

ES Products and Services List Summer 2008

INTRODUCTION

Many people with ES find it difficult or impossible to go shopping and many cannot use a computer. This list aims to bring together in one place information about products and services which may be useful to people with ES in creating a low-EMF environment to live in, and in avoiding high-EMF environments.

This list is divided into the following sections:-

- A – Suppliers of shielding products
- B – Electricians
- C – Computer equipment
- D – Telephones
- E – Food Shopping
- F – Opticians
- G – Holidays and retreats
- H – Products for people with severe cutaneous photosensitivity as part of their ES.
- I – Action groups – against mobile phone masts and ‘the Hum’

The information on this list is as accurate as possible but we cannot accept any liability for errors or omissions.

We are keen to hear about other products and services which may be helpful for people living with ES.

Please send your suggestions to enquiries@ES-UK.info or post them to ES-UK, BM Box ES-UK, London, WC1N 3XX, marking the envelope “Products and Services List”. Please include postal addresses and telephone numbers for suppliers wherever possible.

The purpose of this list is to cover products and services which reduce levels of EMF in measurable and quantifiable ways. Therefore please do not send information about pendants, herbs, nutritional supplements, mind / body techniques etc. These may be helpful to some people but this list has a different focus.

A. SUPPLIERS OF SHIELDING PRODUCTS

Biologa

c/o Bodewigs Egan Associates (UK agent)
The Healthbuild Consultancy, 20 John Street, Sligo, Ireland. Tel: 00353 719150095
<http://www.biologa.de/uk/index.php>

Fabric, wallpaper, building materials, paint, window film, shielded cable for house rewiring and rewiring appliances; wall, ceiling, table and standard lamps.

NB: If you buy Biologa table or standard lamps they come with a German plug. This will need to be replaced with a UK plug and the appliance properly earthed. If in doubt consult a qualified electrician.

Electric Forester Investigations Ltd

Unit 2, Ikona Court, Weybridge, Surrey KT13 0DW.
Tel: 0845 345 1892 / 01932 829395

electricforester@btinternet.com

www.electricforester.co.uk

Undertakes EMF surveys and advises about shielding whenever necessary.

EMfields (Jean Philips, a trustee for ES-UK is also a partner in this firm)
2 Tower Road, Sutton, Ely, Cambridgeshire, CB6 2QA. Tel: 01353 778814
www.emfields.org info@emfields.org

Shielding paint, materials, headnets, bednets, demand switches, window films, Orchid low EMF phones, hire and purchase of radio-frequency and power frequency EMF meters, RF and powerfrequency filters to reduce incoming 'dirty power' and that created by home appliances. Residential EMF Surveys.

EMF Safety Superstore

809 Madison Ave, Albany, NY 12208 USA. Tel: 001-518-432-1550.

Fax: 001-309-422-4355

www.lessemf.com lessemf@lessemf.com

Wide range of products for the home and office, including a low-EMF hairdryer and clear plastic shielding.

NB: You might have to pay a (VERY) high level of American import duty on all products you buy, before they will allow them to leave the customs warehouse. It is very expensive and they seem to catch you buying stuff very effectively.

Equilibra

5, Cranstock Close, Billingham, Cleveland TS22 5RS Tel: 01642 872 610

www.equilibra.uk.com enquiries@equilibra.uk.com

Material and demand switches

Hamilton & Co Ltd

Quarry Industrial Estate, Mere, Wiltshire, BA12 6LA. Tel: 01747 860088

www.hamilton-litestat.com

Large "Cheriton" range of metal sockets and light-switches, including all-metal "dolly" light switches. Useful if aiming to reduce power-frequency fields by rewiring – the metal is earthed when installed so EMFs much lower than with plastic light switches.

"Cheriton" range available online at www.lightbulbshop.co.uk. Tel: 020 8205 9995.

Fax: 020 8205 6884. info@thelightbulbshop.co.uk. Unit B, Colindale Business Park. 2 / 10 Carlise Rd, London, NW9 0HN.

Geoffery Harris Lighting Limited

537 Battersea Park Rd, London, SW11 3BL. Tel: 020 7228 6101.

Fax 020 7228 6102. lighting@geoffreyharris.co.uk.

<http://www.geoffreyharris.co.uk/catalogue/14>

Metal ceiling roses, metal bulb holders, so you can construct your own pendants, the only thing you are lacking is a wire spiral to absorb emissions from the bulb.

Screwfix and TLC Direct

Metal light switches ('toggle') + sockets also available from:

www.screwfix.com Tel: 0500 41 41 41 plus many useful DIY items

www.tlc-direct.co.uk Tel: 01293 565630 metal pendant fittings + electricals

Both of these companies also do shielded wiring (screwfix 50 and 100m reels of 'Prysmian FP200', TLC do Firetuf sold by the metre)

NB: It is vital that you choose the right cable for the job, and don't use the cable intended for lighting for a power circuit

HI-TEK Electronic Materials

15 Wentworth Road, South Park Industrial Estate, Scunthorpe, Nr Lincs, PN17 2AX
Tele: 01724 851678

www.hitek-ltd.co.uk/ sales@hiteck-ltd.co.uk

Variety of shielding fabrics including "Nora Dell". Also sells "The E-smog suit" – socks, leggings, top, gloves and balaclava.

Natural Therapeutics

4 Broadgate House, Westlode Street, Spalding, Tel: 01775 761 927

Demand switches. These switches stop electric current running round domestic power circuits (and therefore creating fields) when these circuits are not in use.

The Healthy House

The Old Co-op, Lower Street, Ruscombe, Stroud, Glos GL6 6BU.

Tel: 0845 450 5950

info@healthy-house.co.uk

Fabrics, and hire and purchase of meters, though no advice is available.

Sensory Perspective Ltd (Brian Stein, a trustee of ES-UK, is Chair of this company)

47 Doughty Street, London, WC1N 2LW

Tel: 0845 003 1355 www.detect-protect.com

EMF detection equipment.

Wireless-Protection

Southport, Lancs. Tel: 01772 614177

www.wireless-protection.org

Fabric, wallpapers, paint, window film, stetzer filters.

Incandescent Lightbulbs

Incandescent lightbulbs (many different types, including Greenstock super-long-life 16,000 hour) available at near wholesale prices (in packs of 10, works out much cheaper) from www.ryness.co.uk Tel: 0845 6303035.

Greenstock bulbs also direct from manufacturer (although cheaper at Ryness!) + general info: www.greenstock.co.uk Tel: 0845 25 70 444

B. ELECTRICIANS – who have knowledge and experience of carrying out electrical rewiring for people with ES.

Russell Kerr

Unit 20, 820a Harrow Road, London, NW10 5JU. Tel: 07956 372758

Russell.kerr@hotmail.com

Chris Stannard

Tel: 01920 467745

Stannards_tower@ntlworld.com

Do you know a good electrician whom we could add to this list? Maybe you “tamed” one yourself, who would now be happy to carry out work for others.

C. COMPUTER EQUIPMENT

AMA –Konsult AB

Ama Konsult Ab, 931 95 Skelleftea, Sweden.

Tel: 0046 910 77 69 05. Fax: 0046 910 77 73 48

www.amak.de www.engelsk.dinstudio.se/news_1.html

Shielded computer equipment designed for people with ES, also lighting, telephone and television equipment. The website is now in English as well as Swedish. Samuel Andersson speaks English.

The company appreciates that these products will not be suitable for everyone with ES, so they can be rented on a trial basis.

BEMI

BEMI - Bättre Elmiljö

Törnevalla Gamla Skola, 590 62 LINGHEM, Sweden

Tel: 0046 013-74 000. Fax: 0046 013-13 47 00

<http://www.bemi.se> info@bemi.se

Shielded computer equipment.

Nuance

Worldwide Headquarters, 1 Wayside Road, Burlington, MA 01803, United States

Tel: 001 781-565-5000. Fax: 001 781-565-5001

<http://www.nuance.com/naturallyspeaking/>

Dragon Naturally Speaking, voice recognition software.

D. TELEPHONES

Orchid Telecoms

Ridlington Park House, Holygate Road, Ridlington, LE15 9AR

Tel : +44 (0) 1572 717888. Fax : +44 (0) 1572 717889

www.orchid-telecom.com enquiries@orchid-telecom.com

Digital Cordless (DECT) phones which do not emit microwaves when not in use, unlike standard DECT phones which emit microwaves constantly.

Some people with ES have bought Orchid phones for their neighbors as a substitute for their standard DECT phone.

Teloray Systems

Box 290, SE-780 40, MOCKFJÄRD, Sweden. Tel: +46 (0)241 - 216 00

<http://www.teloray.se>

Phones designed for people with ES. The handset is at the end of a long plastic tube.

However many people simply use hands-free phones.

E. FOOD SHOPPING

Sainsbury's

Tel: 0845 301 2020

The only major supermarket (as far as we know) to offer a telephone ordering service for home delivery, as well as an internet one.

Long may it continue!

Goodness Direct

Tel: 0871 871 6611

www.goodnessdirect.co.uk/

Home delivery service for health foods and special diet products e.g. gluten-free and dairy free.

Abel & Cole Limited

16 Waterside Way, Plough Lane, Wimbledon, SW17 0HB

Tel: 08452 62 62 62. Fax: 020 8947 6662

organics@abelandcole.co.uk.

Abel & Cole sell a range of organic fruit, veg, meat and pantry items delivered to your door.

Farm around

Tel: 020 7627 8066

<http://www.farmaround.co.uk/>

Organic fruit and veg home delivery service

Riverfords

Wash Barn, Buckfastleigh, Devon, TQ11 0LD. Tele: 0845 600 2311

<http://www.riverford.co.uk/>

Riverfords sell organic fruit, veg, meat and pantry items, delivered to your door.

F. OPTICIANS

The Outside Clinic Tel: 0500 295 245

This company offers an eye test and spectacle service in your own home

G. HOLIDAYS AND RETREATS

www.caeducampsite.co.uk Tel:01766 890345

Cae Du campsite, nr Beddgelert, Snowdonia, N Wales - v spacious site/ friendly owners/ quite quiet, minimal mobile reception at actual site (at time of last visit - although, as with any campsite, will have to contend with some mobiles of other users, and mast in nearby village):

Suggestions please!

**H. PRODUCTS OR PEOPLE WITH SEVERE CUTANEOUS
PHOTOSENSITIVITY AS PART OF THEIR ES**

Severe sensitivity to all forms of visible light is the most disabling ES symptom. People who develop this symptom experience a painful burning sensation on their skin, which can affect all parts of their body, even through several layers of clothing. Some have to black out windows of their home and live in total darkness.

An important article describing this condition is "*A Case of extreme and general cutaneous light sensitivity in combination with so-called "screen dermatitis" and*

electro-sensitivity - successful rehabilitation after Vitamin A treatment” by Olle Johansson, Peng-Yue Liu, Anders Enhamre and Lennart Wetterberg, in the Journal of the Australasian College of Nutritional and Environmental Medicine, Vol.18, No. 1, April 1999, pages 13-16.

The condition is also described in Chapter 5 of “*The Invisible Disease*” by Gunni Nordstrom. ISBN: 1-903816-71-8

Please note: references to “Vitamin A” in these contexts are references to Beta-Carotene, a precursor to Vitamin A which the body converts into Vitamin A. Beta-carotene is currently prescribed by doctors for the treatment of light sensitivity arising from the condition Erythropoietic Protoporphyrria (EPP)

There are no reports yet of UK doctors prescribing Beta-carotene for non-EPP photosensitivity of the type described above.

However photosensitivity is a recognized medical condition. It is possible to obtain NHS referrals to Photobiology departments and consultants have been prepared to write medical reports. Some people have chosen to self-medicate with beta-carotene.

FIRST CALL PHOTOGRAPHIC

Cherry Grove Rise, West Monkton, TAUNTON, Somerset, TA2 8LW

Tel: 01823-413007 Fax: 01823-413103

www.firstcall-photographic.co.uk sales@firstcall-photographic.co.uk

Sells totally light-tight blackout roller blinds.

ANGLO FELT INDUSTRIES

Tong Lane, Whitworth, Rochdale, Lancs, OL12 8BG

Tel: 01706 853513 Fax: 01706 853625

www.anglofeltindustries.co.uk info@anglofelt.com

Sells thick black felt. Black felt is a very light-protective material. It can be used to make a light-protective shelter for car journeys, or a portable protective blanket for other times when the person must leave their blacked out environment.

According to the Photobiology Department at St. Thomas’ Hospital, London, heavy denim is the most light-protective fabric for clothing. Woven fabrics are better than knitted ones.

SUNSIBILITY

Tel: 020 8224 0834

www.sunsibility.co.uk/ info@sunsibility.co.uk

A range of UV-protective umbrellas, and UV protective clothing.

These are not light-protective for visible light frequencies but may help some people by cutting out UV – i.e the highest frequencies / shortest wavelengths which can be the most powerful and penetrative.

BONWYKE WINDOW FILMS

Unit 3, Salterns Lane Industrial Estate, Salterns Lane, Fareham, Hampshire, PO16

0SU. Tel: 01329 289621 Fax: 01329 822768

www.bonwyke.co.uk sales@bonwyke.co.uk

Supply and install Dermagard, UV- protective film

PHOTOGRAPHIC LIGHT METERS

If you can tolerate a limited level of visible light, you may find a light meter very useful for checking light levels to make sure you do not expose yourself to more than you know you can tolerate. It can be difficult to judge light levels accurately with the human eye.

There is a wide range available from photographic suppliers with a wide range of prices. A good basic meter is the POLARIS flash meter.

THE ECLIPSE SUPPORT GROUP

The Vicarage, Godshill, Isle of Wight, PO38 3HY

<http://eclipse.lupusuk.org.uk/>

Part of Lupus UK. Mainly aimed at people with light sensitivity as a result of lupus, but other light-sensitive people can become members.

Provides:- a list of members willing to be contacted for mutual support

- a product list – including window-darkening films which cut out most but not all visible light. Some products on this list are e.g. sunscreen are not relevant to people who do not have lupus-type light-sensitivity.
- for a small charge, a “Made ill by light” badge

I. ACTION GROUPS

ES-UK

BM Box ES-UK, London WC1N 3XX

Tel: 0845 643 9748

www.es-uk.info

enquiries@ES-UK.info

Provides a telephone helpline, a network of people who suffer from ES, a newsletter every 2 months, an interactive website forum, and campaigns at many levels for the recognition of Electromagnetic Sensitivity.

Low Frequency Noise Sufferers' Association (LFNSA)

c/o 1 Hazeldene Avenue, Stockton-on-Tees TS18 4EJ

Mast Action UK

Mangat, Mrs Christine, Matthew, Mrs Julie

Tel - 01707 872920

Mast Sanity

Planning queries

11.00-8.00 Mons-Fris

Tel: 0871 750 3992

info@planningsanity.co.uk

www.planningsanity.co.uk

Other queries

Advice Line Mons-Fris 1-8 p.m.

Tel: 08704 322377

webmaster@mastsanity.org

www.mastsanity.org

Planning Sanity shop

www.buy.at/planningsanity

Planning Sanity gets a donation for many items sold from this site to fundraise for planning sanity, including mobile phones, and BT homehubs! I presume it is not a spam site.