

## Self-help for people with Electro Sensitivity symptoms: some thoughts

*THIS IS NOT ADVICE FOR TREATMENT, AS EACH PERSON IS INDIVIDUAL AND SHOULD SEEK PROFESSIONAL DIAGNOSIS AND HELP*

Imbalances, before a disease state is achieved, can be helped by:

- Removal of stressors (pollution, electrosmog).  
Take responsibility for the removal, or serious limitation, of the use of mobile phones, tablets, Wifi routers etc, and turn off devices, especially at night and in the bedroom.
- A clean diet and good hydration free from impurities and full of vitality (eg organic and rich in antioxidants).
- High quality sufficient sleep, with good melatonin production.
- Addressing nutritional imbalances:
  - especially vitamin B and other vitamins,
  - minerals, especially magnesium and zinc, and trace elements,
  - omega 3 fatty acids.
- For some people:
  - reduction of body load from metal in the mouth:  
mercury from silver fillings is neurotoxic and crosses the blood brain barrier
  - metal fillings, implants and pegs used in the mouth, close to the brain, in dentistry seem to act as an aerial for RF fields,
  - metal work acts as a focus for EM or RF fields.
- Addressing software and other constitutional and emotional imbalances.
- Addressing electrostatic charge (and the unearthing effect):
  - Many people are never barefoot on ground free of EM fields, e.g. sand on a beach.
  - Earth is at zero potential. An adult standing barefoot and earthed on moist ground has zero potential right through the body; an adult with rubber soled shoes or otherwise uncoupled from the earth has a potential of 190 Volts at the head, and zero at the foot, giving a gradient across all cells, as an additional stressor.
  - Earthing can however lead the body to be an aerial conductor for signal and fields, or one may be earthing onto ground currents especially in urban areas – both potential problems.
- Treating life as a journey, with respect and compassion. See [www.healthandself.care](http://www.healthandself.care)

The higher one can raise one's level of health, the less symptoms may be troublesome. However, symptoms are messengers, and the body gives them for a reason, often to bring about change or avoidance of a cause. All organisms respond to weak electromagnetic fields and signals. We know that bird and insect populations are seriously affected by EM and RF fields (some devices use this to keep insects away), so it is hardly surprising that some more sensitive humans are also symptomatic.

History tells us that Safety ALWAYS lags Technological advances and the costs of safety often impact others later. Some governments at present prefer the fiction for EM fields and RF radiation that non-thermal = non-harmful, despite thousands of scientific papers to the contrary.

*For sub-clinical deficiencies of B and other vitamins, zinc, magnesium, manganese etc, see Dr Sarah Myhill "Diagnosing and treating Chronic Fatigue Syndrome".*

*For modern approaches in medicine, see James Oschman "Energy Medicine".*

*For sensitivity to emotional 'weather' in another person or a place, see Kyra Mesich "Strength from Sensitivity". This sensitivity can also extend to man-made EMFs.*