

US Appeal Judges ‘hammer’ FCC’s denial of non-thermal effects

On January 25 2021 three US appeal judges ‘hammered’ the FCC. The FCC still denies non-thermal effects. Non-thermal effects were shown in the 1930s as primary, with heating secondary. The first limits were non-thermal, in 1935.

The FCC and the UK’s similar Ofcom consistently reject the science and still follow Schwan’s arbitrary and invalidated 1953 hypothesis that only thermal effects exist. This denies electro-sensitivity, with its symptoms first described in 1733.

Prof Emeritus James Lin is the first former member of ICNIRP to break ranks and admit non-thermal effects. He likens ICNIRP’s ‘group-think’ to previous unscientific attacks on Galileo.

Over £250,000 has been raised for the UK’s two judicial reviews and another case against Ofcom’s and PHE/UKHSA/ICNIRP’s unscientific claims.

See inside, International News, for:

- Dutch court: ES person living 650 metres away and out of direct sight is an ‘interested party’ in the siting of a mast.



Ofcom still breaks Health & Safety and Equality Laws?

Ofcom admits it has no health expertise. On March 1 2021 it said it follows PHE/UKHSA in its choice of ICNIRP’s unscientific and unprotective limits. But employees of PHE/UKHSA have always been members of ICNIRP, a ‘front’ for the radiation industry. ICNIRP still denies non-thermal effects and fails to protect against ES and cancers.

Ofcom instead needs to follow the science and choose long-term and non-thermal guidelines, like IGNI, to protect against cancer and other ES symptoms.

Back-ground (safe) levels	Mainstream scientific guidelines			Minority unscientific guidelines			
		<i>Long-term and short-term</i>			<i>Short-term only</i>		
		<i>Non-thermal and heating</i>			<i>Heating only</i>		
		<i>Peak and averaged</i>			<i>Averaged over 6 or 30 minutes</i>		
		<i>Origin: majority scientific evidence from 1935</i>			<i>Origin: Schwan’s arbitrary guess of 1953</i>		
	<i>Protection against EHS and Cancers</i>			<i>No protection against EHS and Cancers</i>			
V/m	<i>Date</i>		V/m	<i>Date</i>		V/m	
0.000001	2018	IGNIR	< 0.002 - 0.02 *	2020	ICNIRP	134	
<i>*Children, pregnant women, people with electromagnetic hypersensitivity, the elderly, the sick</i>							

Contents	Page	Contents	Page
ES-UK News	2	ES Science	19
In Memoriam	3	Scientific Studies on RFR and COVID-19	21
Germany: Doctors support EHS	4	Books	22
ES News	6	ES Quiz	23
UK News	9	Halt 5G – Prof Frank	24
Readers’ Comments	11	Smart Meter Health Harm	26
ES Disability and Accessibility	15	UK Legal Cases for Judicial Review	26
ES Refuge and Shielded Housing	18	ICNIRP Unscientific Group-think	29
		International News	30
		RF Weapons, Sensors and U.S. Diplomats	31

Emails and letters

Congratulations to the many who keep writing to their MPs, local councillors, newspapers and media, and many other contacts about the problems faced by people with electro-sensitivity. The message is getting through in some areas, but the government is clearly keen to keep some parts of the media from reporting on the growing difficulties people are facing.

Admedia bans information posters

For the last four years, through generous financial help, ES-UK has employed Admedia to display its sequence of factual information posters in motorway service station and railway station washrooms. They were well received, although the Advertising Standards Authority anonymously condemned two posters by rejecting the majority science showing harm.

On May 4 2021 Sam Tester, Sales Director, said Admedia would not continue with our information poster campaigns because of 'landlord restrictions'. Although we have requested evidence of any complaints from companies running the motorway service stations, none has been provided so far. In contrast we have heard only positive comments on our two poster campaigns in 2020. Admedia still has other charities' posters on display.

In April 2020 the government ordered the 77th 'psyops' Brigade to influence media about 5G.

Accommodation for people with ES

We all recognise the great need of establishing suitable accommodation for people with ES. If you know of someone who has the skills and is prepared to take on the leadership or help, please let a trustee know.

Thank you for your gifts

Your gifts are greatly valued and help us with our core aims of providing information support, representation, and information for others.



New Resources on ES-UK website

2.9 ES, EHS: Key Facts: Non-thermal Science & Disability

Submission: Response to Ofcom consultation
See also the updated Facts on the last page of this Newsletter.

Recyclable

The polythene wrapper used for mailing the last printed Newsletter was fully recyclable.



Thanks!
“The newsletter, as always, was packed with essential information and I must have read it cover to cover two or three times by now.”
(March 2021)

IN MEMORIAM

Robin Egan 1945-2021

We were very sorry to hear of the death of Robin Egan on January 14 2021 aged 75. He was a loyal supporter of ES-UK and was a volunteer for the telephone helpline. We are very grateful for his bequest to ES-UK for helping to maintain the day-to-day work of the charity.

Mrs Janet Gladwell

Her friends will be very sorry to hear that Janet passed away on Nov. 22 2020.

Gillian McCarthy

Very sadly Gillian McCarthy passed away from Covid on February 1 2021. She was a world class nutritionist and was very helpful to others whenever she could be. She had a very lively mind and a very dry sense of humour. She lived in Somerset, often in a hut to avoid electricity, radio waves and the other substances which harmed her, although it burnt down in 2016. She had MCS and ME as well as EHS. She was prepared to speak out about her suffering and featured in "Allergic to the 21st Century", produced and directed by Anne-Claire Pilley for Channel 4 in 2008, along with giving numerous interviews for newspapers.



Guy Hudson, who knew her well, writes: "She was one of the best people I have ever met. She had a wicked sense of humour and a piercing intelligence and survival instinct. Her knowledge of nutrition was extraordinary. She was nutritionist to the team of horses that won Princess Anne her Olympic medal."

Diana Whiting

David Ashton writes:

Julia and I are very saddened to hear that Diana Whiting has passed away.

Diana was very badly affected by the radiation from the masts around her home, and also by 'dirty electricity' and EMFs. She adapted to her situation by becoming a 'Night Owl' - sleeping during the day, and being active at night.

Back in 2015, she wrote her thoughts on EMFs and how they affect all of us in 'Nightowl & Girl In The Dark'.

Diana had an inquisitive and analytical mind, and she was always searching for explanations of why things are the way that they are. She also tried her best to mitigate the EMFs in her home, but the truth is that her home - although idyllic to look at, and set in an attractive Suffolk location - was just too exposed to man-made EMFs. On one visit, Julia and I plugged in a Dirty Electricity meter to see how much 'noise' there was on her electrical wiring. Instead of the usual random screeching, we heard the commentary from a live football match, which was obviously being broadcast from a nearby radio transmitter. The household wiring, and perhaps the gas piping - leftover from the days of gas-powered lighting - were acting as a perfect radio aerial. It was a farmer's mast in line of sight with her kitchen that caused many of her problems.

Sadly Diana was tormented by the electrosmog in her house. She was of an age when moving home was an impossibility. I'll always remember her humour, her intelligence, and her determination to understand how and why such a situation could come about. I think that she was utterly perplexed and upset by the sheer inhumanity of many humans, who either couldn't care less about what all of these EMFs are doing to people, or else who are active participants in the rollout and proliferation of insanely harmful technologies. Diana was a good friend, and she will be sorely missed. Rest in peace, Nightowl.



GERMANY – DOCTORS SUPPORT EHS

Germany: doctors demand protection of children and EHS

On April 21 2021 a delegation from the 'Doctors' Working Group on Digital Media' handed an open letter on mobile communications and health to Minister Manne Lucha (Greens) at the Baden-Württemberg Ministry of Social Affairs.

The doctors' placards demanded:

- Smartphones not in the hands of children
- Wi-Fi-free hospital rooms
- Advice centre for EHS people

Doctors Cornelia Mästle, Jörg Schmid and Thomas Thraen presented the doctors' demands in short speeches.

This followed a similar action in October 2019 in front of the State Ministry of Baden-Württemberg leading to initial talks with high-ranking representatives from several ministries, but so far without any results.



believe that cell phones can cause cancer. ...

The well-known long-term side effects of EMFs, which - as with brain tumours - only becoming clinically visible after decades of exposure, are a burden that we place on our children.

Children with cancer are particularly at risk from Wi-Fi in schools, as EMFs can lead to tumour promotion. Increased myopia is also a result of smartphone use. 40% of children in



Image: Jo Röttgers

Open letter April 21, 2021

Dear Minister Lucha, ladies and gentlemen,

We doctors are watching the development of mobile communications with concern.

Despite numerous studies that prove the risks of mobile communications for people and the environment, the expansion of mobile communications is being pushed ahead steadfastly. With the new 5G cellular standard, a technology is being introduced that has hardly been researched. No drug would ever be approved in this way! Since the end of the German Mobile Telephony Research Program in 2009, large studies have been published that demonstrate the cancer-causing effects of mobile telephony in animal experiments. These studies led the American Cancer Society to

China alone are now near-sighted - that is why there has been a nationwide mobile phone and tablet ban in schools in China since February. Smartphones do not belong in the hands of children! We urgently recommend following the example of France and introducing a ban on cell phones at day-care centers, primary schools and secondary schools for students up to 15 years of age. Parents, children and young people must be informed about the consequences of excessive use of digital media (including internet addiction)! This is the job of politics! Your task!

An increasing number of people - estimated by the President of the Federal Office for Radiation Protection at 1 – 10% - suffer from symptoms of EHS. EHS people develop

complaints such as headaches, sleep disorders, cardiac arrhythmias, digestive problems, susceptibility to infections, etc. to cell phone radiation far below the limit values applicable in Germany. EHS people need advice:

Set up centres staffed by competent environmental medicine specialists.

Promote appropriate training courses at the State's universities.

EHS people must also be able to recover in hospitals. To do this, they need radiation-free hospital rooms. All of the State's own clinics must be equipped accordingly. The local authorities must be advised on this.

The hitherto uncritical, progressive belief in politics in dealing with mobile telephony is reminiscent of the late lessons that were only learned decades later from early warnings with regard to tobacco, X-rays and asbestos....

With best regards, Dr. Cornelia Mästle, Dr Jörg Schmid Thomas Thraen

Speech by Dr Thomas Thraen:

We appeal to the Ministry of Social Affairs and Health to stand up for the protection, advice and education of people who are sick from exposure to EMFs in the environment.

The microwave syndrome, known today as electrohypersensitivity, has been known since the 1960s. It is scientifically obsolete and can be equated with malpractice if an environmental disease such as EMF is considered primarily psychiatric. We therefore demand from the new State government of Baden-Württemberg:

- The establishment of advice and reporting centres for EHS people at health authorities in cooperation with the medical association.
- The promotion of environmental medical practices.
- Advanced training in environmental medicine for doctors specifically for EHS disease.
- A broad-based education of the population about the link between mobile phone exposure / microwave exposure and the typical physical pathological symptoms.
- Creation of residential areas free of radio waves so that radiation-sensitive or seriously ill people do not have to continue to live socially isolated, excluded from normal social life. Radio-sensitive people are forced to keep as low as possible the illness caused by the inevitable contact with mobile phone radiation from other people, Wi-Fi hotspots and radio masts.
- Political support to call on medical bodies to recognize EHS as an environmental disease caused by radio waves.

In conclusion: the EU-wide law on the integrity of one's own home is being criminally violated by massive mobile phone radiation into one's own four walls; an unbearable state, especially for ES people today and for all of us tomorrow! ("Germany: Baden-Württemberg: Doctors Demand the Protection of Children and Electrosensitive People Doctors demand the protection of children and electro-sensitive people" diagnose-funk.org, April 21 2021, TBH trans. May 11 2021)

Image: Jo Röttgers



Health risks in electric vehicles

Excerpts, Dr. Pascaline Phillips:

All vehicles have a metal body. Steel makes up the vast majority of your vehicle (frame, roof, floor and more). Metal is not only a conductor of electricity, it also acts like a Faraday cage, keeping EMFs inside your car.

These EMFs are produced via your car's electronics, as well as blue tooth/wireless systems, and any cellphones that happen to be 'on' in the car. Not only are you in extremely close proximity to these waves, but they are actually amplified inside the car, with the walls of the car acting like a resonator.

Electric Vehicle (EV) cars use a large capacity battery that operates up to 650 volts DC (direct current), compared to a petrol-based car with circuits that operate at 12 or 24 volts. The EV battery is usually situated behind the passenger seats in the back of the car – the area where children, who are particularly sensitive to EMFs, are seated. Another area of high radiation is the footwell in front of the driver's and front passenger's seats.

These elevated EMFs increase dramatically when the battery is charging, making it imperative that you are not in the car when it is.

Theodore P. Metsis PhD sums up:

"EMFs in a car in motion with brakes applied + ABS activation may well exceed 100 mG. Adding RF radiation from blue tooth, WiFi, the cell phones of the passengers, the 4G antennas laid out all along the major roads plus the radars of cars already equipped with, located behind, left or right of a vehicle, the total EMF and EMR fields will exceed any limits humans can tolerate over a long period of time."

"I drive an older model car, so there are fewer electronic devices (no parking assist, no front or rear object sensors, no video screens), and I have disabled the blue tooth system. My phone is always off in the car. And, when I have passengers, I have implemented one important rule: your cell phone must be 'off'.

(Dr. Pascaline Phillips: "Why I will not be buying an electric car" The Whig Standard, March 21 2021)

Laptops: use battery, not on knees, external mouse and keyboard

"The general conclusion is that the value of the magnetic field is almost 2 times higher when the laptops are AC powered.

Due to the relatively high level of the laptop's magnetic field emission, we propose a combining different ways of using the laptops:

- Working with pauses
- Using an external mouse
- Not putting a laptop on the knees or body
- If it is possible, using an external keyboard."

(Tanikić D et al.: "Classification of the Laptop's Extremely Low Frequency Magnetic Field With Alternating Current and Battery", 20th International Symposium INFOTEH-JAHORINA, 2021)



AirPods causing tinnitus?

"After using my AirPods for a while, I noticed a high pitched ringing in my ears (that doesn't go away). I didn't know what it was, so I looked it up and it turns out to be tinnitus. I don't listen to music loud. As a matter of fact, I carry a pair of earplugs in my pocket, just in case I encounter anything loud that would damage my hearing. Having said all that, now I notice that when I put my AirPods in my ears and have nothing playing, they emit a high pitched tone that I would say exactly replicates the tone of my tinnitus, leaving me to believe that the AirPods actually caused my tinnitus."

(MacbookProRetinaGuy: "AirPods causing tinnitus?" Apple Communities Discussion, November 24 2019)

Alasdair Phillips writes:
AirPods emit high levels of microwave RF right inside the user's ear, e.g. several volts per metre or 1,000s of $\mu\text{W}/\text{m}^2$.



World Electrosensitivity Day

Magali Lesure, who founded Cœurs d'EHS (EHS Hearts) in France in 2018, has made June 16th each year the World Day of Electrosensitivity.

The objectives are to:

- make the general public aware of EMF toxicity,
- inform about EHS,
- alert others about the social and health effects of EHS,
- have this environmental disability recognised.

This poster was for the fourth day in 2021.

Madrid: ES symptoms near masts

To check the symptoms from exposure of the general population to EM radiation emitted by mobile phone base stations, 268 surveys were completed by residents of a Madrid neighbourhood surrounded by nine telephone antennas. There were 105 measurements of EM radiation taken with a spectrum analyzer and an isotropic antenna, in situ and in real-time, both outside and inside the houses.

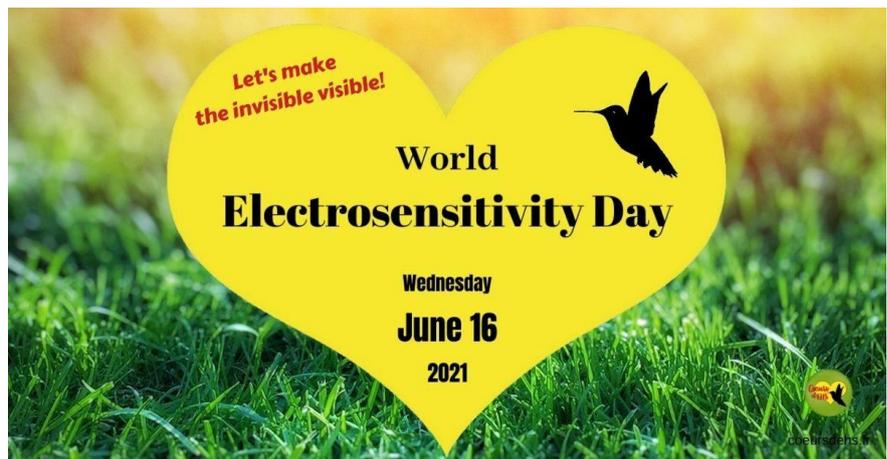
Statistically significant were headaches, nightmares, headache intensity, dizziness frequency, instability, number of hours a person sleeps per day and three of nine parameters studied from tiredness. There were 5.6% of cancer cases, a percentage 10 times higher than that of the total Spanish population.

Outdoor measurements: mean 556 $\mu\text{W}/\text{m}^2$, peak 6700 $\mu\text{W}/\text{m}^2$ at 1810.48 MHz. The minimum 11 $\mu\text{W}/\text{m}^2$ and 48 $\mu\text{W}/\text{m}^2$ at 2155.40 MHz.

Indoor measurements: average 5.73 $\mu\text{W}/\text{m}^2$, maximum 5310 $\mu\text{W}/\text{m}^2$ at 1768.41 MHz, 3593,12 $\mu\text{W}/\text{m}^2$ at 943.97 MHz and 3100 $\mu\text{W}/\text{m}^2$ at 5495.24 MHz.

On the street, mean: 14.3 $\mu\text{W}/\text{m}^2$ and maximum peaks at 809.36 MHz, 809.36 MHz and 962.38 MHz, with maximum 13,000 $\mu\text{W}/\text{m}^2$, 13,000 $\mu\text{W}/\text{m}^2$ and 9460 $\mu\text{W}/\text{m}^2$ respectively.

The control area, mean for indoor: 1.18 $\mu\text{W}/\text{m}^2$, maximum 2260 $\mu\text{W}/\text{m}^2$ at 1945.08 MHz, 332 $\mu\text{W}/\text{m}^2$ at 1734.76 MHz, 240 $\mu\text{W}/\text{m}^2$ at 1734.76 MHz.



On the street in the control area, average: 1.68 $\mu\text{W}/\text{m}^2$, maximum 2.24 $\mu\text{W}/\text{m}^2$, 2.18 $\mu\text{W}/\text{m}^2$ and 1.66 $\mu\text{W}/\text{m}^2$ at 2130.15 MHz, 1860.95 MHz and 2146.98 MHz respectively.

For radiation peaks for WIFI, only two homes showed their maximum peaks for Wifi.

39.10% of people have headaches in the exposed area, compared to 25.50% in the control area. Most of these people report weekly headaches, both in the exposed area and in the control area (25.29% and 15.95% respectively). There is also a clear difference regarding pain intensity, which 23.56% describe as being of maximum intensity in the exposed area, compared to 5.3% in the control area.

32.76% report dizziness in the exposed area compared to 21.27% in the control area. In the exposed area, most people get dizzy every 1 or 2 days (14.37%) and every 3 or 5 days a week (11.49%). In the control area there is a majority with a difference around every 3 or 5 days.

29.89% in the exposed area report instability and fainting, compared to 19.15% in the control.

27.60% of the exposed group reported tachycardias, compared to 12.78% controls.

68.96% exposed sleep 6 to 8 h a day, and 77.67% controls.

24.13% exposed report nightmares, compared to 12.77% controls.

There were 11 cases of cancer in the exposed area and 5 in the control area.

(López I et al.: "What is the radiation before 5G?: a correlation study between measurements in situ and in real time and epidemiological indicators in Vallecas, Madrid" *Environ Res.* 2021)

'EHS health disorders are greatly increasing'

"Currently, the EHS health disorders are greatly increasing day by day in people who use smart phones for a long time in a day." Conclusion of: Dilli R: "Implications of mmWave Radiation on Human Health: State of the Art Threshold Levels" (IEEE, 2021)

Robotic lawn mowers – beware!

Two makes of robotic lawn mowers (A and B) show high levels of EMFs according to a study.

Magnetic fields near the boundary cable up to 0.17 A/m = 170 mA/m (A), and 20 mA/m (B).

Root mean square at waist level on the lawn was 10 mA/m (A and B).

The maximum peak of High Frequency on the ground was 1 A/m (A) and 0.5 A/m (B), with signals at 10 kHz within the pulsed packages.

Pulsed package repetition frequency is 47 Hz (A) and 61 Hz (B). Each pulsed package lasts 3.7 ms (A), with high-frequency pulses at 8-19 kHz (A), or two pulses, the first with 3 periods of 4-6 kHz and the second pulse with two pulses of 6 kHz, with a separation of 6.6 ms (B).

1 mV=1mA/m. 100 nT ≈ 80 mA/m RMS ICNIRP 2010 limits: 80 mA/m RMS ≈ 100 nT, for 3kHz to 10 MHz. But IARC 2002 classified LF MF as a 2B possible carcinogen at 0.2-0.4 μT ≈ 0.2-0.3 A/m. But since 2002 other publications would require a 2A probable classification. The Swedish TCO in 2015 demanded limiting the line frequency MF from VDT screens to below 25 nT ≈ 20 mA/m at 0.5m in front of the screen.

Compare: magnetic flux densities for EMFs from 50 Hz fields for pavements with heating cables: maximum of 37 μT ≈ 30 A/m and mean value of 0.85 μT ≈ 0.65 A/m at <-9°C.

In practical terms:

- Do not leave boundary wire switched on at night near sleeping areas.
- Do not leave a baby asleep in a pram near the boundary wire switched on.
- Do not let children play on the lawn when the boundary wire is switched on.
- Make sure the system switches off the pulsed current when the machine is recharging its battery.

(Mild KH et al.: "Robotic Lawn Mower: A New Source for Domestic Magnetic Field Exposure" *Bioelectromagnetics*, 2021)

Shielding

Dr Joseph Mercola has a chapter on how to protect yourself from harmful radiation devices.

(Dr Joseph Mercola: "Guiding Principles to Reduce your EMF Exposure" in: EMF*D: 5G, Wi-Fi & Cell Phones: Hidden Harms and How to Protect Yourself" (2020). [Article](#))

Dr Joseph Mercola: "EMF Home Remediation: A Special Interview With Brian Hoyer" (2020) [Interview Transcript](#))

Dangerous Shopping Centres

A recent survey on maximum electric fields:

5.4 V/m (Madrid, indoor shops, high-density)

4.5 V/m (Warszawa, corridors, high-density)

3.3 V/m (Warszawa, coffee shops, low-density),

[\[IGNIR Safety Guideline for Maximum exposure and Sensitive persons, children: <0.02 V/m.\]](#)

(Celaya-Echarri M et al.: "Empirical and Modeling Approach for Environmental Indoor RF-EMF Assessment in Complex High-Node Density Scenarios: Public Shopping Malls Case Study" *IEEE*. 2021)

Excellent articles on EHS

This compendium published in January 2021 is from the EHS 2019 Symposium at the Women's College Hospital, University of Toronto, Canada. It has 14 chapters on aspects of EHS by experts in their field.

Bray R and Fancy D (eds.): "Clinical Practice Guidelines for Electromagnetic Hypersensitivity (EHS) - Proceedings from a Symposium on the Impacts of Wireless Technology on Health. Based on Presentations made at Women's College Hospital held on May 30, 2019" *Environmental Health Clinic, Women's College Hospital, University of Toronto, Canada*. (2021). 134 pages. https://www.womenscollegehospital.ca/assets/pdf/environmental/Symposium_Document_Final_Jan_12.pdf

Pacemakers felt by EHS and affected by iPhone 12

After last Newsletter's article on how a person with EHS was affected adversely by someone else's Pacemaker, a reader sent in details of how all Apple's iPhone 12s can interfere with pacemakers. It features MagSafe, using in-built magnets to attach wireless chargers and wallets to the back of the phones. Apple says these magnets and EMFs might interfere with medical devices and should be kept at least six inches (15 cm) away or more than 12 inches (30 cm) if the phone is being wirelessly charged. A recent research paper highlighted the iPhone 12's ability to 'potentially inhibit lifesaving therapy in a patient' with an implanted medical device.

(Jonathan Chadwick: "Don't put your iPhone 12 in your breast pocket if you have a pacemaker! Apple warns magnets in the new phones can interfere with medical devices and should be kept at least six inches away" *Daily Mail*, January 25 2021)

Railway Level Crossing Radars:

500 mW to 5W at 24 GHz

Railway Level Crossing Radar Sensor Systems came under a new license in June 2020 so that they can be deployed closer than the previous limit of 20 km to the six Radio Astronomy sites in Jodrell Bank, Cambridge, Defford, Darnhall, Knockin and Pickmere. They allows 5W instead of 500 mW in the 24.100 to 24.350 GHz band.

(“Ofcom Statement on short-range devices and railway level crossing radar sensor systems: Licence exemptions for Wireless Telegraphy Devices” Ofcom, June 2 2020)



Dr Ian Gibson 1938-2021

Dr Ian Gibson died on April 9 2021 aged 82. As a former cancer researcher, while MP for Norwich North, from 1997 to 2009, he understood better than most MPs the health dangers of RFR and EMFs. He wrote some sternly worded letters to the HPA/PHE, but did not succeed in altering their unscientific denial of non-thermal effects.



Mobile UK’s myths and misinformation

Mobile UK, a campaign group for mobile phones, launched #5GCHECKTHEFACTS on February 4 2021. It claimed it wanted to “help inform, educate and busts the myths surrounding the next generation mobile network, 5G”, but also claimed that “no links have been established” between mobile phones and “potential adverse health effects”.

[This is an example of “inaccurate non-factual reports and conspiracy theories” by pro-mobile campaign groups. Mobile phone radiation is a 2B carcinogen and underwriters refuse to insure except as a high-risk category like asbestos. Mobile UK’s claims are myths. – Ed.]



Instead of eliminating such precious areas, we should be carefully preserving them.

(A Fitzgerald: “Make Cambrian Mountains wireless-free” Cambrian News, February 16 2021)

Make Cambrian Mountains wireless-free

From a letter in the Cambrian News:

Last week’s Cambrian News featured a juxtaposition illustrative of selective blindness: an article about promoting the dark skies of the Cambrian Mountains and another hailing the construction of 33 more mobile phone masts in rural Wales to increase 4G coverage. The articles refer to two types of electromagnetic pollution, one of which—artificial light at night—is now recognised as such, but the other—wireless—regrettably still isn’t.

In 2018, a paper in The Lancet Planetary Health, reported that 68% of 2,266 studies demonstrated “significant biological effects” from wireless pollution, while a scientific review by EU body EKLIPSE concluded that wireless communications posed “a credible threat to wildlife”.

Despite its convenience, wireless technology is unsustainable and therefore incompatible with Wales’ Well-being of Future Generations Act.

While wireless pollution should concern us all, it is particularly problematic for people with EHS, which affects about 5% of the population, and symptoms include insomnia, ‘brain fog’, headaches and extreme fatigue. The growing number of people with EHS in Wales urgently requires the creation of designated ‘white zones’ where they are able to recover.

It’s time the politicians of Wales took wireless pollution seriously and stood up for public health, the protection of biodiversity and the rights of people with EHS. A good place to start would be to award areas of the Cambrian Mountains with ‘White Zone Status’ to complement their existing ‘Dark Sky Status’.

Fury at surprise Bristol mast

Furious residents in Ashton demanded answers from Bristol City Council after a massive mobile phone mast tower was put up close to their homes without any warning. Engineers began preparing the ground behind the South Bristol Retail Park on Monday November 23rd, a large crane arrived in the middle of the week, but only on Friday November 27th was the full height of the phone mast revealed. It towers over the back gardens of Smyth Road and Gerald Road, with many saying their views have suddenly been ruined.

The firm which erected the mast did not even submit a planning application, let alone get permission for the structure. Many residents said they feared the company behind the structure are using new permitted development rights to put up tall masts without asking for permission from council planners first. The area's two local councillors said they were urgently asking questions of the planners to find out what can be done about the mast. One resident said the workmen told her they were from Waldon Communications.

Hannah Reeve in Smyth Road said "I'm worried about the health concerns about it - it is so close to all our houses." Mark Bradshaw, local councillor, said he has had lots of people asking what is going on. "As councillors, we are normally sent details and plans about masts - relocated, renewed or brand new - for any comments in advance of installation, but that doesn't seem to have been the case for this one," he said.

Fellow councillor Celia Phipps said she had many questions to ask the council and the mobile phone company. "Why was this site chosen?" she said. "What were the options, and why don't they need planning permission?"

In July 2020, the Government announced it would relax the laws on phone companies requiring planning permission to erect phone masts. That followed a year-long consultation, in which 80-90% of those who responded said they were against 5G masts for health reasons. (Tristan Cork: "Fury as huge phone mast is erected without planning permission just a few feet from residents' homes" Bristol Post, November 30 2020)



Residents of Ashton in Bristol watched a huge mobile phone mast be erected next to their homes without planning permission

(Image: Bristol live)

Stroud: mast in AOB after late notice

A rejected base station and the mast was given the green light due to a planning error from Stroud District Council. Plans for the mast were rejected in 2017 on the grounds that it was proposed in an Area of Outstanding Natural Beauty. Once rejected, the council had 56 days to inform Vodafone. However, they were a day late on reaching the telecommunication company, so the mast was given the go-ahead to be built in the area by default.

(Joseph Forte: "Vodafone mast WILL be built in beauty spot near Stroud" Stroud News & Journal, August 31 2020)

Wifi removed to save costs

Greater Manchester transport bosses confirmed on January 25 2021 that they scrapped free Wifi on Metrolink services during the first lockdown as a cost-saving option and this is now permanent.

("Transport bosses decide free wi-fi no longer an option for Metrolink" Oldham Evening Chronicle, January 25 2021)

Vodafone acts against government advice?

Vodafone UK on Twitter on November 27 2020: "250,000 children benefited from our successful free data offer. We've now added extra 100,000 free SIMs. Share with your school or college so they can apply." [UK government advice is that phones should only be used if essential by under 16s. Other countries ban wireless for school and homework – Ed.]

READERS' COMMENTS

Aluminium barrier foil

Martin warns about the flammability of aluminium barrier foil (article, Newsletter, Winter 2020-21), especially for people with EHS who use candles because they cannot cope with mains electricity.

Avoid Wifi and smart meters etc

I know someone with slight mobility problems who sleeps in her living room all cosy, with her router blasting WiFi 24/7 two feet from her bed, also a cordless phone, cellphone, wireless heating and smoke detectors etc. From this she has developed every ailment in the universe.

I personally do not emit any EMF within my house...ethernet cable and wired landline, but bombarded with adjoining neighbours' WiFi, smart meter etc. Apart from when outside, my only safe area is my bedroom which has been shielded with Yshield and copper fabric under the carpet. Just for reference my symptoms are minor compared to some but include palpitations, dizziness, balance problems, fatigue and ringing in ears. When out of the house no symptoms."

Smoke detectors causing illness

We had some new ones wired in a few years back and my EHS husband could not get to the bottom of why he felt tired and had headaches in certain spots. Then he looked up one day at the smoke detector above the sofa where he regularly sits. He unplugged it and felt instant relief and contacted the suppliers who said they were not wireless unless using remote control, which was sold with another model. Basically, they had no idea, or did not see it as a problem, that they were emitting a signal 24/7, even though they did not have a remote control. They had no idea how to disable the signal! All now removed and older style models installed.



Harmful Wifi printers

- We have recently purchased a one-year-old HP printer, which comes loaded with its own Wifi enabled email address for emailing print jobs from out of area. The WiFi is impossible to disable. You may wish to add 'HP printers' to the list of offenders. It may be tipping some people over the edge.
- We also found a printer that just would not stop its wireless when told.
- Another printer was stacked up unused and switched off at control panel but, by virtue of still being plugged into the mains, was transmitting a signal all around that house, 'in the red' in four adjacent rooms. The last was initially detected by human detection.



Thermostats, wireless or safe

From Neil

Relatives had 7 thermostats installed, as replacements for some basic ones that didn't have time control, by a third-party heating contractor. These receive mains power and send a separate live line down a wire to the boiler controls when demand for heat required.

But the Heatmiser neoStat thermostats fitted had lots of wireless features, which would normally employ a special hub. One didn't need to use those features if one didn't want. After two months, it transpired that all these 7 thermostats were transmitting a powerful Wifi-type signal continuously and, in this case, for no good reason. They use Zigbee. I was certain the occupants were suffering the usual symptoms as a result, starting with forgetfulness and lethargy and sleep issues. But I then tried to turn them off, using the instructions, but the signals would simply not stop transmitting. Concerted consultation with suppliers yielded no solution.

Clearly this is a pretty poor situation and I believe somewhat devious and potentially nefarious. I recently learned that a US election machine was hacked by wireless card linking to a wireless thermostat. Finally we replaced them all with non-wireless Danfoss TP5000.

Health problems with BT and other routers

A reader highlights BT's switching routers back on to give out 2B

carcinogen radiation without asking, perhaps common assault if warned but deliberate.

My laptop was ethernet-connected and Wifi turned off at BT's online hub manager site for at least 3 years. Without my permission or knowledge, BT turned the Wifi back on. I



experienced worsening ES symptoms, so I rechecked the router with my Acousticom 2 and it read 7 V/m. Fortunately, I was able to get onto the BT hub manager site and turn it back off.

An EHS friend of mine recently found that the router she was using in a new property could not be changed to Wifi off, even centrally with BT. BT acknowledged that they did not provide the facility for that particular router so she had to find an old one to replace it.

The ES community need to:

- (a) regularly check that their routers are still Wifi off, preferably with an AM2;
- (b) avoid buying a new BT Smart Hub which would be permanently wireless;
- (c) keep their old routers just in case;
- (d) complain vociferously to BT regarding their new policy.

'State-sanctioned assault (and a hate crime) is still not seen as a crime'

Peter Lloyd's update of March 3 2021 to his article in the Winter 2020-21 Newsletter.

"I have temporarily found a location in Mid Wales. I have maybe four weeks before I have to leave. I've lived in six different locations in the last 12½ months now and the MS-like symptoms are my biggest problem. The demyelination definitely makes my sensitivity worse. I am hoping to get immunosuppressants (cyclosporin) once more as they healed my intestines from severe ulcerative colitis in 1994. With hyper-permeability in the gut rectified, I know the MS-like symptoms would subside massively, thus opening up more locations that could be viable.

Once/if I am able to find somewhere I can be relatively well and have stability, I would seek to attempt two things. Relating to my matters in Cardiff, there was a 14-month independent investigation after

the Judicial Review in 2017. Cardiff Council, knowing I would be going to the ombudsman once the review was completed, used every delaying tactic possible, in order to put many provable issues beyond the timescale the ombudsman would look at. This worked to a degree in that the 15 whistle-blower statements made by carers could not be investigated.

But the ombudsman saw through this transparent delaying tactic, and looked at matters beyond the timescale they normally would, though sadly the whistle-blower statements were deemed outside of their investigatory scope because of the time passed. These would have increased the scope of the institutional abuse.

The 14-month long independent investigation was

damning, even though false evidence was given and social workers simply claimed not to recall events, events that they failed to record at the time. That in itself is a serious breach of protocol. Further, the council directed the investigator to only interview social workers in the third stage relating to many incidents I'd experienced pertaining to social workers' abusive and negligent conduct. This meant my brother and friends were not allowed to be interviewed.

But the evidence overall, for the most serious breaches at the highest levels, was solid. And the ombudsman ruled totally in my favour and awarded £9,000 in compensation – a very high figure for the ombudsman.

One issue that came to light was that Cardiff Council, when

they took over my care with in-house carers after I moved into the garden after the pipe-burst, altered my care plan without my consent to say that carers could enter with their phones as long as I was unaware of them. Of course, without knowing this, I very quickly told the carers to leave. The council at the time claimed I was having a psychological crisis, but after my brother arranged temporary private care and contacted my MP, the council changed my careplan back, so carers would keep their phone in cars. This didn't stop many carers, but I managed to get by, with my solicitor's help, requesting carers who were honest and remained phone-free. The record shows how state-sanctioned assault (and a hate crime) is still not seen as a crime.

Now the ombudsman has ruled on the matter, it has now been passed on to Social Care Wales who will conduct fitness to produce investigations on

every upheld complaint from the independent investigation. Further, my community care solicitor advised that I seek a Human Rights lawyer as the ombudsman flagged up two, possibly three, breaches of the Act. If I can get a stable place, I would seek a lawyer and pursue this. I believe it would be straightforward to win such a case as the independent investigation could be relied on. This is what the ombudsman (and now social care Wales) did.



A win would mean possibly more compensation and with any win setting a precedent in case law, it could be referred to in future, avoiding others having to go to law.

The significance would be that people with EHS would be entitled to receive local

authority care for shopping and communication needs. Failure to do so would breach Human Rights law.

The second issue I would pursue would be an attempt at another Judicial Review. Currently those with EHS having needs are not given equitable treatment under the 2010 Equality Act in comparison with those in the travelling community. Currently councils have to supply appropriate housing, even though no evidence exists that conventional housing would cause physiological harm to travellers.

The same could be said about those with EHS. I ran the issue past my community care lawyer who was well versed in the Equality Act and he felt, informally, that there was a point in law worth pursuing.

I am looking for a barrister or law firm willing to work pro bono or I would need to crowd fund if legal fees could not be waived.

Why did Sandi die?

by Roger Moller - Electric Forester (March 16 2021)

In desperately searching for a new home I have found a place. I should more accurately say I found the little rural bungalow tucked away down a dead-end lane back in 2014. I did not then need it and was subsequently able to help fellow EHS sufferer Sandi Lawrence and her husband Larry, both by then in their late 60's, move there. The Old School House in Llandegely where they had lived previously after fleeing from Sussex had been in poor condition and was increasingly compromised by neighbours' wireless and Tetra/Airwave signals. Since shortly after moving there, they had

searched without success for somewhere safer to go. The bungalow I came across 5 years later was certainly not ideal but it was better than where they were. It was in a hollow though barely 2 miles from the mast at the Royal Welsh Showground at Builth Wells (Llanelwedd). In 2014 when they moved in the mast was hidden by intervening trees and inside the house and in the back garden the signals were very low. Measured in the front garden and at the gate the signals were stronger but Sandi could mostly avoid those areas. In the spring of 2019 the Royal Welsh Showground was made the BT

5G Rural Showcase. See the BT press release from 2019 below.

I lived some 17 miles away and did not see them regularly but Sandi would call from time to time, sometimes quite distressed. I regret when it all got too much all I could do was sympathise, commiserate and encourage Sandi to retain a sense of humour. In the winter of 2019 Sandi's health declined rapidly, she became easily confused, lost a great deal of weight and many of her teeth. She called me desperate for help to escape her torment but there was nothing I could do except offer to take her to the dentist as I had previously. Neither Sandi nor I connected her increasingly perilous situation with 5G. I had thought the house sufficiently tucked away but that, as it turns out was from 2G / 3G back in 2014 and with leaves on the trees. After six years in the bungalow, Sandi was hospitalised mid 2020. That August she sadly lost her valiant fight for life and passed away at the age of 75. I did not hear until October that she had languished in hospital for many weeks. Larry, who is apparently unaffected by wireless has subsequently moved back to Sussex and is being looked after by Sandi's family.

What killed Sandi Lawrence? Was it the 5G on top of the 2G, 3G & 4G? Did wireless hasten her decline? Was hospitalisation and attendant wireless the last straw? Will we ever know? Does anyone in power know? If they do, do they care? Does the public care? Apparently not. Should you, Mr and Mrs mobile and Wifi user care or are your bodies and your children and pets capable of absorbing any amount of microwave radiation without ill-effects? Nobody knows how much you are exposed to daily or over your lifetime because nobody is capable of monitoring your dose except you and I surmise

you have neither the means nor the inclination. Are you living a devil-may-care life, playing fast-and-loose with everyone's health including your own? Are you living recklessly?

The owners of the bungalow have offered it to me and I went there last Sunday. The signals are stronger than I measured back in 2014. I am presently under notice to quit and if I leave with nowhere safe to go I shall be homeless again and an EMR Refugee as I was back in 2008. Both I and wireless tech have moved on 13 years since then. In any event I shall have to flee soon enough whether I have anywhere to go or not. When work on the village 4G / Home Office ESN masts commences, as has been threatened now for more than two years, I shall have less than 8 weeks to find a new safe home, a process I have been engaged in without success for the last 13 years. The hurdles of 95% 4G coverage, 5G, smart-meters, Fixed Wireless Access points (FWAs to connect to LEO satellites), changes in tenant laws, city dwellers fleeing to the country and pandemic travel restrictions all now conspire to make my quest even more difficult. Sandi's old home is however the only place I have so far turned up that is available, affordable and not that far away. It is half the size of my present home but that is secondary. The show-stopper for me is that once I become overwhelmed by too much signal (which can happen within minutes at today's permitted power levels) I become a jabbering, shaking wreck and unable to function. How much is too much? That depends on many factors but chronic exposure is certainly one of them. It's a bit like asking a boxer how long he can go before he would expect to find himself on the canvas. Now ask him how long he can hold out if the blows are relentless and there is never a bell?



ES DISABILITY AND ACCESSIBILITY

International Day of Persons with Disabilities (IDPD)



Friday December 3 2021.

This has been promoted by the United Nations since 1992. It was known as the International Day of Disabled Persons until 2007.



International Day of Persons with Disabilities

3 DECEMBER

Possible actions if you are an employee severely disabled by EHS

Some suggestions by the Editor

1. Ask your employer, in writing, to make the necessary adjustments for a safe workplace by removing Wifi, mobile phones, mast radiation etc, to achieve a safe level e.g. IGNIR.
2. If sufficient adjustments are not made, put in writing the fact that your employer has failed to ensure a safe and healthy environment for continued work, as evidence for any legal action.
3. Ask for a copy of the employer's Health & Safety Policy and Equality Policy for people severely disabled by EMFs.
4. If near retirement age, ask the employer for early retirement based on health grounds.

The Human Resources Department should be trained to deal with unseen disabilities like EHS. They should have access to a detector or meter for ensuring compliance with eg IGNIR levels.

Canada: Accessibility for Ontarians with Disabilities Act (AODA)

The ground-breaking legislation of the Accessibility for Ontarians with Disabilities Act (AODA) was passed in 2005. Since 2005 organizations and businesses have been removing barriers to make it easier for people with disabilities to participate in their workplaces and communities. The aim is for full realisation by 2025 in standards related to information and communications, transportation, public spaces, customer service and employment. As in 2021, over 15% of Ontario's population has a disability, including more than 40% of people



over age 65. About 1.85 million people in Ontario have a disability, about one in seven people.

All organizations regardless of size are obligated to train their teams on accessibility and their legal responsibilities as

employees, there must be a way for people with disabilities to give feedback or ask for help, employment practices must be accessible, and all organizations with more than 20 employees must formally report on their accessibility progress to the Ontario government.

(The Path to 2025: Ontario's Accessibility Action Plan, 2015)

Canadian EHS presentation: Ontario fully accessible for people with disabilities by 2025

Sheena Symington, director of the Electro Sensitivity Society, made a presentation to Carlow Mayo Township council, Canada, on April 13 2021 on EHS, its causes, effects and reducing it by fibre optic cables instead of WiFi.

Symington outlined the causes of EHS; physical trauma to the central nervous system, chemical exposure, electrical exposure, biological trauma and immune system impairment. The symptoms include; headaches, body pain, lethargy, tinnitus, nausea, burning sensation, heart palpitations, anxiety, poor memory, reduced concentration and clarity of thought and dry sinuses, throat or eyes.

Symington told the council that as of 2025, it will be required to have a fully accessible Ontario for people with disabilities, including environmentally induced disabilities like EHS. The Women's College Hospital, Toronto, diagnoses EHS and this medical diagnosis affords them to be accommodated within hospitals, schools, workplaces. She said they need more doctors who know about EHS. In January, 2021 an EMF Medical Conference, hosted by the Electromagnetic Safety Alliance Inc., had over 800 participants and 350 doctors for continuing educational credits.

Another issue is safe housing, with low-EMF space being critical. We need to encourage telecomms industries to create low EMF, cell-tower-free areas. To maintain these tower free areas, tech access can be accomplished through fibre optics networks with no wireless. This will provide choice to those wishing or needing to live in a low EMF exposure region."

Some individuals with EHS are currently using mobile housing. When first diagnosed, EHS sufferers are essentially homeless, as they can't live in their homes anymore due to their sensitivity to EMF.

Some institutions have stepped up to help those with EHS and toned down their EMF

fields from WiFi and cell phones. Hospitals in Kingston, Bancroft,



Belleville, Guelph and Barrie have accommodated those with EHS by disconnecting their WiFi and turning off their wireless devices, opting instead to use fibre optics and ethernet cables. Schools have powered down their WiFi routers to function at only 16%, leading to lower exposure and better connectivity. Some libraries and health food stores offer WiFi free shopping while Sobeys supermarket has WiFi free Wednesdays.

Symington said some restaurants and hotels are starting to offer digital detox opportunities to their patrons. She is in discussion with two Ontario resorts for week-long low EMF retreats.

This accommodation is achieved by working with ethernet cabling and fibre optics and turning off cell phones and WiFi. It's very similar to how there's non-smoking accommodation.

Currently there are no designated areas for those with EHS. The community needs to work together in order to create these low EMF spaces so that those with EHS have a safe place to live and thrive. The solution is with the use of fibre optics. This can be achieved.

Trudy Bruyns, a Carlow Mayo resident with EHS, said that she was diagnosed at the Environmental Health Clinic of the Women's College Hospital, which is no longer accepting patients as it is so overloaded. She had to stop working because of her environmental illness. She was completely debilitated; muscle, heart, eyesight was affected. She was not able to walk or drive or leave her home. She had to live in a tent in a conservation area for a number of weeks because she was so ill from EHS.

Councillor Dan Hughey inquired what distance a cell tower would need to be from someone with EHS. Symington replied that it would vary depending on the tower. For some towers, it would be 2 km, for others 4-5 km.

Bruyns said Carlow Mayo council made accommodation for her as her time on Zoom

was limited due to EHS.

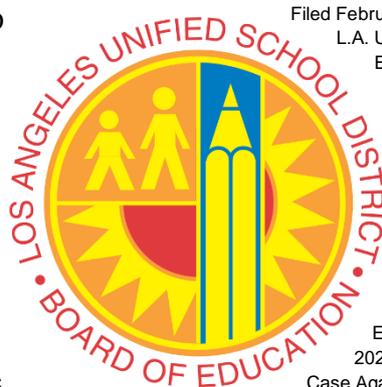
(Michael Riley: "Electro hypersensitivity presentation to Carlow Mayo council" Toronto Times, April 21 2021)

California: EHS a 'physical disability' under the FEHA

The California Court of Appeal ruled that Wi-Fi sickness is a disability, in *Laurie Brown v. Los Angeles Unified School District* (2d Dist., Div. Eight), Case No. B294240, filed on February 18 2021. The appellate court upheld her claim of a disability of electromagnetic hypersensitivity or Wi-Fi sickness.

The court acknowledged that it is likely the first in California to recognize Wi-Fi sickness as a disability under laws against discrimination. The court concluded that the definition of "disability" in California's Fair Employment and Housing Act is broader than in the Americans with Disabilities Act. In addition to accepting that Wi-Fi sickness is a disability under FEHA, California employers should note the facts alleged about the failure to provide a reasonable accommodation.

After the school district installed a new Wi-Fi system, the teacher, employed by the LAUSD since 1989, complained of headaches, nausea and other symptoms caused by EMF exposure. On July 15 2015, LAUSD agreed to disconnect the Wi-Fi access points in Brown's classroom and an adjacent one. Brown returned to work in August 2015 but said LAUSD's accommodations were "not reasonable" and "did not work", since multiple other classrooms in front and to the side of her classroom had active routers.



On September 3 2015, Brown's physician put her on a medical absence till November 16 2015, due to her "migraines, headaches, and nausea. Restrictions upon returning to work were to work with minimal Wi-Fi exposure."

On September 8 2015, Brown filed a second request for accommodation which LAUSD denied on November 13 2015, relying on testing by URS indicating the Wi-Fi system was "safe".

On June 26 2018, Brown filed the FAC which alleged five causes of action pursuant to FEHA, Discrimination based on her physical disability of EHS; Failure to accommodate her condition; Failure to engage in the interactive process; Retaliation; and Failure to prevent discrimination and retaliation in violation of the California Fair Employment and Housing Act (FEHA) (§ 12900 et seq.).

Justice Wiley stated: "Wi-Fi systems now may possibly invite costly litigation from members of the public who say that Wi-Fi made them sick."

(Allison M. Scott, Cory L. Webster and Laura P. Worsinger (Dykema Gossett PLLC): "Is Wi-Fi Sickness a Disability? California Appellate Court Holds That It Is Under FEHA" Lexology, February 23 2021; Laurie Brown, Plaintiff and Appellant, v. Los Angeles Unified School District, Defendant and Respondent. No. B294240. Court of Appeals of California, Second District, Division Eight.

Filed February 18, 2021; Casetext-Smarter Legal Research: "Brown v. L.A. Unified Sch. Dist." February 18 2021; Metropolitan News-

Enterprise: "C.A. Reinstates Claim Based on Wi-Fi-Induced Illness: Justice Wiley Says in Concurring Opinion That Cause of Action Was Adequately Pled, but Expresses Concern That 'Green Light' Is Given to Claims Based on Idiosyncratic Reactions to Common Circumstances" February 19 2021; Law.Com The Recorder: "Brown v. Los Angeles Unified School District: School district employee adequately alleged "electromagnetic hypersensitivity" disability" February 23 2021; "JML Law Wins Appeal in 'Unprecedented' Disability Case Against LAUSD For Failure to Accommodate Teacher With Electromagnetic Hypersensitivity" Access Wire, March 26 2021; "JML Law Wins Appeal in 'Unprecedented' Disability Case Against LAUSD For Failure to Accommodate Teacher With Electromagnetic Hypersensitivity" EMFSA, March 26 2021)

USA: Smart meter disability discrimination

On July 7 2020 Bowdoinham resident Ed Friedman filed a disability/discrimination lawsuit against Central Maine Power (CMP) in Portland's U.S. District Court. The lawsuit, brought under the Americans with Disabilities Act (ADA), Fair Housing Act (FHA) and Rehabilitation Act of 1973 (Rehab Act), alleges smart meter opt out fees are discriminatory to those disabled customers whose condition may be exacerbated by the meters' radiation.

Friedman has lymphoplasmacytic lymphoma, an incurable cancer. On March 31 2021, Judge

Jon Levy issued a ruling denying CMP's Motion to Dismiss on all counts. This allows the case to proceed and CMP had to April 14 2021 to submit their answer to the original complaint.

For Friedman, opting out of the smart meter program is not a choice. His doctor recommends he not be exposed to any excess radiation in his home. According to Friedman's oncologist, exposure to even low-level radiation from the meters may exacerbate "fatigue, cognitive difficulty, memory issues and multiple cancer types."

("Judge to Hear Smart Meter Disability Discrimination Case-Denies CMP Motion to Dismiss" EHT, April 9 2021)

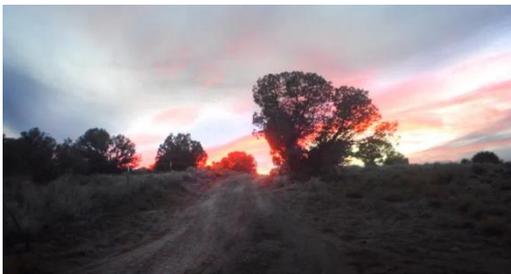
ES REFUGE AND SHIELDED HOUSING

Rancho Quieto: new refuge in USA

Chris Young in the USA reports that he has identified "EMF-free land" with a peak reading of 0.001 uW/m² in most spots on the acreage. It is a 63-acre parcel in the White Mountains of Arizona. Their prime directive was to find a location for Rancho Quieto which displayed "below zero radio/microwave measurements" and zero electric and magnetic measurements, in an area not in 'the path of progress', miles from powerlines and unlikely to be bombarded by unexpected EMF.

It had to be beautiful for emotional rejuvenation, accessible and climate-friendly, free from all pollution but with abundant clean water. It also had to be in a county whose building codes were open to 'experimental housing'. This restricted research to western states but not the coastal areas. The eastern half of North America is too populated and even the previously legally-protected EMF Quiet Zone of Greenbank is now endangered.

(Chris Young: "Thumbs Up on Identifying a Below-Zero EMF Location for Rancho Quieto: Yes, Zero EMF Locations Do Exist" EMF-Experts News, February 15 2021)



Switzerland: shielded building for EHS

EHS is a reality for 800,000 people in Switzerland, according to associations campaigning for this condition to be recognised. Faced with this significant figure, a market is developing, particularly in real estate. After 8 years of fleeing EMFs, the Rouiller couple found their respite at Maison Monsieur, a hamlet in Chaux-de-Fonnier which still escapes the Swiss mobile telephone network. "My heart stops if I get too many EM waves, I start to shake terribly or I feel dizzy. For years we have been looking for a place where there are no EM waves, no antennas, and we found

that here. It allows me to survive", says Diana Rouiller with EHS.

With the arrival of 5G and an almost total coverage rate of the territory, the quest for 'white' areas such as Maison Monsieur is increasingly complex. In Schmiten (FR), the architect Gédéon Abebe decided to reverse the paradigm and create 3 shielded buildings to protect the inhabitants from external radiation. "One of the factors is this carbon-based shielding paint. We favour conductive materials with excellent grounding to reduce these EMFs," he said. Apart from a building for chemically sensitive in Zurich, these are the first structures of the type in Switzerland. It was therefore necessary to develop innovative technologies: metal mesh or demagnetization of concrete slabs.



According to the engineer Pierre Dubochet, these buildings can attenuate mobile phone signals by around 300 times. "The ideal, once the site is finished, is to achieve attenuation between 1000 and 3000 times", he says. Despite a total additional cost of 10 to 15%, the real estate developer Alain Deschenaux was drawn into this still nascent niche market. "At first, the goal is to see if the system works, because there are no rules as for other ecology or energy. We also have to make sure that the market responds, but we realised that a lot of people are concerned by this problem", he said. (Noémie Guignard: "Des immeubles blindés pour protéger les électro-hypersensibles" [Armored buildings to protect electro-hypersensitive people] [French] RTS, February 14 2021; "Switzerland: Shielded Buildings to Protect Electrohypersensitive People" TBH, February 15 2021) Video: "Fribourg architect Gédéon Abebe has decided to create armored buildings for people with electrosensitivity" [French] (February 14 2021, 2 min.) <https://www.rts.ch/play/tv/popupvideoplayer?id=11965119&startTime=0.102>

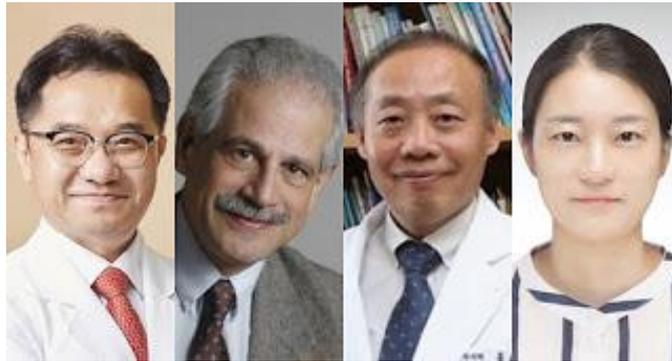
EMF Exposure: Oxidative Stress

"A trend is emerging ... that EMF exposure, even in the low dose range, may well lead to changes in cellular oxidative balance. Organisms and cells are able to react to oxidative stress, and many observations after EMF exposure point to an adaptation after a recovery phase. Adverse conditions, such as diseases (diabetes, neurodegenerative diseases), compromise the body's defense mechanisms, including antioxidant protection mechanisms, and individuals with such pre-existing conditions are more likely to experience health effects."

(Schuermann D et al.: "Manmade Electromagnetic Fields and Oxidative Stress-Biological Effects and Consequences for Health" *Int J Mol Sci.*, 2021)

Korean National Cancer Center: 'The longer the cell phone is used, the higher the risk of cancer'

The National Cancer Center of South Korea in February 2021 issued a press release of the results of a study published in November 2020, because the telecom industry in South Korea is very powerful. The meta-analysis covering 46 case-control studies from 1999 to 2015 showed that using a mobile phone for a long time increases the risk of developing cancer such as brain tumours.



From left: Prof Seung-kwon Myung, Dr. Joel Moskowitz, Prof Hong Yun-cheol, Choi Yoon-jung.

Prof. Myung said, "This study supports the results of some laboratory and animal studies that show that high-frequency EMFs (800-2000 MHz) exposed when using mobile phones can accelerate cancer development. Moreover, regardless of the research team, the case of using a mobile phone for more than 1,000 hours [about 17 minutes per day over 10 years] the tumour risk was statistically significantly higher. It is necessary to reduce the use, and when using a mobile phone, keep it 2~3 cm away from the face and use earphones with wires as much as possible."

(Choi Y-J et al.: "Cellular Phone Use and Risk of Tumors: Systematic Review and Meta-Analysis" *Int J Environ Res Public Health*. 2020) (Dr. Joel Moskowitz, University of California, Berkeley: "Korean National Cancer Center issues press release for cell phone-brain tumor study: "The longer the cell phone is used, the higher the risk of cancer"" TBH, February 15 2021; Song Soo-yeon: "The longer the cell phone is used, the higher the risk of cancer" Youth Doctor Newsletter, February 15 2021)

ES symptoms during Transcranial Magnetic Stimulation and in MRI magnetic fields

It is now well established that some people, perhaps 20%, suffer electrosensitivity symptoms during Transcranial Magnetic Stimulation. One ES symptom is Vasovagal syncope, also known as Neurocardiogenic syncope or Transcranial Magnetic Stimulation (TMS) syncope. It has been recorded in the medical literature since 1998 as the result of TMS. In the UK this has allowed NHS consultants to diagnose Electrosensitivity since 2012.

This also applies to people walking fast through magnetic fields near MRI scanners which induce electric currents and can cause specific ES/EHS symptoms, as reported since 1998. These occur in all people, with a hypersensitive subset.

[These are not cases of psychological electrophobia, as WHO's incorrect 'Fact' sheet of 2005 claimed – Ed.]

Magnetic fields act via Radical Pair Mechanism

“We demonstrate, by direct, single-cell imaging kinetic measurements, that endogenous autofluorescence in HeLa cells is sensitive to the application of external magnetic fields of 25 mT and less. We provide spectroscopic and mechanistic evidence that our findings can be explained in terms of magnetic field effects on photoinduced electron transfer reactions to flavins, through the radical pair mechanism.”

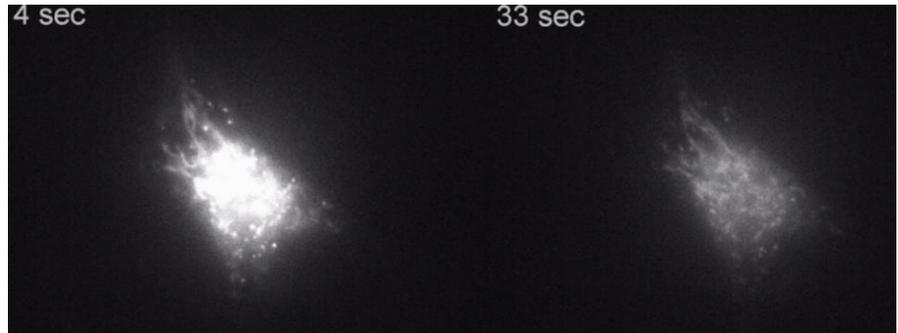
(Ikeya N et al.: “Cellular autofluorescence is magnetic field sensitive” *Proc Natl Acad Sci U S A.*, 2021)

Magnetoreception shown by fluorescence in living cells

Many animals are known to navigate by sensing the Earth’s magnetic field some bacteria use magnetite crystals but vertebrates don’t have such structures inside their cells.

Another hypothesis involves chemical reactions induced in cells by a magnetic field. If certain molecules are excited, magnetic fields can influence the speed at which electrons can jump between them to their neighbours, thus changing an animals’ behaviour. Cryptochromes proteins are thought to be such magnetic-field-sensitive molecules. Cryptochromes are photoactive pigments in plants and animals which emit an EM signal when they absorb light.

For the first time, researchers at the University of Tokyo directly observed



cryptochromes responding to magnetic fields in a living cell. Using a special optical microscope, sensitive to faint flashes of light, researchers irradiated the cells with blue light so that their dyed proteins fluoresced, then swept a magnetic field over them every four seconds. Each time it swept over them, the fluorescence of the cells dropped by about 3.5% in response to the protein’s activity.

In human cells, cyrptochromes act as a molecular clock, using sunlight to synchronize the body’s function with the solar day. In species of migratory birds, cyrptochromes levels are especially high in specialized cells found in the retina, the light receptive part of the eye. In humans it has been known since 1979 that magnetic fields from power lines are associated with ill health, including leukemia.

(David Bressan: “Scientists Observe Cells Responding To Magnetic Fields For First Time” *Forbes*, January 8 2021)

Effects of EMFs on neuronal ion channels

“The particular electrical sensitivity of Voltage-Gated Channels (VGCs) themselves makes them a perfect target

A cell’s fluorecence dimming as a magnetic field passes over it.
IKEYA ET AL. 2020

for EMF effects. ... Both ELF-EMFs and RF-EMFs have been found to modulate VGCs in many ways, including their expression, gating dynamics, and insertion into the membrane. ... However, this mechanism cannot account for the rapid effects elicited by acute exposure to ELF-EMFs, such as increased level of ROS, altered firing rate, and spontaneous intracellular calcium variations, due to the longer time (ranging from tens of seconds to days) required by the cell to modify its gene expression patterns. ... In summary, it appears that the effect of EMFs on VGCs is exerted at multiple levels, one being a rapid modulation in the transport dynamics of VGC proteins, and the other being changes in both their gene and protein expression and density in the membrane. The latter seem to require a prolonged exposure to EMFs and could result from the same intracellular ionic concentration shift extensively reported as one of the major effects of EMF exposure.”

(Bertagna F et al.: “Effects of electromagnetic fields on neuronal ion channels: a systematic review” *Ann NY Acad Sci.*, 2021)

RFR: 'a contributing factor in the COVID-19 pandemic'

"This is the first scientific paper documenting a link between RFR emitted by wireless communication devices and COVID-19. Healthcare workers and policymakers should consider RFR as an environmental cofactor exacerbating the COVID-19 pandemic. Methods for reducing exposure to RFR should be provided to all patients and the general population."

"Evidence from the literature summarized here suggests a connection between several adverse health effects of RFR exposure and the clinical course of COVID-19. The evidence indicates that RFR may weaken the host, exacerbate COVID-19 disease, and thereby worsen the pandemic. This evidence presented here does not claim causation. Clearly COVID-19 occurs in regions with little wireless communication."

"We conclude that RFR and, in particular, 5G, which involves densification of 4G, has exacerbated the COVID-19 pandemic by weakening host immunity and increasing SARS-CoV-2 virulence by (1) causing morphologic changes in erythrocytes including echinocyte and rouleaux formation that may be contributing to hypercoagulation; (2) impairing microcirculation and reducing erythrocyte and hemoglobin levels exacerbating hypoxia; (3) amplifying immune dysfunction, including immunosuppression, autoimmunity, and hyperinflammation; (4) increasing cellular oxidative stress and the production of free radicals exacerbating vascular injury and organ damage; (5) augmenting intracellular Ca²⁺ essential for viral entry, replication, and release, in addition to promoting pro-inflammatory pathways; and (6) worsening heart arrhythmias and cardiac disorders.

In short, wireless communication radiation is a ubiquitous environmental stressor, and evidence presented here suggests that it is a contributing factor in the COVID-19 pandemic."

(Rubik B et al.: "Evidence for a Connection between COVID-19 and Exposure to Radiofrequency Radiation from Wireless Telecommunications Including Microwaves and Millimeter Waves" *OSF Preprints*. 2021)

US states with higher population density and 5G mmW: COVID-19 deaths 94% higher

"COVID-19-attributed case and death rates for the U.S.A. were analyzed through May 2020 in three ways – for all 50 states, the country's largest counties, and the largest counties in California – and found to be statistically significantly higher for states and counties with compared to those without 5G millimeter wave (mmW) technology.

5G mmW index was a statistically significant factor for the higher case and rates in all three analyses, while population density, air quality and latitude were significant for only one or two of the analyses. For state averages, cases per million were 79% higher ($p = 0.012$), deaths per million were 94% higher ($p = 0.049$), cases per test were 68% higher ($p = 0.003$) and deaths per test were 81% higher ($p = 0.025$) for states with vs. without mmW. For county averages, cases per million were 87% higher ($p = 0.005$) and deaths per million were 165% higher ($p = 0.012$) for counties with vs. without mmW.

(Tsiang A et al.: "COVID-19 Attributed Cases and Deaths are Statistically Higher in States and Counties with 5th Generation Millimeter Wave Wireless Telecommunications in the United States" *Medical Research Archives*, 2021)

Alasdair Philips writes:

There is ongoing scientific debate regarding these results. Higher population density was associated with higher case and death rates, but the presence of mmW sites had about a three-fold greater impact. While the study used measurements up to 8 GHz, no mmW measurements were taken. To date, few people are exposed to mmWaves in the USA.

The industry only install mmW technology where there is a large demand for high-bandwidth services. These areas already have the highest levels of 600 MHz to 6 GHz exposure to 4G, 4G-LTE and 5G low-band signals. The apparent presence of mmW technology will act as a surrogate for existing high exposures - which are probably the main problem. The association may relate to changes in blood chemistry, oxidative stress, impaired immune response, and an altered cardiovascular and/or neurological response.

BOOKS

The Microwave Delusion

Brain Stein and Jonathan Mantle, Grovesnor House Publishing (2020) ISBN: 978-1839753497. £14.99.

The Microwave Delusion is the story of how one man's personal experience of the damaging health effects of low-level microwave radiation became part of an international campaign to hold the mobile phone industry to account for its defective safety practices.

This book charts industry dirty tricks, government indifference and the rise of independent science over industry-controlled studies, leading to campaigns, political action, legal judgements in mainland Europe, North America and Israel and action to protect children in schools: a change of process which many countries are adopting and which British health authorities, politicians and those with a duty of care are the slowest to acknowledge.

The roll out of 5G worldwide presents the greatest threat yet to public health from low-level microwave radiation generated by a mobile phone industry which places profit above the long-term wellbeing of pregnant women, babies, children and adults at home, school, in public and in the workplace. As one leading independent scientist says: 'We are taking risks of the sort that no rational society on earth should take.'

The Microwave Delusion describes how an industry-driven tragedy in the making has come about on a scale comparable to tobacco and asbestos, how it can be averted, and what we as individuals and a society can do.

'We should have ethical permission for people who are going to be exposed to 5G. Thirteen persons make decisions for the whole world – as opposed to 250 persons who have signed the independent scientific declaration.' Professor Lennart Hardell, Sweden.

'The non-thermal effects on our cells, organs and tissues do damage at energy levels that may be hundreds or thousands of times lower than those that cause significant heating. Our governments and health authorities are doing nothing to protect us.' Dr Andrew Goldsworthy

'The car was not invented to be safe, it was invented to sell. Lots of people died. Only consumer pressure eventually forced car manufacturers to introduce seat belts. It's the same with mobile phones.' Dr Andrew Tresidder

THE MICROWAVE DELUSION



Why 'Smart' Wireless Means We Are Dying Younger in Poorer Health and Endangering the Wellbeing of Our Children.

The Diary of an Electrosensitive
Brian Stein CBE and Jonathan Mantle



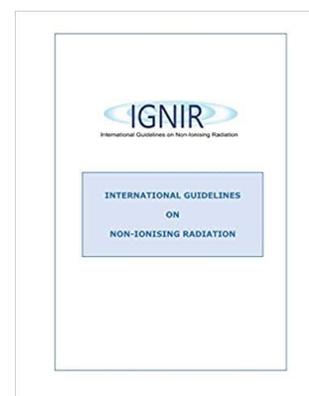
INTERNATIONAL GUIDELINES ON NON-IONISING RADIATION

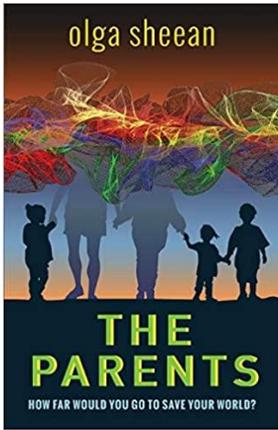
These are a set of Guidelines for EM exposure based in part on EUROPAEM EMF Guidelines 2016.

IGNIR's Mission Statement is: To facilitate healthier environments through compliance with low levels of electrosmog.

The six aims of IGNIR's Guidelines are to be: (1) Comprehensive, for long-term and short-term effects;(2) Inclusive, for all people including people with EM sensitivity; (3) International, for all locations and countries; (4) Practical, for easy use in assessing compliance; (5) Responsive, incorporating feedback from users; (6) Rigorous, based on mainstream scientific evidence.

IGNIR Issue 2, January 1 2021, ISBN-13 : 979-8598890271





The Parents: How far would you go to save your world?

Olga Sheean. *From the book's own promotion:*

“One night, without warning, two quantum physicists commit suicide, leaving behind three young-adult children. No note, no explanation and zero inheritance.

Why did they kill themselves? Bizarre electromagnetic frequencies hit key cities around the globe, causing chaos, suicides, emotional collapse, government scandals and media mayhem.

Who is behind the attacks? World leaders are forced to confront the truth about their actions, revealing cover-ups and deadly deceptions; the entire world order crumbles, turning everything upside down.

What is going on? The answers lie in an impenetrable past and an unfathomable future.

“A wish-it-were-true revolutionary sci-fi thriller that would make Nikola Tesla smile and send the rest of us on a transformational journey back to a world worth living in!”—Roger Herried, clean-energy expert, co-founder of the US Green Party” InsideOut Media, 2020, ISBN-13 : 978-1928103141



ES QUIZ

- When was the first publication of symptoms of Electromagnetic Hypersensitivity (EHS) from man-made electromagnetic fields (EMFs)?
 - The 1740s
 - The 1840s
 - The 1930s
- When was EHS first called Electromagnetic Hypersensitivity?
 - 1932
 - 1964
 - 1988
- What percentage of the population is affected consciously or subconsciously by man-made EMFs?
 - 30%
 - 50%
 - 100%
- What percentage of the population is estimated to be severely disabled by EMFs?
 - 0.12%
 - 1.2%
 - 12%
- What is the typical level of electric field which can cause symptoms in people with EHS? (Volts per metre)
 - 0.005 V/m or lower
 - 0.05 V/m
 - 0.5 V/m
- How much more common are some specific genetic variations in people with EHS than the rest of the population?
 - Nearly 2x as common
 - Nearly 5x as common
 - Nearly 10x as common
- Which mechanism or pathway for electromagnetic effects was discovered in the 1970s?
 - Cryptochromes
 - Radical pair mechanism
 - Voltage-gated calcium channels
- When were radio frequency EMFs first classified as carcinogens (1, 2A, 2B) by the WHO's IARC?
 - 2001
 - 2007
 - 2011
- When were 3d fMRI scans first published as being used to show brain damage from EHS?
 - 2015
 - 2017
 - 2020
- When did Sweden recognise people with EHS as having a functional impairment?
 - 2000
 - 2012
 - 2020

QUIZ ANSWERS:

- 1-A. 1740s, first publication of EHS symptoms from man-made EMFs using the Leiden jar.
- 2-C, 1988, EHS was called Electromagnetic Hypersensitivity by Dr Cyril Smith.
- 3-C. 100%. All living cells can be affected consciously or subconsciously by man-made EMFs.
- 4-B. 1.2% of the population is estimated as severely disabled by man-made EMFs (800,000 in UK).
- 5-B. 0.05 V/m or lower. The IGNIR maximum for sensitive groups is 0.02 V/m.
- 6-C. Nearly ten times as common, according to a study from 2014.
- 7-C. Voltage-gated calcium channels were shown by Bawin et al in 1974 to respond to EMFs.
- 8-C. 2011, the WHO's IARC classified RF EMFs as a 2B carcinogen (2001 ELF, 2007 light at night or shift work).
- 9-B. 2017, Heuser G et al. In 2020 the USA's NAS report had evidence from fMRI scans of similar brain damage among the US diplomats damaged by microwave attacks. In 2015 Belpomme et al used with pulsed cerebral ultrasound computed tomography for cerebral hypoperfusion.
- 10-A. 2000. In 2012 UK courts first recognised people with EHS as being disabled.

HALT 5G – PROF. FRANK

Need for Precaution over 5G

Professor John William Frank of Edinburgh University has written a powerful essay arguing for a moratorium on 5G.

This essay identifies four relevant sources of scientific uncertainty and concern:

- (1) lack of clarity about precisely what technology is included in 5G;
- (2) a rapidly accumulating body of laboratory studies documenting disruptive in vitro and in vivo effects of RF-EMFs—but one with many gaps in it;
- (3) an almost total lack (as yet) of high-quality epidemiological studies of adverse human health effects from 5G EMF exposure specifically, but rapidly emerging epidemiological evidence of such effects from past generations of RF-EMF exposure;
- (4) persistent allegations that some national telecommunications regulatory authorities do not base their RF-EMF safety policies on the latest science, related to unmanaged conflicts of interest.

The author, an experienced epidemiologist, concludes that one cannot dismiss the growing health concerns about RF-EMFs, especially in an era when higher population levels of exposure are occurring widely, due to the spatially dense transmitters which 5G systems require.

Based on the precautionary principle, the author echoes the calls of others for a moratorium on the further roll-out of 5G systems globally, pending more conclusive research on their safety.



Miller et al find compelling evidence of carcinogenesis ...

After reviewing the evidence cited above, the writer, an experienced physician-epidemiologist, is convinced that RF-EMFs may well have serious human health effects. ...

there is convincing evidence that several nations' regulatory apparatus, for telecommunications innovations such as the 5G roll-out, is not fit for purpose. Indeed, significant elements in that apparatus appear to have been captured by vested interests.

Every society's public health—and especially the health of those most likely to be susceptible to the hazard in question (in the case of EMFs, children and pregnant women)—needs to be protected by evidence-based regulations, free from significant bias.”

(Frank JW: “Electromagnetic fields, 5G and health: what about the precautionary principle?” J Epidemiol Community Health, 2021)

Health expert: Halt 5G

“The global roll-out of 5G should be halted while further investigations are conducted into potential risks associated with the next-generation network technology, a health expert has warned. Professor John William Frank from the Usher Institute at the University of Edinburgh claimed that no more transmitter towers should be built in order to limit public exposure while safety standards are reviewed.”

(Anthony Cuthbertson: “5G roll-out should stop while ‘suspected adverse health effects’ investigated, expert claims” Independent, January 19 2021)

Why are 5G health concerns dismissed?

An eminent academic has written an essay urging governments to stop rolling out 5G networks based on the ‘precautionary principle.’ Given that the West stopped the world over Covid19, why is any hesitance around 5G dismissed?

An astonishing paper, published in the *Journal of Epidemiology & Community Health*, claims that there is not sufficient proof that 5G is safe, and that the only reason the rollout is going ahead regardless is because there is so much money to be made. Its author is Professor John William Frank, a professor of evidence-based medicine at the University of Edinburgh and fellow of the Royal Society.

Regular readers of mine will know that I have become somewhat disillusioned with the qualifications and ‘letters after the name’ of our new public health overlords, but nevertheless Professor Frank’s credentials are impeccable if that is your thing. For a person of this stature in the field of public health to take it upon himself to demand a stop to 5G is no small matter. It will be interesting to see what waves his paper makes in the mainstream media.

Professor Frank’s argument is that 5G technology should be completely halted (at least temporarily) based on ‘the precautionary principle.’ He writes that “significant doubt about the safety of a new and potentially widespread human exposure should be a reason to call a moratorium on that exposure, pending adequate scientific investigation of its suspected adverse health effects.’

Cui bono? Frank thinks that we should follow the money to discover why 5G is going ahead without the proper checks and balances.

So who stands to gain from a gargantuan 5G rollout? China is



betting big on 5G, and they said that they planned to build 600,000 5G stations this year.

So is 5G safe or not? Professor Frank’s argument is that the way to find out is not to blast most of the world’s population with its rays and just hope that catastrophe won’t follow. ... Hopefully the public will begin to hear some more arguments both for and against 5G—I for one have seen very little discourse surrounding it, despite the fact that its widespread rollout is moving full steam ahead.

This is because the ruling classes, as we have all found out in recent times, do not much care for argument, rhetoric or debate. Their preference is for using the best-funded propaganda apparatus of all time to shut down all alternative discourse. That is unfortunate, and hopefully Professor Frank’s reasoned and impassioned plea for hesitation will strike a chord in the hitherto stony hearts of whoever needs to read it.

But why do I get the feeling that somehow ‘the precautionary principle’ is only ever invoked when it suits the powers that be? Their reaction to coronavirus suggests that they believe safety is paramount—in fact, it is the only important thing. They say that even when preserving the lives of society’s oldest and most vulnerable incurs unfathomable costs on the rest of the world, it must be done.

Well it is exactly that philosophy that has impelled Professor Frank to sound this warning against 5G. By their own standards, governments who have implemented lockdowns in the name of public health must surely stop the move to 5G pending investigation of the potential side effects. To do otherwise would give new meaning to the word hypocrisy.

(Peter Andrews: “5G may not be completely safe, according to a new paper, so why in this health-conscious era are all concerns around it dismissed?” RT, January 19 2021)

SMART METER HEALTH HARM

Refuse Wireless Smart Meters!

Some utility company employees are reported to be trying to bully customers into having wireless smart meters, the Editor writes. Some new radiation meters are particularly powerful and harmful.

Remember that you do not need a doctor's letter to refuse a wireless smart meter or to have it replaced with an ordinary meter. Wireless smart meters are optional. No medical, social, privacy or any other justification is required. This was confirmed on November 29 2011 in the Commons.

Ofcom states: "smart meters ... aren't compulsory and you can choose not to have one installed."

If your utility supplier bullies you, you could make a formal complaint for harassment.

'Smart' meters cause insomnia, frequent headaches and lack of stamina

From a letter to the Whidbey News-Times:

"I was surprised when the meeting started with two Puget Sound Energy representatives describing their company's plan to "roll out" "smart" meters on Whidbey Island in 2022-23. According to the reps, PSE's highest priority is always the health and safety of their customers. Not once did they acknowledge any of the health issues, safety hazards or financial hardships that "smart" meters have caused in the United States. Fortunately, Mark's presentation alerted the council to some of the dangers that smart meters may impose on an unsuspecting public.

I have come to realize that many people who consider themselves well-informed and well-educated have no idea of the hazards surrounding human-made EM radiation.

On a personal note, a dear friend rode a medical roller coaster trying to find the cause of her insomnia, frequent headaches and lack of stamina. Eventually she was able to correlate the start of her symptoms with the installation of rows of "smart" meters in the apartment complex right next to her house. Only by selling her house and finding a place free of EM radiation exposure did her health improve.

There are thousands of people like her. It is documented. EM sensitivity builds up gradually. Until it reaches a certain threshold, depending on your age, immune system strength, environmental factors, general health, etc., everything seems fine. Then, one day, and from then on, your health is compromised by exposure to certain frequencies."

(Detmar Straub: "Letter: Electromagnetic radiation has hidden health hazards" Whidbey News-Times, November 24 2020)

UK LEGAL CASES FOR JUDICIAL REVIEW

Over £250,000 raised for UK lawsuits backing science and protection against RFR

The two campaigns for judicial review and the Stop 5G Crime had together, within twelve months up to April 2021, raised over £250,000 from some 6,375 pledges.

Some comments from contributors:

- "We, the people, must stop the government from damaging our health any further."
- "This case is so important and for every-one's sake and the generations that follow."
- "I hope I live long enough to see some resolution to this crippling torture."

- "Freedom from harm and from mass experimentation in violation of the Nuremburg Code! Strength and solidarity!"
- "This can destroy not only people's health but also the birds, bees and environment."
- "Our hope rests with you. Thank you from my heart. I pray for your success in this."
- "I don't have a lot of money but this is the biggest issue facing us today, I am happy to contribute."
- "In the UK, COMARE needs to account for its total lack of duty of care to the public."

- *“Please fight for our survival as healthy humans.”*
- *“5G is the biggest threat to human health, welfare and society that we have ever faced.”*
- *“Truth must prevail. It’s our last chance.”*
- *“Bypassing all scrutiny in this corrupt world has to change.”*
- *“Thank you for doing this on our behalf.”*
- *“Thank god there are people like you out there to fight for us.”*
- *“This dangerous technology implemented across the country needs to be reversed for the sake of all our children’s health.”*

- *“Wonderful campaign; future generations will thank you for their health.”*
- *“It’s time the government put the health of people and the planet before profit and big data agendas.”*
- *“This is a fight for humanity! Never will there be a cause more worthy than this!”*
- *“Thank you to everyone who is standing up for our human rights.”*
- *“We must stop this crime against humanity.”*
- *“This is a fight for our lives, literally. Thank you.”*



Update on 5G Legal Action, March 27 2021 - Help us secure a safer future

The Claimants are represented by Michael Mansfield QC, Philip Rule and Lorna Hackett of Hackett & Dabbs LLP. The Defendants are

- First Defendant: The Secretary of State for Health and Social Care.
- Second Defendant: The Secretary of State for the Environment, Food and Rural Affairs
- Third Defendant: The Secretary of State for Digital Culture Media and Sport

The case concerns an important issue of public safety. It raises the risk to which members of the public, including particular vulnerable individuals, and children, are being exposed without having consented to or agreed to expose themselves to that risk; and without an adequate and proper consideration undertaken by the relevant safeguarding authorities of the creation of those man-made public health risks.

We provided documents containing evidence from a multitude of respected and eminent experts concerning the health effects of the technology used by 5G, and the attendant risks to the public and individuals, upon which the Defendants declined to act.

The Defendants cannot lawfully continue to ignore or overlook the evidence that indicates

the existence of a risk that has not been quantified. To date there has been a failure to engage with this body of evidence, and an inappropriate attempt to delegate any assessment of risk to an external body – a body against which membership legitimate criticism of industry finance and conflict of interest is levelled.

The issues include:

- the absence of due investigation of the nature and extent of the risks to the safety of individuals, and human health by the relevant United Kingdom authorities;
- the absence of appropriate measures, systems and safeguarding steps to address the identified risks or potential risks; and
- a failure to adopt and apply a precautionary principle, or informed foresight, to the exposure of non-consenting children and adults to a risk of harm.
- The law provides a framework that demonstrates the unlawfulness of the inaction and errors of the executive bodies we have challenged.
- Holding to account the executive or legislative authorities to comply with the law and legal duties is undoubtedly a proper and essential function for the Court, especially in the context of protection of individuals from

harm that includes loss of life or serious injury.

The grounds are:

- The Defendants are in breach of section 6 of the Human Rights Act 1998 resulting from omissions and failings in violation of the positive obligations required to be met by Articles 2, 3 and/or 8 of the European Convention on Human Rights.
- The Defendants have failed to consider the best interests of children when considering formulating, updating or reviewing the appropriate approach to 5G policy and risk assessment for exposed children. In the alternative, they have failed to make this a primary consideration.
- The Defendants are in breach of the Public Sector Equality Duty ("PSED") (s149 EA 2010). There has been no equality assessment, within the meaning and terms of the PSED, to properly inform and be considered in decisions as to the risk posed by RFR and affecting for example approval of 5G generally and/or of permissible

locations of 5G and/or of the policy to adopt ICNIRP guidelines.

- The SSHSC is in breach of his statutory duty under s2A of the National Health Service Act 2006, either resulting from (a) unlawful delegation or abdication of the statutory function to an external private organisation; and/or (b) irrationally failing to take appropriate steps under this power and/or failing to exercise a discretion in accordance with the statutory purpose.
- The Defendants have failed to take into account as a relevant consideration, and give due and proper consideration to, all the evidence, information and concerns which we have raised with them.
- The Defendants have failed to provide adequate and sufficient reasons for the decision not to establish a process to investigate and establish the adverse health effects and risks of adverse health effects from 5G technology and/or for discounting the risks presented by the evidence available.

("Update on 5G Legal Action - Help us secure a safer future" March 27 2021)



Stop 5G Crime - Let Justice be done though the Heavens fall

by 5G Campaigner Mark Steele: "We have applied to the Court for judgement on April 9 2021. This is due to the defendant Gateshead Council not filing an admission or defence to our claim against them or any application to contest the court's jurisdiction and the time for doing so has expired. This is a start to our action against them and now awaiting the Court date to present our evidenced bundle."

(April 12 and March 8 2021)

Update on 'UK High Court case against EMFs and 5G'

By Jessica Learmond-Criqui, May 28 2021

As you know, we applied to the Court of Appeal for permission to proceed to judicial review having been refused permission in the High Court. We have now heard from the Court of Appeal which has refused permission to proceed to judicial review.

This is disappointing news, without doubt. It means that the challenge which we made to the government's decision to remove planning permission requirements from the siting of masts and antennae was unsuccessful.

But, that is not the end of the story. Some of you know that the efforts to obtain justice for those who suffer from the effects of man-made radiation is a journey. We have been pushed back on the first step on that journey but we are continuing on that journey.

The government's consultation on the removal of planning permission has another layer - a step 2 - they have started a technical consultation on how they are going to remove this planning permission, including views on people with protected characteristics as defined in section 149 of the Equality Act 2010. These had to be in by 14 June 2021.

ICNIRP UNSCIENTIFIC GROUP-THINK



ICNIRP's political 'group-think' - Galileo again

From an article by Prof. Emeritus James Lin.

Dr Joel M. Moskowitz comments: "Professor Lin is one of the most respected EMF scientists in the world, he is the first scientist who

has served on the ICNIRP Commission (2004 – 2016) to challenge the credibility of ICNIRP's EMF exposure guidelines".

"Recently, a privately constituted group, with self-appointed membership, published a set of guidelines for limiting exposure to RF EMFs in the 100-kHz and 300-GHz frequency range [ICNIRP, 2020]. The proposed guidelines were primarily based on the tissue-heating potentials of RF radiation to elevate animal body temperatures to greater than 1° C.

While recognizing that the two aforementioned studies [NTP, Ramazzini] used large numbers of animals, best laboratory practice, and animals exposed for the entirety of their lives, the private group preferred to quibble with alleged "chance differences" between treatment conditions and the fact that the measured animal body core temperature changes reached 1° C, implying that a 1° C body core temperature rise is carcinogenic, ignoring the RF exposure. The group then pronounced that, when considered either in isolation or within the context of other animal carcinogenicity research, these findings do not provide evidence that RF radiation is carcinogenic.

Furthermore, the group noted that, even though many epidemiological studies of RF radiation associated with mobile phone use and cancer risk had been performed, studies on brain tumors, acoustic neuroma, meningioma, and parotid gland tumors had not provided evidence of an increased cancer risk. It suggested that, although somewhat elevated odds ratios were observed, inconsistencies and limitations, including recall or selection bias,

precluded these results from being considered for setting exposure guidelines.

The simultaneous penchant to dismiss and criticize positive results and the fondness for and eager acceptance of negative findings are palpable and concerning.

In contrast, the IARC's evaluation of the same epidemiological studies ended up officially classifying RF radiation as possibly carcinogenic to humans [2011]. ...

Biases can impair rational judgment and lead to poor decisions. Emotions can keep humans from being rational and prevent us from arriving at obvious conclusions. At times, humans systematically make choices and decisions that defy clear logic. Regrettably, the herd mentality or groupthink is as rampant today as ever.

Some years ago, I commented, "Science has become partisan. And the corollary, if science becomes partisan, is it science or politics, or would it be political science?" [IEEE, 2012]. Perhaps, it is simply a matter of the willing being politically correct.

When decisions are not arrived at by prudently balancing the facts or are made via impaired rational judgment, it could lead to poor decisions through biases."

(Lin JC: "Science, Politics, and Groupthink" *IEEE*. 2021)

ICNIRP's Guidelines 'known to be harmful'

'ICNIRP's conclusion on cancer risks is: "In summary, no effects of RF EMFs on the induction or development of cancer have been substantiated." This conclusion is not correct and is contradicted by scientific evidence. Abundant and convincing evidence of increased cancer risks and other negative health effects are today available. The ICNIRP 2020 guidelines allow exposure at levels known to be harmful. In the interest of public health, the ICNIRP 2020 guidelines should be immediately replaced by truly protective guidelines produced by independent scientists.'

(Hardell L et al.: "Aspects on the International Commission on Non-ionizing Radiation Protection (ICNIRP) 2020 Guidelines on Radiofrequency Radiation" *J Cancer Sci Clin Ther.*, 2021)





Professor Yuri Grigoriev died in Moscow on April 6 2021, aged 95. He was one of fathers of the Russian EMF non-thermal limit which aims to protect against long-term effects, unlike the current UK's ICNIRP limit. He showed the adverse effects of amplitude modulated RFR and EMFs, a non-thermal effect still denied by ICNIRP. He won the Order of Lenin in 1976 and the State Prize in 1978. In 1977 he was appointed deputy director and also head of a new research lab on biological effects of EMF and RFR at the Institute of Biophysics in Moscow. In 1997 he founded the Russian National Committee on Non-Ionizing Radiation Protection (RNCNIRP) and continued as chair until 2014, being replaced by Oleg Grigoriev (no relation).

(“In memoriam - Professor Yuri Grigoriev” EMFSA, April 6 2021; Louis Slesin: “Yuri Grigoriev, Russian Biophysicist And Non-Thermalist, Dies at 95: Stressed the Importance of Modulations and Strict Standards, Founder of Russian National Committee on Non-Ionizing Radiation Protection” Microwave News, May 9 2021)

Dutch court recognises EHS as interested parties over masts: impact for telecom companies and government

In a judgement released in December 2020 (see Newsletter Winter 2020-21), a judge in Gelderland ruled that a transmission tower for mobile communication such as 4G and 5G may not simply be placed without looking at objections about health risks. The judge decided that the municipality of Berkelland must consider the woman's situation, because it is 'not excluded' that she may run health risks.

Wilma de Jong called it “Great news”. She develops headaches, dizziness, sleeping problems and aphasia-like complaints with high exposure. “I had word-finding problems. Wanted to say one word, and the other came out. People have been trying to draw attention to health complaints below the current limits for decades, but that has always been dismissed. This is a breakthrough.”

The judge's decision is welcomed within the community of electro-hypersensitives. There are calls for new joint lawsuits. Do we see a change of course in the judiciary here? Yes, say three professors of administrative law and environmental law. “This is mainly due to new scientific developments. Where it was previously said that there do not appear to be any health risks, it is now said: you cannot rule it out completely”, says Professor Chris Backes (Utrecht University). Based on 'progressive

scientific insight', the judge dismissed an important advice from 2009.

De Jong is now officially 'interested party' in this regard. “In recent years it has become increasingly difficult in case law to be a stakeholder. That has been limited in steps,” says Prof. Backes. For example, the criterion 'consequences of some significance' was introduced, says Professor Hanna Tolsma (University of Groningen). “As far as I know, this is the first judgment in which a court reaches this judgment on someone 650 meters from a cell tower.”

Professor of Administrative Law Herman Bröring (University of Groningen) says: “I find the judge's reasoning convincing. If you are not already interested, I can imagine that it will make you despondent.”

“This substantive decision can go in any direction, say the professors. The court only said about the interest and did not get to the content. But it can be expected that courts will now find something of the content more often and will look at it more critically”, says Prof. Bröring. “This has more impact than you think for telecom companies, financiers and governments. They are not expecting this.”

Financier KPN and the municipality of Berkelland say they are studying the verdict. The municipality is considering the next steps.

(Jannes van Roermund: “Stralingszieken’ blij: Uitspraak van rechter over 5G-zendmast doorbraak” [‘Radiation sick’ happy: Judge ruling on breakthrough 5G cell tower] De Telegraaf, December 30 2020)

RF WEAPONS, SENSORS AND U.S. DIPLOMATS

US military plan microwave weapons

The U.S. military wants to arm small drones and manned vehicles with directed energy weapons such as low-powered lasers and microwave beams, offering new options for gray zone warfare of information operations, cyberattacks, state-sponsored political and militant groups, and special forces operations, including robots to disperse rioters with a non-lethal laser or microwave cannon. (Pentagon: Directed Energy Weapons project N211-001, January 21 2021)

(Michael Peck: "The Pentagon Wants To Arm Drones With Non-Lethal Lasers And Microwave Cannon" Forbes, March 8 2021)

Sensor for undetectable RF weapons: headaches, vertigo, nervous system damage

Following the probable microwave attacks on U.S. diplomats in Havana in 2016, the U.S. military wants a sensor to alert soldiers because

they may not even realize they are under attack by a beam that is invisible to the eye, but painfully apparent to the brain. This ambiguous symptomology is aggravated by the transient nature of RF energy. Without a sensor it is possible that no residual evidence of RF attack will be available. Beyond headaches and vertigo, RF weapons can actually damage the human nervous system. In 2014, the National Security Agency admitted that one of its officials might have been harmed by a microwave attack in the 1990s. The Defense Health Agency is looking for a wearable sensor that will detect RF weapons, already being developed by several nations.

(Michael Peck: "The Pentagon Fears That Deadly Microwave Weapons Are Undetectable" Forbes, March 2 2021)



US diplomats harmed by RF weapons

A bombshell

analysis from the National Academy of Sciences has added fuel to the fire, concluding that many of the distinctive and acute signs, symptoms, and observations of puzzling permanent brain damage reported by American diplomats in Cuba and China "are consistent with the effects of directed, pulsed RF energy."

Research links current levels of wireless radiation to memory deficits, behavioural problems, brain cancer, breast cancer, DNA damage, and headaches. The Federal Communications Commission (FCC) exposure limits have remained unchanged since 1996.

In winter 2019–20, the FCC, deemed a captured agency by a Harvard review, quietly issued a ruling abruptly ending a decade of official inquiry on the matter. Asserting that microwave radiation from phones can safely rely on 24-year old standards, the FCC ignored massive scientific evidence, including Soviet and other studies evaluated in the new NAS report.

A group of global doctors is challenging the

FCC for its failure to provide reasoned and rational consideration of several feet of relevant peer-reviewed publications submitted to the FCC.

Especially disconcerting is the fact that the FDA and FCC rejected and disputed findings of the federal study that the FDA had originally requested — a 30 million dollar, extensively reviewed multi-year controlled animal study on phone radiation, by the U.S. National Institutes of Health. Male rats developed clear evidence of cancer, and rats and mice developed DNA damage in multiple organs.

As many developed nations are doing, America's government should initiate and conduct major educational efforts to explain why and how to reduce radiation to protect children and promote the development of safer hardware and software that restrict or eliminate microwave exposures. Our children need toys and tools to grow and learn, not those that could permanently harm them.

"It is the height of arrogance to assume that children can be safely exposed to lower levels of RF when higher levels could have damaged the brains of adult diplomats." (Dr Devra Davis, EHT President, "National Academies of Sciences: Pulsed-microwave radiation likely caused brain damage in US Diplomats" Medium, January 12 2021)

Electrosensitivity (ES) or Electromagnetic-Hypersensitivity (EHS) is a physical intolerance. It can develop from exposure to e.g. mobile and cordless phones, masts, WiFi, smart meters, CFLs, LEDs, TETRA, powerlines.

- **Common symptoms:** headaches, skin problems, insomnia, fatigue, anxiety, memory loss, confusion, muscle pain, heart palpitation, irritability, cancer, nausea, nosebleed, chemical/light sensitivity, tinnitus, imbalance.
- **The key treatment is avoiding radiation** (e.g. masts, WiFi, smart meters, mobiles) especially in bedrooms. Some EHS use military-style shielding or protective clothing, or live far from man-made radiation if they can.
- **Mechanisms:** e.g. cryptochrome, demyelination, Hsp70, retrovirus, ROS, subtle energy, vagal nerve, VGCC.
- 1.2% (804,000 in UK) has **severe sensitivity**, 4% (2.7m) **moderate sensitivity** (UK government-sponsored surveys), 80% **conscious sensitivity** (e.g. chronic inflammation), and 100% **subconscious sensitivity**.
- **The World Health Organization** classifies **Electrosensitivity** as an **Environmental Intolerance (IEI-EMF)** and states that it can be disabling, but its Backgrounder 296 (2005) is outdated and wrong on aetiology.
- **ICD-10 codes:** ICD-10-CM: W90.0 – Radio Frequency Radiation (RFR); ICD-10-CM: W90.8 – ELF ([link](#)).
- **Diagnosis of ES/EHS**, by some NHS hospitals, consultants and GPs since 2012, includes: clinical history of EMF sensitivity/exposure, 3d fMRI, cerebral blood perfusion scans (UCTS), DNA, H, HRV, Hsp, MT, sAA, TSH.
- **Conditions sometimes related** to ES include Chemical and Light Sensitivity, MS, HNPP, CFS/ME, ALS, etc.
- **Employers have removed Wifi/mobiles** for ES people since 2006 (H&S At Work 1974, Equality Act 2010).
- **UK tribunals and courts have recognised EHS as a disability** from 2012 and awarded compensation.
- **Local Councils** are required to 'improve public health' (NHS Act 2006), NPPF 2019 (8b,91,92, despite 116).
- **The WHO's IARC** classifies EMFs, ELF & Radio Frequency, as **2B possible human carcinogens** (2001/11).
- Experts (2013 on): RFR should be **classified as a class 1 known carcinogen**, first shown in 1953.
- **Non-thermal effects of RFR are primary**, with heating a secondary consequence, established in the 1930s.
- **Non-thermal RFR and EMFs can cause oxidative stress, DNA damage and cancer**, as well as ES/ EHS.
- **Non-thermal RFR guidelines were the first guidelines produced**, in 1935.
- **IGNIR** gives **long-term non-thermal** exposure guidelines. **ICNIRP's** short-term heating limits are obsolete.
- **The ICNIRP and WHO EMF Project** are a minority-viewpoint cartel following Schwan's 1953 heating mistake and thus supporting the wireless industry. They still deny adverse non-thermal effects established since 1733.
- **Governments and armies use RFR weapons** (since 1945) to cause ES symptoms, e.g. Middle East wars.
- **Underwriters refuse to insure RFR and EMF**, except as for other high-risk carcinogens like asbestos.
- **Electrosensitivity was first described in 1733** and EHS in 1746. From 1932 it was shown in electrical, radio and radar workers. Since then it has spread into the general population along with wireless devices.
- **People vulnerable to RF below heating limits** are recognised: ANSI (USASI) in 1966, and ICNIRP in 2002.
- **Research into ES** began in 1730 (Royal Society London). Centres include ARTAC Paris, Breakspear Herts, EMC Dallas, US DARPA Caltech, HUSM Lleida, CES Moscow, UC San Diego, Toronto WCH, JMU Virginia.
- **The different condition of psychological Electrophobia** (EPH, nocebo effect, IEI-EMF), known since 1903, affects 1% of EHS people. EPH's prior conditioning cannot apply to EHS children and unaware adults.

Electrosensitivity UK (ES-UK)

www.es-uk.info

- Aims:** 1. To help people suffering from Electrosensitivity (ES).
2. To educate the public about ES and related areas.

Registered Charity No.: 1103018
Founded 2003

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Support ES-UK

Paypal (on the website)

Cheques to: Electrosensitivity UK, to:
The Treasurer, BM Box ES-UK,
London, WC1N 3XX

*from whom you can obtain Standing
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Resources available at: www.es-uk.info

- [Letters](#) to doctors and psychiatrists on Electrosensitivity, by Dr Andrew Tresidder
- [Resources: Disability, Guidelines, Housing, Planning, Public Health, Shielding.](#) [ES Directory:](#) (suppliers)
- [Electromagnetic Sensitivity and Electromagnetic Hypersensitivity: A Summary](#) (2013)
- Past [Newsletters](#). [Selected ES and EHS Studies](#) (list with links). [ES-UK Leaflet](#) (right)



Newsletter: Thanks to Gordon Flavell for processing and some photos ©, and to Sarah Dacre for organising mailing.

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