



Electro-Sensitivity and Health

Articles from the ES-UK Newsletter

Patty Hemingway	<i>ES and Healthy, Part 1</i>	<i>page 2</i>
	<i>ES and Healthy, Part 2</i>	<i>page 5</i>
Dr Dietrich Klinghardt MD PhD	<i>interview</i>	<i>page 8</i>
Professor Belpomme	<i>reports</i>	<i>page 13</i>
Dr Rea	<i>report</i>	<i>page 17</i>

ES and Healthy

Part 1

(ES-UK News, 9.1, March 2011)

*This is the first article in a new series by Patty Hemingway.
(The views expressed here are the author's, not ES-UK's.)*



In 2006 I was trying to understand why I felt so ill, and what I could do about it, so using what I already knew as a practitioner of complementary and alternative medicine (CAM), I did my own research into treatments and ways that people who were electrosensitive could overcome this problem.

I came up with a five point action plan, which is still relevant today:

- 1) Shield and protect from EMR.
- 2) Identify and eliminate stress and find ways to relax.
- 3) Check your diet and environment for allergens, and then take action to eliminate these.
- 4) Take the right nutritional supplements to reduce stress and inflammation in your system, and make good any deficiencies in essential nutrients. Remember that these will vary from person to person.
- 5) Get treatment from a practitioner who understands about energy medicine and vibrational remedies to enable your system to go back into balance. (see "Homeopathy in Practice", Summer 2006, Lifescape, April 2007)

Five years later, the e-smog is denser, and more people are being affected, but these are still principles worth acting on, and when I look at treatment protocols from medical and CAM practitioners, these steps are repeated time and again.

Maybe you have been trying out different approaches for yourself, or maybe you just don't know where to start – after all it seems such a difficult thing to do when people are constantly telling you that the problem is one you "invented", and unsympathetic or unknowledgeable GPs query your sanity – or maybe you just feel stuck. Well, the good news is that this page is dedicated to helping you achieve your health goals. You are invited to write in with your queries about health issues, and I will do my best to respond. You will find details of where to send your questions at the end of this article, and if you want to find out more about me, my website address is there too.

I would like to begin with a question that I am asked a lot:

Q How can Complementary and Alternative Medicine (CAM) help with ES? If ES is a medical condition, then surely it needs to be treated by a medical doctor?

The answer is that any practitioner can help with ES, and right now there are not enough medical doctors who understand ES or how to treat it. Even in Germany, the home of the Freiburger Appeal, which was first circulated in 2002 and has now been signed by over 2,000 medical doctors, (www.emrnetwork.org/news/IGUMED_english.pdf) and the low radiation telecoms products such as the Orchid DECT phone, a recent study has shown how little help doctors were able to give patients who reported symptoms due to EMR (The Views of Primary Care Physicians on Health Risks from Electromagnetic Fields, www.aerzteblatt.de/int/article.asp?src=search&id=79257&p=radiation)

ES-UK is fortunate in having the support of several doctors who can help, such as Dr Tresidder, whose excellent ES Story featured in the December 2010 issue of this Newsletter, but we are going to need CAM practitioners working alongside medical doctors to provide care for the vast number of people now affected. This is often referred to as "Integrated Medicine", which puts YOU right at the centre of any treatment plan.

Imagine if you were able to see the right specialist to achieve each of the 5 steps outlined above? Well, by selecting your practitioners on the basis of their expertise, this is exactly what you can do. To relax you may prefer to visit a yoga class rather than sit in a doctor's waiting room. To understand about shielding and protection from EMR you will need to find an expert who can advise you, and it is unlikely to be your local GP. In the German survey quoted previously, the most common advice from GPs sympathetic to ES sufferers, was to move house!

We all know that is unlikely to be a permanent solution, as e-smog is unavoidable wherever you live nowadays. When Dr George Carlo introduced his treatment protocol at an ES-UK workshop at The Friars in September 2008, he explained that he required his clients to live in an environment free of EMR (step 1), he began with a programme of stress elimination, or nervous system balancing (step 2), he treated with nutritional supplements (step 3), and he used other modes of treatment as appropriate for the individual such as cranial osteopathy (step 5) or allergy testing and elimination (step 4). Please contact me if you would like a report of this workshop.

So how can you get started using the 5 steps? Here are a few self-help tips:

1) Get expert advice about eliminating EMR from your house and from your life. It is especially important to sleep in an environment free from radiation so have a look at the guidelines drawn up by Dr Dietrich Klinghardt, for how to create a Sleeping Sanctuary, which is important because he believes that 80% of the damage to your system comes from exposure to EMR in our own living environments.

(<http://emf.mercola.com/sites/emf/archive/2009/07/23/creatinga-sleeping-sanctuary.aspx>). He advocates switching off the fuses at night, thereby disabling all equipment on standby and all sources of EMR while we sleep. Another group concerned with safe buildings and healthy homes, Bau Biologie recommends similar actions, <http://buildingbiology.net/> You can get clued up about shielding, wiring, grounding and other such topics through reading, "The Powerwatch Handbook" by Alasdair & Jean Philips, or "Radiation Rescue" by Kerry Crofton. If you need personal protection then contact Gary Johnson and get yourself a Light Images pendant or device. Gary is happy to advise and will provide products for a trial period if you are not sure. He also runs workshops explaining more about EMR, how it affects us and what we can do to protect ourselves. (Tel: 01787224377 or www.garyjohnson.org.uk)

2) Stress comes from various sources: negative emotions, physical trauma, mental distress, or chronic illness, but your body responds in the same way, and can tip into dis-ease as a result. People with ES are usually affected by stress in some form, and this can act as a block to recovery. If you are happy to work on this on your own then you need a guide book, such as the excellent "Conscious Medicine" by Gill Edwards. If not, then find a counsellor, or therapist who can help. Gill explains clearly how different therapies work.

3) Checking for allergens can be done using muscle testing, as in Kinesiology or via laboratory tests, which usually involve taking a blood sample. A kinesiologist will establish what your system is intolerant of and give you a treatment plan to deal with this, which may include nutritional supplements, dietary advice and vibrational remedies. Ask friends to recommend a therapist or consult one of the professional registers (there are several) to find a registered therapist. Most blood tests need to be ordered by a medical doctor, and Acumen Laboratories provide an excellent service for people with ES who want to find out what other chemical allergens may be contributing to their condition. When I was tested, and I discovered I had a sulphite allergy, it meant no more red wine (or maybe just the occasional glass of an organic wine with no added sulphur!) but the improvement in how I felt was well worth the sacrifice. (Acumen PO Box 129, Tiverton, Devon, EX16OAJ)

4) Nutritional supplements are needed where you are trying to reverse a metabolic imbalance of some sort, or make up for a deficiency. You would be advised to seek advice from a Nutritional Therapist, Kinesiologist or Naturopath to find out exactly what your individual requirements are. If that is impossible then you can find help on the internet on sites such as Dr Mercola or from Patrick Holford, who has also written numerous books and articles. This information will help you identify what it is that you might be deficient in, or where your system is out of balance.

Key nutrients for the immune system include

- vitamin C (everyone needs a daily supplement as the body cannot produce this);
- vitamin D which we get from sunshine (most people in the northern hemisphere are deficient);
- pro-biotics which help with digestive health and general immunity;
- fish oils or omega 3 supplements, which act directly on the cell membrane, which anyone with ES will appreciate is essential for cell to cell messaging;
- and antioxidants since these are depleted by stress and radiation.

5) Energy medicine is discussed in Gill Edward's book (see above) and is the term used for therapies that work directly on the body's energy system either through manipulation of energy pathways and meridians, or through dosing with remedies which change the body's vibrational frequency.

If you want to find out more about homeopathy or Emotional Freedom Technique (EFT) then please visit my website, or look up a practitioner on one of the professional registers (www.aamet.org or www.associationnaturalmedicine.org.uk). If you want to get started you will find plenty of books which explain how different therapies work, but it may be difficult to achieve long lasting effects in chronic conditions, unless you work with a practitioner.

Various types of flower essences will help in a crisis, and many have blends which address the problems of EMR. Look for

- Australian Bush Flower Essence,
- Electro Essence drops,
- or Alaskan Essences Guardian environmental protection spray.

I look forward to hearing from you and I hope that this information will help you achieve better health over the coming year.

Patty Hemingway (www.pattyhemingway.com).

Write c/o ESUK, BM Box ES-UK, London, WC1N 3XX.

ES and Healthy

Part 2

Patty Hemingway

(*ES-UK News*, 9.3, October 2011)

Thank you to those of you who sent me your thoughts and experiences about living with ES. I am going to address these, but first I want to go right back to basics and talk about what causes one person to be sensitive to radiation, or chemicals, or anything else, and why someone else does not produce symptoms. (This does not mean they are not affected, only that their body is better able to cope and repair.)

Why have I become Electrosensitive?

I asked myself this question, and the answer I got was that if I wanted to get better, I had to get better acquainted with myself first. After all this was happening to me and not someone else. I discovered that those of us affected, all had something in common – a chronic underlying physical or emotional condition, that had left us predisposed to cell membrane disruption by EMR or other triggers such as food or chemical allergens. I now understand this pre-disposition as “cell-membrane sensitivity”, and it has been described by Dr George Carlo and other scientists.

What causes the cell membrane to become dysfunctional and why is it so important?

Recent advances in molecular biology have demonstrated that the cell membrane is, in fact, the “brain” of the cell and not the nucleus as people used to believe. It is cell receptors on the cell membrane which switch our genes on and off and send the signals necessary to activate or regulate cellular activity. You can read more about this in books by Bruce Lipton, an engaging scientist with an important message, or watch clips of him in action on YouTube. I promise it’s a lot of fun, and nothing like your average biology lesson. So, if something happens to disrupt the normal functioning of the cell membrane, communication between cells and within cells breaks down. Dr Andrew Goldsworthy has written about this, and explains that “We know that weak electromagnetic radiation can temporarily remove structurally important calcium ions from cell membranes to make them leak. Unfortunately, all of our senses depend on ions flowing through the membranes of sensory cells.” <http://tinyurl.com/2nfuj>

What can damage cell membranes?

The short answer to this question is that stress, in all its manifestations, causes our cell membranes to change. Stress is not just what we feel when life events cause frustration or anger, although it is important to eliminate emotional stress when treating the symptoms of ES. Stress also arises from eating the wrong foods for our system; when we ingest too many toxic substances or are overwhelmed by too many toxic emotions; as a result of injury or surgery; or from an overload of drugs or vaccinations which the body cannot breakdown and process.

ES Symptoms

ES is not the underlying pathology. That title belongs to cell membrane hypersensitivity syndrome. The disruption at the cell membrane is triggered by EMFs each time a sensitised person is exposed, but they did not necessarily cause the initial damage.

Because of the underlying damage, each time you are exposed to one of the triggers (and EMR could be one of several) you experience the symptoms caused by this disruption of the sensory cell communication systems. This can vary depending on the underlying chronic condition that caused the hypersensitivity in the first place. Someone with a digestive system weakened by stress, or candida (fungal overgrowth), will experience symptoms in this part of their body. Symptoms such as tingling and burning tell us that the central nervous system is affected by irregular cell-to-cell communication affecting the nerves, and so we experience pain or other sensations.

Sometimes people can date the onset of their ES symptoms to a specific event. For example, someone told me that, "Before my divorce I was fine. It was when I had to cope on my own that I started to feel bad using my mobile phone". These events may have caused emotional turmoil, which is a major stress, and the body cannot adapt, but the effort of trying causes biological changes, which is the reason we feel ill.

The role of EMR in triggering ES Symptoms

It is worth repeating what a clinician currently studying ES told me recently, when I asked what people needed to do to recover: "EMR is a factor, but it is most often not the cause of ES...the inducers of symptoms in real life include many things that people do not want to admit to – like bad family relationships, bad workplace situations, financial stress – and it is much easier to blame the phone masts."

Deal with the Stress

The message here is "deal with the stress". Anyone who has been told to "de-stress", "to relax" or to "stay calm", knows that it is very difficult to think yourself out of stress – it is probably too much thinking that made you stressed in the first place! A better way to deal with it is to do what I suggested at the beginning, and get to know your stress, explore it, admit it, and watch how it loses its power to disrupt your physical body once you are dealing with it. It is well known that "What we resist persists". In real life this means doing some or all of the things on the list of actions I took – or in some cases learning how not to do anything at all:

- 1) Stop fighting and give yourself some space to recover. As long as you stay engaged in battles, whether it is with the mobile phone companies, or your neighbours, you are increasing the stress and effectively living in a war zone. I mentioned last time that Dr Carlo insists that the people following his protocols, do this for a specified period. I took 3 months off, on two occasions, I know others who took years off before they felt well enough to work again; you will need to see what is right for you.
- 2) Shield and protect from your triggers, and this includes EMR. I also found out what foods and metals I was allergic to and removed them from my diet and my environment. If certain people made me stressed, then I decided it wasn't worth being around them either, and I stopped agreeing to do things if I really didn't want to.
- 3) Identify your emotional stresses and promise yourself that you will work on resolving these problems, and not suppress them, as they will continue to run your system, leaving you with an energy deficit, until you release yourself from their grasp. I found Emotional Freedom Technique (EFT) was fast, painless and very helpful as a therapy for releasing negative emotions – oh and it's also inexpensive since you can start to work on yourself as soon as you have learned the basics. Let me know if you would like a copy of my article which explains how to get started.
- 4) Laugh and have fun. It is amazing what a difference this makes to our stress response. We could include exercise and dance in this category too, as some people get

a buzz from this, and it also helps us to relax. To find out more about Dr Kataria's Laughter Yoga, or joining a laughter session, and its health benefits go to <http://www.laughteryoga.co.uk/>. Or you could just resolve to see the funny side of life and laugh out loud a lot more often. I prescribe myself regular session with my favourite comedy DVDs.

5) Sleep in the dark, and follow Dr Klinghardt's advice about creating a Sleeping Sanctuary, which I mentioned in my last article (*ES-UK News*, March 2011). This is when our mind/body can repair and recover.

Whatever you decide, make a start today in dealing with the stress that is a maintaining cause of ES, and if you are interested in Dr Carlo's programme, please contact me to find out how to become involved – but only if you are willing to withdraw from active campaigning, which is a key criterion for selection.

Your Questions

In general, you wrote to me about the difficulty of recovering no matter what therapies you tried. One reason for this may have been because you still needed to address the underlying chronic problem, which was keeping your system in a stressed state and blocking all healing. I hope my thoughts on ways to start the healing process by removing stress, have been helpful.

One person had a question about the gamma radiation that is coming our way from the Fukushima nuclear reactor melt-down in Japan. I have found some of the people I treat have been mildly affected, and I have also had to eliminate this radiation from my system. I used various homeopathic remedies to do this, as I was not sure that foods and nutrition would be able to make the change. Dairy products were among the first foods affected in the UK, and I know several people who have felt better for taking all dairy out of their diet. There are advocates for Zeolite to pull the radiation out of the body but I have no personal experience of this being effective. After Chernobyl, the Australian Bush Flower Combination Remedy Electro was used to help hundreds of children in Russia, and this is available over the counter in health food shops today. As usual, my recommendation is to get tested, and this is where kinesiology or dowsing can be useful, and then get advice from a practitioner about what remedy will be effective for you. One reader kindly sent me details from her local paper about Addenbrooke's Hospital in Cambridge offering tests for travellers recently returned from Japan; but it is unlikely this resource will be offered to anyone else but, if you want to contact them to ask for a full body scan, call: 01223 217145. I presume doctors are prescribing iodine tablets where someone tests positive for radiation. If you decide to take this supplement, talk to your doctor first or take advice from a qualified nutritional therapist.

Dr Dietrich Klinghardt, MD, PhD, on Electro-Sensitivity

(ES-UK News, 9.2, June 2011)

This is Patty Hemingway's summary of the interview on ES which Dr Klinghardt kindly gave to her and Sarah Dacre at Forest Row, Sussex, on 3rd February 2011.

1. Symptoms and onset of EHS – often undiagnosed

Most people are unaware that any symptoms they are experiencing are related to exposure to EMR, and believe that they are just stressed, or associate their symptoms with the wrong things. The symptoms are often subtle and hard to distinguish from other conditions, and include:

- daytime fatigue;
- lack of restorative sleep;
- tension;
- chronic infection;
- deterioration of vision;
- neurological symptoms;
- brain fog;
- burning;
- short-term memory loss.

Adult onset ADHD (Attention-Deficit Hyperactivity Disorder) is common but physicians do not recognise that this is triggered by EMR, and assume it must have been present from birth and has previously gone undiagnosed. In fact, the predisposition is genetic, but the trigger is often EMR.

2. Starting treatment – the need for EMR shielding

Dr Klinghardt started to apply the principle of basic shielding and protection from EMR in 2006. He immediately noticed a change in patients with diabetes, such as the fact that they needed less medication or had more stable blood sugar levels.

In 2007 Dr Klinghardt received an award for being that year's leading innovative physician for his work on Lyme disease as well as other viruses and neurological treatments, and he began looking for the cause of these symptoms such as those of adult-onset ADHD. He discovered that any treatment was only successful when patients were prepared to shield their environment from EMR, and after this the trigger for these symptoms was clear.

3. The extent of the EMR problem

Cell-phone radiation is doubling annually. By 2015 it is predicted that the ambient density of EMR will be 25 times denser than today. (See a new study on Camilla Rees' website). Where is it coming from? We know the sources, but this is no help in predicting its effect as the damage to the human system is cumulative. Background radiation comprises mobile phone radiation, radar, such as that in Forest Row in the high Gigahertz range which is increasing monthly, and Tetra, the police communication system which, he says, is devastating to health and doubling every year. Exposure for 24 hours a day without respite causes disruption in the body which cannot be repaired without shielding. If the human body only had to contend with the radiation from a correctly used mobile phone for limited periods, then it would probably cope, since

eventually the body can clear the radiation effects. However, round the clock exposure from other sources makes this impossible.

4. The mechanism for harm

Our cell membranes resonate in the 1-10 Gigahertz range, so EMR in this range activates the body's cellular communication system. Our cells translate messages through extra-cellular signal-regulated kinase receptors (ERK1 & 2), which activate a cascade of events leads to the shutting down or activation of genes. As a result, viruses are replicated instead of dying off, and chronic infection results. This mechanism also activates the cancer causing part of our DNA, and alters immune system function. Activation via EMR frequencies is chaotic, unlike the usual biological activation used for building metabolic enzymes, and sends out a chaotic signal. The effect is cumulative and the translation of DNA becomes more derailed with each signal.

5. Autism

Dr Klinghardt is a specialist in treating autism. He has conducted studies into the effect on the foetus when the mother is exposed to high levels of EMR and microwaves in pregnancy, and in particular when asleep. He states that, "when levels of EMR are beyond a certain value (ie high) we know that the foetus will be damaged." He now predicts neurological damage in children on the basis of measurements of ambient radiation taken from the mother's house in pregnancy. Dr Klinghardt predicts from these studies that it is highly likely there will be cohorts of children growing up who cannot escape being damaged by the effects of radiation on otherwise healthy foetuses, a problem he describes as "catastrophic". In his experience autistic children have been exposed to radiation levels 10 to 25 times greater than those levels experienced by non-autistic children, in utero. Most autism is regressive so it is only diagnosed after the first year of life. By then the link to in utero exposure to EMR is difficult to calculate, and the trigger is not perceived to be EMR. So far his studies of these effects remain unpublished.

6. Other conditions resulting from EMR exposure

Exposure to EMR causes metabolic problems, and premature ageing due to the activation of various enzymes. Symptoms include

- receding gums;
- blurred vision;
- sagging facial and abdominal muscles;
- low thyroid function;
- and inflammation in different regions of the body, as evidenced by various studies.

7. Susceptibility

(a) Certain genetic types are more vulnerable to EMR, such as those who react to moulds. Research into typing is looking at the same sort of distinctions that apply to tissue typing in organ transplants. This HLA (Human Leukocyte Antigen) typing looks at markers on the surface of white blood cells (leukocytes). There are two types, roughly 20% of the population, that carry these markers and are most susceptible to becoming EHS. There is an argument that says that this is part of natural evolution, and that still leaves 80% of the population that can handle EMR exposure, so we should be prepared to sacrifice those not capable of adaptation. This is a false premise because genetics tells us that even if the next generation adapts, by the 3rd generation, the sensitivity will return. This is explained by the study of haplotyping, genetic markers that are inherited.

(b) Another pre-existing condition that increases susceptibility to EHS is an accumulation of metals, such as mercury, in the system. This quite simply turns the body into a better antenna which can collect and concentrate radiation in the body. People with a lot of accumulated metal in their systems can draw in mobile phone radiation and may well protect others close to them, who will receive a lower dose as result of their proximity to a human magnet for EMR. If a pregnant mother has accumulated metals in her system she will attract EMR, and this will be most concentrated in the womb, and so have a greater effect on the baby than the mother.

8. Treatment – how people can help themselves

(a) Measure the dosage exposure in your house, especially the sleeping area.

The instrument Dr Klinghardt uses to do this is a GigaHertz Solutions HFE 35C. However, this will only measure up to 3GHz, and to measure radar you will need an instrument that goes up to 10GHz. Pay particular attention to the sleeping area. At night you are more vulnerable because your nervous system functions in parasympathetic mode, rather than being in sympathetic mode. Dr Klinghardt treats patients who work in the IT industry and suffer high daytime exposure to EMR. However, they remain symptom free and feel fine as long as they are protected from EMR at night. However, in his experience, the longer they work in this industry the greater the need to increase the daytime protection. When people can take no more they develop symptoms and often display aggression and nervous system dysfunction.

(b) Measure your body voltage in a particular location, such as where you work or your sleeping area. It is not possible for the nervous system to re-generate if this is much above zero. However, it is not unusual for people to register a value of over 800,000! Watch for any build-up of electricity in the system and discharge this static electricity. BauBiology suggest that a safe level for body voltage is below 50 microwatts per sq meter, but Dr Klinghardt recommends less than 1 microwatt per sq meter, or health will be affected, although the affect may be mild.

(i) High body voltage can affect the anti-diuretic hormone produced by the pituitary gland; this can be measured using a blood test. One consequence of EMR exposure is the need to pass urine all the time, and feeling thirsty. He can treat this using an anti-diuretic hormone nasal spray, and people report feeling better once their hormonal system is back in balance.

(ii) Look out for poor electrical wiring at home as this common in the UK, and facilitates a build up of EMFs. The only way to deal with this is to switch off all fuses at night. The contents of unopened fridges and freezers will not defrost if the appliances are properly sealed.

(iii) Infrasound vibration coming from the fridge motor may cause health problems, even in other flats in the same building. If you need to reduce this vibration you can place "shock absorbers" under the bed feet. There are also special switches which will turn off the fuses.

(iv) Microwave ovens. How well someone sleeps in their bed may be a good measure of where the radiation hot spots are. However, you can still measure and make sure that no-one is sitting or sleeping in the microwave eddies that come from microwave ovens, which distribute radiation randomly across a relatively large area.

(c) Shielding.

Use carbon paint to create a shield on the outside of the house to reflect microwaves. Dr Klinghardt uses a German paint called Y Shield. The same reflective effect can be created on windows using a special film containing metal particles. Correctly applied shielding will turn your house into a protective Faraday Cage.

(d) A sleeping sanctuary

(i) Most importantly, you need to create a sleeping sanctuary. Dr Klinghardt recommends a mosquito net or canopy, made from Swiss shield material, placed over the bed. The pore size should be large enough to allow air to circulate but small enough to deflect microwaves.

(ii) When covering a baby's cot with a net make sure there is plenty of room for air to circulate and that the mattress sits above the cot frame. Many mattresses contain harmful chemicals which can be released as gases, if the mattress becomes damp, and it is important that these are not inhaled by the baby. There is research linking toxic mattresses to sudden infant death syndrome. Better still buy a mattress made from natural, chemical free materials.

(e) De-toxing after shielding

(i) De-toxing. Many people think they are getting worse at first because they experience symptoms such as diarrhoea, joint pain and general discomfort. This reaction is well noted and is to be welcomed as a sign of returning health. In Dr Klinghardt's experience this detoxing can take up to 6 weeks. It is important to enable the toxins to pass out of the body once they have been released from the tissues, and Dr Klinghardt finds chlorella is an effective remedy for this.

(ii) Children. In Dr Klinghardt's experience simply allowing a child to sleep under a net can produce "miracle improvements" in their health.

(iii) Autistic children. In Dr Klinghardt's first "prescription" for every autistic child is that the child should sleep under a net. Research has shown that autistic children who live in a safe environment, screened from EMR, start to detox heavy metals (Mariea TJ, Carlo GL, "Wireless radiation in the etiology and treatment of autism: Clinical observations and mechanisms" J. Aust Coll Nutritional & Environmental Medicine, 28(2): 3-7, Aug. 2007).

(f) Remove wireless devices.

It is important to clear out sources of radiation from the home environment such as wireless computers, DECT cordless phones etc. There are safer alternatives, and if your neighbour or employer will not provide a corded phone or safer cordless phone such as the Orchid Phone, then you should offer to buy one for them – for the sake of your own health.

(g) Protective clothing.

If you need additional protection then look for clothing made from silver weave cloth, such as that developed in Germany and you will recover more quickly. Some people have found relief from covering up from head to toe, in a garment resembling a burka, while they are recovering.

(h) Stetzer filters protect from ambient magnetic fields, by cleaning up the electrical field around wiring and electrical sockets. Without this protection the whole house will contain information carrier frequencies which travel along electrical wiring, confusing your cells. Most people need two or three filters per room, and a Stetzer monitor will tell you how badly affected your house is by this "Dirty Electricity".

9. Individual responsibility

Dr Klinghardt recommends that every person takes responsibility for eliminating EMR from their environment. There is still no education for physicians in how to treat this problem, and those who speak up can find themselves in trouble, so individuals have to

help themselves recover and stay healthy. Without individuals taking the initiative and acting to clean up their environment there will be no change in the situation. There will soon be clear medical tests that can determine how badly affected someone is and track their progress as they recover.

Professor Belpomme: current state of ES research



(ES-UK News, 8.4, December 2010)

Proven link between EMFs and cancer and Alzheimer's

Next-up News on 10th September reported Alexandre Zalewski's interview in Metrofrance.com with Dominique Belpomme, professor of oncology at Paris Descartes University and president of ARTAC, the Association Research Therapeutic Anti-Cancer. Prof. Belpomme declared that "there is a proven link between EMFs, cancer and leukaemia", with an even higher risk of Alzheimer's.

A major public health issue

He says his twice weekly consultations in Environmental Medicine see 10-20 new EMF patients per week, with a growing number of parents coming for their children who have headaches, impaired memory, concentration or language, problems with dyslexia. "It is a major public health issue. There is indeed neuro-degeneration." "These symptoms may be minor, like headaches, or much more serious as the beginning of Alzheimer's disease."

Diagnosis of SICEM

Based on treating 400 patients he has developed a diagnostic test using a pulsed Doppler ultrasound and cerebral blood tests. They serve to highlight an increase of some stress proteins, which reflect the existence of a brain injury. "These are real sick. So I can certify that they suffer from a Syndrome of Intolerance to ElectroMagnetic Fields (SICEM)."

Three protocols

His treatment to reduce the symptoms is based on three elements. First, close the electro-brain barrier, using one or more antagonists of histamine receptors. Then stimulate the regeneration of astrocytes (brain cells) that were destroyed by EMFs. Finally, they initiate a study testing the effect of antioxidants. "We get interesting results, but this does not prevent a potential recurrence. Hence the need to complement this treatment of protective measures vis-à-vis the EMFs."

Need for white areas

This involves the creation of white areas, especially in public institutions and public transport. "It must be like for tobacco: prohibiting the Wi-Fi in certain areas, such as libraries. It should also prohibit the installation of base stations near kindergartens and schools. There are urgent protective measures to take, but which are unfortunately not yet implemented."

10-50% people ES by 2035-2060?

"We cannot remove the sick to please the public and political authorities of the country. In the name of the Hippocratic Oath I speak out publicly, because there is a major public health issue. Studies show that 10-50% of the population could become intolerant to EMFs in 25-50 years' time. One day we will pay the bill if we do not take precautionary measures and prevention is needed now."

New markers for Electro-sensitivity

Two new types of markers for electro-sensitivity have been recorded in the last few months. They add significantly to the existing battery of tests developed in the last three years for diagnosing pathological aspects of electro-sensitivity, such as heart rate variability, microcirculation, active electrical skin potentials, blood stress proteins,

urinary melatonin, lymphocyte chemical sensitivity, mast skin cell degranulation, blood cell changes, spontaneous hand movements, etc.

1. Alpha amylase and cortisol in saliva

A new non-invasive test for radio-frequency-EMF sensitivity has been developed using stress biomarkers in saliva after exposure to very low levels of RF radiation from a mobile phone transmitter. These biomarkers, alpha amylase and cortisol, are also associated with diabetes, cardiovascular disease and other stress-related disorders. The study (Augner C et al., 2010) *Biomed Environ Sci.* 23(3): 199-207) used 900 Mhz GSM in five 50-minute exposure sessions at 3 power densities: high: 2126.8 microW/m² (0.9 V/m), lower than Russian standards; medium: 153.6 microW/ m² (0.3 V/m), close to WiFi transmitter signals; low: 5.2 microW/ m² (0.04 V/m), typical of many rural/surburban areas without smart meters or WiFi near, but still having good cell phone receptions. The participants responded to all 3 exposure conditions in 2 of the biomarkers, alpha amylase and cortisol, but not IgA.

2. Encephaloscan

Next-up reported on 29th August that Philippe, suffering from EHS, lived in a French EMF-free refuge during the winter of 2009-10. His medical condition was tracked by the Association de Recherche Thérapeutique Anti-Cancéreuse (ARTAC), an independent group of doctors and researchers based in Paris, specialising in the biological, therapeutic and clinical study of cancer, including EHS. A group headed by Professor Dominique Belpomme is studying a considerable number of EHS. (An update on their work, "État des lieux des recherches de l'ARTAC sur les EMS et l'EHS", was published on 18 December 2009.) Philippe underwent various medical examinations before his stay in the forest, including an encephaloscan at the Centre d'Exploration de la Fonction Cérébrale run by Dr Ph Lebar in Paris.

At present an encephaloscan is the best diagnostic marker of symptoms in the brains of people who are EHS, providing scientific proof of the EHS condition. The scan gives an image of the arterial irrigation of the two hemispheres of the brain. The results are analysed by comparison with standard variations. Columns can be shown diagrammatically to represent zones with adequate circulation in red and orange, and zones with inadequate circulation in yellow and blue.

Diagram 1 represents an encephaloscan before Philippe's arrival in the Forêt de Saoû.

The circulation levels in several areas of both hemispheres are seriously affected.

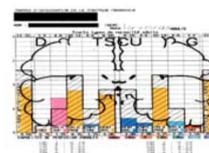
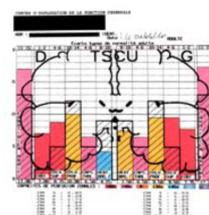


Diagram 2 represents an encephaloscan after Philippe has lived for three months in the Forêt de Saoû, an area with very low artificial radiation. The circulation levels in both hemispheres of the brain are significantly improved. Philippe was no longer in a weakened state.



Professor Belpomme

(ES-UK Newsletter, 9.3, October 2011)

Clinical and biological description of the electromagnetic field intolerance syndrome (EMFIS)

This was the title of a presentation at the 8th National Congress on Electrosmog, Berne, in 2011, given by Professor Dominique Belpomme. He is professor of clinical oncology at

the University Paris-Descartes, and practices medical oncology and environmental medicine at the Allera-Labrouste Clinic in Paris. He is also president of ARTAC (Association for Research and Treatment against Cancer) and Chairman of ISDE-France (International Society of Doctors for Environment).

Between May 2008 and March 2010, 425 patients reporting hypersensitivity to electromagnetic fields (EMFs) were examined in a clinical and biological setting. 95% clearly reported the repeated occurrence and disappearance of symptoms linked to the presence or absence of EMFs. Three clinical phases were distinguished.

(i) An initial stage, during which EMF exposure can induce headaches, a sensation of heating in the ear and other parts of the body, especially the upper part of the body, tinnitus, ocular abnormalities, myalgia, and, in some cases, dermatitis and symptoms such as chest tightness, palpitations, tachycardia and nausea.

(ii) A second phase is characterized by insomnia, chronic fatigue and depressive tendencies, attention deficit, troubles with concentration, immediate memory loss, behavioral problems, and anxiety, during which the initial symptoms may occur every time the patient is exposed to EMF sources. In addition to the detection of brain vascular hypo-perfusion (decreased blood flow in certain areas of the brain), predominantly in the limbic area, blood tests revealed increased histamine levels in 36% of patients, an increase in heat shock proteins in 45%, a decreased level of melatonin in 33%, and vitamin D deficiency in 70% of patients. Specific observations and tests were also included, proving that cerebral suffering was due to EMFs.

(iii) A third phase, suggesting that an EMF intolerance syndrome may correspond to a pre-Alzheimer's disease state. In a recent interview (September 2010), Professor Belpomme stated that "there is an important link between electromagnetic fields and neuro-degenerative diseases, notably Alzheimer's. The risk of Alzheimer's, which can arise in young persons from age 45, is moreover much more important than the risk of cancer."

The therapy for treating persons suffering from EMFIS includes prescription of omega 3's, anti-oxidants, vitamin D, and anti-histamines.

ASTRE: The French research groups ARTAC (Association pour la Recherche Therapeutique Anti-Cancereuse) and CRIREM (Centre de Recherche et d'Information Independent sur les Rayonnements Electromagnetiques non ionisants) into SICEM (Syndrome d'Intolerance aux Champs Electromagnetiques) have formed a joint independent research group ASTRE (Alliance Scientifique pour le Traitement et la Reconnaissance des maladies Electrosensibles).

PROFESSOR BELPOMME – PRACTICAL UPDATE

(*ES-UK News*, 9.4, December 2011)

A reader who has visited Prof. Belpomme's clinic in Paris has sent the following comments.

"Thanks to wearing the EM protective clothing, I was able to get through the airports and flight much more comfortably and traveling was much more bearable, as was attending the clinic in Paris. I can report a vast improvement in blood flow and oxygen to the brain; however, some biological results are still to come which are more pertinent.

A word of warning is that the levels of EMR around and in the clinic are extremely high. Outside it is 3-5 V/m and inside is up to 2 V/m. There are scores of masts around the clinic, which is located in the 15th arrondissement. It is also next to the main railway line. ES people should avoid using the metro as the average reading is above 2 V/m and almost everyone has a mobile on. The reading on the flight averaged 0.5 V/m (max. 3 V/m), with up to 5 V/m at various points in the airport.

Prof. Belpomme will almost certainly send ES patients for scans at the Centre de Radiologie located about 300 metres from the Eiffel tower, where levels have been measured at 10 V/m. The Centre measures up to 2 V/m inside, although I could not measure the voltage at the scanner. In addition they can expect to have extensive biological tests at the Labo XV. The wait at the clinics can be 2-3 hours and that is a long time to spend in high levels of EMR. Anyone suffering badly should take someone with them if possible.

EMR free accommodation is almost impossible to find within a 35 mile radius of the clinic. Ask the telephone helpline if you want safe accommodation outside Paris.

It took me approximately 6 weeks to get back to where I was before the trip but I have improved immensely in the last 12 weeks since commencing the treatment. Patients can expect to pay approximately €750 for the appointment and tests and another €150 for three months prescriptions."

Contact details: Professor Dominique Belpomme,
Clinique Alleray-Labrouste, 64, rue Labrouste,
75015 PARIS. Tel: +33 (0)1 45 78 53 53.

www.alleray-labrouste.com.

His clinics are on Monday and Thursday.

DR REA ON ELECTROHYPERSENSITIVITY

(ES-UK News, 9.4, December 2011)

These are some notes from a report called "Electrical hypersensitivity triggers and treatment" posted on Dr Ann Louise's Edge on Health Blog on 18th October by Melody Chan Graves, who recovered from fibromyalgia by eliminating EMFs from her home (see ecodynamicliving.com).

Sweden recognizes EHS and gives EHS individuals access to low exposure housing and the right to claim the illness as a disability. At the Institute of Baubiologie and Ecology Conference in September 2011 in Tucson, Dr William Rea, the renowned environmental medicine pioneer with nearly 30 years of experience, said that humans are antennas with different levels of sensitivity. In his 1989 study of 25 patients who reacted to EMFs but not a placebo, 64% had changes in their autonomic nervous system. All responded with 100% accuracy to a second challenge with the same offending frequencies.

Dr Rea has observed a high correlation with sensitivity to metals like zinc, copper, stainless steel, titanium, molybdenum, manganese and magnesium. Metal implants like dental fillings and shoulder joints contribute to ES because they act as antennas. Synergistic effects from different environmental exposures are common. 80-90% of ES is preceded by multiple chemical sensitivity and pesticide exposure is the initiator in 80% of patients seen. Food and chemical sensitivities show up on 90% of ES patient's breath, blood, hair and urine samples. Chemical exposure from fracking associated with natural gas wells affects occupants inside the fracking zone, as shown by breath analysis.

The four major triggers for ES patients in his clinic are:

1. Exposure to pesticides, moulds and mycotoxins.
2. Fracking from natural gas drilling.
3. Formaldehyde.
4. Technology such as occupational exposure to high levels of EMFs.

His treatment of ES involves four principles:

1. Live away from electrical and pesticidal areas.
2. Live in areas as free as possible from Wi-Fi, TV signals, mobile phone masts etc.
3. Live where grounding is possible. Avoid underground wires, cables, metal pipes. ES patients should be grounded.
4. Decrease your toxic load inside your home:
 - use wood, ground rods, a raised floor, low-terpene woods;
 - shield computers and TV;
 - shield wiring and try to keep some walls in each room without wiring;
 - place the bed in the middle of the room away from wiring;
 - use hardwood or ceramic flooring for chemical reasons;
 - use a wooden bed frame of hardwood, not pine or cedar which are high in natural terpenes which can cause reactions;
 - use cotton or silk bedding and not commercial wool which may be treated with toxic fire-retardants;
 - use a metal-free mattress, such as rawhide springs;
 - eat organic foods and rotate your diet to minimize food sensitivities;
 - drink spring or filtered water, or distilled water with its lack of minerals.

Dr Rea's clinic uses various treatments, including:

- neurotransmitter supplements;
- magnesium, multivitamin, multimineral and lipid/oil supplements;
- oxygen and hyperbaric therapy;

- immune modulators,
- gammaglobulin replacement,
- autogenous lymphocytic factor for improved T-cell function;
- traditional sauna treatment with wood and glass or ceramic sauna.

As regards the end result of ES, Dr Rea said the syndrome telescopes into a fatal disease. He stated that ES has a genetic component waiting for a trigger, and that Alzheimer's, Parkinson's, dead nerves in the brain, and heart arrhythmias are all examples of end results of ES patients left untreated.

Nevertheless environmental medicine continues to grow. There are now three doctors' organizations dedicated to environmental medicine and there are about 5,000 complementary doctors worldwide.