

ES Directory Spring 2010

Dear all,

Welcome to the Spring 2010 issue of the ES Directory. Thank you to everyone who has sent in suggestions for useful products and services. New entries this issue include:

- vacuum cleaner extension hose
- plastic bra underwires
- home visiting dentists

Please keep them coming – either email ruth@esdirectory.org.uk or send to BM Box ES-UK, London WC1N 3XX, marking the envelope ES Directory. Please include postal addresses and telephone numbers for suppliers wherever possible.

Please note – we are interested in products and services that measurably reduce the amount of EMF exposure, or enable people to avoid places which have high EMF levels – no pendants or herbs please.

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J – Products for people with severe cutaneous photosensitivity as part of their ES.

PRODUCTS & SERVICES WHICH DON'T EXIST (as far as we know) BUT OUGHT TO!

Number 1:

An air purifier which is fully earthed and electrically shielded – so many people have MCS and ES, this has to be a gap in the market.

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

A. SUPPLIERS OF SHIELDING PRODUCTS AND / OR DETECTION EQUIPMENT

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. Alternatively you can purchase a special adaptor which will earth the appliance correctly, NB Normal Continental/UK adapters WILL NOT WORK AND WILL CREATE VERY HIGH FIELDS. Contact Samuel Andersson at AMAK (see computer section) or try the Schuko to UK mains Adapter from Maplins Code TZ55K

Block EMF

2335 Camino Vida Roble Building B Carlsbad, CA 92009, USA

Tel: 001 (800) 578 5939 Fax: 001 (760) 431 0126

www.blockemf.com customerservice@healthstores.com

Electric Forester.

Tel: 0845 3451892 www.electricforester.co.uk

EMF Surveys.

EMfields

2 Tower Road, Sutton, Ely, Cambridgeshire, CB6 2QA. Tel: 01353 778814

www.emfields.org info@emfields.org

Shielding paint, materials, headnets, bednets, clothing, demand switches, Orchid phones, hire and purchase of radio-frequency and power frequency EMF meters, 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.

Geoffrey 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 and metal bulb holders so you can construct your own earthed and shielded pendants. The only thing you will need to improvise is a wire spiral to absorb emissions from the bulb itself.

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 through The Lightbulb Shop. Tel: 020 8205 9995. Fax: 020 8205 6884.

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

Holland Shielding Systems BV

P.O Box 730, 3300 AS Dordrecht, The Netherlands. Tel: 0031 78 6131366 Fax: 0031 78 6149585

www.hollandshielding.com info@hollandshielding.com

Shielding tents, metallic spray for earthing plastics, coatings for glass, cable shielding.

Screwfix and TLC Direct

Metal light switches + metal sockets also available from:

www.screwfix.com Tel: 0500 41 41 41 plus many useful DIY items including aluminium foil tape.

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

Both of these companies also do shielded wiring for house re-wiring.

HI-TEK Electronic Materials

15 Wentworth Road, South Park Industrial Estate, Scunthorpe, Lincs PN17 2AX

Tel: 01724 851678 www.hitek-ltd.co.uk/ sales@hitek-ltd.co.uk

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

Mummywraps

Tunics made of Swiss Shield fabric from www.mummywraps.com

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.

Select Fabricators Inc

P.O.Box 119, Canandaigua, NY 14424-0119, USA
Tel: 001 888 599 6113 www.selectfabricatorsinc.com
Faraday cage tents.

Sensory Perspective Ltd

28 Theobalds Road, London, WC1X 8TF Tel: 0207 404 7850 www.detect-protect.com
EMF detection equipment and shielding materials..

Wireless-Protection

Bank Top, Kiln Lane, Paythorne, Lancashire, BB7 4JD Tel: 01200 445475 info@wireless-protection.org
Fabric, wallpapers, paint, window film, stetzriser filters.

B. LIGHTING

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
Ceiling lamps

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>
Low-EMF wall, ceiling, table and standard lamps.

Lightbulbs

Incandescent lightbulbs still available from www.ryness.co.uk Tel: 020 727 8893

GB Bulbs and Gil-lec also sell non-transformer Halogen lightbulbs such as the Osram Energy Saver Halogen Classic A, 42w = 60w and 28w = 40w. These bulbs use a standard tungsten filament but enclosed in a halogen gas rather than a vacuum so that it burns brighter. They are 30% more efficient than incandescent bulbs but do not have the RF problems of compact fluorescent or compact halogen bulbs. These bulbs are also available in some supermarkets and DIY stores but availability appears variable.

GB Bulbs

115 Oxford Road, Abingdon, Oxon. OX14 2AB. Tel: 01235 522178 www.gbbulbs.co.uk

Gil-lec. Tel: 0845 5273571

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

Coulson & Son Ltd

William James House, Cowley Road, Cambridge. CB4 0WX.
Tel: 01223 423800 Fax: 01223 420550 www.coulson.co.uk jobbing@coulson.co.uk
Contact is John Brock.

Russell Kerr

Unit 20, 820a Harrow Road, London, NW10 5JU. Tel: 07956 372758 Russell.kerr@hotmail.com

Chris King (Cambridgeshire only, limited experience.)

25 Lincoln Close, Buckden, St. Neots, Cambridgeshire. PE19 5UE
Tel.: 01480 810133. 07717 172100. cpk-king@supanet.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.

D. COMPUTER EQUIPMENT

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

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, USA
Tel: 001 781-565-5000. Fax: 001 781-565-5001 <http://www.nuance.com/naturallyspeaking/>
Dragon Naturally Speaking, voice recognition software.

Optoacoustics Ltd.

17 Hata'asia Street, Or – Yehuda, 60212 Israel. Tel: 00972 3-63-4488 www.optoacoustics.com
Contact Dr Yuvi Kahana. yuvi@optoacoustics.com

Their MEG Optical Microphone is a totally EMF- free microphone which can be used with voice-dictation software. The sound is converted directly to light and travels up a fibre-optic cable. The product is expensive but there is a possibility of group discounts. If you are interested in waiting for a group order, contact us.

Safelevel.com

Technology Alternatives Corp. 1950 NE 208 Terrace, Miami, FL 33179
Tel: 001 800 222 3003 or 001 305 933 2026 after 2pm. www.safelevel.com
Shielded computers offgassed for 1 year prior to sale, designed for people with ES/MCS.

E. 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 neighbours 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.

EMF Safety Superstore (details in section A) sell a Panasonic telephone which (uniquely we think) has a socket for a headset with microphone which can be used at the end of an extension cord (or several joined together).

However, many people simply use hands-free phones. Some people have problems with the small LCD displays on some makes of phone. It is worth trying a hands-free phone without a display if you are very sensitive, eg. The BT Big Button phone, available from Argos

F. FOOD SHOPPING

Sainsbury's

Tel: 0800 328 1700

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. Tel: 0845 600 2311 <http://www.riverford.co.uk/>

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

G. OPTICIANS AND DENTISTS

The Outside Clinic Tel: 0500 295 245

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

Kind Blue Dental Care.

Private home-visiting dentists covering the Home Counties.

PO Box 53039, London E12 5XN Tel: 0845 555 4488 <http://www.kindbluedentalcare.com>

Or ask NHS about your local Community Dental Service.

H. HOLIDAYS AND RETREATS

A useful resource is the Orange mobile coverage map.

<http://search.orange.co.uk/ouk/portal/coveragechecker.html>. N.B. – Orange used to advertise best UK coverage. The map may give a general indication for other networks in some cases, e.g. in some areas where geographical features or population make coverage less feasible.

Bolton Abbey Estates

General Enquiries. Estate Office, Bolton Abbey, Skipton, N Yorks. BD23 6EX

Tel: 01756 718009 (Mon – Fri) www.boltonabbey.com

No mobile phone signal, holiday cottages to let.

Stonethwaite Campsite.

Borrowdale, Cumbria. Tel: 01768 777234

No phone signal (as of time of writing).

Suggestions please!

I. MISCELLANEOUS

Sign

A brass sign which says "Please switch off mobile phones" is available from <http://www.labelsourceonline.co.uk/scripts/prodView.asp?idproduct=13235>

Vacuum Cleaner Extension Hose.

Can be attached to the hose of a cylinder vacuum cleaner to enable the user to get far away from the motor – even into another room. NB. Smells plasticky when it first arrives but this does wear off. You may need to stick one end to your cleaner with duct tape to stop it slipping out.

From Coopers of Stortford. 11 Bridge Street, Bishops Stortford. CM23 2JX Tel: 0844 482 4400
www.coopersofstortford.co.uk

Plastic Bra Underwires

To replace metal ones. Available from www.bramakerssupply.com
219 – 1104 Fennell Avenue East, Hamilton, ON L8T 1R9 Canada. Tel: 00111 905538 1396

J. PRODUCTS FOR 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 Protoporphyrinemia (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 2299

88 Jasmin Road, Epsom, Surrey. KT19 9GA 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.