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What You Can Do Help for electrical hypersensitives

Biological scientist Roger Coghill put it simply like this in his book "*Something in the Air*" (enquiries@cogreslab.co) back in 1998:

"The human body is an electrically conducting fluid - just a big sack of salty water" from page 9, and on p41:

"The thing about all radiation is that it appears to be cumulative when absorbed by organic tissues: as if the tissues themselves are designed or able to radiate the energy onwards to each other".

Why Be Concerned?

Low frequency fields induce electric currents in humans, hence the potential for biological harm. High frequency Microwaves never existed as we evolved, they are new. But, if the current is too weak to penetrate cell membranes, how can it be harmful? We argue that the current or MW transmission is a "signal" to the cell and body, and that the biological interaction may impact cell functions or alter the immune system, among other actions.

Also we are ourselves "*electromagnetic instruments of exquisite sensitivity*", according to biophysicist Professor Gerard Hyland, with electro-sensitive cells, internal signalling systems, and brains, liable to interfering disruption, for example '*brain fog*' as most of our 325 members report. For other typical symptoms of a health reaction see below. Biological changes from EMF exposure have been reported for many years in laboratory studies and, although change does not necessarily mean harm, daily prolonged exposure to EMFs (sitting in front of a computer monitor all day) is a source of concern. Accordingly, research efforts have accelerated in the last decade. We advocate '**prudent avoidance**'; indeed it is absolutely necessary for the extra-sensitive, the ES or EHS.

Swedish reported computer screen-evoked symptoms include nervous system symptoms, headaches, dizziness, fatigue and faintness, tingling and prickling sensations in the extremities, joint pains, face reddening, skin complaints, shortness of breath, heart palpitations, profuse sweating, depression, memory difficulties, sleep disturbances, difficulty concentrating, emotional instability, fine tremor of the hands, nausea and gastric disturbance. Now mobiles and WiFi are cited as causes too.

We have learned, and often the hard way, these practical steps:

- It may be necessary to perform your own diagnosis as the medical profession is so ill informed. They may treat symptoms, not understanding the underlying cause as Coghill explains it. Are you as sure as you can be that it is exposure to electromagnetic fields/microwaves/RF that is causing your problems; investigate, consult and research. Often chemical sensitivity is present too and other problems with fatigue and depression. Try to isolate and identify causes and symptoms. Certain people react to specific frequencies which in turn may be emanating from certain equipment or situations. Avoid it and them if possible. Also avoid psychiatric interpretations, anti-depressants, tranquillisers etc which confuse and mask, but not cure EHS.
- Check the EMF levels in your home, especially bedroom or where you spend most time, an easy chair perhaps, and workplace too if possible, with a hired meter. Buy one, prices are rapidly falling, show others. Look out for hot-spots.
- Take particular care of your own healing capabilities by lifestyle adjustments such as good-consider organic- diet, sufficient rest and exercise, stress reduction. Keep well hydrated; drink four or five glasses of plain (not fizzy) water daily. Your immune system may be being affected give it every chance of efficient operation, especially at night.
- Beware '*free radicals*', no, not recently locked up protesters, but unpaired electrons (thus 'free' like laddish bachelors or swinging singletons). Free radicals in your system can act like a '*bull in a China shop*'. Allow time for their dispersal by letting food and drink stand for a minute or two after removal from the Microwave.
- Take a good brand of OTC (Over The Counter) Free Radical Scavengers (antioxidants) e.g. PharmaNord or Wassen, 'Selenium Ace' or 'Seleno Zinc'. Talk to your pharmacist-a unit dose is best; do not purchase many small individual pots etc. of similar content.
- Do not sleep on a spring interior mattress, if possible change to Dunlopillo or similar as bed springs can act as re-radiating antennae in RF field. Remove any electrical blanket on or under your bed. The elements inside it can do the same; this applies whether it is switched on or off.
- **Approach your GP carefully with forethought.** You may know more about ES than them; tell them of our ES-UK organisation and Website. He/she may conceal mystification and consider you some kind of mental/emotional case, this occurs with depressing regularity, especially with psychiatrists. **Be calm and collected**, consider asking for a Trace Element Test. Many ES people are low in Zinc, Selenium, and Magnesium etc. You may have to pay privately for this. GPs generally treat separate symptoms, not accepting the EMF cause.

- If refreshing sleep is a problem consider re-siting your bed so that your head is to the North. Never mind if your bedroom looks odd, your comfort is what matters! Give it a try. Also drink a glass of 'Slumber Bedtime Milk' before going to bed. It has high Melatonin content and is very good for the body. Some major supermarket chains carry this special milk which comes from cows milked early in the day when their own Melatonin levels are high.
- In bed, ideally you should not be able to see any street lights through the curtains. Any TV, PC or similar should be switched off and the plug removed or electric fields are present. Ensure no EMF's from radios or bedside lamps are near your head. Closed eyelids are translucent and the light however faint will travel via eyelids, eye, optic nerve, chiasma, to the pineal gland deep in the brain. Then this vital tiny gland of the hormonal (controlling) system is unable to perform its normal function of producing melatonin in the hours of darkness to trigger the operation of the immune system into repairing the ravages of the day. Blackout curtains (John Lewis etc,) or eyeshades as used for long plane flights are ideal.
- Do NOT wear any silver or steel jewellery, gold is OK- especially at head or neck. Brassieres with metal underwiring should be avoided also, nor metal-framed glasses especially if operating a computer/VDU for hours at a time.
- Fluorescent lights are a potent irritant for many electrically sensitive people and to be avoided. Ordinary incandescent bulbs are fine, low power bulbs a problem for some. Sunlight can only be shaded against.
- Do you have a problem with Static Electricity, is there a 'zzzz..' or spark when you touch metal car doors, fridges etc.? Consider a small copper wire wound round your ankle or wrist directly to earth, use a copper pipe thrust in the ground as house plumbing may carry harmonics. This is the same idea many people still use for cars. Natural leather soles and not man-made rubber allow earthing contact. Bare feet can be healthy and fun at times.
- In the UK shielding systems, paints and wallpaper, are available from EMFields 2, Tower Road, Sutton, Ely, Cambs CB6 2QA or e-mail aphilips@gn.apc.org, the 'electrosmog detector' and other measuring equipment is for hire. Also the best books and information on ES. Tel 01353-778814. Try our website 'Links' or go to <http://www.powerwatch.org.uk/>
- If it is feasible switch off mains power at night, but remember constant or automatic systems like the deep freeze. Treat cordless phones, even the neighbour's like the plague, keep away. It is a mobile mast in your home, transmitting 24/7 ugh!
- Relative humidity matters. Especially in offices, both home and corporate, the air is often drier than ideal. To remedy this try the following, it is especially effective in domestic rooms: fill a large shallow dish with water, in its middle place an empty jamjar or plastic milk bottle.

Over the jar or bottle drape a small wetted towel so that its ends are in the water in the dish. Natural air movements will then correct an over-dry atmosphere. It may well be a surprise to you how often the water needs refilling.

- 'Hum' from low frequencies is a problem for many, as indeed are a variety of aural tinnitus type problems. Have an ear, nose and throat (ENT) check. There can be many causes but a reverse fan (Ventaxia) set to draw air into the room, rather than as usual, out of the room, can help considerably.
- Question past exposure to chemicals over and above normal day to day experiences e.g. organophosphates, between wall foam insulation systems (old-type), insecticides, DDT etc. Tests are possible and crossover sensitisation is becoming more of a focus.
- Commercial offers abound in our market economy in the absence of recognised NHS treatment. Be sceptical of everything, suck it and see, from homeopathic cure-alls to electronic devices-though we have had a good report about the '4-100' from 'Healthy House'-several hundred pounds though – 01453-752216- and one swallow does not a summer make. They do offer a three-month money-back guarantee which seems very fair in this day and age.
- Many need or want to continue using computers. Most find operating a lap-top on batteries is ok, with charger and mains lead removed, on a table not your lap. Consider projecting on a screen rather than proximity to a VDU. Low emission screens and help. One sick ES lady complained to Dell of damage and they gave her a new one free.

Computers and their monitors give off fairly low levels of EMFs, but if you are still worried, look out for the 2005 DELL Inspiron range of laptops which come with a three-pin mains cable and earthed adaptor and do not emit electric fields.

The biggest risk to computer users comes from broadband systems that allow 'wireless access' by WiFi and in doing so fill your house with pulsating microwave radiation at all times. wLan 'Hotspots' are the same, bad news.

SOLUTIONS: All VDUs - including TVs and office computers - give off a higher level of EMFs from the back and sides, so at work, it is important to make sure you are at least 3ft away from the rear of the monitor of the colleague who sits opposite you.

- Encourage mind-body interaction. Differences in pain sensitivity and reactions seem partly due to how the cerebral cortex interprets incoming stimuli based on prior experiences; merely seeing a large mast or an agricultural sprayer may start reactive symptoms. We are told quite seriously of relief found by listening to the music of Mozart, sonatas in particular, K8 or 80, (try The Mozart Effect by Donald Campbell) also the playing of an instrument or actively singing. It is possible to theorise

about entrainment of frequencies or rhythms in the brain and nervous system, indeed throughout the body. Its free and harmless, some find it helps. When you stop singing start laughing, yup, we are serious, stimulate your endorphins boost your immune system, try. Do trampolining Ha! Good for your immunoglobulin, yup. Most areas have a variety of meditation and yoga classes which can be extremely helpful.

- Again some find a reduction in symptoms with Yarrow, retailed as Yarrow Environmental Solution by a company in Scotland on 01583 505385 and Roger Coghill who knows all about EMF dangers is launching Asphalia from www.asphalia.co.uk or phone 01495 752122. This is a food supplement containing a special meadow grass developed *"to promote well-being in those suffering from exposure to environmental pollutions such as mobile phone and mast radiation"*. Supposedly it has anti-aging properties too, so the whole world will be beating a path to the Coghill Research Laboratories door. As befits a good scientist this is being trialled. Careful if you mix it with other 'cures' we are warned.
- 'Empulse' has been tipped, apparently a specially tuned gadget fitted by trained homeopaths who 'read' your frequencies. (See Garry Johnson just below) We might have more faith if they responded to our inquiries about the science involved....
- Do try Dr Stuart's Detox tea, we drink some of his others, heartily recommended from an ES lady with ME too.
- Those with aggravation from mercury fillings might be interested in contacting the head of the dentists "Mercury free Association" Harvey Austin, on 0207 6372732. And a retired nutritionist, Elizabeth Burnett, offers her services "at little cost" on 01865 373188. We are all different.
- One guy tells how a kinesiologist spotted his quartz watch was affecting him and was helped by *"a programmed crystal energy life transformer for EMF, a Victor Schlorberger implosion personal harmoniser vortex of imploded water, mind-blowing"*. Sounds like a Sixties Blues band to me!
- B&Q market timber buildings for 'Home Offices", unelectrified in your large garden these would leave you exposed to natural field Schumann Waves and make you a summer (at least) sleeping cot, aaah, bless!
- Clays. We anticipate receiving further information as it becomes available from Dr Paula Baillie-Hamilton, highly academically qualified and ES author of *'The De-tox Diet'*, *'Stop the 21st Century Killing You'* and *'Toxic Overload'* among others. In the meantime she suggests using 'Bentonite' in the bath, twenty minutes with a teaspoon of two at first.
- Two electricians who understand, and few do: Lionel Hervey, 60 Matlock Crescent, Sutton, Surrey SM3 9SN 020 864 47755 and Chris Stannard 'Private Power' Ware Herts 01920 467745. Garry Johnson 01787 224377 builds 'made to measure' electrical boxes to neutralise specific irritating frequencies for e-sensitives, we have had good reports, but over time they may need re-tuning/setting.

Do you credit 'Distance dowsing'? Try Rolf Gordon, British Society of Dowzers is 01684 576969. Andy Davidson at <http://www.tetrawatch.net/main/index.php> can help those troubled by the police and emergency services TETRA transmitters and finds their broadcasting 'lines', one may pass through your house!

- **Phones.** Useful info for those with difficulties using the phone is bouncing around the 'e-sens' internet chat group.
- The Swedish phone is produced by Tel-O-Ray Systems. The coils are removed from the earpiece and the connection to the main phone is through two stethoscope-like tubes about 1 metre long. The phone can be seen on the front page of their website at: Teloray Sweden. It is AM Mk1. Ultra low-emf phone for connection to regular analog telecom network. It is CE-marked and T-marked, and thus certified for use within Europe. Price SEK 2.500:- , €275:-, £180:-. Click this link to view the datasheet. To order, or request further information, [click here teloray](#)
- They cost just over £200 (so much higher than the LessEMF version). An advantage with the Swedish phone is that European phone systems are compatible with UK ones, whereas US/Canada ones may not be. They virtually make them to order. The phone is tremendously useful but hearing is easier than speaking - one has to hold the mouthpiece very close to the mouth or the people at the other end can't hear properly. Some have problems with radiation from the coils in speakerphones, even at 3 feet distance.
- A correspondent and ex-government scientist microwave expert tells us of the value of adding four drops of lavender oil to 100 millilitres, about a tablespoonful, of Aloe Vera jelly rubbed on four times daily for skin conditions. Especially useful for those reacting to sunlight. Russtox or 'Rhus-tox' in a homeopathic preparation can help, as does witch-hazel for itching. Sunglasses can help also as the pineal gland is a link in this chain of sensitive epidermal bioeffects. Do let us know results. Acute photo-sensitivity (ie light) has been accepted as a reason for early retirement and disability benefit whereas ES is usually not accepted. By email from a scientific advisor with ES

• **Energy Saving Light Bulbs & Health risk.** Dear Rod, This evening (11/7/06) Via the B.B.C. 10pm news I sat & watched yet another ill conceived piece of advice; re alleged energy saving. I refer to the newly introduced low consumption light bulbs. I did some thorough tests, using:
- (1) an oscilloscope; (2) an infrared detector & last but not least 3) my own physical responses. The oscilloscope test revealed that these bulbs emit a sine wave at 37KHz, in turn the 37KHz then modulates a strong carrier wave of infra red at aprox 550nm wavelength, this in turn, unlike the light from an ordinary light bulb easily & deeply penetrates the epidermal layer of the skin & hence causes a reaction in 'ES' subjects such as myself. In my own case this manifests as a head tightening sensation with mild disorientation & a very unpleasant feeling in the 'Solar plexus' area. **Please warn other ES people about this.**
Another warning:

Do **NOT** use Bobinette coated screening material as an attempted shielding shroud around your TV, there is a serious fire risk, it will not work, TVs do not emit microwaves anyway.

Google Dr Martin L Pall for possible treatment options, EHS, MCS, CFS, ME etc

Go to <http://molecular.biosciences.wsu.edu/Faculty/pall.html>

Dr. Pall has long-term interests in biological regulatory mechanisms. His current research is focussed on a theory he has developed on the cause (etiology) of chronic fatigue syndrome and the overlapping and related conditions of multiple chemical sensitivity, fibromyalgia, and posttraumatic stress disorder. According to this theory, each of these is initiated by stresses that induce increased levels of nitric oxide and its oxidant product peroxynitrite, followed by a biochemical vicious cycle mechanism associated with chronic elevation of these two compounds. Symptoms of these conditions are produced by both nitric oxide and peroxynitrite and treatment should focus on downregulating this vicious cycle mechanism. Vitamin B-12 injections commonly used to treat these conditions are proposed to act through the action of one form of B-12 (hydroxocobalamin) which is a potent nitric oxide scavenger. Dozens of biochemical and physiological observations provide support for this theory. The most puzzling features of these conditions are explained by this novel theory.

For clothing like hooded tops with shielding in the weave, as highly recommended by two or three ES buyers, try Hitek Ltd. e-mail is sales@hitek-ltd.co.uk for price and availability on any of their products. HITEK Electronic Materials Ltd. 15, Wentworth Road, South Park Industrial Estate, Scunthorpe, North Lincolnshire, DN17 2AX.

Telephone: 01724 851678 | Fax: 01724 280586

- **Use your anger**, its for protecting yourself, that's why we all have this capacity, control and direct it; or your disillusion and frustration, use it for motivation, campaign with us! Write sensible serious rational letters, type if possible, expressing yourself will do you good. Write an account of your EHS onset and situation, doctor's reactions, employer's, others etc. and **send it to your MP**, copy it to us. If you can, go to <http://www.parliament.uk/directories/directories.cfm> to find your MP, and how to leave a telephone message, or find an email address. You can write to MPs at: *Their name*, House of Commons, London, SW1A 0AA or try *Named Lord*, **House of Lords**, London, SW1A 0PW.

Try also Dr George Hooker at *DoH Toxicology and Radiation Branch, 520 Wellington House, 133-155 Waterloo Road, London SE1 8UG*

Or Drs Jill Meara and Lawrie Challis at *Health Protection Agency, Radiation Protection Division, Chilton, Didcot, Oxon OX11 0RQ* who are responsible but footdragging and trying to ignore this health issue.

Even phone companies have proper human beings working in them, try? Send us their replies to follow up. Look out for locally active groups, start one yourself, we will help. Fight the isolation ES causes by uniting.

Especially write to your local press, or contact local radio, make them take it seriously, tell us if they publish and we will pass it on to the nationals.

Finally 'SNOOP' our acronym for constant awareness:

S = Symptoms- signs and shifts, static charge, fatigue, memory, irritability, sleep disturbance?

N = Neurological- paraesthesia like tingling arms, toes, fingers, lips.-mood swings.

O = Optical effects-visual 'funnies'? Colours, odd shape in visual field, prisms .

O = Onset- where and when? What do you feel started your ES? A sudden large exposure, a gradual accumulation, a particular 'leaky' piece of equipment? Lots of mobile calls? Constant VDU exposure?

P = Precipitating factors-what triggers your ES now? Your VDU? A cordless DECT phone? They are really bad, even your neighbour's emissions could come through the walls. A new mobile mast or power upgrade nearby? Tetra mast pulses? Wi-Fi equipment? Bluetooth? Crossover to chemicals?

We at ES-UK want to know your observations, they may help others as these here may help you. It's thanks to Powerwatch and their long experience in helping sufferers for much of this advice, all errors are our own of course. We are the canaries in the mine for the Brave New World - of '*Electrosmog*', the sea of 'leccy' frequencies, pulses, signals, radiation and electro-magnetic fields – we now inhabit – which have known, *but denied*, biological effects.

Now we move to the power and politics:

Understanding why we call this the first politically incorrect illness, and why we have an uphill struggle for recognition of ES and treatment of it.

Here in the UK, the government sold off the rights to use microwave sector frequencies of the electromagnetic spectrum for around £30 billion, without safety tests, and will not consider whether this was reckless. The industry pressed ahead with masts and a nationally streamlined centrally approved planning system, ignoring local health issues, so they could rapidly raise income to pay off this debt. Government and industry together finance the Health Protection Agency, HPA. So they drag their feet, give the Dept of Health no advice for doctors, and ignore some science to please both their paymasters who call the tune and influence research design and thus outcomes. They wrongly claim there is '*no evidence*' for health effects.

The USA started differently from the UK. Hearing complaints about possible health effects at the end of the 1980s and into the nineties they required the US Cellphone companies to put 28 million dollars in a mutual pot for funding scientific research. Dr George Carlo was the public health physician recruited to head the programme for five years. As the evidence came in he became very concerned and delivered a critical report pointing at all manner of risks. It all became pushed to one side and ignored.

On February 22nd 2007 the Radiation Research Trust under Eileen O'Connor brought Dr Carlo from New York to the UK and he spoke in the Attlee suite of our Parliament buildings of how his work has isolated the mechanism behind electromagnetic hypersensitivity, or EHS, the cluster of acute symptoms we more often call electrosensitivity, or ES. Their new data concerns activity taking place on a cellular level. Simply, cells recognize transmissions in certain ranges, and unfortunately interpret the information carrying waves from microwave transmissions as a foreign invader. With invasion comes a defence response that ends up doing harm rather than good. The sensory receptor protein on the outside of the cell membrane senses the information carrying wave and begins to vibrate and, like a tuning fork, the information carrying wave vibrates in harmony. Over the next few seconds duelling banjo-like exchanges take place between the receptor and the wave until the receptor classifies the wave as stranger-danger and initiates a cellular shut down sequence.

And the rest as Dr. George Carlo, leading expert on the subject says, is "*simple biology*". As with all technological advance it seems, there is a price to be paid, widespread use reveals unwanted side-effects, by-products like polluting exhaust fumes from cars or smoking coal-fires damaging lungs have shown this in the recent past. As cell phones and other wireless data technologies, like WiFi proliferate, so too do information carrying waves and whenever a person comes in contact with these, this cellular shutdown occurs and lasts for as long as he/she is exposed to the radiation emissions. When cells shut down toxins can't get out, nutrition can't get in and cells can't communicate. Over time this leads to toxin and free radical build-up, genetic mutation, immune system strain, premature aging (and all that that implies), stress, illness, EHS symptoms of course, and disease.

This clinical evidence emphasises the importance of avoidance of as much electromagnetic radiation, EM, as possible; over several months some improvement and recovery is indicated when the radiating interference is removed. When invisibly present it makes a homeostatic health see-saw for the extra-sensitive as confused cells compromise organ and system functioning, leading to symptoms partly dependent on an individual's unique health history. Others *appear* to shrug it off, but we wonder.

Most at risk are children and those with an already established environmental sensitivity, they have a lower threshold for disturbance, an already compromised immune system and are more easily impacted. As our ES cases know and show through case histories such as Dr Carlo is collecting as a basis for a programme of therapeutic interventions.

We need to use the human cleverness and science that developed this situation, and our condition, to combat it. Good luck, fight it and don't give up. We will conquer this together, campaign!

www.electrosensitivity.org.uk or electrosensitivity@hotmail.com or
01353-778151
Rod.

ElectroSensitivity-UK (registered charity 1103018) helping the vulnerable minority with 'radiation sickness', and reacting with health problems to electromagnetic fields, microwaves, RF etc. all 'electrosmog'.
Rod Read M.Phil.,(Cantab), Dip Psych Couns., Cert.Ed. director.Please support us with a donation, (£10 min.) our only income, to ES-UK as below. We welcome help from scientists, doctors and health experts in understanding causes and links, diagnosis and treatments. Also all media inquiries, personal accounts of ES in your life, info on what helps and e-mail addresses where possible. ES-UK Office, Bury Lane, Sutton, Ely, Cambs, CB6 2BB. Tel: 01353-778151 or at www.electrosensitivity.org.uk
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