 2010) reported that CFLs “produce intermediate frequency electric fields much higher than any other device or appliance previously available to

the general public”. In the 1.2-100 kHz range the maximum was >42 V/m, and for 9 tested lamps >87 V/m and the highest was 216 V/m.

Induction cookers exceed even ICNIRP heating levels

A study on induction cookers (Christ A et al., Bioelectromagnetics, 2012) reports that the majority exceed ICNIRP levels at close distances, by up to 24 dB or a factor of 16. This is particularly concerning for the central nervous system of a fetus and the brain tissue of children.

Danish studies questioned

A review (Soderqvist F et al, Rev Environ Health, 2012) of the four recent studies based on the Danish cohort of mobile phone subscribers finds many weaknesses. In particular they note, on the lack of conflicting interests given for Frei P et al (2011): “Certainly this is a truth with modification. By restricting to the last 3 years, all previous involvement by the industry was green washed.”

RESPIRATORY ILLNESS

Asthma and Olympic athletes

According to BootsWebMD on 26th July, 25% of the GB Olympics team have asthma. It is known to affect endurance athletes such as cyclists and swimmers in particular. Breathing through the mouth during exercise may be a factor. In 2009 8% of the US population had asthma, and 7% in 2001. The UK may be similar but some sources claim the UK has the highest rate of asthma in Europe, at 14%, compared with an average of 7%. In Switzerland rates are 8% compared with 2% 25-30 years ago.

More middle-aged hay-fever

The Daily Mail on 7th August reported that 26% of the UK's adult population, 12 million people, suffer from allergic rhinitis, a term which covers all kinds of reactions to allergens, including hay fever. At least a third of those are aged 45-65. “An allergy occurs when the immune system starts to react to an innocuous agent such as pollen as if it were an enemy to the body,” said Dr Seneviratne. The immune system produces antibodies that trigger histamine, causing the symptoms of hay fever. Dr Seneviratne said: “The question we're asking is: why is it happening to higher numbers of older people than before?”

Mothers' mobiles and asthma

Li DK et al (Arch Pediatr Adolesc Med, 2011) found maternal exposure to magnetic fields, as from mobile phones, during pregnancy increased a child's risk of asthma.

Radiographers and respiratory problems

Liss GM et al (Occup Environ Med., 2003) showed that radiographers suffer over 3 times the rate of work-related respiratory symptoms compared with other groups.

Negative ions, mast cells

Since 1955 (Verzar F) and 1957 (Kreuger AP et al) some respiratory problems and effects on tracheal cilia have been linked with the reduction in negative ions in air polluted by EM and particles. High concentrations of negative and positive ions can aid the immune system (Simionca Iu et al., Balneol Res J, 2011). Mast cells have been also shown to react to EMR and may be associated with asthma (Johansson O et al., J. Cutan. Pathol., 2001).



INTERNATIONAL NEWS

EHS on Peru TV

On 15th July Peruvian TV 'Panorama' reported on the first recorded case of EHS in Peru of Walter Rodriguez Montoya (37). Because of his EHS, Rodriguez had to cover the walls of his apartment with aluminium foil to shield himself from EM emissions from mobile phones, masts, TVs, computers, video games, laptops, microwave ovens etc. "When I'm around these devices I feel tingling and pain in my body," he said. He also suffers from tremors, and headaches. "The problem increases when I go out. I cannot control these devices. So I have to walk with a radiation meter to avoid areas of accumulation of this energy."



Dutch government to buy out housing over 400 nT

On 9th July it was reported that a leaked letter revealed that the Dutch government is intending over the next 25 years to buy out all houses over 400 nanoTesla or within about 50 metres of overhead power-lines.

Wireless Smart Meter refusal rises to 10%

On 11th June it was reported that the rate of refusal of wireless Smart Meters had risen to 10% in Victoria, Australia, at 90,000 out of 900,000.

India cuts ICNIRP's limits to 10%

The Times of India on 15th August reported that from 1st September exposure limits for phone masts would be reduced to 1/10th of the private group ICNIRP's heating limits. Mobile phones would have to display SAR on the outside. The limit would be 1.6 W/kg averaged over 1 g of tissue, the stricter Australian and US limits, and not the more lax UK and EU limits of 2 W/kg averaged over 10 g.

Germany aims to increase protection against EM pollution

According to Der Spiegel on 16th August, in the 10-point plan of new German environment minister, Peter Altmaier, the sixth was: "Increased protection against electromagnetic fields."

Pediatric Academy call for review of mobile limits

On 20th July Time Healthland reported that the American Academy of Pediatrics called on the USA FCC to look again at exposure limits for mobile phones for children, since at present they are for healthy adult males for 6 minutes heating.

Wi-Fi challenge outside federal law

On 20th July Oregon Live reported that a federal judge dismissed a lawsuit, filed last year by Southeast Portland parent David Mark Morrison seeking to force Portland Public Schools to remove Wi-Fi installations from its schools. U.S. District Judge Michael Mosman found that the lawsuit, while aimed at Portland Public Schools, also challenges the safety standards set by the Federal Communications Commission. Portland Public Schools argued that Wi-Fi radiation levels are below FCC limits and Mosman said the FCC, not his court, has the authority to consider such a challenge or change to its rules.

Morrison's attorney Shawn Abrell argued that the agency does not deal with issues in a timely manner. He also called the FCC "an agency so tied up with telecommunications companies, it's ineffective." But Mosman said "that fact, if I accepted it as true, doesn't confer jurisdiction on me." The judge did not address the merits of the lawsuit and did not rule on motions by both sides to strike the expert opinions of the opposing side. Morrison said he intends to appeal the decision.

Wi-Fi challenge in Israeli schools

The Israeli inter-ministerial committee on Wi-Fi acknowledged EHS in its final report. The Ministry of Education then instructed the schools that "Wired internet should be used unless it is impossible to install it". During the summer, however, most schools installed Wi-Fi with the encouragement of the Ministry of Education. A parents' association sent a



letter on 15th August giving the Ministry five days to announce that it is banning Wi-Fi in schools or it would petition the Supreme Court for an injunction. The Ministry replied defending their actions by quoting their order to schools.

Wireless smart meters not proven “safe”

The Kennebec Journal on 12th July reported that the Maine Supreme Judicial Court ruled that the Maine Public Utilities Commission failed to resolve health and safety issues related to Central Maine Power Co.’s installation of smart meters and should now do so. Because the 615,000 meters already are installed, it is not clear what the practical effect of the court’s decision may have. Ed Friedman, the lead plaintiff in the court suit against the PUC, said: “I don’t think there’s any way they (the PUC) can assure safety.” To address health concerns, the PUC allows customers to opt out of having the meters.

Illnesses from mobile phones and tablets

On 20th June Emirates 24/7 reported, in an article called “Mobile phone related illnesses on the rise in UAE”, on the dangers of excessive use of mobile phones and tablets. Dr Suresh Menon, Medical Director at Dubai’s Lifeline Hospital, says some of his patients constantly using mobile phones have been complaining of a one-sided headache and hearing-related issues. He said: “Electromagnetic radiation or the radiowaves also affect the ventricular organ, a key sensitive organ that can affect a musician’s ability to hear the finer nuances of musical notes, etc. The best way to avoid all these issues is by keeping the phone at a fair distance and using quality earphones while talking.”

Wireless smart meters criminalised

Empower Network reported on 12th June that the city government of Ojai is the first in southern California to officially ban wireless smart meters in its jurisdiction.

Shielding a house

Inside Halton on 13th June reported that Lisa Guglietti is constructing her home at 253 Balsam Drive, Oakville, with the walls and ceiling covered in a special aluminum shielding to keep out the RF radiation coming from the mobile phone masts recently erected on the chimney of the building next door, a Bell Canada central office. Guglietti said her home was well under construction when the

antennas were set up in September. “We wouldn’t even have gone through with the construction if we knew something like that was going to be put up,” she said. “Nobody knew. Because it is under 15 metres, they didn’t have to notify anyone... which is not fair.”

Rob Metzinger, of Safe Living Technologies Inc., measured 15,000 microW/m² in some of rooms closest to masts. He said he wants to see RF radiation in the house reduced by 90%. Adding the aluminum shielding to Guglietti’s home’s construction has cost around \$20,000 so far. She said her 11-year-old son’s future bedroom is only 13 m away from the Bell antennas: “When it comes to your children, you don’t want them to be guinea pigs, you don’t want to take a chance.” She is also asking Bell Canada to reimburse her for the money they have spent on shielding.

Shielding paint for “hundreds of houses”

The Herald Sun on 9th April reported under the heading “Householders shielding homes from smart meter radiation” that “hundreds of householders fearing ill effects from the controversial smart meters have resorted to coating their homes in EM shielding paint.” Dr Frederica Lamech, who had her house painted although she does not have a wireless meter herself, said she had had to take sick leave from her Aspendale Gardens practice and would likely have to sell her home. Her debilitating health problems include continuous palpitations, chest pain, lethargy, dizziness, fainting, and insomnia, she said. “I am not able to function,” she said. “I can’t work. I can’t look after my family and I need my husband, now the only breadwinner, to take care of me.” YShield Electromagnetic Radiation Shielding general manager David Mould said it had painted hundreds of houses since the smart meter rollout began. Mr Mould said, “Demand is so high we’re having to book jobs weeks in advance.”



Pregnancy at risk from CFLs, Wi-Fi and iPads

The Daily Mail and The Sun on 12th June had long articles on Hannah Metcalfe, 34, a pregnant mother-of-one, while Meridian News featured her on 18th June. She is allergic to EM waves and says her condition gives her splitting headaches, stomach cramps, bloating and flu-like symptoms, and that an iPad could give her a miscarriage. She now lives in the countryside without mobiles, a cordless phone or Wi-Fi.

She suffered a miscarriage in November 2010 triggered by sitting beneath fluorescent lights at work. When her boss removed them, she felt much better but



continued to be exposed to EMF outside work. She was even forced to stop going to the gym because of fluorescent bulbs. Energy saving light-bulbs at home also had a negative effect on her health and she reverted to old-fashioned ones. She said: "I loved the people I worked with and I loved my job but gradually the situation with the lights was getting worse and worse. My boss was really understanding and at one point was going to fit the whole office with LED lighting but I knew it wasn't going to get any better." Her partner is a farmer so the couple can live a rural existence away from the hazards of modern technology. He runs errands in town in case she is exposed.

Ms Metcalfe believes her condition was caused by using sunbeds while under doctor's orders to cure the skin condition psoriasis, diagnosed at the age of two. At the age of nine she started having about six phototherapy treatments a year, using UVB light. "When I was 19 I bought a UVA/B sunbed and used it about once a week. When I was about 25 I bought a handheld light which was really powerful, to build up resistance. It allowed me to finally wear what I wanted and to go to the gym without having to be ashamed of my skin condition. But I think it's what tipped my sensitivity over the edge."

She took a law degree at the University of Kent but had to stop working as a trainee solicitor. She said: "I'm not a technophobe. I wanted an iPad just like everyone else. But within minutes of switching on

the Wi-Fi router to go on the internet, I felt really unwell. I started to feel an intense build-up of pressure in my head and my digestive system was upset. I had a painful stomach and intense bloating. The symptoms only stopped when I turned it off."

Since then Hannah's body reacts to not only lighting. She gets pounding headaches if she uses a mobile phone for just a few minutes and has thrown out her cordless phones. In November 2011 she bought an iPad and turned on the wireless router but within half an hour Hannah was experiencing ES symptoms and was forced to turn it off. She now cannot go anywhere with Wi-Fi internet access as even a brief exposure leaves her bloated, sick and unable to function. She said, "Before buying the iPad I used to have a coping mechanism and I could go to Starbucks and have a coffee and I guess I just tolerated it. But now I can feel the pressure building in my head and my stomach becomes sore and swollen. I would love to be able to go to a cafe or a restaurant with Mark but everywhere seems to have it these days; there's no escape."

Ms Metcalfe is now 11 weeks pregnant but after having a scare just a week ago is concerned her sensitivity to EMF waves could be affecting more than just her. She said, "I had some very bad bleeding and I was sure I had miscarried again because of what happened the last time but thankfully the baby is fine. A few days prior to that I had gone to my midwife appointment and there was Wi-Fi in the clinic. I was pretty ill that day and when I came home I started bleeding. I can't take any chances now. I know I need to avoid Wi-Fi as much as I can. I know it makes me ill and I have to consider what it could be doing to the baby as well. I'm in a privileged position because I live in a rural area and at the moment it is possible for me to escape it but having found a Facebook group dedicated to electrosensitivity I know others are not so lucky. People who can't work like me don't get any financial support like disability benefit." Graham Lambrun, spokesman for Powerwatch, said: "There are now a significant number of people who appear to be sensitive to modern wireless technologies. A minority of those suffer so severely that they have to resign from their job and move house to minimise their exposure."

“Alone in the woods to escape Wi-Fi and mobile phones”

On 20th July the Guardian featured Phil Inkley in an article called “The man living alone in the woods to escape Wi-Fi and mobile phones”. It took Laura Page seven phone calls and five attempts on Skype before she talked with Phil Inkley and visited him a week later. Phil commented: “You can see I’m not just physically isolated from people, it’s very difficult to speak to them remotely too.” Phil finds this isolation one of the most difficult aspects of EHS. Daily symptoms include nosebleeds, headaches, heart palpitations, lethargy and tinnitus. The article continues: “Phil’s illness is totally dominating his life. He now lives in a caravan in the woods in Hampshire in an attempt to distance himself from EMFs. He is constantly worried that he will be asked to move on. When symptoms have been really bad he has retreated further into the forest, at one point living in an abandoned children’s den and cooking on an open fire.”

“I’ve been through hellishly desperate times with this,” he said. “People don’t believe that EMFs are the cause of EHS and it gets you in such a state. You’re battling for your existence and people think it’s all in your head.” He said he first experienced symptoms around the time that Wi-Fi came along. He had been working as a sound technician and, being from a “techy” background, regularly fixed computers for family and friends. After a day working around strong Wi-Fi he would feel pressure at his temples and fluttering pains in his chest. It was when he encountered the very same symptoms tuning in a hands-free phone kit for his dad that he began searching for an explanation. “I looked online at some reports about EHS from independent scientists. I didn’t like what I was reading so tried to leave it [EMFs] alone,” he said.

Phil believes politics are at play. He says that the tobacco industry managed to cover up the dangers of smoking for 40 years with apparent backing from the government. He also compares current feelings about EHS to those about ME and Gulf war syndrome in the past, illnesses once said to be psychological. “I wanted to believe I was going mad. It would have been easier. But I knew I wasn’t.” After Phil’s illness started to worsen with convulsions and blackouts he began to ask for help, but did not receive any. “I was getting really scared about what was happening to me but I thought, ‘This is England. I’ll just get in touch with the authorities and explain and they’ll sort it out.’ That’s how naive I was.” Phil’s GP simply informed him that there was no convincing evidence that EM radiation has any detrimental health effects. He then contacted

the Health Protection Agency, leaving several messages, but no one ever got back to him, until he received a voicemail telling him not to call again. Phil describes his condition as “living in a nuclear war”. He asks: “Can you imagine what it’s like when your environment becomes so aggressive to your health?”

The last of the 482 online comments was by Phil Inkley himself. It included: “Firstly by saying a Big Thanks to all those who’ve made empathic and compassionate, comments and very kind offers of assistance, whether you believe my illness is caused by electromagnetic radiation and fields or not. My heart goes out to all the fellow sufferers who have commented and my message to them is to stay strong and positive as the truth is getting out and will prevail! ... Final greets go to the industry lobbyists whose arguments are growing so tiresomely thin, transparent (for those of us better informed) and repetitive, to whom I say: “Blood on your hands! Shame on You!””

On 24th July the Daily Mail featured this story under the heading “‘Allergic to technology’: Man, 36, lives alone in remote woodland after claiming phones and TVs give him blackouts, nosebleeds and crippling headaches.” They included comments by Dr Andrew Tresidder, a trustee of ES-UK: “There is disruption of cellular function and disturbance of the body endocrine systems. Unfortunately the Government bodies at present consider that the issue is psychological. There is considerable scientific research that shows adverse effects of electromagnetic fields on biological systems, including humans. In five years’ time we may look back and realise a major public health disaster has been happening under our noses.” The Metro ran the story on 25th July, with the heading “Techy moves to remote woodland over Wi-fi technology allergy”.



Dafna Tachover – “as if serving a life sentence”

The last Newsletter, June 2012, featured Dafna Tachover. The leading Israeli newspaper Yediot Ahcharonot on 15th June published a long article about her, including the following: Today she lives in the Catskills, an isolated natural reserve in the northern part of



New York, far away from neighbors, in-between mountains that block the radiation. “Some people may think that this is paradise”, she said smiling sadly, “but I never dreamed of ‘glorious isolation’, and I feel as if I am serving a life sentence here. I was forced to give up my profession because I am unable to get to court, which has WIFI, and I cannot go on a train or stand beside people who are using cell phones. The pains are intolerable, it feels as if I am burning. I separated from my husband when I saw the extent to which my condition was causing him to feel miserable, and I also gave up the dream of motherhood.”

Dafna was interviewed by Israel’s No. 1 rated radio show, OSIM TZOHORAIM, on 18th June and at the end of the interview, the host, Yael Dan, who was touched and astonished by Dafna’s story, declared: “I promise you that I am going to lift the glove, to reach people in Israel and to raise awareness of this condition.”

As a result of the interview, dozens of EHS victims called the radio station. Ms. Dan, who was shocked by the outpouring of responses, acknowledged her duty as a journalist to expose this hidden problem and decided to start a national campaign on the topic. “Many people called us to tell us that they also suffer from this condition and we are taking it upon ourselves to learn about the condition, to investigate it and to present your stories as we should. We are going to do so in the coming days, weeks and months.” On 19th June Ms. Dan devoted 40 minutes of her show to interview two more people who suffer with EHS: Amir Borenstein (www.norad4u.com) and Adi Weissmann, a 30-year old man who is forced to live in a tent in the woods because of EHS. In addition, she interviewed Dr. Zamir Shalita, a microbiologist who has investigated environmental toxins for the last 15 years.

ES stories on Israeli radio

On 7th July Burgerwelle News included the following accounts after Dafna Tachover’s radio interview with Yael Dan.

Host Yael Dan: “You won’t believe how many calls came in following the interview. Many people called to say that they suffer from this syndrome. We take on ourselves to study it, to research it, to bring your stories on this subject. I think it’s appropriate to do this and we will do it in the coming days, weeks and months.”

One of the responses the programme received yesterday was from Amir Borenstein, and they asked him to be interviewed today. He was interviewed today with another EHS guy Adi Weissman and with Dr Zamir Shalita.

Yael Dan: “The many people who called have no life and National Insurance have not heard of the disease. We were flooded by calls, dozens of calls. It turns out that many suffer from the EHS syndrome and a lot more do not even know they are suffering a syndrome we did not know about, until the conversation [with Dafna Tachover]. And people do not know how to deal with it.

Adi Weissman, one of the people who called us yesterday, discovered his special sensitivity last December. He is a new patient. Adi, shalom, you are 30 years old.”

Adi: “Right, Yael.”

Yael: “and live in a tent.”

Adi: “I don’t exactly live in a tent; I sleep in a tent.

Yael: “You sleep in a tent in the garden, in the yard?”

Adi: “Yes.”

Yael: “Wow! Explain how this all started.”

Adi: “In December I started working as a sales department manager in a shopping mall, in an electricity appliances shop of a big chain. During the first shift I started feeling unwell. At the start I had migraines, cramps in the chest and stomach, nausea, I wanted to throw up, even gastric juices raised to my throat. I started feeling very unwell. I figured I was maybe excited from the new job. I said “It’s nonsense. I will continue.” During the shift it became worse. In the second shift I said: “I’ll continue to see how it goes.” And also in the third shift, despite getting connected with the

workers and I liked working with the customers. I had pains and physical distress and I realized that something was wrong. I understood the problem was not in me but it was in the place. I understood there was a problem and I left the job. In December the sensitivity was only in extreme cases, strong cellular antennas and commercial centres. I returned home. I got better and I went out again to look for a job. Then I noticed that I didn't feel well in any commercial centre. I started thinking what it could be. I started to connect it to the radiation, because I saw the antennas. I saw that I could not find a normal job. I returned to the old work I used to do, deliveries where you go from place to place. You don't need to suffer continuously the presence of antenna. Then I worked in an old people's home, and the same story."

Yael: "The radiation is everywhere."

Adi: "In April they installed in my house a wireless alarm."

Yael: "Oh mom!"

Adi: "I felt slightly off, but I thought there is also wireless phone, so it's not something really bad. But within days I started developing very serious physical distress, and within one to two weeks, I went to the doctor who sent me to emergency room, and they checked me and asked me what's the problem. I said: "Listen, I am sensitive to radiation.""

Yael: "You knew to say that you were sensitive to radiation. It was your diagnosis."

Adi: "Yes, because at this stage talking on the cell phone made things worse; it was not all at one go but relatively slow."

Yael: "We are talking about what happened in the last months. It's rather a quick deterioration during which you moved to live in a wood."

Adi: "Right."

Yael: "And also there they put an antenna."

Adi: "In April, after the alarm was neutralized, I saw that it did not help. Because it probably opened me even more to the radiation. And I saw that I could not even sleep in the house. I moved to sleep in the wood. I slept there for a period of time. It was not nice. There are wild animals, of course, and it's also a little bit frightening. I don't have work and I sleep in a tent near the house."

Yael: "Tell me, as of today, you don't have work."

Adi: "Right. I don't have work and I sleep in a tent

in the yard of my house."

Yael: "[Do you have] a girl friend? I must tell you, it's not very attractive, your life."

Adi: "I don't. I had, but now to get to know a partner it's rather embarrassing."

Yael: "It's a problem, to invite her to live with you, unless she sees it as something romantic."

Yael: "All the dozens of people who called us emphasized that they do not speak on a cell phone. We are not talking to you on a cell phone."

Adi: "I can talk with you on a cell phone maybe for a second, but it costs me, it costs me in pain."

Amir Borenstein joins the conversation. He has suffered since 1997.

Yael: "You have long experience. What did you learn during this period of time?" **Amir:** "That conventional medicine does not recognize it at all. Here and there, there are scientists and doctors who know the studies, know the research material, and know EHS, but in Israel, if you go to the doctor, you don't get any proper treatment. Usually they give only pills and send you on your way."

Yael: "They think you are a nut case, that you are hysterical."

Amir: "Yes. When I mentioned EHS, that's what they told me. And this is also what they told me when there was deterioration in my condition and I went to modern medicine and I did EEG and CT and the whole process."

Yael: "We hear of people who live in a car, in a wood, Where do you live?"

Amir: "My situation today is relatively good. I am sensitive at a medium level, so I can live in a house in a neighbourhood. I took a cell phone from a friend during time in the army. Within 20 seconds I got a headache and it happened again afterwards. It got more severe when I bought a new house in 2004 and there was an antenna in front of it. And at the same time I built a laboratory for work. I am a high-tech person."

Yael: "You are also a high tech person? You found a great syndrome for yourself!"

Amir: "Yes, I work against what I am doing and where I am."

Yael: "Yes, it's unimaginable."

Amir: "The laboratory was filled with electronic equipment: a wireless router above my head, an electricity board near the lab, and the women workers were speaking on their cell phones all the time."

Yael: "What did you feel?"

Amir: "The first thing is heat in the head. Then pain in half of the brain, that starts from the back of the head to the forehead. And then comes difficulty with breathing, faster or slower heart beats, until I reach a level at which it's impossible to do anything. I made changes in the house and put in protection. It's important for me that the EHS with whom I work and those who come to you, understand that first thing is knowledge. You need to know what the radiation is, - the studies."

Yael: "You are known from the internet. EHS people came to you. How many EHS do you know?"

Amir: "I know dozens in Israel and hundreds in the world. I opened it up in the workplace where I've been for 4 years, and the workers came to me. It turns out that 10% in my workplace suffer headaches on almost a daily basis, and they take pills to relax and pills against pains."

Adi: "I cannot go to hospitals because the radiation there is enormous and I am very sensitive. I'm afraid of the day I will have to be hospitalized. It frightens me to death. In public transport there is Wi-Fi. I almost cannot travel in public transport."

Yael: "You cannot go to a restaurant or a public place?"

Adi: "No, really almost no. This syndrome has disconnected me from society. I am trying to find a place to live where I can feel well, a place without electricity, distant from cellular antenna."

Yael: "Amir, what about National Insurance? It's a handicap, it's impossible to work."

Amir: "Yes, but if the EHS is not recognized by the health system in Israel, then of course it's not recognized by the National Insurance."

Yael: "We approached the National Insurance. They have not heard of it. But a doctor is needed. I would like Dr. Zamir Shalita to join us. He's speaking from New Jersey. Like Dafna Tachover, he was ready to wake up at any hour to talk with us."

Dr. Shalita: "I am not an MD; I am a medical microbiologist. I have been dealing with this since the start of the '90s, when I retired. I would like to open with something that will surprise you. The developer of Ericsson's cell phones, developed EHS and he lives in the wood. I have known about

it for 10 years."

Yael: "He did not tell us it can be dangerous."

Dr. Shalita: "He did not know it himself. He had to move to live in the wood with candle light. The EHS people who have been talking with you - for them it's new. I already knew about it over 20 years ago. I know the studies. I know the connection that they showed, that the radiation opens the barrier between the brain and the blood. Fluids leak from the blood to the brain and cause headaches, and chemicals leak from the blood to the brain and they cause disruption there. This is one of the effects."

Yael: "How should it be treated?"

Dr. Shalita: "Only by keeping a distance away, or by blocking the radiation. I don't know of drugs against radiation. You need to protect against it as much as possible. Amir goes with a hat. In the hat there is a cellular radiation block, but it doesn't block radiation from electricity. From many meetings with Amir, he feels it even when someone turns on a cell phone several metres behind his back - he still feels it."

Yael: "We will continue and talk about this syndrome, in order to understand it better, and mainly in order to help the lots of people who suffer it. Do you have an estimation of how many in the population suffer from it?"

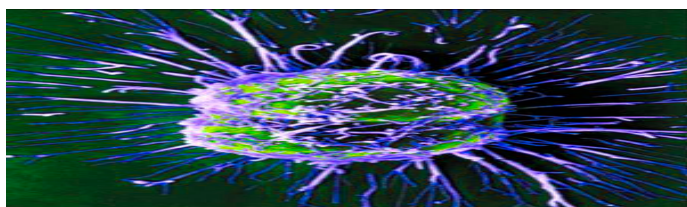
Dr. Shalita: "I don't know. Dozens call me, and have called me over the years."

Adi: "The shielding for me, for example, does not help. There are people for whom shielding helps, I tried shielding; it does not help. On the programme's internet website of [<http://glz.fm/index.php?topic=10988.0>] one women wrote this following Dafna Tachover's interview: "I suffer from exactly the same problem. I slept on the



beach for one and a half months. It started two years ago and became severe. Lately there are probably changes in the routers and antennas and my situation is very difficult. I tried everywhere. I suffer. I left work, society, life. I lost human image. I cannot be anywhere. I cannot run normal life. I go around sleepwalking, looking for a place where I can feel better. On the beach I feel better, but one cannot live on the beach. This is what I do. In radiation environments (these days it's anywhere) I suffer from terrible headaches (I never suffered from headaches before), dizziness, masking of the brain, the head does not work, lack of concentration, confusion, feeling of heaviness in the whole body, awful weakness, trembling in the body and head.

At night, when I try to sleep I feel dizziness, strong currents in the whole body and especially in the stomach, like crampings. Strange dryness in the throat. For two years I have searched the country from north to south to find an isolated place to live in and I haven't find one - a place without cellular antenna or Wi-Fi. I go home to get updated with emails or have phone conversations to communicate with the world. I do it fast and run away. I have a terrible headache and I hope I do not make mistakes.””



Electromagnetic radiation - real curse for EHS sufferers

On 17th July PQB News published an account called “Electromagnetic radiation is a real curse for EHS sufferers”.

It highlighted four women hoping to start a dialogue in society about electromagnetic hyper sensitivity (EHS) and the impact wireless technology can have on our health. Christel Martin spoke to Nanaimo City Council about turning off wireless servers in city facilities, so EHS sufferers like her could use them without becoming ill. When the library started Wi-Fi four years ago she started

getting itchy and irritable, which soon escalated to include insomnia, nightmares, heart palpitations, dizziness and headaches. Jacqueline Little also gets an irregular heart beat, chest pains and itchiness, along with vision and eye complications.

Louise Campbell had problems with her eyes and ears before she discovered her house was not properly grounded; since then she has become sensitive to “electrosmog” from other electrical devices, both wireless and not. Jean Pongratz-Doyle said that her symptoms got worse as new layers of overlapping mobile phone and Wi-Fi service were added, especially in areas like downtown Nanaimo where many cafe's, restaurants and offices have their own routers.

The women are generally optimistic that it is only a matter of time before the tide of awareness shifts in their favour. Christel Martin compares “electrosmog” with cigarette smoke a generation ago when some already accepted the dangers, but the rest of society was still struggling against powerful interests on the other side of the issue. She also said there is a problem with people having a knee-jerk reaction to anything that threatens the convenience of their mobile phones. Estimates of the prevalence of EHS vary widely from a few people per million, to as high as five per cent of the population, with some suggestions of mild sensitivity reaching 35-50% of the population. “While official sources like the World Health Organization and Health Canada tend to downplay EHS as rare and possibly caused by unrelated things like stress, there is a growing recognition that some people are suffering legitimate medical issues that have to at the very least be better understood.”

The most common advice is what these women figured out themselves, to limit exposure to electromagnetic sources. While that might help with the problem at home or work, it does not help in places like cafes and libraries with Wi-Fi, or in cities filled with phone masts. When Martin appeared before Nanaimo Council, however, she was told the benefits of providing the service outweigh any health complaints at this time!

ES-UK Leaflet

It's an excellent introduction to what ES is, with notes on its symptoms and causes. Give it to your relatives and friends, or anyone interested.

Copies are available on the ES-UK website and from the ES-UK BM Box address on this page.

ElectroSensitivity UK

www.es-uk.info

What does ES-UK do?

Q-----

- ES-UK runs a helpline to support people with ES, their friends and family, to ensure there is a sympathetic ear to hear individual's experiences and to offer information and practical help, where possible.
- We have information on ES, what it is, and what you can do about it, to enable you to improve your health and persuade others, including your medical contacts, of the reality of your condition.
- We maintain an up to date library of scientific research into ES.
- We have an interactive forum on the website for those people who can use computers, to share experiences and what has helped.
- We send out a bi-monthly newsletter keeping people informed about people's experiences, tips from sufferers about what helps them, information about ES in the workplace and at home, national and international news including new research.
- We do our best to encourage changes in medical opinion about ES, and to lobby for political change re: exposures, appropriate housing, work adaptations and benefits.

Contact

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For more information about ES-UK, write to:
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web. www.es-uk.info

ES-UK is an independent charity Registered No. 1103018
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Electrosensitivity?

Q-----

Electrosensitivity (ES) is a condition which can develop when people are exposed to things like mobile phones, mobile phone masts, powerlines, substations, computers, WiFi wireless networks, domestic wiring, DECT cordless phones and other household appliances.



Please send contributions for the ES-UK Newsletter to:
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Aims of ES-UK

1. To help people suffering from electro-sensitivity
2. To educate the public about electro-sensitivity and related areas

Support ES-UK

A donation of £15 per year, or whatever you can afford, helps with the running costs of ES-UK. Cheques, payable to ES-UK, should be sent to the BM Box shown, with a Gift Aid declaration if you wish and are eligible.

Newsletter

Thanks to Gordon Flavell for typesetting and use of photographs © and to Brian Stein for printing and distribution.

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Donations should be sent to the BM Box, London.



for all people sensitised by electro-magnetic fields and radiation

ElectroSensitivity UK

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