ES UK
for all people sensitised by electro-magnetic fields and radiation

ElectroSensitivity UK
NEWS

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EM Exposure: Class 1, 2A Or 2B Cancer Agent?

The debate on classifying the dangers of EM exposure is starting to heat up. The World Health Organisation's IARC classified ELF and RF at non-thermal levels as 2B (possible) cancer agents in 2001 and 2011. The latest scientific reports state RF should be 2A (probable) and ELF 1 (certain). Some people contacting ES-UK believe their cancer is linked to WiFi at work or home.

Unite on cancer: "all possible steps to eliminate" 1, 2A and 2B

The UK's biggest union recommends employers should give "a commitment to remove exposure to all known or suspected carcinogens …: (1) The employer provides a written assurance that no substances classified as IARC Group 1, Group 2A or Group 2B carcinogens, are used at the employer's undertaking… (2) Where these substances are in use, the employer will take all possible steps to eliminate the substance in question" ("Unite Guidance on Cancer at Work", H&S Unit, issue 1, 2009, p.3).

TUC campaign Time for Change: "no exposure to anything causing cancer"

The Trades Union Congress, representing over 6M members in the UK, started a new campaign against exposure to cancer agents on 16th May: "Trade unions want to see strong regulation and enforcement action to ensure that there should be no exposure to anything that causes cancer."

TUC: "prevent exposure to Group 2B"

TUC Workplace Guide, 2012: "all substances in Group 1 and 2A should be removed from the workplace or, if that is not possible, exposure should be fully controlled. Caution should also be used to prevent exposure to substances in Group 2B."

Mobile phones should be 2A "probable" cancer agent

Dr Devra Davis, in the Huffington Post on 30th April, reported that Dr Santosh Kesari, the chief of neuro-oncology at San Diego University, says the scientific evidence has increased from that used by IARC in 2011 and mobile phone radiation should now be a 2A "probable human carcinogen", as believed by a third of the IARC team already in 2011. "Brain cancer is the proverbial 'tip of the iceberg'; the rest of the body is also showing effects other than cancers" (Davis et al., Pathophysiology, 2013) – as people sensitive to this radiation know.

LED blue light: 2A? – avoid in homes and residential street lights

LEDs should not be used in homes and for street lighting in residential areas, since some emit a high proportion of blue light which at night disrupts melatonin, like shift-work involving circadian disruption, a 2A cancer agent.

BioInitiative 2012: evidence for power-line ELF as class 1 cancer agent

In 2012 the new BioInitiative Report (section 12) stated that there was sufficient evidence for power frequency ELF to be a class 1 certain carcinogen.

RF should be 2A cancer agent - "evidence not considered"

Dr Evans of Stop Smart Meters! to the Energy and Climate Change committee, House of Commons, 23rd April [Q44]: "…Annie Sasco, who is with the IARC, was already calling at the last classification for it to go up to a 2A. She felt that some of the evidence that was not considered would have promoted it up to a 2A."

When RF is 2A, all wireless smart meters "need to be replaced"

Mike Mitcham of Stop Smart Meters! to the Energy and Climate Change committee, House of Commons, 23rd April [Q42]: "We have the likelihood that when the WHO and the IARC upgrade their classification from a 2B to a 2A, that is going to mean that all smart meters in the UK are going to need to be replaced if they are wireless. … There are health problems and associated downstream costs associated with treating those health issues."

AGNIR and PHE: responsible for ES and 80% of illness in UK?

The Secretary of State for Health says he is advised on radiation safety by Public Health England (formerly the Health Protection Agency) and its advisory group on non-ionising radiation, AGNIR, which reviews "the biological effects" of radiation "relevant to human health". PHE uses AGNIR's 2012 Radio Frequency Report, which attempts to deny harm, to advise heating-only levels, not biological ones. AGNIR, notorious for its role with Doll as its first chair, and PHE have clearly got their health assessment massively wrong. Not only are ES people suffering terribly, but some doctors say that 80% of illness is caused or exacerbated by the UK's very high levels of radiation.
See page 18.

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ES-UK *NEWS*

Refuse wireless meters and appliances!

Keep refusing wireless smart meters. Some utility companies are apparently ignoring the government's consumer choice on health grounds. Sandi has checked with Scottish & Southern Energy that they are aware of the rights of consumers to opt out of wireless meters, as announced by the government on 29th November 2011. ES people should make sure the energy company knows that they should have analogue meters and cannot have wireless meters or wireless boilers.

Keep writing!

Congratulations to one supporter who reckons she has written over 2,000 letters to MPs, utility and other companies, warning them of the dangers of EM pollution.

Daily Mail, Sunday Telegraph, Guardian newspapers

National newspapers are featuring ES: the Daily Mail on 27th May, the Sunday Telegraph on 30th and 19th May, and the Weekend Guardian on 30th March with its 7-page spread on Electro-sensitivity. See elsewhere for details.

Meetings

The Stop Smart Meters! event in Sussex on 23rd June was excellent; many thanks to the organisers. See The Alliance for Natural Health website for a review. Barrie Trower was speaking in Brighton on 6th March.

Warning: EMF and EMR within shielded areas

We have received reports of ES conditions made worse in an area shielded with blocking paint, when CFL bulbs or other electrical devices are used inappropriately. Some people have had the paint and plaster removed. Ask for advice from the suppliers of all shielding materials to find out about earthing and other precautions.

Tell your newspaper about harm from CFLs and LEDs!

A search on "South China Morning Post CFLs, LEDs" gives 5 or more letters since December 2012 on the harmful effects of CFLs and LEDs. Governments are now recognising the harm from CFLs and intend to phase them out soon, but they need to be educated about health problems with LEDs too. Traditional incandescent bulbs do not have these health problems and can be made more efficient. When all electricity comes from renewable sources there will be no problem from generation anyway.

Updated ES Directory

The Summer 2013 ES Directory is available at www.esdirectory.org.uk, or for a hard copy contact Alison on 01162 361100. Thanks to Ruth for her work on this.

John Cook of New Zealand

ES-UK expresses sympathy to the relatives and friends of John Cook of New Zealand who died in April. John helped many people find solutions to their illnesses caused by phone masts, DECT phones and mobile phones. John was also a strong supporter of ES-UK and campaigned for a reduction in e-smog.

Sad news

It is sad to hear of supporters suffering life-threatening illnesses including cancers which they attribute in part or in whole to EM exposure.

Advert: accommodation

Spain: Caseta bungalow 'refuge' for couple, one ES person with one fit person, at Benicarlo, on ES person's property. Email Patricia Murphy: patriciamurphyandorra@gmail.com

ES and EHS: A Summary

The new edition of Michael Bevington's Summary, published earlier this year, is double the length of the original and has many helpful new sections. It is still available for £12 including postage and packing. Send a cheque, or use Paypal at www.es-uk.info and send the delivery address to media@es-uk.info. Only £10 each for orders of more than 6 copies, and £8 for a PDF. Any profits go to ES-UK.

New protection and warning notices

See the new website www.smartmeterprotection.co.uk (03302 231404) for protection and warning notices for wireless "smart" meters.

ES NEWS

Stop Smart Meters! warn MPs to safeguard children and elderly

On 23rd April Dr Liz Evans and Mr Mike Mitcham of Stop Smart Meters! were witnesses before the House of Commons Energy & Climate Change Committee, along with typical industry heating-only minority views from Dr Jill Meara of Public Health England and Dr John Swanston of IET. They presented a compelling case for safeguarding vulnerable groups such as children, the ill and elderly and sensitive people, as recommended even by the heating-only private pressure group ICNIRP which the UK government sometimes claims to follow, while location of meters could cause hot-spots or affect neighbours. Dr Meara said that the UK has advised since 2000 that children's mobile use should be limited. Dr Swanston seemed critical of BioInitiative, despite the fact that it now represents the scientific consensus, whereas his BEPAG, the ICNIRP and PHE have become the minority resisting the weight of evidence.

"Utility Companies: The New Terrorists?"

In a hard-hitting video, a mother of nine children in the USA, where the utility company has stopped their electricity simply because the children get ill from the meter's radiation, says: "Would you trust someone who has put your life and health in jeopardy?" The "bully" is the utility company, she says, and questions whether its managers have "a conscience and heart". www.youtube.com/watch?v=LZabogvJBOA&list=UUklG6ilxW_PeYeDSpKSRGZQ&index=1

"Meter Sickness" - class actions against utilities

As with asbestos and smoking, when governments are bullied by the polluters the only way for people to gain justice is through legal action. This video explains the start of class actions in the USA against utilities using wireless rather than wired smart meters (11th April, 5 minutes, "Lawuit Against Meter Sickness" www.youtube.com/watch?v=1Vln-uuu_aI)

EMF-silent refuge in USA

In May Rob States issued an update on his Silent Dome Spa in Grass Valley, California. This is an "EMF Silent House", in the Sierra Nevada mountains, 10 miles south of Grass Valley, over 2 miles from phone masts towers. All power to the house is filtered. The house has a combination of DC powered LED lights and low EMF emission appliances, with EFM-silent computers. There will be an EMF-silent car at the Grass Valley airport. This home is intended to give EMF sensitives a place to detox from symptoms, to get EM testing, and to meet other sensitives. The long term goal is to publicise the techniques to cope with this condition, particularly nutrition, clothing, and other healing modalities. When 6 people occupy the 3 bedroom house, per night cost is competitive with Motel 6. Reservations starting this September will be on line.

Germay: bunker a refuge for EHS; de facto recognition of EHS

Peter Meinecke, the mayor of Kunzeller, was quickly convinced that a former nuclear bunker near Fulda, free from radiation, would help regenerate EHS people, according to an article in Mowo on 21st March called "Escape into the bunker". A recent study by the IMST showed that 4G/LTE and digital TETRA has raised electro-pollution by about 40%. Since March 2013 Germany has a de facto recognition of EHS through doctors accepting it as chargeable on health insurance. Dr Waldmann Selsam refuted the error of thinking EHS is psychological by noting that "trees are not afraid, but they react significantly to electosmog." Ulrike, a 44-year-old nurse and occupational therapist, took early retirement because of a EHS diagnosis: "I cannot participate in normal life, not even shopping, otherwise the symptoms begin immediately." In low radiation her symptoms disappear.

Need for radiation-free zones in USA

From an article in Santa Fe New Mexican on 23rd February by Victoria Jewett:
"I work for a national organization that provides desperately needed support to people who, like Arthur Firstenberg, have been sensitized to EMFs and can now barely exist in modern society because of the proliferation of antennas and wireless devices. Hospitals, courthouses, airports, hotels, almost all workplaces, and most other public places are dense with smartphones and Wi-Fi signals and are difficult or impossible for these people to endure, depending on the severity of their disability. We are asked almost daily, by a wide range of people, if we know of a safe place where they can relocate, away from radiation. Many are professionals — some doctors and lawyers themselves — who, forced into "retirement," just want to find a place where they can survive. Many are living in their vehicles in remote places, and, increasingly, cannot find a safe haven anywhere because it is no longer easy to escape the reach of wireless infrastructure." James Raggio, General Counsel for the U.S. federal Access Board administering the Americans with Disabilities Act, stated in a letter of 26th October 2000: "We have heard from thousands of people across the country who are sensitized to chemicals and electromagnetic, radio and cellphone emissions. … There are many people with these and related disabilities whose condition is so severe that they cannot live in conventional housing."

France: some EHS "handicapped worker" or "invalid" status

A report says that France seems to be recognising EHS on a case-by-case basis, while the government tries to minimise the problem. "Handicapped worker" status recognises difficulties in keeping or finding a job because of EHS. A case history, with medical records and certificates, has to be presented to a commission at the Maison Départementale des Personnes Handicapées, but the MDPHs seem to act differently, some allowing it, others not. Some EHS people have been recognised as having an "invalidity", a different status.

New protective garment

Swisstabard.com reports that it has a new unisex garment available. The website has letter from the Australian Defence Department stating that the protective fabric has uses in protecting military personnel and the interior of trucks.

Traditional lamps

See for instance: http://www.lamps2udirect.com/pages/search-Lamps2udirect.php

ES in phone-mast study: helps human ES sufferers

Le Monde on 4th April reported how a study, by the National Institute for Industrial Environment and Risks (INERIS) and the University of Picardie Jules Verne (Pelletier A, et al, Environ Sci Pollut Res, 2012), on rats exposed to a typical phone mast 900 MHz signal, continuous at 1 V/m for 6 weeks, way below ICNIRP heating limits, showed changes to the body energy balance. RF biological effects included the disruption of REM sleep, thermoregulation with peripheral vasoconstriction and lower peripheral temperatures, and increased food intake. The report implies that this should help reduce misunderstanding about ES.

Increase in neurological deaths: caused by pollution

A study shows a steady rise in dementia from 1979 to 2010, of 32% in men and 48% in women in the UK, and 66% and 92% in the USA, especially among under 74s, which reflects environmental pollution. On 13th May 2013 the Daily Telegraph and the Daily Mail reported that "scientists have blamed PCs, mobile phones, chemicals and electronic devices for the shift." Professor Pritchard commented: "It cannot be genetic … cancer incidence continues to rise; levels of asthma are un-precedented; the fall in male sperm counts - the rise of auto-immune diseases - all point to life-style and environmental influences." Motor Neurone Disease has risen by 85% in the UK, according to Science Daily on 10th May. (Pritchard C et al, Public Health, 2013).

French unions warn about electrosmog

40 union representatives from companies like RATP, L´Oreal, Paris Libraries, and Banque de France, are concerned about EM radiation. They launched an internet campaign warning of risks from mobile phones, Blue-tooth, WiFi, phone masts, base stations and 4G. They do not exclude the possibility of legal action against companies that expose their employees excessively to EM radiation. Bertrand Pieri, CGT delegate to the City of Paris, told The Parisien: "Our action is caused by many factors. Firstly, the inability of our elected representatives to limit the wireless environment´s expansion. There are new proofs of the harmfulness of the radiation upon employees. We get contacted more and more by employees about this subject."

Choudat's psychotherapy study on EMF Neurosis – "to demonstrate harmlessness"

A study on EHS treatments by Professor Choudat in Paris uses "psychotherapy", rather than the established EHS protocol of reducing EM exposure. Professor Belpomme criticises it as psychiatry: "The head of this study, furthermore, has no clinical experience with regard to handling such patients or the scientific knowledge needed for a biological understanding of the hypersensitivity phenomenon. The clinical study planned has been ordered by the public authorities … with a view to demonstrating the harmlessness of EM fields with regard to health." The study fails (i) to screen participants for whether they are ES; (ii) to measure objective biological markers; (iii) to assess established medical protocols. Professor Fox, at the Environmental Health Centre in Nova Scotia, says EHS is not psychological (see below), with 95% of patients having actual ES and only 5% psychological [i.e. EMF Neurosis]; 5% is typical for psychological cases in the general population. The US National Institute for Mental Health gives 6% of the general population with mental disorders.

EHS in Japan: need for new limits

Increasing numbers have EHS, with the main symptoms as dizziness, ringing in the ears, fatigue, headaches and sleeplessness. A postal survey in Japan showed economic and social problems, e.g. job loss or the inability to use public transport. Some countries have much lower exposure limits than Japan, such as 1/10,000th or 1/10,000,000th (Kato & Johansson, Jpn J Clin Ecol., 2012).

EHS in Finland

206 self-diagnosed EHS Finns replied to a questionnaire. 81% were women. Before EHS onset the most common health complaints were allergies at 35%. During the acute phase of EHS the most common symptoms were nervous-system related: "stress" 60%, "sleeping disorders" 59%, and "fatigue" 57%. The sources most often triggering EHS were: "personal computers" 51%, and "mobile phones"

47%. PCs and mobiles caused the most symptoms during the acute phase. After the EHS acute phase, respondents still reacted to PCs and mobiles, while their reactions to basic electrical appliances were reduced. 76% said the reduction or avoidance of EMFs helped their full or partial recovery. The best treatments for EHS were: "dietary change" 69%, "nutritional supplements" 68%, and "increased physical exercise" 62%. The official treatment recommendations of psychotherapy 3%, and medication 4%, were not significantly helpful. Thus the official treatments should take better account the EHS person's own experiences. The avoidance of EM radiation and fields effectively removed or lessened EHS symptoms (Hagström M et al, Pathophysiology, 2013).

Non-ES worry about masts: psychopathology not related to ES

1,251 adults in Taiwan were interviewed on perceived risks of EMFs and other environmental sources, and the relationships between risk perception, psychopathology, and self-reported sensitivity to EMFs. 170 were self-identified as ES, and 141 met the criteria for psychiatric conditions without ES. >50% thought power-lines and mobile-phone masts affected people's health greatly. Higher sensitivity to EMFs, psychopathology, being female, being married, more years of education, and having a catastrophic illness had positive associations with perceived risks of EMF and all environmental sources. "We observed no moderating effect of psychopathology on the association between degree of sensitivity to EMF and risk perception. Thus, psychopathology had influence on general people's risk perception without having influence on the relationship between people's degree of sensitivity to EMF and risk perception." (Tseng MC et al, Risk Anal, 2013).

Other recent ES studies

Hagström M, Auranen J, Johansson O, Ekman R (2012) "Reducing electromagnetic irradiation and fields alleviates experienced health hazards of VDU work" Pathophysiology. 19: 81-87. Kato Y, Johansson O (2012) "Reported functional impairments of electrohypersensitive Japanese: A questionnaire survey" Pathophysiology. 19: 95-100.

WHO: RF-Environmental Health Criteria in 2014

The WHO plans "to develop RF-Environmental Health Criteria in 2014 or later", according to Professor Miyakoshi (SANSAI, 2012), a member of the ICNIRP. This will be through the WHO's EMF Project, according to the New Zealand Ministry of Health. The WHO/EMF Project's Progress Report for 2010-2011 shows that it is financed partly by the UK's Department of Health, HSE and PHE (p.9). PHE along with Australia's ARPANSA and agencies in Germany and Norway are potentially collaborating centres (p.7). The WHO still uses the outdated minority heating-only hypothesis adopted by some western countries in the 1950s, and makes no specific allowance for established long-term low-level effects.

USA FCC revisits limits

The FCC was asked in June 2012 to review its heating-only 6-minute limits set in the 1990s, especially for children and mobiles. In March 2013 it called for comments, aiming to respond six months later.

BioInitiative challenges ICNIRP on EM exposure public health

The 2007 BioInitiative Report based on 2,000 studies was updated in 2012 with another 1,800 studies by 29 international researchers; there were none from the UK. There were 15,000 downloads in the first 7 weeks of 2013 and there were 2.6M hits on the website during that time. The BioInitiative Report is now much more widely based in terms of medical, scientific and public health expertise than reports from the WHO, ICNIRP, IEEE, MTHR, AGNIR or PHE and has effectively taken over from the ICNIRP as the leading international authority on bio-effects of EM exposure as regards public health.

EU EMF Stakeholder Group – PHE/HPA "not prepared to listen"

Eileen O'Connor , director of the Research Radiation Trust, reported on the EU Commission EMF Stakeholder Dialogue Group in Brussels on 20th February:

"Many countries in Europe, such as France, Germany, Holland, Bulgaria, Switzerland, Austria and even countries such as Russia are engaging with the public and NGO's in an attempt to understand and help people suffering with electrosensitivity, while working towards getting a clearer picture regarding radiation exposure levels. However, the UK is unfortunately not making any progress or attempts to address this serious issue … PHE/HPA are shamefully lagging behind the rest of Europe and even the world and appear to be playing out time …

PHE/HPA have demonstrated that they are not prepared to listen. People suffering with electrosensitive (ES) symptoms in the UK are told that it is nocebo i.e. not a real effect, it is all in the mind. This could possibly be a dangerous approach to take. Could PHE/HPA be opening themselves up to litigation with regards to the balance of probability in the courts towards neglect and duty of care?"

Health Canada has no long-term EM safety limits for RF

Dr Havas reported on 20th February that at an appeal into the erection of a phone mast in Montreal before the Superior Court of Quebec, James McNamee, a Health Canada scientist, admitted that the Safety Code 6 guideline for microwave radiation is based only on preventing a heating effect averaged over six minutes. This invalidates the assertion over many years by Health Canada that Safety Code 6 protects the public from both thermal and non-thermal effects. They "misled" the public by failing to mention that they considered thermal and non-thermal effects only for 3-100 kHz, but only thermal for 100 kHz to 300 GHz. Secondly, this is the first time a provincial court has challenged the right of municipal governments to address health concerns regarding federally regulated RF radiation. Thirdly, the 2009 Health Canada Safety Code omitted from the 1999 statement: "Certain members of the general public may be more susceptible to harm from RF and microwave exposure."

"Bye Bye Babies": mobile-phone masts damage fertility

"In cell tower-festooned Delhi, one in four couples cannot conceive after trying for two years or longer. Surviving sperm are increasingly found to be too damaged to achieve fertilisation. [TNN Aug 13/09] At current rates, plummeting global sperm counts will hit 'zero' by 2048," according to William Thomas in Wake Up World on 27th May.

MCS: avoidance is the only effective treatment

Multiple Chemical Sensitivity has similarities with ES. In a 29-minute video, Dr Christine Olivier, associate professor of clinical medicine at Harvard Medical School and co-director of occupational and environmental medicine at Massachusetts General Hospital, explains that MCS is not a psychogenic condition and that the first requirement and only effective treatment is avoidance; it has been shown that MCS can affect the heart rate and blood pressure in sensitive people. 2.5% of the general population suffer MCS to some extent.

"Activists are winning the battle"

At the IEEE/ICEMS TC-95 Brisbane meeting on 16th June 2012, in a talk called "Why are EMF issues taking so long to resolve?" M. Repacholi apparently commented: "At present activists are winning the battle."

ES symptoms from masts

Residents of Satnam Sharan building in Chembur have been suffering from prolonged vertigo, sleeplessness, skin rashes and high blood pressure for the last two years, because of 35 mobile phone antennas on top of buildings under 15 metres away, according to the Hindustan Times on 18th March. There should be a minimum distance of 36 metres between the building and two antennas on top of a nearby building. "While my daughters have developed skin rashes, my husband has been suffering from sleeplessness and heart problems," said Kiran Kanal, 42, a resident. "The doctor said it could be the outcome of exposure to radiation from the towers."

AUSTRALIAN TRIBUNAL RECOGNISES EHS

Australian tribunal accepts EHS injury and awards compensation

The EHS syndrome was acknowledged as a valid legal claim on 28th February when the Administrative Appeals Tribunal of the Australian Federal Court, under Deputy President J W Constance in Melbourne, accepted the claim by Dr Alexander McDonald against Comcare. This is the Australian Federal Government's statutory authority for administering the Commonwealth workers' compensation scheme under the Safety, Rehabilitation and Compensation Act of 1988, and the Occupational Health and Safety Act 1991. The claim had been rejected on 9th November 2010.

Dr McDonald claimed for (1) aggravation of EHS syndrome; (2) chronic adjustment disorder with depressed moods; (3) permanent impairment which resulted from the adjustment disorder; (4) migraines. All except (3) were upheld.

The judge ruled that, [section 79] although "Comcare argued that EHS syndrome is not an ailment as the unchallenged evidence of Dr Cooper is that there are no diagnostic criteria for such a condition. I do not accept this argument. The definition of ailment does not require that it be a condition which fits within a particular diagnostic criteria." [81] "I am satisfied that from about 1993 Dr McDonald has suffered from an ailment, albeit one which may not be the subject of a recognized diagnostic label. … This condition is properly described as a derangement of physical or mental health or function and therefore is a physical or mental ... disorder or defect within the definition of ailment in subsection 4(1) of the Act." [82] "Further I am satisfied that during the trials in 2006 and 2007, when Dr McDonald was exposed to increased EMF at work, the symptoms from which he suffered became worse and have continued to be worse than they were before the trials commenced."

The judge ruled that [86] "On the basis of Dr Hocking's evidence

I am satisfied on the balance of probabilities that Dr McDonald has suffered either: - an aggravation of his sensitivity to EMF; or, - an aggravation of his symptoms by reason of his honest belief that he suffers from the condition of EMF sensitivity and that his exposure to EMF associated with the trials has worsened his sensitivity". (1) The injury, an aggravation of a condition of nausea, disorientation and headaches, was suffered between April 2006 and May 2007. (2) The application in respect of an injury suffered between 1st July and 31st December 2010, being a chronic adjustment disorder with depressed moods, was also upheld.

Secondary materials before the tribunal included: Genius, "Fielding a Current Idea: Exploring the Public Health Impact of Electromagnetic Radiation"; Levy & Wannag, "The Nordic Adaptation of Classification of Occupationally Related Disorders (Diseases and Symptoms) to ICD-10"; MacCarty et al, "Electromagnetic Hypersensitivity: Evidence for a Novel Neurological Syndrome"; Simko & Mattsson, "Extremely Low Frequency Electromagnetic Fields as Effectors of Cellular Responses In Vitro: Possible Immune Cell Activation"; Smith CW, "Electrical Sensitivities in the Electrical Environment".

Dr McDonald began employment with the Commonwealth Scientific and Industrial Research Organisation (CSIRO) in 1994 as a Senior Research Scientist. After many years of suffering, his EHS condition was eventually diagnosed in 1993 by his GP at the time, Dr Cooper. [Section 8] "Upon being diagnosed with the condition Dr McDonald followed the medical advice he was given and took steps to reduce his exposure to EMF, including moving to live in the country and limiting his exposure to television and other electronic devices. Dr McDonald noticed that his health improved when he made this move."
[9] "When Dr McDonald commenced working for CSIRO it agreed to provide him with additional administrative support so that he was not required to do computer work. When he was promoted to a science-management position in 2003 he was provided with full-time administrative support. He retained the technical support already provided to him for his research. These measures enabled him to limit his EMF exposure at work."

In 2005, as Principal Research Scientist under a restructuring, [10] "his administrative support was withdrawn making it necessary that he make greater use of computers. For two weeks he experienced nausea, fatigue and very poor concentration."
In 2006 [12] "Dr McDonald was required by his employer to trial working with various pieces of electronic equipment including the Blackberry, a PDA device, a desktop computer enclosed within a Faraday cage and an electronic projector. The computer was only operated for short periods on several occasions in the presence of Mr Wilson, the Site Rehabilitation Claims and Case Manager who was supervising the trials. Dr McDonald became ill within minutes each time the computer was switched on. He experienced nausea and headaches and suffered severe migraine 2-12 hours later. He felt unwell for several days after each attack. His symptoms were worse than they had been before the trial commenced."

[14] "In March 2007 CSIRO ceased to provide Dr McDonald with any form of administrative support. In an effort to continue working, Dr McDonald arranged for his wife, Ms Lynne McDonald, to do his computer work for him on an unpaid basis for a period of three months. During this period his employer required him to again trial the use of various electronic devices. Each trial period was for less than 30 minutes. His symptoms again became severe – he felt nauseous and dizzy, he felt eye-strain and he again suffered severe migraines. He believes that these symptoms were caused by his ongoing exposure to EMF and that he became increasingly sensitive to EMF exposure." [16] "The symptoms suffered by Dr McDonald after the second series of trials were more severe than those suffered after the first. He suffered increased dizziness, disorientation and nausea which lasted longer than previously. He suffered also from eczema, from tinnitus and from pain in the left side of his skull prior to the onset of the migraines. These more severe symptoms have recurred from time to time since."

[17] "Following the last trial Dr McDonald was permitted to work from home for a period of six months. This was not successful. He tried returning to his workplace but became too ill to continue. He took sick leave. He last attended his work in 2009. In May 2011 CSIRO informed Dr McDonald that it was not medically possible for him to perform the requirements of his position."

[18] "At the time of the trials Dr McDonald was living in inner-city Melbourne. He added special paint and materials to the house in an effort to reduce EMF. When this was done Dr McDonald's condition improved but later worsened. Dr McDonald attributes this worsening to the increasing use of Wi-Fi in the vicinity of his home. In late 2009 Dr McDonald and Ms McDonald moved to a rural property on which they have lived ever since. Dr McDonald has restricted his exposure to EMF and wears protective clothing when away from home. His health has improved and he does not experience the severity of symptoms previously experienced so long as he limits his exposure to EMF."

PROFESSOR ROY FOX

ES: "underlying change in the central nervous system"

La Maison du 21e siècle on 20 May posted an article by Andre Fauteux called "Electrosensitivity caused by chronic nervous system arousal – Dr Roy Fox".

Dr Fox, an expert in environmental medicine, is professor at Dalhousie University and medical director of the Capital Health Integrative Chronic Care Service, Halifax, Nova Scotia. He argues that pollutant avoidance and detoxification are preferable to neuroactive medication if you suffer from ES or chemical sensitivities.

Chemical and EM sensitivity. In 1990-1991, Dr Fox was among over 600 people at Camp Hill Medical Centre, Halifax, made ill by poor indoor air. Neurotoxic Volatile Organic Compounds, mixtures of anticorrosive amines added to the boiler, were accidentally introduced for humidification purposes. Over 100 of those affected developed Multiple Chemical Sensitivity (MCS), with many still unable to work five years later. A significant proportion of those who became ill also developed EHS. In 1997 Dr Fox wrote: "Lessening of ES appeared to parallel improvement in health and reduction of chemical sensitivity… In the [few] patients where this has been identified as a major factor, addressing total body [pollutant] load or the use of desensitization techniques to lessen chemical sensitivity and allergy has resulted in significant amelioration of ES symptoms.'' As regards those poisoned at Camp Hill: "The negatively charged amines have a more profound effect on membrane functions such as permeability. These changes in membrane function … are likely to result in altered function and altered electromagnetic characteristics.''

Following the Camp Hill poisoning, Dr Fox completed a year-long fellowship in Environmental Medicine at the Environmental Health Centre, Dallas, (EHCD) and Tri-City Hospital, Dallas, Texas. EHCD's founder, cardiac surgeon William J. Rea, co-wrote a paper on an effective method to evaluate EHS in 1991. In 1994, Dr Fox was appointed interim director of the new Nova Scotia Environmental Health Centre, a $2M state-of-the-art facility built by the province with ceramic tiles and other healthy building materials tolerated by MCS patients. Appointed director in 1997, he is now medical director. The Centre, part of the Capital District Health Authority and renamed the Integrated Chronic Care Service, specializes in treating individuals with complex chronic conditions such as chronic fatigue syndrome, fibromyalgia and acquired environmental sensitivities.

In 2007, Statistics Canada reported (www.aseq-ehaq-en.ca/prevalence.html) that 3% of Canadians had received a medical diagnosis of Environmental Hypersensitivity or MCS. European polls showed that up to 13% of people say they are electrosensitive. Up to 35% (2.3 billion people) are intolerant to EMFs, according to environmental toxicologist Dr Magda Havas, associate professor of Environmental & Resource Studies at Trent University, Peterborough, Ontario: "When we cleaned up the dirty electricity in classrooms, the health of about 30% to 35% of the teachers improved." Havas believes that 1-5% of the population are extremely sensitive and another 30-35% are moderately to mildly sensitive.

Dr Fox says that the same six criteria identified in1999 by researchers for the diagnosis of MCS (www.aseq-ehaq-en.ca/diagnosis.html) can be applied to EHS.

They can be triggered by an acute or chronic exposure:

1. Symptoms are reproducible with repeated exposures.
2. The condition has persisted for a significant period of time.
3. Levels of exposure lower than commonly tolerated result in increased sensitivity.
4. Symptoms improve or resolve completely when the triggers are removed.
5. Responses often occur to multiple unrelated triggers.
6. Symptoms involve multiple organs.

Dr Fox states: "I see chemical and EMF sensitivities not as separate and unique illnesses, but as the manifestation of a common underlying change in the central nervous system. In the literature, central sensitivity or sensitization syndrome appears be a pathophysiological change that accounts for MCS, migraines, irritable bowel and bladder, fibromyalgia, chronic fatigue and difficult to treat chronic pain. Those affected have a lower threshold [of tolerance to various stressors] and higher excitation within the nervous system. Patients learn to limit their reactivity by avoiding the environmental triggers.''

EHS is not psychosomatic for 95%; under 5% have EM Neurosis instead.
Dr Fox states: “It’s not a phobia. I can confirm that 90% of patients referred to our Centre have a history which confirms they are environmentally sensitive, 10% of whom had severe reactions, some with anaphylaxis or severe asthma. The hypersensitive don’t suffer from more mental illnesses than other groups of patients.” While the cause of environmental diseases is not psychological, he says, however: “You can’t ignore the psychological impact of suddenly becoming sensitive to things you use daily in modern life. We have patients where psychological issues are important, but a very small number, fewer than 5%, where there is a clear psychiatric diagnosis which is the most important clinical feature. This is no more than in the general population. However in the other 95%, psychological issues may be contributing to their ill health and limiting their potential to heal. We can help if we lower the stress of isolation, financial problems, etc. When the nervous system is in a high state of arousal where you react to the environment, it’s interpreted as being anxious. Heightened sensitivity is really an over-protective self-protection mechanism. Multiple body systems are usually involved and most of our patients have multiple diagnoses.’’

Dr Fox says that the nervous system of every species including humans can detect EMFs but it is not developed in most humans. “They have not learned to be aware of EMFs because it was not useful historically. But when the nervous system detects a change, for example when entering in a strong EM field that is interpreted as a threat, it goes into arousal and a fight or flight response.’’ Calming this response by avoiding exposure to pollutants is also very difficult to do in modern life. Earthing devices may help. People who are in a constant state of nervous system arousal suffer the most. “When they get additional exposure, what happens is the nervous system, which is a very complex network, goes from order into a state of chaos. What we take for granted as humans becomes disrupted: they get brain fog, uncomfortable sensory experiences in parts of the body, pain, incoordination, anticipation and fear.’’

Professor Belpomme wrote that “most living organisms, including bacteria, are electrosensitive. What individualises electrosensitivity is that certain susceptible organisms become more intolerant to electromagnetic fields (EMFs) than others as a result of prolonged EMF exposure.’’ Dr Belpomme has asked the WHO to replace the term EHS with his “Electromagnetic Field Intolerance Syndrome”.

Essential to avoid EM exposure. Dr Gro Harlem Brundland, the former Premier of Norway and former Director of the World Health Organization, said she had headaches from mobile phones located 3-4 metres away and turned on but not in use. Dr Fox said: “When you become ill and everything you are exposed to makes it worse, you have to reduce your exposure so the body can focus on healing. We still teach our patients how to reduce chemical and EM exposure and when they do that their health improves.’’ Dr Marshall’s group states on the University of Toronto’s Women College Hospital’s website: “We at the Environmental Health Clinic are of the opinion that the true safety limits for wireless computers (Wi-Fi) and cell phones are not yet known, so it would be wise to exercise precaution.” Dr Fox went further: “We need regulations and exposure limits, for example, so children don’t spend hours on cell phones.’’

Holistic approach: Dr Fox’s team treats its patients holistically: “We treat the whole person, ensuring they have a good balanced diet that does not contain what their body can’t adapt to. Our approach is to get people in a state of optimal health so they can tap into their own ability to restore balance. And it works: while it does not eliminate sensitivities, patients generally react less and manage their symptoms, which lessen, more effectively.’’

ES IN THE MEDIA

NEWSPAPERS

Daily Mail: EHS women – "living in a nightmare"

On 27th May the Daily Mail had a long article on ES by Angela Epstein, "The women who say they are allergic to modern life: Blinding headaches. Violent sickness. Even blackouts. So could wi-fi, mobile phones and TV screens be to blame?" It featured three women whose lives have been partially ruined by EHS, being forced to quit work or move house.

Julia Taylor's EHS was triggered by the introduction in 2008 of town-wide WiFi in Glastonbury. Her doctors lacked knowledge on ES and she said: "'I felt like I was going crazy. Doctors couldn't find anything wrong with me, I was fit and healthy in every other way - a battery of tests proved that. And yet my head felt like it was about to explode. I couldn't work properly because I was so exhausted all the time. Once, I didn't sleep for four nights in a row. I felt like I was living in a nightmare.'

Jessica Sapphire had to give up her job and is living on her savings after finding it impossible to work in the office of a charity where she was company accountant: "We moved to new premises in March 2011 and as soon as we did I began to feel a prickling and tingling of the skin, as well as terrible pains in my stomach. Looking outside, I also noticed that there was a digital aerial directly above my desk. I felt run-down and in pain, so I took few days off and was fine. But as soon as I returned to work, I felt awful again. I had a strong metallic taste in my mouth, my head was on fire, I started wheezing." Jessica suspected ES because she had suffered a reaction to mobile phones when she bought one in 2001: "When I held it to my face I felt pains like hot knitting needles pricking against my skin. But the feeling went away as soon as I stopped using it."

Hannah Metcalfe suffers headaches, stomach cramps, bloating and flu-like symptoms from any exposure to technology with radiowaves, like a mobile phone. Her ES began ten years ago when she started work as a trainee solicitor after completing a law degree. When she sat under the fluorescent lighting in her office, she developed pains in her head and stomach, as well as fatigue. She also had pounding headaches whenever she used her mobile phone. She says her EHS caused a miscarriage in 2010 and she had no choice but to quit work.

Although ES symptoms are sporadic and difficult to track, Dr Erica Mallery-Blythe, a former A&E doctor, commented: "Everybody has the potential to become electro-hypersensitive. Every cell in our body, in our brain, or nervous system is dependent on electrical signals. But some people have that extra sensitivity, and though they may not know it, it is causing their asthma, flu-like symptoms or insomnia." She says there is no cure: "The only way to alleviate symptoms is to avoid the electromagnetic waves they feel cause them. Don't keep electronic devices in the room you sleep in, and switch off as many devices as you can in the house." Denis Henshaw, emeritus professor at Bristol University, explained a mechanism for poor sleep and depression near power-lines "by the fact that magnetic fields, such as those found near power-lines, disrupt the nocturnal production of the sleep-inducing hormone, melatonin."

Telegraph: PHE "haven't seen the patients I've seen"

On 30th May the Telegraph repeated the Sunday Telegraph's two-page article of 19th May on EM health dangers, especially from mobile phones and WiFi. Professor Denis Henshaw explained about possible non-thermal mechanisms. Another ES-UK trustee, Dr Andrew Tresidder, a GP, stated that over the past three or four years he has seen a dozen or so patients who have had problems because of EM fields, from those suffering occasional headaches to those left quite severely disabled. "When I advise them to switch off their Wi-Fi routers and cordless phones at night, it often appears to alleviate their symptoms." He says of PHE's denial of EHS: "They haven't seen the patients I've seen. Whenever there's anything that disrupts conventional thinking, there's rear-guard action trying to dismiss and rubbish any study. I think technology's wonderful and we can't escape it, but I also think that in five years' time we could be facing a public health disaster."

Guardian, 30th March: "first discussion in the British media of failings of the MTHR conscious provocation tests"

On 30th March the Guardian weekend magazine had a 7-page article, with 10 colour photos by Thomas Ball, called "Log off, power down, drop out: Is modern life making us ill? Yes, say those who suffer from electrosensitivity. Are they cranks, asks Nicholas Blincoe, or should we all be throwing away our mobile phones?" The online version was headed: "Electrosensitvity: Is our technology killing us?" It featured Tim Hallam, Freda Thornhill, Chris McKenzie, Eileen O'Connor, Hannah Metcalfe, Brian Stein, Michelle Berriedale-Johnson, Ray Parsons, Raphael Cuesto and Damian May. It probably gave the first discussion in the British media of the failings of the MTHR conscious provocation tests for ES. Within 48 hours there were over 800 online comments.

The argument between Marino and Rubin was presented at two levels. Firstly, Marino criticized Rubin's conscious provocation experiments: "It's easy to find nothing … see the way they design the experiments and they have no ability to find anything." Blincoe commented: "Rubin's research is statistic-driven". In contrast, Marino concentrated on one sensitive subject, a female doctor, first "discovering which wavelengths affected her" and later "using provocation studies of real and fake signals". Secondly, Marino said EHS is "novel because it is unlike other types of hypersensitivity. In truth, it depends on singularity." All human beings, as complex living organisms, are different. Rubin was "adamant that EHS is not a genuine condition" and said: "Many have intolerances in addition to electrical sensitivity." Marino, however, argued: "When people say they feel unwell and trace that to a Wi-Fi signal or a phone, that is a kind of experiment." Rubin concluded that it is time to give up "chasing the cause" of ES symptoms which he has so far failed to find. But Marino said of this novel syndrome: "I want to establish its existence".

The Daily Mail, 12th April: "Living here allows me to be more of a normal person"

The Daily Mail online on 12th April reproduced parts of Stromberg's article with the heading "The cellphone-free town in West Virginia that offers people who are 'allergic' to radio waves escape from the modern world". On 12th April Joseph Stromberg's article on Slate called "Refugees of the Modern World: The 'electrosensitive' are moving to a cellphone-free town. But is their disease real?" responded to the Guardian article but repeatedly confused EM Neurosis with sensitivity to EM exposure. Although it quoted Nicole Fox, who wrote three books and for the Economist on food safety issues for over a decade before moving to Green Bank, the article appeared to adopt the industry and WHO sceptic hypothesis that all reactions are psychological, rejecting all the studies proving its existence, showing cellular effects and effects on animals and plants. It did not discuss why both ELF and RF are 2B cancer agents. Within 24 hours the article had over 700 comments.

The Daily Mail reported on Diane Schou who moved to Green Bank in 2007 from Cedar Falls, Iowa, where she suffered headaches, twitching muscles and chronic pain. She first noticed the pains in 2002 when a mast was erected near their farm: "I was extremely tired, but I couldn't sleep at night. I got a rash, I had hair loss, my skin was wrinkled, and I just thought it was something I ate, or getting older." She later realized the cause was EM exposure: "I'll say, "Oh, I have a headache," and then someone's cellphone will ring." On her first visit to Green Bank she immediately felt better. "Life isn't perfect here. There's no grocery store, no restaurants, no hospital nearby. But here, at least, I'm healthy. I can do things. I'm not in bed with a headache all the time." Some 36 others have also moved to Green Bank to escape EM pollution, although not all the other residents appreciate them. Diane said: "I can be outdoors. I can go to church, I can attend some celebrations, I can be with people. Living here allows me to be more of a normal person."

BOOKS

"Refugium: Wi-Fi Exiles & The Coming Electroplague"

Kim Goldberg, an award-winning writer in British Columbia, is writing a book, with a grant from the Canada Council for the Arts. It will be called "Refugium: Wi-Fi Exiles & The Coming Electroplague" and will ask: "Where do you go when an invisible matrix spanning the globe is making you sick?" She will profile ES people, backed with her own research as an investigative writer and biologist. She sees the radiation-free sanctuaries used by ES people as possible "harbingers of a future we are all hurtling toward". Her Radio CHYL interview reveals that she became interested when she discovered EHS "specimens", many of whom had been sensitized immediately after smart meters were installed, such as a woman in Vancouver now in a wheelchair after 22 smart meters were installed on the wall opposite her apartment. She is intrigued that people all around the world have very similar stories, and all get better as soon as they are removed to a sanctuary free from the bio-toxin of WiFi and wireless: her website lists sanctuaries: http://electroplague.com/sanctuaries/.

"Healthy Home, Healthy Family"

Nicole Bijlsama's "Healthy Home, Healthy Family", (Joshua Books, 2nd ed., 2012, 334 pages, ISBN 978 0987260444) is a practical guide to the hazards in your home. It starts with the building itself, including allergies, EM fields, heating, lighting and wiring. It deals with household appliances, phone and wireless technology, dirty electricity and radioactivity. Other sections cover water, dust, moulds, chemicals, breast cancer and pregnancy.

It has a couple of pages on EHS, including the sentence: "In 2012, Belgium, Sweden and Germany implemented strategies to educate health professionals, day care centres and medical practitioners about the disorder, creating EMR-free zones in the community, and investing funds into research." The biological standards given for bedrooms are <1uW/m2 and <20 nT. Bijlsama, a naturopath, related her miscarriages to a meter box on her bedroom wall and geopathic stress. In 1999 she started the Australian College of Environmental Studies.

TV AND RADIO

TV report on child ill from WiFi: A report on Global News posted on YouTube on 8th May shows a child made ill by WiFi and experts advising against its use in schools (2 mins, "WiFi debate continues" www.youtube.com/watch?v=mwilge4FO44)

ES on BBC Radio Berkshire: "It's complete torture" In 24th April on Andrew Peach's show on BBC Radio Berkshire there was an excellent interview with Janet from Wargrave and Damian from Reading, who explained clearly how their ES began and how it effects them now (11 mins: https//dl.dropboxusercontent.com/u/2132879/Andrew_Peach_-_24_04_2013_wifi.mp3)

Janet said "It's complete torture." She cannot attend her son's school or visit her daughter at university, or go to most shops, theatre, cinema, friends' houses and use most public transport: "I just want to crumble up. It's horrendous." Unusually her neighbours have helped her in her home by changing all their radiation devices. She became aware of the condition in October 2011 and spent six months going to doctors with increasingly varied symptoms. At first she thought it was caused by computer screens but, six months later, a conversation with a friend made her realize it was wireless radiation. She meets people who totally accept her condition as well as some who do not. Although all but trapped in her home, she now tries to be as positive as possible,: "I don't let it worry me. I know it's absolutely for real."

Damian was affected by a Nitendo Wii on Christmas day, 2010. He had experienced chronic pain for eight years previously and was under St Thomas' Hospital but had not associated it with electro-pollution. By switching off the Wii and other devices and removing the batteries from the balance board, he quickly and conclusively proved that his new pain, a "splitting pain in the temples", was directly the result of EM radiation. He had used a mobile for 23 years and clearly had some previous sensitivity, since he used to perform a party trick where he could tell blindfolded which hand had a Nokia switched on from tingling in that arm. Now he finds that the people most unlikely to accept the reality of ES are those most addicted to their mobiles and other radiation devices. His ES has limited his business contacts, but the governors at his son's school have now ordered wired, rather than wireless, tablets on his advice.

Over an hour later the programme rather abruptly decided to interview Dr Jeremy Platt of Binfield Surgery, Bracknell, who said he was quoting the NRPB (PHE) that there was no evidence for ES from trials – despite the evidence of Janet and Damian on this very programme! – and that WiFi and mobiles were about 1% of the energy of sunlight, as though all human cells react to pulse-modulated microwave radiation in the same way as they have adapted to sunlight. Dr Platt was allegedly one of the three complainants to the GMC over Dr Sarah Myhill in 2010. Anne Diamond, the next BBC Radio Berkshire presenter, admitted she knew little about ES, yet still talked about obsessive compulsive disorder, and then admitted that she tried to control her sensitivity to hayfever symptoms with histamines. Lilian from Reading, however, rang in to give listeners the web address and telephone number for our charity, ES-UK.

Dick Cheney: pull the battery on your phone! The Smart Show radio interview of 18th March on PRN.FM with Julie Levine on the dangers of using a cancer agent for wireless smart meters, said that Dick Cheney pulls the battery on his smart phone because otherwise it radiates constantly, including giving away his location.

TV on California protests against cancer agent smart meters:

PressTV on the Occupy LA protest against cancer-agent smart meters. “Activists were forced to leave the meeting area under threat of arrest from police. Activists say they want the industry executives to know that the protests aren’t going away. California is already a leader in fighting smart meters. More than 50 California cities and counties have demanded a suspension of installations.“ www.presstv.ir/detail/2013/03/22/294728/occupy-la-says-us-utility-firms-risk-public-safety-for-profit/

ES at Green Bank on TV: “At least I have some hope.” “Near the end of the wireless age”

Kristin Fisher on WUSA9 TV in the US on 27th February introduced a six-minute report on some of about 30 ES people who have escaped electrosmog by moving to Green Bank, West Virginia, the radiation-free area around a radio telescope. It featured Deborah Kooney, a professional pianist and singer from California, Jennifer Wood, an architect from Hawaii, and Diane Schou, who said: “It’s not perfect here, but it’s the only place in the world I know that’s protected where people live. I don’t have my family, I don’t have my friends. But at least now I have some hope and a future.”

Martin Weatherall, a former police officer in Toronto, whose symptoms started with heart problems and heart arrhythmias, said: “Just more recently, I found that the cancer has come back and I know that if I’m going to survive this, I really need to go somewhere I can be safe. So that’s the main reason that I’m here.” He added: “We are probably near the end of the wireless age. Wireless will become a technology that can’t be used any more.”

Dr. Andrew Marino, a neurology professor at Louisiana State University, author of a 2011 study on EHS, disagreed with the World Health Organization’s view of 2005 that ES exists but is not linked to EM exposure: “You’re talking about an area that hasn’t been studied. There’s no question in my mind that exposure to environmental EM fields produces acute responses.” Marino added: “If you’re talking to a physicist, you’re talking to the wrong guy in terms of background.” The Canadian government has started funding treatment of EHS and there is currently a nine-month waiting list.

ES on French TV: on 20th March the local channel 78 broadcast a 15 minute programme on electrosensitivity, featuring Roselyne Roeland, president of the environmental association HARP at Chevreuse established in 2007.

ES on local radio: on 27th May Dr Magda Havas and Michael Bevington joined an hour-long talk show on EHS and EM ill health on KBOO radio, Portland, Oregon.

BBC: genetic or environmental?

The BBC Radio 4 Feedback programme on 15th March had a vigorous discussion of a BBC report on a genetic link for autism, ADHD etc, compared with environmental factors.

Dr Who and London’s WiFi: the Dr Who episode on 30th March involved WiFi soup in London which had extraordinary effects on some people living there.

VIDEOS & DVDs

Video on RF health effects

A useful 22 minute video on EM health effects is by Dr Darren Schmidt called “How Smart Meters Affect Your Body”, published in February 2013 on the Natural Healing Centre of Ann Arbor: www.thenutritionalhealingcenter.com/smart-meters-and-your-body/. He says there are no supplements to solve EHS. All major body organs work on 60-80 MHz.

There are no safe levels of radio exposure. We now suffer 20,000 times the amount of electrosmog compared with 1980. He has graphs showing the effect of radio exposure on: diabetes, blood pressure, cancer blood marker CA125 where the normal levels of 0-31 jumped to 700 when a smart meter was installed and the householder died within a year, asthma related to maternal magnetic fields, and sensitivity to DECT cordless phones. At high levels of exposure, such as from his neighbour’s smart meter, he did not feel the effects but recorded changes in his sympathetic and parasympathetic systems.

Video on EMFs and health

A 24-minute video of about 2002 by Dr Ted Litovitz (died 2006) explains clearly issues of thermal and non-thermal limits, replication of experiments, DNA effects, problems with power-lines, dose, stress, protective protein levels, heart attacks, antioxidants, DNA repair, immune response, Alzheimer’s and aging. It is a question of dose as whether EM exposure has beneficial or harmful effects. www.youtube.com/watch?v=MCe0rqqyBcw

ES from wireless smart meters: "Smart Meters Kill." Liz Barris, who developed ES from a wireless smart meter, talks to reporters about "Smart Meters Kill" outside the "smart grid" summit in California (4 mins, 20 March 2013): www.youtube.com/watch?v=2-tpPybXhHY&noredirect=1

Video by Thomas Ball: Is technology killing us? A 9-minute clip from Thomas Ball's proposed film to go with his Guardian article on 30th March: www.guardian.co.uk/science/video/2013/mar/29/electrosensitivity-is-technology-killing-us-video

Video: "Bell Canada Irradiates Port Franks": 25th March, 8 minutes: www.youtube.com/watch?v=41MXbDhFcJc

Video: Smart Meter protest on 5th May in Melbourne: www.youtube.com/watch?feature=player_embedded&v=KiYVdqg52yk#!

Video "Where can we live?" 7-minute clip in English and with sub-titles from a 45-minute Swedish documentary about two women with children and being electro-hypersensitive (Eira Film, 2011). 26th March: www.youtube.com/watch?v=5QxAzzicjn4

Video showing Wi-Fi internet router readings: "WiFi Radiation - Dangers of WiFi - See It Measured - How To Remediate WiFi Ra" www.youtube.com/watch?feature=endscreen&v=ICA19oKPi5I&NR=1

Videos showing iPad readings: iPad WiFi Radiation with Wireless Router On: http://youtu.be/snt2uaQd_Ps
Radiation of iPad with WiFi on but no Internet Connection: http://youtu.be/ANH6PEyQSZY

DVD "Hors champ": this DVD is a 62-minute French documentary with English subtitles. It is directed by Marianne Estèbe and shows the everyday life of EHS people, Ann, Elizabeth and Philip, over two years. Headaches, insomnia, skin reactions, memory problems are symptomatic of EHS. Available from Next-Up Organisation for € 21.50.

MORE WEBSITES

Robin des Toits: useful information on EHS translated into English, including references to Professor Belpomme and his leading work at ARTAC.

Occupy EMF Harm: http://www.occupyemfharm.org/Home_Page.html

MCS America: http://mcs-america.org/index_files/EHS.htm

Levels of WiFi from iPads: www.safeinschool.org/2013_03_01_archive.html

READERS' COMMENTS

ES and anaphylactic shock

A reader reports that on the video of the 5th May march against smart meters in Melbourne, a woman linked her body's anaphylactic reaction to cold water with ES. Has anyone else experienced this?

Jumping records and 2G

A reader notes that for high jump, long jump and triple jump the world records all date from before the arrival of 2G digital mobile phones in the mid-late 1990s. Records for men and women date from 1991 and 1988 for long jump, from 1993 and 1988 for high jump, and both from 1995 for triple jump. Is this a coincidence?

ES and yawns

A reader reports that he knows of some ES people who yawn when zapped by wireless radiation. A study suggests that yawning can be associated with increased cortisol levels, just as ES often is (Thompson SB et al, Interact J Med Res., 2012).

Symptoms from 16-18 Hz?

Sandi reports that in mid May, especially Wed. 15th, people around the UK reported nasty symptoms. These included pressure in the head and above the eyes, head pain, stiffness, pain on the right of the ribs, burning, nausea, fatigue and depression. Some non-sensitives lost balance.

Bowel cancer and where you keep your mobile

A reader wonders whether the rise in bowel cancer in the last 35 years, reported on 2nd April, at 29% for men compared with only a 6% for women, could be related to the way men often keep mobiles in clothing next to their body rather than in a separate bag further away.

Speed limit warning pains

A reader writes that she is zapped in the head near a seven-foot street pole with a small solar panel which flashes up speed limit warnings, presumably using a radar-type device. The third time it happened caused "a severe pain on the left side of my head, numerous very black 'floaters' in my left eye which then jumps when I lie down". She cannot now use that route into the village, and the other route has pylons.

Office mobile nausea

A reader reports how at work he sometimes feels sudden strong nausea. He eventually realised that it co-incides with the return to the office below of a worker with a mobile phone.

Mobile trouble down the wires

A reader writes that when downstairs she can tell whether a telephone caller to her landline is speaking from a landline or mobile. At a safe distance she is not affected by landline to landline.

Suicides – linked to EM exposure

A reader reports an increase in youth suicide, noting that radiation can act like nicotine addiction. It has been known for over 30 years that EM exposure can cause severe depression. The reader's letter was published in a national paper on 12th April, ending "We're paying a high price for technology."

Shingles and radiation?

Two women in their 70s, who use mobile and cordless phones, have shingles on the side of the head they hold their phone. Are there other cases?

Easy way to help tired drivers?

A reader wonders why radio adverts warn drivers of the dangers of tiredness, when it would be safer to remove the EM pollution from roadside phone masts which can cause the tiredness.

Family angst – secret use of mobiles

A parent reports family tensions when caused pain by a child using a mobile secretly in another room at home, to which the child later confesses.

More ES symptoms

Sandi lists some symptoms associated with 4G, radar with 3D holistics, TETRA and additional electo-pollution from military exercises.

1. Itching skin, on part or all of the body.

2. Head pain, glancing or piercing.

3. Eye pain or distortion from blurring, black dots, loss of focus.

4. Burning pain in the limbs, and sometimes in other areas.

5. Diarrhoea and/or nausea.

6. Loss of balance, disorientation, lack of physical coordination.

7. Tingling or spikes of pain in various parts of the body.

8. Interrupted sleep, no sleep, or where people awake in pain, lacking coordination.

9. Loss of hair.

10. Damage to joints/limbs, and teeth, skin and nails in some people.

11. Cold and cough/flu-like symptoms, often with phlegm and lasting 3 weeks.

12. Increased memory and concentration loss, and disorientation.

13. Increased noises in the head, or different ones, with ear and head pain.

14. Depression, nightmares, twitching pains in legs and arms, trance-like state in non-sensitives.

WIFI HARM IN SCHOOLS

Teacher ill from school WiFi

An experienced UK physics teacher reports being off work ill, partly from suffering WiFi symptoms, such as headaches, dizziness and short-term memory loss. “As I moved away from the source in the science office these effects decreased in accordance with the inverse square law. Some students have also experienced these effects. At home, I have reduced the effect by moving the WiFi router to another room and covering it in a wire mesh. I also switch our family router off at night.”

Videos on dangers of WiFi in schools

(a) “Stark Warnings from Medical Doctors Regarding The Risk Of Wi-Fi in Schools” (17 min., from Canada with children, parents and scientists). www.youtube.com/watch?v=xLseEYj76rQ&list=FLI_8xq3QcBTrnb4665kpsNA
(b) “WiFi in School: The Facts” (18 min., from Australia with clear graphics). www.youtube.com/watch?v=kmcAXZ-o1K4&list=FLI_8xq3QcBTrnb4665kpsNA

New website on health dangers of WiFi in schools:

Wifiinschools.com is a new US website on the health risks from using this class 2B carcinogen in schools (it is different from wifiinschools.co.uk).

WiFi in schools is “a real hazard”

Frank Clegg, one of the biggest names in Canadian technology, supports parents who object to WiFi in schools, according to The Business Journals on 9th May. “There are already children who can’t go to school because of headaches, nausea and heart problems from the wireless systems. Some of these kids have a doctor’s note to prove it. This is a real hazard and we shouldn’t wait for the government to catch up to the technology. We should exercise caution, especially with children.”

Ban WiFi from all schools: “double whammy” on human stem cells

The BioInitiative 2012 Report says that WiFi should be banned from schools because of its effect on brain development and learning. Cindy Sage on One Radio Network on 21st February highlighted the dual genotoxic damage of EM exposure on DNA, from free radical increase and a reduction in body repair mechanisms, a ”double whammy” on human stem cells. In the light of new studies, safety limits have been revised to 1,000 times lower than in the 2007 report.

School WiFi harms cress

Five 9th-grade girls in North Jutland showed that WiFi harms cress seeds grown in a room with two WiFi routers, compared with cress grown in a room without WiFi. They appeared on the front page of Nyheder, a leading Danish newspaper, on 16th May. The girls started the project because they had difficulty sleeping at home and concentrating at school if they slept with a mobile near their heads.

French National Assembly law warning against WiFi in schools

The precautionary principle for EM radiation in schools was finally enshrined in law through an amendment by Isabelle Attard, of Groupe Ecolo, the French Green party, and member for Calvados, adopted in the French National Assembly, according to Le Parisien on 19th March. It advises “the use of wired data connections” and states that “the precautionary principle requires the state and local governments to protect children, especially younger ones, from the effects of radiation.”

Union support for ES teachers in WiFi schools

The British Columbia Teachers’ Federation voted 366-259 for the motion: ”The BCTF supports members who are suffering from EHS by ensuring that their medical needs are accommodated in the workplace.” Ailments among teachers and students included headaches, nausea, vertigo, anxiety and fatigue, according to the Vancouver Sun on 18th March.

Teachers seek to reduce WiFi possible cancer risk

The British Columbia Teachers’ Federation could consider exceptions for teachers who do not want to be irradiated by WiFi at school, according to the Sun News in Canada on 20th March, after a resolution was passed at the union’s AGM, recognizing the “possible cancer risk” from WiFi. The union will now adopt the WHO’s stance on EM radiation as a possible carcinogen, intending to “take pragmatic measures to reduce exposure.”

Los Angeles teachers oppose WiFi

On 6th March the United Teachers Los Angeles union of over 45,000 teachers and others voted to protect schools from hazardous EM fields. This is similar to the 40,000 teachers in Ontario who have opposed WiFi. The Los Angeles Unified School District is the largest school district in California, with 662,140 students, 45,473 teachers and 38,494 other employees.

American Academy of Environmental Medicine: "safety of susceptible individuals"

Public warning about WiFi in schools, 9th June 2012: "Adverse health effects, such as learning disabilities, altered immune responses, headaches, etc., from wireless RF fields do exist and are well documented in the scientific literature. Safer technology, such as using hard-wiring, must be seriously considered in schools for the safety of those susceptible individuals who may be affected by this phenomenon." On 19th March the executive committee of the AAEM wrote to the Los Angeles Unified School District stating "In recent years our members and colleagues have reported an increase in patients whose symptoms are reversible by eliminating wireless radiating devices in their homes such as cell phones, cordless phones and wireless internet systems. There is consistent emerging science that shows people, especially children are affected by the increasing exposure to wireless radiation."

School WiFi makes three teachers ill

A report by Fredrik Mårtensson in Sweden's Skolvarlden on 20th December 2012 stated that three teachers at Tunaskolan in Luleå became ill and developed various forms of hypersensitivity after WiFi was installed and all students received a computer. The Teachers Association believes that the employer ignored concerns about EM radiation. Gudrun, principal of the Teachers' Association, said: "The employer must rectify the workplace so that our members can continue to work without getting sick." The clinical picture includes everything from headaches, nausea, fatigue and heat sensation in the body and abnormalities in heart rhythm."

New WiFi makes teacher and students ill

When a new WiFi system was introduced at a university in in Antofagasta, Chile, over 50% of students in two classes and 100% in another said that they were suffering adverse symptoms. The lecturer, Paul Doyon, said: "I noticed that when I came into the university on 16th November 2012, I immediately started to feel nauseous. I learned that a new more powerful WiFi system had been installed throughout the university with one of these more powerful WiFi routers on the second floor not too far from my office. I felt so sick that day, that I had to go home after two hours. When I got home, I immediately started to feel better. When I went into the office later in the afternoon, immediately, within five minutes, I started feeling nauseous. Within 10 minutes, I was having brain fog (i.e. trouble thinking clearly). Within 20 minutes, I started to get heart pain. Within 50 minutes I had a headache and finally had to leave. When I got home, I started feeling better."

Progress in Israel on banning WiFi from schools

As of 10th December 2012: since May 2012 the Israeli Government has given its first written acknowledgment of EHS. On 7th September the Government stated that it intended by 1st October to practically ban the use of WiFi. On 1st October the Ministry of Education by decree effectively banned WiFi in schools, except where a safety expert determines that the use of wired network may cause a safety hazard. The director of the Radiation Department in the Ministry of Environmental Protection, responsible for radiation safety standards, also believes that WiFi in schools should be banned and admitted that the current safety standards are insufficient.

Children and WiFi: "learning, concentration and memory problems"

In an article published on 15th January, Mona Nilsson wrote: "The radiation causes learning, concentration and memory problems, which we hardly want to see increase in classrooms. Many teachers and students cannot stay in schools any more since WiFi was installed, and a laptop computer given to each student. The radiation gives them heart problems, concentration and learning problems, headache and rash, they report."

Neurologist against WiFi: "destabilizing to immune and metabolic function"

Dr Martha Herbert, assistant professor of neurology and a paediatric neurologist at the Harvard Medical School and director of TRANSCEND, wrote on 8th February to the Los Angeles Unified School District: "EMF/RFR from WiFi and cell towers can exert a disorganizing effect on the ability to learn and remember, and can also be destabilizing to immune and metabolic function. This will make it harder for some children to learn, particularly those who are already having problems in the first place. Powerful industrial entities have a vested interest in leading the public to believe that EMF/RFR, which we cannot see, taste or touch, is harmless, but this is not true."

WiFi problems at school near Green Bank radio telescope

The Green Bank radio telescope in West Virginia could detect a WiFi router in line of sight without dirt at 1M km, or 2½ x the distance of the moon. Green Bank Elementary School half a mile away, therefore, cannot use WiFi or enabled tablets, according to Network World on 7th February 2013.

Oxidative stress from WiFi

Oxidative stress which induces larynx cancer was induced by WiFi (2.45 GHz) in laryngotracheal mucosa of rat at 60 min/day for 28 days. Lipid peroxidation levels were significantly higher, reduced by additional melatonin (Aynali G et al, Eur Arch Otorhinolaryngol., 2013; Nazıroğlu M et al, Physiol Behav., 2012).

Australian WiFi warning: "our children's health" before convenience

Narelle Haw, a building biologist in Victoria, Australia, supports stripping WiFi from the state's schools. Ms Haw said: "As parents we have the right to demand a safe and healthy learning space for our children. Convenience should not come at the cost of our children's health. We need to heed the warnings and when a wired option is available it should be adopted whenever possible," according to the Great Southern Star, on 11th December 2012.

AGNIR & PHE:
RESPONSIBLE FOR ES SUFFERING IN THE UK?

The UK does not yet have any biological EM safety limits to safeguard ES people and the rest of the population, unlike some other countries from 1958 onwards, despite ES being first described in 1932, accepted and defined in 1964 and classified with a full-proof diagnostic test in 2000 by international authorities. Who is responsible for this failure?

Who is responsible for ES ill health in the UK?

Do MPs in the House of Commons decide safe radiation levels for ES people in the UK? No. Instead 14 unelected members of AGNIR did so in their report of 26th April 2012. In a letter of the 15th February 2013 the Rt Hon Jeremy Hunt, the secretary of state for health, wrote that "the Department [of Health] is advised on scientific aspects of EMF by Public Health England [HPA], which in turn is given advice on science and research priorities by its independent Advisory Group on Non-Ionising Radiation (AGNIR)."

1. FORMATION OF AGNIR

AGNIR – created by NRPB (HPA/PHE) and answers to PHE

The Advisory Group on Non-ionising Radiation (AGNIR) was set up by the Director of the National Radiological Protection Board (NRPB) in 1990, with advertised terms of reference "to review work on the biological effects of non-ionising radiation relevant to human health and to advise on research priorities", according to the HPA webpage dated 31st August 2012. The AGNIR was reconstituted: in 1999 reporting to the board rather than the NRPB director, in 2005 reporting to the Radiation, Chemical and Environmental Hazards sub-committee of the HPA board, and in 2013, reporting to the PHE Environmental Hazards Protection Board.

AGNIR – created as a 'front' to help government and industry?

Critics argue that hostile media coverage allegedly triggered the creation of AGNIR in 1990 to give government a 'front' to justify its high levels of EM exposure, firstly from power-lines and then from radio frequency. The government already knew of EM dangers, partly through warfare with EM radiation and covert operations, and the NRPB had already published its own guidelines in 1989, the year before AGNIR's creation, in response to the INIRC 1988 guidelines. AGNIR's creation was therefore apparently nothing to do with an open-ended review of the science or the guidelines, as claimed, but rather to create the appearance of support and retrospective justification for the NRPB's existing guidelines. Industry was simply asked to observe the guidelines, even if this could not be enforced. Stuart Allen, of the NRPB's Leeds office, admitted there were no meters readily available to measure the restricted levels.

Sir Richard Doll was appointed the first chair of AGNIR. He was famous for his studies on smoking and cancer, but he was also pro-nuclear, pro-chemical and pro-

electricity, although few knew this at the time. This allowed AGNIR, and thus the government, to block the introduction of non-thermal limits, and to recommend MTHR studies, funded by government and industry, which found "no problems". Such a policy began to unravel in 2001 and 2011, when the WHO's IARC classified ELF and RF as 2B cancer agents, and in 2012 when the Italian Supreme Court refused to accept any study biased through its funding by government or industry.

AGNIR's creation in 1990 – ELF and cancer

In 1979 increased childhood leukaemia and suicides were discovered near power-lines at non-thermal levels, now established as part of the scientific consensus. In 1988 the BBC broadcast an hour's programme on power-line health effects. Also in 1988, the University of Surrey established the Environmental Medicine Foundation with Dr William Rea. At the time the UK government had only the Industrial Injuries Advisory Council of the Department of Health and Social Security with its typically bland "no problem" reports. Health problems were also discovered with Visual Display Units.

In 1989 the Sunday Mirror launched a crusade against EM dangers, especially SIDS. Lord Olivier wanted Roger Coghill to be paid to investigate and he threatened to make a TV series on the "harmful effect of the [EM] waves". Also in 1989 a second book by Brodeur in the USA on the cover-up added pressure, as did "Electromagnetic Man", by Smith and Best in the UK, showing links between ELF and allergies, depression and cancer, and the existence of sensitivity to EM exposure.

In the February 1990 issue of "Electronics World + Wireless World", in a cover article called the "Killing Fields", Philips, Best and Coghill alleged the government was failing to protect people from ELF and the NRPB deliberately excluded studies showing danger; Ogden, as editor in March, accused the Central Electricity Generating Board of hiding epidemiological results because of privatisation. Cox of the CEGB in turn used the JRSM to call Wertheimer & Leeper's and Savitz' work "quasi-scientific". On 22nd March 1990 the National Grid pressured the BBC into withdrawing an interview with Cox when he was unable to state there were no health risks from power-lines. In July Great Yarmouth demanded that power cables should be buried, the first time health influenced a power-line project.

Also in 1990 the USA's Environmental Protection Agency wanted to make ELF a 2A cancer agent. Industry pressure allegedly made the White House reduce it to 2B. In the UK there was similar pressure. The crux came in late 1990 with the USA's EPA's EMF-Cancer Draft Report which found a definite link. This report was reviewed by the USA's EPA's Science Advisory Board panel, in January 1991.

At the same time, in late 1990, the UK's NRPB set up AGNIR to examine by April 1991 the same EPA's draft report "Evaluation of the Potential Carcinogenicity of Electromagnetic Fields". The group had ten members, with only five from outside NRPB: Sir Richard Doll (epidemiologist) chair, Dr Valerie Beral (epidemiologist, Imperial Cancer Research Fund), Dr Nicholas Day (biostatistician, Cambridge), Dr Martin Gardner (epidemiologist, Southampton), Dr Edward Grant (physicist, KCL); there were five NRPB staff members. The origin of AGNIR in 1990 can therefore be seen as an attempt to block a report stating that ELF was a 2A cancer agent. In 2001 the WHO's IARC classified ELF as 2B. The BioInitiative 2012 report states ELF should now be class 1.

AGNIR: similarities with private pressure group ICNIRP

The NRPB, the sponsor of AGNIR, originated with nuclear radiation dangers. This was also true of ICNIRP, a private pressure group founded in 1992, two years later that AGNIR. It was spun out of INIRC/IRPA and atomic weapons research and aimed to maximize radiation levels. Many members of both groups were physicists and dosimetrists, not the expected medical doctors or public health officials with the necessary precautionary attitude.

AGNIR and RF dangers

Public awareness in the west of harm from microwave or radio frequencies came in 1993, later than awareness of harm from ELF. In contrast countries in the east adopted non-thermal limits for both ELF and RF much earlier, such as the USSR in 1958. The dangers of radar were recognised in the 1940s. In 1982 Joseph Coatney of the US Navy sued six radar manufacturers for cataracts and settled out of court in 1987. A Down's syndrome cluster in Vernon, New Jersey, was linked with satellite antenna microwave levels. In 1988 a cancer cluster at McFarland, California, was linked with Voice of America radio masts, while in 1989 higher cancer rates were found near San Francisco's radio and TV Sutro Tower.

The first mobile phone was produced in 1973 and they went on sale to the public in 1983. In 1990 Boeing paid out in a pulsed RF case. In 1993 David Reynard sued NEC, a mobile phone manufacturer, and the network, over his wife's brain tumour, the first major US court case involving mobile phones. This led to many

attempts by the telecoms industry and some governments to hide RF dangers, and to prevent the general population from defending itself, as in the 1996 Telecommunications Acts. AGNIR produced two reports on RF dangers, in 2003 and 2012. Both adopt a minority view in denying significant dangers, against the current scientific consensus of harm.

2. MEMBERSHIP OF AGNIR (2012)

Critics say AGNIR is not independent or representative as regards EM effects. It has never had a member who is a medical expert on ES or, apparently, a member who suffers from ES.

AGNIR not independent – 43% government employees

Although some government or PHE literature claims that AGNIR is independent, this is not the case. Six (43%) of its 14 'members' or 'representatives' in 2012 were *PHE/*HPA/*DH employees, all expected to follow the government line. In 1999 no employee of *NRPB (now *PHE/*HPA/*DH) was apparently allowed to admit that there are health dangers from EM exposure (evidence submitted to the House of Commons Science & Technology Committee, 1999) [* = linked with "heating-only" minority pressure groups, opposed to the current scientific consensus accepting non-thermal adverse effects].

AGNIR not representative – 11 of 14 (79%) linked with minority and pressure groups

11 of the 14 members of AGNIR in 2012 were linked with *heating-only minority pressure groups (eg *COST BM0704, *EMF project, *PHE/*HPA/*DH, *ICNIRP, *MTHR) opposed to the current scientific consensus accepting non-thermal adverse effects.

(a) 8 external:

Prof. Anthony Swerdlow (epidemiology, chair 2003-, *ICNIRP 1997-2012)
Dr Leslie Coulton (biochemist, IET *BEPAG)
Prof. Francis Duck (ultrasound, *ICNIRP SEG)
Prof. Maria Feychting (epidemiology, Karolinska Institute, Stockholm, *ICNIRP)
Prof. Patrick Haggard (psychology)
Prof. David Lomas (MRI research)
Prof. Denis Noble (cardiovascular and computer modeling)
Dr G James Rubin (psychology, *MTHR, *COST BM0704; see ES-UK News March 2013)

(b) 6 internal *PHE/HPA/DH:

Mr Stuart Conney, *Department of Health (nuclear specialist, head of radiation policy, contact for WHO *EMF project)
Dr Simon Mann, *PHE/HPA (dosimetry, contact for WHO *EMF project)
Dr Myron Maslanyj, *PHE/HPA
Dr Jill Meara, *PHE/HPA
Dr Azadeh Peyman, *PHE/HPA (dosimetry)
Dr Zenon Sienkiewicz, *PHE/HPA (*BEPAG, *MTHR, *COST BM0704, *ICNIRP)

5 of 6 former AGNIR members 2003-on were linked with *heating-only:
Prof. Colin Blakemore (physiology, *witness against ES in appeal case 2002)
Prof. Lawrence Challis (physics, *MTHR)
Prof. David Coggon (chair of *MTHR, *ICNIRP SEG)
Prof. Sarah Darby (epidemiology, *former HPA)
Sir Richard Doll (epidemiology, *AGNIR chair 1990-2003, pro-nuclear, chemical and electricity industries).
Prof. Michael Rugg (psychology)

*COST BM0704 (Rubin, Sienkiewicz): under chair Dr Alastair McKinlay (dosimetry, ex *HPA, *ICNIRP 1992-2004), with Dr John Tattersall (UK Defence Dept, *ICNIRP SEG)

The first chair of AGNIR, Sir Richard Doll (see section 3 below), was based at the ICRF (Cancer Research) in Surrey, as is the current chair of AGNIR, Prof. Swerdlow. The latter is also an epidemiologist, and not primarily a medical doctor involved in treating people affected by low-level non-ionising radiation. According to the ICNIRP commentary on Interphone (Environ Health Perspect., 2011), his research has been partly funded by the IUC with support from MMF and GSMA, the MTHR and VINNOVA, and he holds shares in C&W. His ICNIRP commentary with Feychting et al. rejected the current scientific consensus as shown by IARC on the adverse effects from mobile phone radiation and repeats the industry minority viewpoint: "the trend in the accumulating evidence is increasingly against the hypothesis that mobile phone use can cause brain tumors in adults."

2013 AGNIR changes: still no medical expert on ES

The PHE website on 24th May 2013 showed AGNIR was increased from 14 to 18 members. Prof. Noble was removed. The three new external members were: Prof. Hilary Powers (micronutrients), Prof. Lesley Rhodes (dermatology and photobiology), and Prof. Antony Young (photobiology); the two new PHE representatives were: Dr J O'Hagan (photobiology) and Dr A Tedstone (nutrition). This is presumably in preparation for a report on the dangers of CFLs, LEDs etc. None of the new members is a medical expert on ES, nor were any previous members.

3. SIR RICHARD DOLL AND AGNIR

In the 1950s Doll linked smoking and lung cancer. From the 1970s, however, he used his insistence on individual causes of cancer to protect industry and government from environmental causes. Many of Doll's arguments against environmental causes of ill health were classic cases of illogical reasoning. Where the data are "conflicting" he often invalidly concluded that a positive conclusion "is not established". Conflicting data, however, cannot both be correct. The key issue is whether the positive data are valid. This invalid argument is still allegedly found in AGNIR reports.

Doll, first AGNIR chair: helping nuclear, chemical and electricity industries

The first chair of AGNIR was Sir Richard Doll, from 1990 to 2003, aged 78 to 90; he had retired in 1983. Doll offered the same support to the electricity industry as to the nuclear and chemical, and this is why it is alleged he was made AGNIR's first chair. "It is easy to demonstrate that in every field in which Doll has been involved he has systematically defended the interests of industry and the State, even when these are in total conflict with those of people in general, and are irreconcilable with all the established knowledge on the subject" (M Walker, The Ecologist 28(2), 1998).

Professor Greene observed in 2008 that Doll's blocking for 20 years of Stewart's discovery about low-level ionising radiation may have cost a significant number of lives. A similar process took place over low-level non-ionising EM radiation, where his role with AGNIR from 1990 led to 11 years of denying that ELF is linked with cancer, until the WHO's IARC forced AGNIR to admit this 1979 discovery. Doll apparently admitted in conversation in 1999 that studies should be restricted since we would not want to find any

Doll: defending industry

Doll ceased to be a member of the Communist Party in 1957 and switched to defending capitalist industry against charges of environmental or occupational ill health.

1956: Doll attacked Stewart's discovery of increased leukaemia from pregnancy x-rays.

1978: Doll attacked Stewart's discovery of increased cancer from low-level plutonium exposure.

1981: Doll claimed that occupational cancer caused 4% mortality rather than over 20% as previously admitted, and 2% from environmental pollution.

1982: Doll supported the UK asbestos company Turner & Newall in the US courts.

1983: based on research funded by General Motors, Doll claimed that lead in petrol exhaust was not correlated with blood levels and learning disabilities in children.

1985: Doll wrote that cancer incidents were generally falling and cancer could be eradicated within a few decades, since cancer was not environmental and lifestyles were healthier.

1985: the Society for the Prevention of Asbestos and Industrial Diseases criticised Doll for manipulating information on death risks.

1985: Doll wrote in support of Monsanto against Australian veterans who developed cancer following exposure to Agent Orange in Vietnam, claiming that dioxin, perhaps the most potent toxin known, was "at the most, only weakly and inconsistently carcinogenic in animal experiments".

1985: in the Agent Orange case, Doll criticised the Swedish cancer expert Hardell: "Hardell's conclusions cannot be sustained and in my opinion, his work should no longer be cited as scientific evidence."

1986: Doll became an adviser to the NRPB board.

1987: Doll blamed the 21% excess of lymphoid leukaemia near nuclear plants on "over clean" homes.

1988: Doll claimed excess deaths from cancer among military personnel exposed to atom bomb tests was a "statistical quirk", and in 1993 eliminated most cases developing within 2 years as having too short a latency.

1988: on behalf of the US Chemical Manufacturers Association, Doll dismissed links between vinyl chloride and brain cancer by aggregating studies.

1990: Doll became chair of NRPB's AGNIR.

1992: Doll wrote at the time of the Rio summit about "an irrational ideology opposed to science, to industry and to progress".

1992: Doll stated that the public should ignore warnings by the "large and powerful anti-science mafia" of risks from residues of carcinogenic pesticides.

1992: Doll wrote that "the effects of low-level [ionising] radiation are so small as to be virtually zero", in contrast to the growing opposite consensus.

2003: Doll appeared as the key witness enabling British Nuclear Fuels to win against two children with cancer whose fathers had worked at Sellafield.

In retirement Doll advised the American Council for Science and Health, a pro-industry group funded by Monsanto and other chemical companies.

(see: Sculier JP, Rev Med Brux., 2012; Tweedale G, Int J Occup Environ Health, 2007; Epstein S (2003) Stop Cancer Before it Starts).

harm from electric fields because it would be too expensive and inconvenient.

Doll was appointed as AGNIR's first chair. He was not independent, since he had been an adviser to the NRPB board since 1986. His first AGNIR report denied health problems of ELF, despite the 1979 study finding the link, and only in 2001 was it grudgingly admitted, forced by the WHO's IARC recognition of ELF as a 2B cancer agent that year.

Doll blocked Alice Stewart: 20 years to stop x-rays on pregnant women

In 1956 Dr Alice Stewart and her statistician George Kneale published a link between x-rays on pregnant women and increased rates of childhood leukaemia. Doll immediately "launched a study to prove her wrong. For nearly two decades, he succeeded in keeping her findings from being accepted, thereby allowing fetal X-raying to continue (one doesn't like to think how many cancers that may have caused)," according to Professor Gayle Greene (NY Review of Books, 55(11), June 2008). Doll et al (BMJ, 1960) admitted that the data are "conflicting" but concluded that an increase of leukaemia "is not established". It took 20 years, until the late 1970s, for the UK medical profession to recommend against routine x-rays of pregnant women.

Doll on Stewart: "gone off the rails"

Stewart: "serious problems of corruption" in the UK

In 1978 Alice Stewart published a leukaemia risk from low-dose radiation at 'safe' ICRP levels, similar to pregnancy x-rays, at the Hanford plutonium plant in Washington state, US, where Mancuso invited her as a consultant. The level of risk was about 20 times higher than that predicted from the 2nd-World War atomic bomb studies. The Daily Telegraph (Stewart's obituary, 16th August 2002) stated: "When their results became known, the American authorities reacted with outrage." Mancuso was deprived of his directorship and forbidden to publish his findings; the use of outside consultants was banned. "Everyone in America who took our side lost their funding," Stewart recalled. "They don't burn you at the stake any more, but they do the equivalent, in terms of cutting you off from your means to work." Eventually ICRP reduced permitted levels of radiation by two-thirds. Stewart used to say: "Truth is the daughter of time." Doll said Stewart had "gone off the rails" in her study on nuclear workers. According to her obituary, when asked why recognition had eluded her in her own country, the UK, she replied: "Good people are seldom fully recognised during their lifetimes, and here there are serious problems of corruption. One day it will be realised that my findings should have been acknowledged." (Greene G, Perspect Biol Med., 2011)

Doll: vinyl chloride "small" risks other than liver

In 1930 vinyl chloride was found to damage the liver, in 1959 that it did so at 200 ppm, and in 1969 that it causes liver cancer, although the limit was still 500 ppm. In 1979 IARC concluded VC is carcinogenic to the liver, and in 1987 to other organs too. The VC industry then commissioned Doll to review the epidemiology. In 1988 Doll downplayed cancer risks other than in the liver as, not non-existent, but "small". A later court case revealed that the industry apparently gave £12,000 to Doll's Green College, Oxford. Later studies confirmed VC links with brain tumours. In 1999 the US VC manufacturers objected to the EPA introducing a three-times protective factor for non-liver cancers; the EPA did not do so, partly relying on Doll 1988. The EPA's external peer review apparently had 7 of 19 external reviewers from chemical industry employees and consultants and 4 from government, with none from unions or public interest groups (Sass JB et al, Environ Health Perspect., 2005).

Doll: funds from industry

Doll in 2000 admitted donations from industry, including industries he had defended in court or research. This included a donation of £50,000 from the asbestos company Turner & Newall, "in recognition of all the work I had done for them", to Green College, Oxford, where he had been warden. His papers in the Wellcome Library, accessed in 2006, the year after his death, revealed that he was paid by the asbestos company Turner & Newall for 30 years. The US Chemical Manufacturers' Association paid him £12-15K, and from 1976 to at least 2000, he was paid by Monsanto $1,000 per day, rising to $1,500 per day in 1986.
Research in leukaemia and radiation from the early 1990s at the UK Co-ordinating Committee on Cancer Research, established by the MRC, ICRF and CRC with all of which Doll was linked, was headed by Doll and funded by British Nuclear Fuels. BNF was the operator of Sellafield near Seascale which had the UK's biggest childhood leukaemia cluster. In 1993 Doll wrote: "To imply that the UK CCR was in some way under the influence of the nuclear industry … this is certainly untrue." (Hardell L et al, Am J Ind Med, 2007)

Doll: quoted by NRPB and UK government

The UK government liked Doll's defence of industry. A 1999 letter from the Department of Health was based on Doll's 1981 report, claiming "relatively little

of the cancer burden (5-10%) is attributed to occupational, environmental or consumer exposure to specific chemicals". Doll only retracted his sceptic view in 2002, stating that most cancers not caused by smoking are "induced by exposure to chemicals, often environmental ones". Even this, some allege, may have been in part to hide the role of EM exposure in cancers. Doll's claims in 1988 of a "statistical quirk" over excess deaths from atom bomb tests and his elimination in 1993 of most cases developing within 2 years allowed the NRPB to deny evidence of a cancer link. This allowed the UK government to refuse claims. In contrast the USA, Australia and New Zealand governments accepted responsibility.

Doll: accused of causing many unnecessary deaths

Doll's linkage of smoking with lung cancer saved lives, but his subsequent denial of environmental harm has been seen as causing unnecessary deaths. "There is a grim symmetry between the millions of lives saved from lung cancer by stopping smoking and the millions that have died with cancer from occupational and environmental causes." (Christ Talbot, 8th January 2007: "Medical research and big business: The case of Sir Richard Doll," WSWS, ICFI)

- Prof. Samuel Epstein, of the University of Illinois School of Public Health and chairman of the US Cancer Prevention Coalition, said Doll "went awry." "Doll drastically changed his views and gradually emerged as a major defender of corporate industry interests." Doll "trivialised or dismissed industrial causes of cancer which he predominantly attributed to faulty lifestyle, particularly smoking" (Daily Telegraph, 11th December 2006).
- Dr. Lennart Hardell, the Swedish cancer expert, on Doll's 1988 review for the US Chemical Manufacturer's Association, which claimed there was no significant evidence relating occupational exposure to vinyl chloride and brain cancer: "Because his conclusions formed the basis for health and safety guidelines and legislation many people have died unnecessarily in my opinion."
- Dr. Richard Clapp surveyed the evidence for occupational cancer: "It is difficult to estimate the impact of Doll and Peto's views but their 1981 article had been cited in over 440 other scientific articles by 2004. More importantly, it has been cited repeatedly by commentators who argue that 'cleaning up the environment' is not going to make much difference in cancer rates." Clapp et al. concluded that scientific literature "provides substantial evidence of environmental and occupational causes of cancer and fully justifies accelerated efforts to prevent carcinogenic exposures" (Lowell Centre Sust Prod, 2005).
- In reaction to Doll's 1992 claim that "scientific research has shown that those [pesticide] residues are some 1800 times less than the amount of cancer-causing agents naturally present in the plants," Walker commented in 1998: "these and similar statements routinely made by Doll and his sponsors, are pure fabrications." (www.wsws.org/en/articles/2007/01/doll-j09.html)

Doll's defenders

When the Wellcome archive revealed in 2006 that Doll had been paid by many companies whose products he defended, some scientists still tried to defend him. Prof. Colin Blakemore, a former AGNIR member, argued that Doll was open about these payments and generally donated fees to charities. Doll's research challenging industry, on smoking, however, was paid by government, not by the industry which it challenged, whereas much of his later research was paid for by the industries which he defended.

4. REVIEWS/REPORTS BY AGNIR

AGNIR Reports not peer-reviewed

According to Rt Hon Jeremy Hunt MP, the suffering of ES people can be attributed to AGNIR, such as its 2012 RF Report and its earlier ELF reports. None was peer-reviewed. It therefore appears that the suffering of ES people is caused by a group of 14 unelected people, none of whom apparently suffers from ES and none of whom is a medical expert on ES, whose review of the literature is not peer-reviewed, has not been brought before MPs, and has been the subject of much scientific criticism.

AGNIR ELF reports eventually forced to accept IARC: PHE action?

AGNIR's first ELF report denied health problems, despite the 1979 study finding the link, and the USA's EPA's recommendation of 2A in 1990. In 1992, 1993 and 1994 AGNIR reported "no firm evidence".

Once the WHO's IARC recognised ELF as 2B cancer agent in 2001, in 2003 AGNIR at last and for the first time admitted a "not conclusive" association between a doubled rate of childhood leukaemia and >0.4 uT. It accepted leukaemia as linked with occupational exposure but said brain tumour evidence was "confusing". On the release of the report Doll, aged 88, told the Independent that he would live next to a power-line, and Blakemore apparently said: "The risk to children in Britain is vanishingly small." Five days before this, Prof. Henshaw's report was released showing several hundreds of deaths could be attributed to power-lines. Two of the six non-NRPB members of

Doll's committee received large MTHR grants the following year, Drs E Grant and A Swerdlow. Even though AGNIR was eventually forced to accept the ELF-cancer link, PHE/HPA did not appear to advise any significant action.

AGNIR RF Reports: rejected IARC

AGNIR's first RF report, in 2003, denied health problems, despite the USSR and other countries recognising them from the 1950s, claiming "the weight of evidence" showed no adverse effects. In 2011 the WHO's IARC recognised RF as a 2B cancer agent, but in 2012 AGNIR's second RF report rejected the cancer link, claiming adverse effects were "not convincing". This AGNIR 2012 RF Report has been heavily criticised (see ES-UK News 10.2, June 2012).

AGNIR 2012 RF Report: invalid on ES and EHS

The AGNIR 2012 Report claimed that it would review all the literature relating to ES/EHS. It failed to do so in chapter 6, citing only three studies out of the many hundreds of relevant studies from before 2000 since the condition was first described in 1932. [See ES-UK Newsletter 11(1), March 2013, for a detailed assessment of Rubin's hypothesis.]

5. AGNIR AND ES/EHS

At present AGNIR appears unable to evaluate ES and EHS.

(a) AGNIR has and has never had any medical specialists who specialize in, diagnose and treat ES and EHS people.

(b) AGNIR has a psychiatrist by training who admits he has not identified a single example of ES or EHS, and confuses the condition with EM Neurosis, yet appears unaware of ES' diagnosis and international recognition since its discovery in 1932. (See ES-UK Newsletter 11.1. March 2013 for an analysis of failed psychological tests.)

(c) AGNIR's chair is an epidemiologist but EHS is a non-linear condition making conventional epidemiological hypotheses invalid.

(d) AGNIR's report methodology was flawed as regards ES and EHS, since it produces separate ELF and RF reports, whereas ES and EHS cover the whole EM spectrum and a person who is sensitized to one frequency can begin to react to other frequencies.

(e) The AGNIR 2012 RF report failed to analyse and review the studies from the 1950s and 1960s in the USSR and Poland which fully established ES and EHS in scientific terms.

(f) The AGNIR 2012 RF report failed to build on the Nordic Council of Ministers' acceptance of ES as ICD-10 R.68.8 in 2000 and its full-proof diagnosis.

(g) The AGNIR 2012 RF report failed to understand how the linear methodology on which its chapter 6 on ES and EHS is invalid.

(h) The AGNIR 2012 RF report failed to take into account studies which show ES in animals and plants.

(i) The AGNIR 2012 RF report failed to address ICNIRP's recognition in 2002 of sensitive sub-groups of the general population needing lower safety limits.

(j) The BioInitiative 2012 Report studied almost exactly the same range of evidence as the AGNIR 2012 RF Report yet came to very different conclusions, supporting the current scientific consensus of adverse effects from non-thermal EM exposure, rather than maintaining AGNIR's obsolete minority views.

6. FUTURE ROLE OF AGNIR

AGNIR: no useful role unless reformed

Critics note that AGNIR has no useful role if it continues to be composed of people still denying non-thermal low-level effects, against the scientific consensus and the WHO's IARC, the BioInitiative Reports, the Nordic Council of Ministers, and the leading experts on ES. Otherwise it is limited to producing increasingly out-dated reviews, while equally imposing suffering and illness on growing numbers of people, especially ES sufferers.

If AGNIR is to make any valid contribution to reviewing ES and EHS, it either needs to be radically reformed or should have a separate committee for ES and EHS. Such a committee needs to have:

(a) a majority of medical doctors and scientists who accept non-thermal adverse effects and thus accept the current scientific consensus;

(b) no members from PHE/DH if it is to be independent, especially if PHE/DE employees are still not allowed to admit to adverse health effects from EM exposure;

(c) members who are medical doctors with experience in diagnosing and treating ES and EHS patients

(d) members who are not psychiatrists with experience based only on the different condition of EM Neurosis and who have consistently failed to diagnose or recognise a single case of ES;

(e) members who are ES sufferers themselves or who specifically represent ES sufferers or can speak on their behalf;

(f) the power to recommend appropriate levels of EM exposure for ES and EHS patients, based on biological non-thermal evidence and LOEL (Lowest Observable Effect Level), such as the Seletun International Limits (2010) and BioInitiative 2012 Report, in turn based on the key requirement of all medical doctors concerned with ES that reduction of EM exposure is the key and first requirement in all treatments.

BBC SUPPORT FOR INDUSTRY AND GOVERNMENT AGAINST SCIENTIFIC CONSENSUS

BBC's "Bang Goes the Theory" 16th April 2012

Several supporters of ES-UK and others wrote in strong terms to the BBC over its extraordinary claims about the supposed absence of harm from radiation like WiFi and mobile phones in a very poorly researched six-minute addition to the BBC1 "Bang Goes the Theory" programme on 16th April 2012. The BBC report made no proper allowance for people affected by or made seriously ill by WiFi, or those who have lost their jobs, homes or family because of WiFi, or children sensitised to WiFi and unable to attend school.

No doctors who know how to diagnose and treat ES sufferers were interviewed, only the dosimetrist Simon Mann from PHE/HPA who followed the usual minority industry and government line of denying the likelihood of harm but asking for yet more research, despite more than enough evidence since 1932 establishing the condition. No reference was made to the acceptance of ES by the international Nordic Council of Ministers in 2000 or their simple diagnostic test.

Critics saw the addition to this programme as a knee-jerk reaction imposed by PHE/HPA and government, attempting to limit the damage when Professor Annie Sascie was to announce in London the following week that WiFi and mobile phone radiation should be a 2A rather than a 2B cancer agent. The BBC, however, allowed the complaints from the chair of ES-UK trustees to be referred to the BBC Trust's Editorial Standing Committee. This rejected most aspects at its meeting in December 2012 and then rejected the final element of the complaint at its 17th January 2013 meeting. The BBC Trust's Finding was published online on 26th March 2013, after a two-week delay while it considered comments, as below, on the last surviving complaint.

Final Complaint: the wording on the incomplete COSMOS study was misleading: "We'll have to wait a while for proof that wireless is completely safe". Wireless radiation was classified as a 2B cancer agent eleven months before the programme and, therefore, it can never be proved "completely safe", however long we wait.

Final Finding by BBC Trust ESC:
complaint not upheld (11-page explanation).

Response by complainant:

(a) The BBC Trust's ESC finding is based on an outdated and disproved view of the bio-effects of low-level microwaves as limited only to the heating effects, rather than the current scientific consensus on established non-thermal effects.

(b) The BBC Trust's finding ignores recent decisions by other governments. Belgium is adopting strategies to safeguard children from mobile phone radiation. The French National Assembly recommends wired Ethernet cables for internet use in all schools instead of wireless WiFi, in addition to its previous ban on mobiles in schools. The Appeals Tribunal of the Australian Federal Court has accepted Electro-sensitivity as a real condition which deserves employment compensation. The Italian Supreme Court ruled that mobile phones can cause brain tumours.

(c) The BBC Trust's finding refers to the AGNIR 2012 report published later in April. This report, based on the invalidated heating-only hypothesis, is now out of date. More authoritative is the BioInitative 2012 Report, by 29 leading international researchers, which concludes that low-level radiation is harmful and that, e.g., Wi-Fi should be banned immediately from all schools.

(d) The disputed 6-minute clip was added to the BBC programme on 16th April and the AGNIR 2012 report was published on 26th April, the same day that Professor Annie Sasco, a leading member of the WHO's IARC where she had worked in cancer prevention for 22 years, argued that the 2B cancer classification for RF should have been 2A, at a cancer conference in London. She was then dismissed from her job, such apparently was the anger of industry and some agencies.

(e) The BBC Trust's chair and vice-chair apparently have roles in companies like Hutchison Whampoa ['3'] and Enlightenment Economics, both involved with mobile phone companies. This may raise possible conflicts of interest.

ES EXPERIENCES

"Spontaneous chest pains" from phone mast

Alex writes to ES-UK News: "I am a student of biochemistry with a background in physics. I have had electrosensivity for as long as I can remember and it has been getting progressively worse. At first I did not identify the phenomenon as 'electrosensitivity' and had never heard of such a thing. Unable to turn to anyone else, I troubled my university for answers. At that time the reply was that mobile phone masts pose no risk. To dispute this obvious issue was nothing short of risking being labelled a 'conspiracy theorist', such is the arrogance of elitist academia. This is not the practice of science, but the practice of politics.

Shortly after a mobile phone mast was erected overlooking my garden, I began to suffer from spontaneous chest pains. The next day, I went to bed early and had what I thought was a heart attack – I tried to call out but could not and I lost consciousness. Fortunately, I awoke in my bed about ten hours later, alive. I immediately went to the hospital and received a diagnosis of sinus tachycardia with a right bundle branch block. Essentially, the electrical activity of my heart was disrupted. There was mention of stopping my heart and restarting it but I did not want to try this. I had several ECG's and a full biochemical analysis. The surprise: I was a healthy 25 years old with no such history in my family. (It is important to note that the heart is an electromagnet in its own right and the most electrically active organ in the body, even more so than the brain.)

Since then, I realised that I have microwave auditory syndrome. I previously thought I was quite mad and kept it to myself. I also realised that I had become very lethargic, physically and mentally, in high density fields of terahertz radiation. Every night I have trouble sleeping. This is certainly affecting my quality of life and no amount of ignorance or suggested pharmacological interventions will erase the fact that non-ionizing radiation in and near the microwave range, including terahertz, is particularly hazardous to health and dangerous.

In January we and our next door neighbours reported dead car batteries and we had noticed in addition, that our mobile phone batteries were all completely dead. I surmised this might have been due to an EMP given off by the mast. There is absolutely no doubt in my mind that mobile phone masts are causing significant health problems and possibly even death. Short of putting a Faraday cage around the house, I will certainly be moving. I can't and won't live like that. My career is too important to me for me to put in some authoritative complaint but I do hope this letter will benefit and reassure others that they are not 'mad' or 'imagining things'. There is a solid and as yet undiscovered science to the dangers of mast emissions; it is a matter of consistent research. I advise anyone wishing to escape, to holiday in the Welsh mountains."

On the move – pain at 9.00 pm and 5.30 am

A correspondent from the USA writes to ES-UK: "I have had to move 20 miles south to a much less populated area while staying in my van (11+ years now) and have recently been kicked out of my only two remaining dead spots - 'dead' as far as my feeling no pain/symptoms there at night. I've had one good night's sleep in the last four and my throat is hanging on my tongue – it's so swollen. My pain almost always comes on at 9.00 pm, sometimes at 10.00 pm in another location, like clockwork, and the same thing in the morning: it starts up at 5.30 am in one spot and around 7.00 am in others."

Ex-model with ES: "like a heavy, thick cloud … totally disoriented"

Jolie Jones, former model, was featured in an article by Kim Izzo on 4th February, called "The Beauty of Aging", page 7, in Everything Zoomer. Aged 57, she suffers from sensitivity to EMF and RF, meaning she has trouble being around mobile phones and electronic devices. The crew was asked to shut down their mobiles while she was on set so she could concentrate.

"I am extremely sensitive to radio frequencies from cellphones and wireless networks," she explained, blaming high levels of heavy metals from eating too much tuna. In its early stages she said the condition made her feel as if in a heavy fog: "Like a heavy,

thick cloud entered my brain from the temples and I felt totally disoriented. It was painful in fact. My joints would tingle and ache. Also, at times, I would get palpitations in my chest and I was very drained." She points out that even when phones are on silent, they still emit RF waves. She is writing a book on her condition and says, "Most brain surgeons when pressed will admit that the rise of tumours in young people is a direct result of phones up against the ear." She thinks that these frequencies will be discovered to be as dangerous as asbestos and cigarette smoke. Jones now lives in Vermont alongside her dogs and horses but this simpler lifestyle makes her trips to Los Angeles jarring.

Harmed by smart meters

Accounts of people harmed by smart meters, posted on EMFacts, 16th May:

- My symptoms started the night the smart meter was installed. Waking with heart palpitations and a racing heart and internal shakiness. A surging feeling that went right through my body now and then. Head pain and a burning pain on the left side of the head. Depleted immune system - leading to flu and cold. I am now getting nausea and maybe 2-3 hours' sleep a night.

- Since installation I wake up with headaches every single morning and go to bed with something very much like vertigo every night. I have had this ever since the smart meter was installed. It is installed on my front porch right outside my bedroom so I am very close to it.

- Since my smart meter was installed, I've experienced shortness of breath, palpitations and headaches mainly at the back of my head. Could it be because the position of the meter is on the other side of the wall where I sit every night while watching TV. What can I do about it? I have no room to change the position of the couch and my symptoms are getting worse by the day.

- I experienced ill health from my neighbours' two smart meters located 3 metres from my bedroom. After complaining to Powercor I found that they must have reconfigured them as they are not communicating so much, as confirmed with an EMF meter. My heart palpitations/pain in my chest has gone but I still am waking up with headaches, although they are not as intense as before the meter was reconfigured.

- I have developed ringing in my ears that would go away when I went to work. Now I have had two months off work, since the ringing is constant. I have developed a thyroid problem since the smart meter was installed. I wake up aching. The meter is next to my bedroom wall.

- Our smart meter was installed about two years ago. Our town in Central Victoria was one of the earliest in the roll-out. Since its installation outside my bedroom window my health and the general health of my family has gone downhill rapidly. I suffer from severe headaches, memory loss, loss of motor skills. I feel as though I am walking around in a haze. I lay awake until daylight some nights and others it is 1-2 pm when I wake up. There is also the high pitched squeal that the smart meter emits constantly.

- I came to Australia after a smart metre was fitted 2 metres below my bedroom window in New Zealand but I was not informed of the radiation danger. I subsequently experienced severe health problems and was at a loss to explain this. One of my students wrote a report about her own experiences with smart metres and I had to mark it. I began to put two and two together. The report probably saved me serious health problems.

- A smart meter was installed in August 2012 unbeknown to the home owner. A high pitched sound that night kept him awake. His inspection the next day found the new smart meter in his meter box. He has suffered ongoing insomnia, tinnitus and overall deterioration in health since then. Shielding has helped but the ongoing difficulty in sleep and tinnitus continues.

- My son, aged 22, started work in a small graphic design studio in Fitzroy. After being there only a few weeks, he started to become quite unwell. He was getting severe dizziness, headaches, couldn't see straight or concentrate and was getting heart palpitations and extreme kidney pain, so much so that he had to take several days off to recover. On returning to work, the same thing happened again and by lunchtime he had to leave. As it was a Friday, he was able to have the weekend away and started to improve. The next week, his problems reoccurred yet again and it was then that he discovered that there was a smart meter situated inside a wooden box only about 2 meters from his head. To rule out any other cause, he underwent medical tests - ECG, blood test and kidney scan - which all came back clear. Finding that he was only getting worse at work, he felt he had no alternative but to resign. He is now "sensitised" to EMR and gets quite dizzy when exposed to it.

ES-UK Leaflet

It's an excellent introduction to what ES is, with notes on its symptoms and causes. Give it to your relatives and friends, or anyone interested.

Copies are available on the ES-UK website and from the ES-UK BM Box address on this page.

Please send contributions for the ES-UK Newsletter to:
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Aims of ES-UK
1. To help people suffering from electro-sensitivity
2. To educate the public about electro-sensitivity and related areas

Support ES-UK
A donation of £15 per year, or whatever you can afford, helps with the running costs of ES-UK. Cheques, payable to ES-UK, should be sent to the BM Box shown, with a Gift Aid declaration if you wish and are eligible.

Newsletter
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Donations should be sent to the BM Box, London.

ES UK
for all people sensitised by electro-magnetic fields and radiation

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