

Electro-hypersensitivity (ES / EHS): what is it like?

List of some of the problems reported

- Headaches
- Nausea
- Joint pain
- Heart pain
- Severe muscle pain
- Pins and needles in hands and feet
- Light headed
- Eye pain
- Can't think clearly
- Feel like air is heavy and thick
- Disrupted heart rhythm
- Fatigue
- Sleep issues
- Vertigo – dizziness
- Internal bleeding
- Reduction in melatonin
- DNA breaks
- Symptoms started with mobile phone, then progress to cause by any type of electrical device

'My life has been turned upside-down. Three months since my classroom was fitted with the WLAN transmitters which sensitized me, I still hope it's all a bad dream. On a good day, away from wireless radiation, I even hope I'm cured. Then a sudden pain will bring me back to reality and I again avoid all possible dangers.

'Some wireless systems give me a familiar **headache**, but not always. Stronger systems, like the one in Milton Keynes shopping centre, often produce very strong but varied pains – a searing 3-hour headache delayed until the journey home, sharp stabbing pains in both thighs, or a piercing pain below the heart. Pain seems to flow around the nervous system without reason. Sudden joint pains can be common one day, and nausea another, while twice I've jumped in agony when I felt I'd been shot in the genitals.

The workplace can be my best refuge, since the head agreed to remove the troublesome transmitters. Home can be a nightmare, hiding behind screens with up to five internet routers beaming through the house and garden. Surprises have been common, from Sat. Nav. and digital phones to loop hearing aids and microwave ovens at up to 15 feet. I feel wretched by limiting the rest of the family's activities but then, it's not me who's doing this really, but the whole of society.

Michael Bevington, Head of Classics, Stowe School. December 2006

'That's interesting about the Wi-Fi – I got a wireless setup at home about four months ago and have had to **stop using it because after about 20 minutes it gives me headaches, and after that I get pins and needles in**

my feet and hands and I start to feel really light headed and sick. I've gone back to a wired connection. I could feel when it was on or off, even when not in the same room.

'The headache feels like there's a sort of electrical thing going on between my ears, and it's very painful between the eyes, like there's pressure building there. It's actually very similar to a problem a friend of mine had a few years ago with a Nokia phone, she had the same **headaches and also a metallic taste in her mouth,** when she changed phones it was OK again.

'It's a very strange thing because it's not all Wi-Fi that does this to me, I can sit in a [public] hot spot and feel fine, but my home setup is really unpleasant, maybe because it's at such close range. I do also get the same symptoms if I visit [local] Sainsbury's so maybe there's some kind of Wi-Fi thing going on up there too - I went there a few months ago for the first time in a about a year and had to leave sharpish.

'When I can feel it, it's like the air is heavy and thick, and I find it hard to think clearly, it's quite hard to put into words. I heard on the news today that some expert is recommending that children don't hold Wi-Fi devices on their lap, there's definitely something **very wrong with Wi-Fi.'**

resident, Worthing, West Sussex, UK

'Last July, out of the blue I developed a **disruption to my heart rhythm.** As a qualified Doctor I considered possible causes, such as caffeine intake, tiredness, high blood pressure, or the onset of menopausal symptoms. Being slight of frame, with normal to low blood pressure and excellent general health, I reasoned the ectopic beats and variable pulse rate would probably go away with a reduction in my tea and coffee, and a little rest. Over the next 6 weeks, the arrhythmia continued to the point where I was aware of it for the majority of the day. I also experienced **disturbance to my sleep,** waking in the early hours and then being unable to fall asleep again. From the tightness of my upper chest I knew I was not getting enough oxygen. I was very reluctant to consult my GP, aware of the investigations it would initiate, and also of the many drugs in the armory for treating arrhythmias with their multitude of side effects. There was no precipitating factor I could identify that would afflict a fit 49 year old, with no pre-existing heart or respiratory problems, in this way. On the verge of making an appointment with my GP, **I linked the onset of my symptoms to our acquisition of a laptop with a wireless modem** (NET GEAR and is a Wireless ADSL Modem Gateway DG824M) situated in the hallway. This 'base station' had been transmitting microwaves 24 hours/day at a frequency of 2.4GHz, extending to a radius of 150 feet. These (and similar) are being placed in the foyers of airports, and hotels, in GP's surgeries, coffee shops and student halls of residence, so individuals can use their laptops with the minimum of fuss. We disconnected the wireless base station, **replacing it with a fixed line. Within 3 weeks I was totally free of any abnormality as detected by pulse or symptoms, my sleep settled back to normal, as did my energy.**

'On consideration, during the summer others in my family of 5 have been **abnormally fatigued with disturbed sleep patterns.** My 18 year old daughter had an episode of **extreme dizziness** lasting a whole day after close contact with the transmitter. My 22 year old son similarly experienced **vomiting and vertigo, disabling him for a day after spending 2 hours within feet of the apparatus.**

'If this is how it affects a healthy family of adults over a short period of time, what will be the consequences on a cross-section of the general population, let alone those with heart problems or pacemakers, the pregnant and the young? What is the real price of convenience?

Dr F Fox MB ChB

'I used a mobile phone for 15 years. 14 years not a problem, no issues.

'15th year. **Severe pain in my head and ear, only when I put the mobile to my head.** Why is my pain, psychosomatic?

'Put the phone to my head. Instant pain, take it away and pain goes away. Problem. What is happening??? This can't happen!

'Although I cut down on using my mobile I did not stop completely. Why? Good question. I was assured by all it was only temporary and like a fool I believed the scientists, the medics, the media.

'Then, one day putting the mobile to my head an **explosion in my ear.** So much pain I could not bear the mobile to my head. This can't happen! Thereafter, the **weird experience I had over the twelve months earlier using a mobile phone, I started to experience in front of my computer, in front of my TV and in my car.**

'This developed over time to an ordinary phone, video, washing machine, dish washer etc. Whatever damage the mobile phones/microwaves, can do had been done to me.

'**When you become hypersensitive to something, it is not confusing, it is not a case of I don't feel well, I wonder what it is, can it be my microwave!!! Its use a phone for 5 minutes – pain in ear and head. Don't use the phone – no pain. Use the phone – pain. Don't use the phone – no pain. After you have done this experiment on yourself a few hundred times, it becomes more than a coincidence. I have been studying ES for 5 years. Every hour, of every day, of every month for 5 years. Believe me it is not confusing.**

'Wishing to prove my condition I signed up for the tests at Kings College and had to pull out when I found what they wanted to do to me. I did suggest a less invasive way of proving this but was ignored. Last year I signed up for the test at Essex University and attended the first of three sessions to prove this condition. I ignored my cynicism because the questionnaire seemed to be only concerned with my financial state and levels of stress. I ignored the fact that the people were psychologists, not scientists. I ignored the fact that they couldn't tell me the level of strength of the mast. I ignored the fact that they had not consulted anyone ES when devising the tests and I went ahead with the first one hour session.

The result

'I have been made permanently worse; I had to pull out of the remaining tests. Although double blind I knew that the mast was on. How, I bled internally for two weeks. That is what happens to me when I get too close to a mast for too long. **Bleeding internally, can this be psychosomatic I ask myself.** Perhaps my gut has decided to join in on this misinformation. Maybe my gut is in league with my brain in deluding me. I went to my doctor when I first bled. He referred me to a Specialist. The Specialist was very chatting and friendly until I told him why I was bleeding. I then became the enemy. A lunatic. I had a barium enema and a colonoscopy. All clear.

'When I asked therefore why I could be bleeding (I was bleeding before and after the investigation) I was told by the specialist in a very aggressive voice '**there is no reason why you should be bleeding**'. He didn't want to see my stool, didn't want to check the most obvious way of telling if I was being truthful or not. End of Examination, Go Home!

'That is what it is like being ES. The tests have been devised so that the people who are best able to prove this condition are precluded. People find it inconvenient to be more thorough. Don't ask the obvious questions, simply dismiss it and trust the scientists investigating this, sponsored by the mobile phone industry. No reason to be concerned.

'In theory, this should not happen.

'If damaged by a drug, I don't think the drug industry saying we didn't do any research into this drug because in theory it should be safe, would be good enough. The mobile phone industry gets away with it. They are not required to do any safety research because the NRPB (HPA) are responsible for this and of course they are totally independent and impartial like the newspaper industry. Who do not want to rock the boat.

'When I challenge scientists, politicians, health industry, NRPB, Media, that this is not difficult to prove I can prove it. They change the subject. I could go on for hours but why bother.

'Sadly, you and your family have to become affected to rock the boat. I hope you have the good grace to apologies in a few years time when your collective incompetence results in millions of people being affected because that is what will happen. Correction, this is what is happening while you don't use your common sense or investigate this seriously.

'If the research is correct, that it causes geno-toxin effects, single and double stranded DNA breaks, damage to chromosomes and reductions in melatonin, how will this be detected in humans when doctors, specialists, scientists etc refuse to examine us seriously. The best any ES person has had is a two minute examination and the assurances we are perfectly OK.

'If these things are happening, what symptoms are we allowed to have? Please advise me. What symptoms am I allowed to have if I am suffering from the above!!!

'Meanwhile, incidents of brain tumors, mouth tumors, ear tumors, eye tumors, once very rare, are all suddenly appearing and increasing. Probably psychosomatic.

'Wake up!

Brian Stein