

Electrosensitivity discussed in Parliament

Members of Parliament discussed the problems faced by people with Electrosensitivity in detail for the first time during a House of Commons Westminster Hall debate on Tuesday June 25th 2019.

Tonia Antoniazzi, MP for Gower, gave an excellent opening speech on the topic of “The Health-Related Effects of Electromagnetic Fields”. She spoke about being convinced by her friend Annelie’s real physiological ES, frustration at standard replies from government and coming up against a brick wall.

She said that PHE’s AGNIR 2012 Report should be retracted, that studies show ES exists, that lives are being ruined and that ES should be treated as an occupational disease, as in France.



Government minister’s claim: ‘unscientific’, ‘obsolete’ and ‘not protective’

Seema Kennedy, MP, Parliamentary Under Secretary of State for Public Health and Primary Care, claimed that ‘The best scientific evidence given to Government is that the radiation is safe’.

Clearly, this government ‘evidence’ was wrong, since she had just been told by several MPs that EM radiation is definitely not safe and is seriously injuring their constituents and causing ES.

She no doubt followed the minority viewpoint of the ICNIRP, WHO and wireless industry, still relying on Schwan’s heating mistake of 1953. Majority international scientists back the EMF Call because ICNIRP’s limits are ‘unscientific, obsolete and do not represent an objective evaluation of the available science’ and ‘are inadequate to protect humans and the environment’.

Protect long-term health, not short-term industry

The UK government should adopt science-based policies instead of relying on ICNIRP’s unscientific claims. They should replace ICNIRP’s short-term heating guidelines with IGNIR’s long-term biological ones.



Who is liable for RF injuries?

The UK government is urging Local Authorities to facilitate 5G, but Local Authorities also are required by NFFP to ensure the health of their residents. Who is legally liable for the cancers and ES now proved to be caused by RF radiation?



Mohamed Hassan, Pixabay

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ES Social, Sat. 24th August 2019, East Sussex

We meet up every year to discuss what has changed and how you are managing your exposure and what is new in your daily challenge. The Social is purely that: a chance to meet up with similar like-minded people and the chance to walk through the countryside and have lunch locally. Tickets available for £23 from media@es-uk.info Please pay by cheque payable to ES-UK and send to BM Box ES-UK, London WC1N 3XX, or pay by PayPal: www.es-uk.info

EMF RRT Conference, Sat. 28th Sept. 2019

This conference will present the latest research from around the world on the current 3G and 4G and the implications for 5G. It will be at the Hallam Conference Centre, 44 Hallam Street, W1W 6JJ. The venue is Wi-Fi'd, so those attending need to be able to cope with a day of EMFs. People will be able to exit and re-enter with their tickets if they need a break. This is the "creme de la creme" of current researchers. It is the first occasion that the NTP study, the largest study ever undertaken, has been presented in the UK. Tickets cost £75 and are available at: <https://www.radiationresearch.org/articles/september-conference/>

Speakers include:

Prof Devra Davis (USA, EHT), Prof Lennart Hardell (Sweden), Dr Erica Mallery-Blythe (UK, PHIRE), Dr Ron Melnick (USA, NTP), Prof Martin Pall (USA), Dr Peter Ohnsorge, Dr Dimitris J Panagopoulos (Greece), Dr Sarah Starkey (UK), Brian Stein CBE (UK, RRT), Dr Andrea Vornoli (Italy, Ramazzini Institute).

Information posters: Thank you

The ES-UK summer campaign on the dangers of 5G lasted for three weeks during June, including June 11, the Jenny Fry In Memoriam Day. It covered motorway service station washrooms across the UK. We are grateful as always to the generous donations, large and small, which make these posters possible. Copies of the poster are available for download from the website or can be ordered for the cost of postage on the website.



Thank you for writing

Thank you to those who write to MPs, government departments, MEPs, local councillors, radio and TV stations, newspapers, hospitals, schools and others. Although the government still refers to PHE's 'unsafe' and 'inaccurate' AGNIR 2012 report, which ought to have been retracted long ago, many people are realising that they have been misled by outdated and unscientific claims.

EMF Aware Sussex are planning a meeting near Nutley on Saturday October 26 2019.

Sussex conference



Dr Marc Arazi reports: "The medical conference held on June 8 2019 provided the first opportunity in England to discuss. We thank Dr. Erica Mallery Blythe, President of PHIRE, for her invitation and support that made this event possible. It was also an opportunity for fruitful exchanges with Professors Dominique Belpomme (France) and Olle Johansson (Sweden) to discuss aspects related to the health of people suffering from EHS.

All the lectures were filmed and will be available on our website and social networks. ("International Phonegate scandal: Phone Gate Alert, June 10 2019)

Christmas cards

Don't forget to order your ES-UK Christmas cards, from media@es-uk.info or by mail from the BM Box. See the enclosed order sheet. Your support is much appreciated.



Radiation Health 2019

Get the Facts

International Conference



Can Wireless Communications Damage Your Health?

Sat 28th September 2019, 9am

44 Hallam St, London W1W 6JJ

Global experts share the latest science on health effects of radiofrequency and low frequency radiation such as is used for mobile phones, Wi-fi, and 5G:

Speakers include:

Prof Devra Davis (USA, EHT), Prof Lennart Hardell (Sweden),
Dr. Erica Mallery-Blythe (UK, PHIRE), Dr. Ron Melnick (USA, NTP),
Prof Martin Pall (USA), Dr. Peter Ohnsorge,
Dr. Dimitris J Panagopoulos (Greece), Dr. Sarah Starkey (UK),
Brian Stein CBE (UK, RRT), Dr. Andrea Vornoli (Italy, Ramazzini Institute)

Tickets for RRT Sat 28th Conference at: <https://www.radiationresearch.org/articles/september-conference/>

Tickets for BSEM Fri 27th Conference at: www.bsem.org.uk/5G



WESTMINSTER DEBATE

House of Commons, Westminster Hall debate, June 25 2019

Tonia Antoniazzi, MP for Gower, initiated this debate. Excerpts from her excellent opening speech:

(Full transcript: [Hansard](#); [video](#): 16:35:26)

“I was approached by an old friend who is now a constituent about how a sensitivity to EMFs seriously affects her health and the way she lives her life. Annelie lives in France for part of the year and has to return to Wales as her health deteriorates while working as a university lecturer.



By Chris McAndrew - <https://commons.wikimedia.org/w/index.php?curid=61321132>

The Government are sweeping the health concerns under the carpet and there appears to be an absolute refusal to acknowledge that the health-related effects even exist. ...

What shocked me was the number of people who have ES but are too afraid to talk publicly about their illness, because they are really wary of being humiliated and ostracised.

I believe that electrosensitivity will be recognised in years to come—sooner than that, I hope—and that the Government will have to own up to their part in it.

As MPs, we have a duty of care to our constituents. ...

the Government give a standard reply. People who question the health-related effects of electromagnetic fields come up against a brick wall ...

I will not accept the response that electrosensitivity does not exist; studies show that it does. It has many effects that are not at all subjective, including effects on proteins and DNA, cell death, altered brain activity and effects in animals, as my hon. Friends have mentioned. Those effects can be measured, and they cannot be dismissed as being all in the mind. ...

Why, then, has Public Health England removed all mention of the IARC classification of radio frequency signals from its website? It informs people about other possible carcinogens. People cannot make informed decisions or protect those they are responsible for if the information is withheld. Will the Minister commit to ensuring that Public Health England informs people on its website and in leaflets, communications and presentations that all radio frequency signals are a possible human carcinogen?

When will the 2012 report [AGNIR 2012] be retracted because it is scientifically inaccurate and out of date? ...

schools cannot safeguard pupils or staff through a risk assessment if they have been given inaccurate information. ...

Schools and parents could have been informed that wireless signals are a possible human carcinogen; that there is evidence of damage to fertility; and that there are adverse effects on brain development. Schools could have been advised to use wired technologies to prevent possible harm to children's health and development. The EU has sent a cautionary message about wi-fi in relation to school children, ...

By denying the existence of adverse effects and providing inaccurate information, Public Health England [PHE] and the Department of Health and Social Care [DHSC] have prevented the UK public from living and working in safe environments. When will the Government listen to the warnings from scientists and doctors to help MPs to better protect their constituents? ...

We must not ignore the fact that people have ES; those people exist, and their lives are being ruined.

I would like the Government to give a commitment to creating white zones, where people can have respite when they need it; to pledge to provide up-to-date, transparent and independent research on the impact of electromagnetic fields; and to replace the 2012 AGNIR report. The science needs to be reviewed. ...

a mum in west Wales: "I'm told you think the only way forward is a white zone, I agree but also to get ES recognised as a disability. I have spoken with my MP and he agreed that if ES could be recognised as a disability, other things such as access to education would fall into place."

They [the Government] need to recognise electrohypersensitivity as an occupational disease, as a French court did earlier this year, and put guidelines in place for employers to make reasonable adjustments so that their employees can continue to work in a healthy environment. Belief and anticipation are insufficient grounds for making such statements; we have to think about the precautionary principle."

Dr David Drew, MP for Stroud, said in part: "I have met people who are incredibly affected by EM sensitivity—to the extent that, when they moved into their house, they had to have the smart meter taken out, and even asked their neighbour to take out theirs. Once that happened, their health dramatically improved. People say that EM sensitivity is all psychosomatic, but I have seen the evidence of people's sensitivity to EM waves. If we ignore it, there will certainly be health and biological consequences, and there may be many more problems. ...

We are not just talking about our own survival but the survival of other species. It would be a tragedy if we have done things to protect them and yet we let 5G come in."

Mrs Sharon Hodgson, MP for Washington and Sunderland West, and Labour Party shadow minister (Public Health), said in part:

"Cyprus and Austria advise children and teenagers how to limit their exposure to radio waves. Will the UK Government consider doing that, too? ...

White zones give people who are sensitive to electromagnetic fields, or are concerned about

their impact, somewhere to live without interference from radio waves, and that is why it is important that the matter is looked at cross-departmentally. ... As we roll out digital technology, particularly in rural areas, the protection of white zones should be considered. We can be world leaders in digital, but that must not be at the expense of health and wellbeing."

On the other hand, **Martyn Day, MP for Linlithgow and East Falkirk**, seemed ignorant of the scientific evidence on EMF health injuries: "The evidence so far seems to show that EMFs do not have detrimental health impacts."

Seema Kennedy, MP, the Parliamentary Under-Secretary of State for Health and Social Care, was wrong scientifically and made misleading generalisations:



Department
of Health &
Social Care

PHE "conducts very rigorous research"

[But it has done no convincing research on real EHS as opposed to Electrophobia - since it wrongly claims EHS does not exist - certainly in the last decade – Ed.]

COMARE has a watching brief on NIR and "assesses all available data"

[According to its minutes COMARE delegated this responsibility to the private wireless industry cartel of ICNIRP with its PHE representatives – Ed.]

"The best scientific evidence given to Government is that the radiation is safe"

[Scientifically this claim is totally wrong and comes from the minority cartel of ICNIRP etc based on Schwan's invalidated heating hypothesis of 1953. Since 1932 the best scientific evidence has shown and proved ES and health injuries. See the majority-viewpoint [International EMF Scientist Appeal](#) – Ed.]

"PHE has summary advice statements that it sends to inquirers with a full explanation of different carcinogens; there is a broad spectrum, including petrol engine exhausts, bracken fern and talc-based body powder."

[But these three 2B carcinogens are not present involuntarily 24/7 for children, the sick and elderly, people with ES, and the rest of the population, unlike Wifi and phone mast radiation – Ed.]

COMMENTS

Experiencing someone else's Fitbit radiation

From a music teacher in the UK who teaches individual pupils:

"I can tell if a pupil is wearing a Fitbit watch a mile off. I would say at least a third of my pupils wear them. Although Wifi levels are already fairly high where I teach, I can still detect if a child has a Fitbit, even if concealed under their sleeve. I haven't been wrong yet - it's quite a joke with them.

Many now know to remove them before the lesson, even though the younger ones don't fully understand why, and if they forget, I have to get them to put it in the next room.

I am definitely affected by them and one child has actually commented it makes them feel a bit strange, and he feels better without it. My biggest worry is for the future of those children. At least I know what I'm doing to myself when I'm badly exposed. They don't have any idea at all. It all seems so tragically unfair."



Phone mast: sparrows forced out, owner ill

"I have lived in my house in Hertfordshire for 29 years and house sparrows nested under the eaves over my bedroom. Then about nine years ago [2010] they disappeared. I was distraught. A few months later I found them at the back of my home under the eaves facing the garden. They are still there. When I thought about it, I realised that a local supermarket had put up a mobile mast which faces my bedroom (my house is on a hill) and therefore where the house sparrows nested. I have also been unwell ever since. When I first moved to this home 29 years ago the dawn chorus was spectacular, including nightingales, better than a concert at the festival hall! Now it consists only of 2 black birds, pigeons, and sparrows and starlings - all very sad."

Hidden radiation assault

Roger Moller reports that in 2018 his young nephew visited him. He turned off his smart-phone, tablet computer, e-reader and Bluetooth headphones and left his Fitbit at home. Roger checked with his EMFields Acousticom2 just to be sure and everything was quiet.

To his surprise, at about 6am the next morning, soundly asleep in the room next door, he was suddenly and brutally yanked wide awake by repeated slams to his head. He checked with his Acousticom2 and sure enough, there was what he deduced was a Bluetooth transmitting device somewhere in the house, from downstairs clearly from his nephew's room.

Later his nephew assured him he "really did not have anything else that could be transmitting," but a moment later added "Ah.....It could be my Chipolo." This was a key tracker with Bluetooth radiation. Unable to turn it off, it was wrapped in aluminium foil in a vain attempt to isolate it and eventually placed in the shed far away from the house. To save battery life, the device apparently hibernates when it gets no response. At around 6am each day, forestry lorries pass the house and Roger concluded that a smart-phone in one of the passing cabs, constantly sniffing for any Bluetooth device, had woken up the Chipolo - and him. By co-opting other people's Bluetooth devices, the short-range Chipolo transmitter can hop, skip and jump via Wifi and the internet to anywhere in the world.

(Roger Moller: "Invisible Assailant", Electric Forester Blogspot, June 24 2019)

Caught in the line of radiation

"I was driving on a remote country lane. Suddenly I started having ES symptoms, in this case severe nasal and throat irritation and almost incessant sneezing. It began after another car me caught up and followed close behind. The symptoms stopped immediately when that car turned off along another lane.

The nearest mast was a mile or so away, directly ahead, so I was in the exact line between the mast and the car behind. It was also raining, so a phone in the car behind would have been radiating at full power."

Warning: Anglian Water 2B cancer radiation meters

Further to the article in the last newsletter on the dangers of radiation water meters, someone has reported that Anglian Water wanted to replace a fairly new meter on the grounds that it was too old. When asked whether the replacement would be a radiation meter, Anglian admitted it would be. The person refused.

anglianwater

Typical excuses – similar for deaf and blind?

Even friends and family forget about the need to switch off mobile phone radiation, although they apparently know that it can badly affect my health. When I've suffered immediate effects recently, common excuses have been:

- "I was just about to turn it off."
- "I didn't realise it was still on."
- "It was only a quick check, to see if I had any texts; I didn't think it would hurt."
- "I didn't think it would be a problem, since I've only just put it on."

Does the same happen if people forget that their friend or relative is, say, deaf or blind? Do they ignore other disabilities so often? Do they as frequently talk to deaf people expecting them to hear, or show blind friends their photos expecting them to see?

Are they aware of the long-term and delayed effects I suffer?

M5 hot-spot?

"Has anyone else noticed the most appalling ES pains on a short stretch of the M5 motorway a few miles south of Bristol, south of the Gordano services? These may relate to radiation from one of the several masts in the vicinity. They were much stronger than the usual ES symptoms near a motorway mast at busy times."



Radiation warnings needed in ferries

"I was aboard a ferry in a public sitting area below decks. Suddenly I felt the weirdest sensation of light-headedness, loss of sense of place, and nausea – it wasn't sea-sickness since the ship was still in the harbour near a high concrete jetty and hadn't started rolling in the open sea. I looked round and saw someone was trying to use a mobile phone within the steel hull and mainly below the water line, next to a concrete wall. It would be helpful to have notices warning of the radiation dangers from using mobile phones in this situation. It may also explain why some ferries and cruise ships have problems with increased rotavirus."



REQUEST

Benefits Awards and carrying a mobile phone

Barrie Trower writes:

"I received a call from an ES sufferer. I asked her why she was phoning me on a cell phone and not on her landline. She replied: "A condition of my benefit is that I am contactable at any time and I must carry a cell phone at all times." Cell phones can be used for tracking the movements and location of a person. Also, voice recognition and the camera lens, in some cases, may be operated remotely. I wonder whether a national policy is coming into place for all those on benefit. It would be interesting to know whether any other ES sufferer 'must' carry a cell phone as a condition of receiving benefit."

[BT advertises that a person on some benefits (eg ESA, JSA) may qualify for reduced landline charges on BT Basic. Government benefit rules include: "Reasonable adjustments for workers with disabilities or health conditions" – Ed.]

TONGUE CANCER and BLUETOOTH

“Dramatic increase in Tongue Cancer”

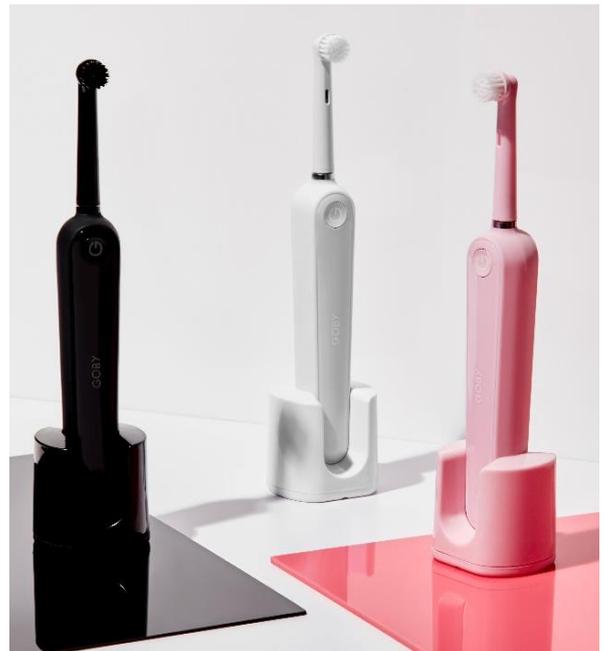
By Dave Cox

I was not surprised by this recent headline, but it has prompted me to set down my experiences over the last 18 months. For many years I used an electric toothbrush, a top of the range model. This had a separate external display which sat on the back of the washbasin. It gave a countdown of the second for which the brush was used for each quarter of the mouth and even showed a ‘Smiley face’ after two minutes’ brushing. I liked it! Alas, also for many years I suffered from small mouth ulcers, as many as three or four a week. These were mainly on the inside of my cheeks and lips, but rarely on my gums or elsewhere. They responded to a dose or two of proprietary cream and disappeared after a day or so, only to be replaced by another somewhere else on my lips or cheeks.

Then, about 18 months ago, I decided to replace this toothbrush, as it was getting ‘rattly’ and its battery was going. I bought exactly the same model number, with a similar small external display screen. This new one had an added feature, an optional APP to make your mobile phone show the same details as the display screen. It was clearly another technical breakthrough, provided because it ‘could be done’, not because it was necessary or even useful.

Shortly after this purchase, I was chatting to a neighbour, who was showing me her new mobile. I mentioned my new toothbrush and that it transmits a signal to the display. She asked what sort of signal. I thought it was probably Bluetooth. Her reply staggered me: “So, you put this thing INSIDE your mouth!! NO WAY! You must be mad! You wouldn’t stick your head in a microwave oven, so why stick one in your mouth?” At the time I laughed it off. However, a seed had been sown.

After about a month of using this new brush regularly, I started getting daily headaches, again easily cured, this time with painkillers. I also had some rough skin inside my left cheek, which was



becoming a little sensitive. Then one night I was lying awake, nursing one of these headaches and waiting for the painkillers to take effect, when I realised three things:

- 1) These headaches were different from the other headaches which I have suffered over the years. Other headaches always seemed to be on the left side of my forehead, above my left eye. These new headaches seemed to be centred on my nose and sinuses, below my eyes.
- 2) These new style headaches always started in the middle of the night, an hour or so after retiring to bed, or mid morning, after breakfast. It suddenly hit me that both were about an hour after I had used my electric toothbrush.
- 3) The patch of rough skin inside my left cheek was exactly where the head of my toothbrush pushed out the side of my cheek when I brushed the left side of my bottom teeth, for quite a few seconds.

The mouth ulcers were still present.

I remembered the conversation with my neighbour, so I got out my Tenmars field strength meter and tested the old and new brushes. The maximum signal was not in the handle but around the tip of the brush head, perhaps using the metal shaft holding the replaceable brush head as an aerial - and thus fully inside my mouth.

The second surprise was that the old brush measured about 400 mV/m, but the new one over double, at 850 mV/m. In both cases the maximum signal strength was at the back of the brush head, next to my inner cheek. This could explain the ulcers, rough skin, and also the headaches which arrived with the new brush with its stronger radiation.

The small print warned about not getting the brush within six inches of a heart pacemaker. It also explained how to turn off the radio signal, recommended for on an aircraft or in a hospital. But there was no information on frequencies or power.

I then switched off the radio signal.

SUCCESS:

the headaches vanished, instantly and completely. In over a year I have not had a single headache I could attribute to the toothbrush. I have also not had a single mouth ulcer. And the

patch of rough skin has become less sensitive and seem to be slowly disappearing. I wish I had discovered all this earlier.

I told my dentist and she suggesting telling the manufacturers, but I could find no suitable contact details. I've occasionally mentioned this topic, usually when talking about mobile phone APPs. At least two people had relatives with similar problems and reported that they had greatly benefitted from switching off the radio signal. So I am not surprised that tongue cancer is on the increase. Is anyone checking how far these fancy toothbrushes are responsible for increased cancer? And if not, why not?

Mouth cancers:

Oral cancers, of which 80% re tongue, increased by 33% from 2002 to 2012, from 15th to 10th most common cancer in men, and from 17th to 15th in women, from 9 to 12 cases per 100,000.

(Cancer Research UK)

UK NEWS

Is Hancock 'the best person to defend our health' from 5G?

"In the UK we heard little of 5G until recent cabinet leaks. There is still no discussion of health and environment concerns. The job of UK health minister has been given to Matt Hancock, last year's Digital Minister.

As health minister he maintains that approach by pushing for more IT technology in the NHS. But following his talk to the Royal Society he was accused of making "frankly ridiculous" claims and having "an astonishing level of ignorance".

Is Hancock the Digital Dynamo really the best person to defend our health during the roll out of 5G? The government is currently relaxing safety standards in preparation for 5G. This means that last year's radiation overexposure could become this year's 'perfectly safe.'"

(Susan McFie: "5G: Coming To A Lamppost Near You" Hastings Independent Press, May 31 2019)



Department
of Health &
Social Care

Inaccuracies from DHSC and Seema Kennedy MP

Seema Kennedy, MP, Parliamentary Under Secretary of State for Public Health and Primary Care, claimed in a letter to another MP in 2019 that, although "there may be small increase in overall exposure to radio wave" with the

addition of the high levels of 5G to existing electrosmog, "there should be no consequences for public health".

[Since copious proof of injury already exists, with established effects like ES, neurological, cardiovascular and fertility harm and cancers, from the current very high levels of wireless radiation, it is absurd to claim "no consequences for public health" - Ed.]

Simon Mann, of PHE and ICNIRP: 'unscientific' advice on Wifi

Somerset Live featured the parent forced to home-school his child after the child suffered skin rashes, depression and muscle spasms from Wifi at the Somerset school. He wrote to the Western Gazette outlining the 41 separate side-effects.

However, Dr Simon Mann, head of Radiation Dosimetry at Public Health England (PHE), said: "There is no consistent evidence that exposure to radio signals from Wifi adversely affects the health of the general population. The signals are very low power and ... within the internationally-accepted guidelines from the ICNIRP. ...

PHE sees no reason why wi-fi should not continue to be used in schools and in other places."

(Tomas Malloy: "Health boss responds as Somerset father takes child out of school due to wi-fi radiation" Somerset Live, March 5 2019; Tomas Malloy: "Somerset parent pulls child out of school due to wi-fi radiation" Somerset Live, February 28 2019)

[Editor's comments:

- *There is convincing and consistent evidence that Wifi radiation adversely affects the health of the general population:*

M Pall: "Wifi is an important threat to human health" 2018.

- *Wifi signals used in classrooms are very high power, 10 billion times greater than background levels, and are pulsed and polarised making them particularly toxic; they are far above the internationally-accepted guidelines for long-term biological injury:*

Bioinitiative, EUROPAEM and IGNIIR.

- *The majority of scientists want Wifi banned from schools and elsewhere:*

International EMF Scientist Appeal.

- *PHE's AGNIR 2012 and ICNIRP are known to be 'unscientific': EMF Call]*

Phone mast refused

Plans for a controversial an eight-metre tall phone mast in Pennan, Banffshire, a village famous for the 1983 film Local Hero, have been refused by councillors, voting five to two.

("Local Hero village of Pennan phone mast refused by councillors" BBC News, May 28 2019)

National Park accepts government radiation

Planners at Dartmoor National Park Authority (DNPA) ignored over 184 objections and a petition with 1,500 names, approving a mast at Newbridge Hill near Poundsgate. The plan was submitted by the Home Office and the network carrier EE. It will be part of 5G. Local naturalist

Nick Baker said: "Bloody madness. What is the National Park for? It is supposed to be preserving the cultural landscape and wildlife interest." The Dartmoor Preservation Society called it a 'slap in the face to thousands of local people and visitors to Dartmoor' and Widecombe Parish Council opposed the plan since they had not been fully consulted. The Rev Geoffery Fenton of the parish council said it had been very disappointed about the lack of consultation.

(Stuart Clarke: "Phone mast gets planning from DNPA" June 7 2019)



Phone mast disrupting sleep

Steve and Gill Williams of Marden, Herefordshire, have their sleep disrupted a mobile phone mast built on the nearby recreation ground near their home in 2017. They hired specialists who measured 3600 microvolts in the couple's bedroom and the device maxed-out at 9000mv when used outside. They say a safe limit for a sleeping environment is 150. Mr Williams said: "Since the mast was built, I just can't sleep. All of us are experiencing it but I've been affected the most."

(Carmelo Garcia: "Fears over mast radiation" Hereford Times, June 22 2019)

Call for ban on mobiles in school

More than 120 schools are backing a pledge to ban 'corrosive' mobile phones. Dozens of headteachers say every school should implement a 'phone-free' policy to end the 'disruptive' influence of the devices. The letter, organised by the think-tank Onward, has been signed by 30 school executives and heads of the best-performing schools in England.

(Jack Doyle: "Mobiles must be banned in all schools, urge top head teachers: Open letter calls for nationwide 'phone-free' policy to end their 'disruptive' influence" Daily Mail, May 18 2019)

WHO: Children's guidelines on Screen Time

In a new set of guidelines, the World Health Organization said that infants under 1 year old should not be exposed to electronic screens and that children between the ages of 2 and 4 should not have more than one hour of "sedentary screen time" each day.

(Emily Rueb: "W.H.O. Says Limited or No Screen Time for Children Under 5", New York Times, April 24 2019)

RCPCH: No children's guidelines on Screen Time

The Royal College of Paediatrics and Child Health has said that there is no evidence to support specific screen time limits.

(Chris Smyth: "Ban under-tuos from all screens, parents are told" The Times, April 25 2019; Russell Viner, Max Davie, Alison Firth: "The health impacts of screen time: a guide for clinicians and parents" (The Royal College of Paediatrics and Child Health (RCPCH), Jan. 2019).

[See Newsletter, Spring 2019: UK refused to set guidelines for children's screen time]



ES at Greenbank on ITV

ITV's On Assignment, Series 6, Episode 3, on May 28 2019, had 10 minutes of Emma Murphy visiting Greenbank, the radio quiet zone in Virginia, USA. She met Diane Schou and Nicholas Palmer, two of the 40 people who have moved

there to escape the EM radiation pollution elsewhere, and Alex Bennett who owns the Mountain Refuge Institute which can take in temporary refugees.



New mesh glasses cut headaches and migraines

Sarah Ashwell has praised Elliot Bateman, a Welsh optometrist, for "turning her life around" after she was prescribed with a specialised lens with an invisible mesh. She had been struggling with headaches and migraines due to spending many hours at a computer screen for her office job in Caerphilly.

Within two weeks of being prescribed the Vista Mesh lenses, Ashwell's migraines and other symptoms dramatically improved and the lenses had reduced the amount of glare when she watched television.

Bateman said: "The beauty of Vista Mesh glasses is that they don't look any different to any other glasses, but the very fine mesh within the lens has a tremendous ability to ease visual stress for many people. Many people are finding they are beneficial not just for migraine and headaches, but also for glare at night when driving."

("Vista Mesh lenses ease patient's migraines" Optician, April 19 2019)

BBC and UNSCIENTIFIC CLAIMS

Grimes on NTP study: 'absolute nonsense'

The overwhelming scientific evidence has proved harm including cancer from RF radiation like mobile phones. On May 29 2019 BBC Radio 5 Live Breakfast had a slot on the health dangers of 5G. Dr Erica Mallery-Blythe explained how

RF from 5G was classified by the IARC as a 2B possible human carcinogen in 2011 and since then there has been much more evidence showing its carcinogenicity.

Then David Grimes claimed that the US \$30 million NTP study, which found "clear evidence" (the top NTP rating) that mobile

phone RF caused cancer, was "absolute nonsense", although the NTP study was the most extensive in the world so far. It was requested by the FDA on behalf of the FCC to see whether mobile phones cause cancer. It proved they did, and this verdict was resoundingly endorsed by the peer-review

panel of scientists which subsequently assessed the study. It has also been confirmed by the Ramazzini Institute study. RF has been known to cause cancer since 1953.



Previously, in July 2018, Grimes also argued against the NTP proof and “clear evidence” of cancer, claiming it was “a devious extrapolation” and “certainly do not show RF leads to cancer”. He based his argument in part on a WHO document of 2014, before the NTP and Ramazzini studies, claiming it stated there were “no detrimental effects”, even though the document claimed that in 2014 there was no consistent long-term evidence, the very evidence which the NTP and Ramazzini studies later provided, proving that long-term RF does cause cancer.

Grimes called the Danish cohort study “robust”, although most scientists rejected its conclusions because it ignored contract phone users, the very ones likely to have the highest exposure, and instead added them to the controls. He quoted a 2012 document to prove no increase in brain tumours, although brain tumour evidence led IARC in 2011 to vote 28-2 that RF is a possible carcinogen.

Another of Grimes’ arguments was “For cancers to form, a

carcinogen needs to damage DNA”, yet science has repeatedly shown that RF can act as a carcinogen by damaging DNA indirectly through increasing oxidative stress and reducing repair mechanisms. Grimes’ claim that the sun’s EM energy is greater than that of mobile phones and that they therefore cannot cause any health problems is also invalid. Leading scientists note that the sun’s EMFs are not modulated and pulsed like mobile phones signals, so they do not cause the same types of health effects. In fact even the wireless industry’s small print advises the user not to put a mobile phone or laptop next to the head, hands or body.

(BBC Radio 5 Live Breakfast, May 29 2019; David Grimes: “Mobile phones and cancer – the full picture” The Guardian/Observer, July 21 2018)

BBC
HEREFORD &
WORCESTER



Sperrin: ‘all evidence’ shows no health risk

On June 7 2019, on the BBC Hereford & Worcester breakfast show with Elliott Webb and Toni Macdonald, Lynne Longman spoke very convincingly about how she suffers from EHS and how she has tried to protect her home from neighbours’ Wifi and cordless phones. She is now warning about 5G. Dr Erica Mallery-Blythe explained clearly how the PHE’s AGNIR 2012 Report was regarded internationally as out of date, inaccurate and misleading, how EHS has been

proven, for instance in the McCarty et al study of 2011, and how the vast majority of scientists independent of the wireless industry and government have argued against the spread of man-made RF radiation, just as they did against industry and governments supporting tobacco, asbestos and DDT. The problem is that governments are currently subservient to the wireless industry, the most lucrative at present.

In contrast Malcolm Sperrin spoke for groups like PHE and the wireless industry claiming that “all the evidence and data suggests that it [the health risk] is not there”.

[There are hundreds of studies proving a health risk. – Ed.]

He claimed that in looking for the threshold of the health symptoms caused by RF radiation he was “struggling to find any provable correlation” between the cause and effect.

[Evidence-based science, like the EUROPAEM 2016 EMF Guidelines, shows many studies providing proven correlations and thresholds. Prof Lai’s bar chart (Bioinitiative update 2019) shows that of 436 studies 72% RF and 89% ELF show a neurological effect. These do not require ‘struggling’ to find a provable correlation. – Ed.]



EARTHING

'The Earthing Movie'

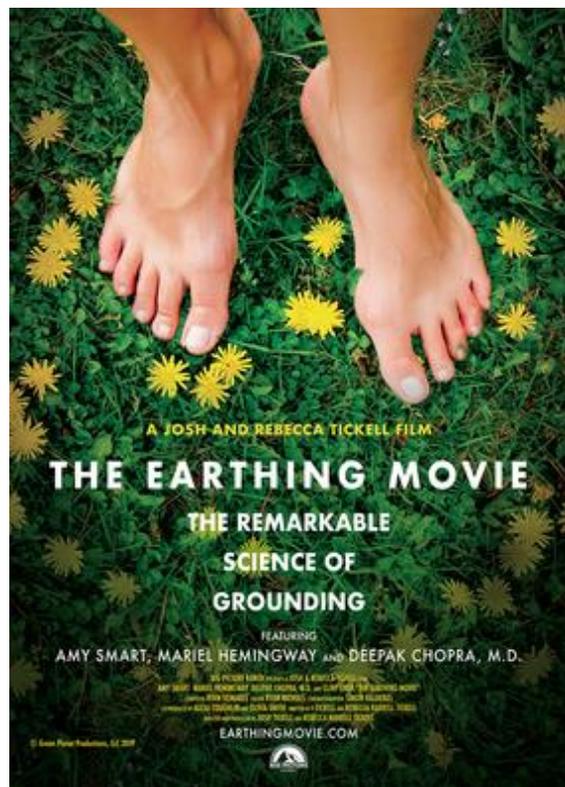
Grounding, also called earthing, is the practice of placing your bare feet on the ground, which is associated with many health benefits. Negatively charged electrons in the Earth neutralize free radicals in your body. After being harmed by exposure to the oil dispersant Corexit, Rebecca and Josh Tickell made the documentary, "Down to Earth — The Earthing Movie" and experienced benefits themselves. Synthetic shoe soles from 1960 disconnected us from the earth, says Clint Ober, the father of grounding. Grounding seems to reduce the unwanted voltage from EMFs. Lack of contact with the earth may contribute to diabetes, obesity, hypertension and other ailments, according to medical research.

William Amalu, an anesthesiologist in San Diego, and Ober grounded 60 patients, and there were dramatic results. Inflammation, pain, premenstrual syndrome and temporomandibular joint dysfunction all but disappeared, and everyone slept better too.

Dr Laura Koniver, a general practitioner, discovered grounding by accident. Her recently born baby had become very colicky, always crying, but paediatricians were unable to help. Koniver found when she was carrying the baby while she was outside and barefoot, the baby calmed down and relaxed. Yet, when she put shoes back on, the colicky and crying behaviour almost immediately came back. The calming effect of grounding could not be explained by the placebo effect because the baby could not have known whether Koniver was wearing shoes. As the Tickells' daughter Athena began to ground more and more, they noticed "a dramatic shift in her health," and the little girl did not go to the hospital for a year for the chronic breathing problems that had plagued her.

An autistic pupil could not sit still for a few seconds, but when "grounded" was able to sit for seven minutes. A 92-year-old lady's peripheral artery disease improved so much she started playing tennis again.

One study (Sokal K et al., J Alt Compl. Med., 2011) states: "Earthing of an electrically insulated human organism during night rest causes lowering of serum concentrations of iron, ionized



calcium, inorganic phosphorus, and reduction of renal excretion of calcium and phosphorus. Earthing during night rest decreases free triiodothyronine and increases free thyroxine and thyroid-stimulating hormone. The continuous earthing of the human body decreases blood glucose in patients with diabetes. Earthing decreases sodium, potassium, magnesium, iron, total protein, and albumin concentrations while the levels of transferrin, ferritin, and globulins α_1 , α_2 , β , and γ increase. These results are statistically significant ... can influence calcium-phosphate homeostasis. The effect of earthing of the human body in a recumbent position on calcium-phosphate homeostasis is opposite to that which occurs in states of weightlessness."

A progressive doctor suggested Rebecca try grounding herself, and "everything changed," she says. She began to sleep through the night, her energy levels shifted and she reclaimed her libido. After six months of grounding, Rebecca lost 50 pounds.

Ober said the first effect of grounding is quieting the sympathetic nervous system, which allows the adrenals to recover from adrenal fatigue. When pain, stress, irritability and depression are ushered out of the body through grounding, the correct hormones can surface, and energy and metabolism rise.

(Rebecca and Josh Tickell: "The Earthing Movie" 2019, 76 min.

www.earthingmovie.com/

Dr Mercola: "Down to Earth' — The earthing movie" June 15 2019)

HOSPITAL PROTECTION FOR EHS

France 2014: request EMF hygienic hospital space

"People who are hypersensitive to EMFs are to formulate specific requests during hospitalization, such as, for example, a ward or operating room free from EMFs."

(Ministère des Affaires Sociales et de la Santé: "Note d'information DGS/EA1 no 2014-171 du 26 mai 2014 relative à la gestion des risques liés aux radiofréquences" 2014, trans.)



Sweden: protection at hospital

From an account by Lena Hedendahl, MD, General Practitioner, Luleå, Sweden.

"When a new hospital was built and ready 1999 outside Luleå, the local EHS organization here had good contact with the chief for the building project. So the whole hospital was built with shielded electric cables and very good earth cables with a copper band dug down around the whole big building. Also I think they planned extra good partly shielded lamps. Three ward rooms over each other on different floors had extra good electricity and with old electric lamp bulbs. On both sides of these ward room there were a store room and it was possible to turn off the electricity in these rooms. So, before the era when all patient and nursing staff carried a mobile phone all day, it was a good environment in these three rooms.

About ten years ago, because of my own symptoms, I investigated one of these rooms which it was still possible to ask for if you had EHS. In the bed lamp was now a low energy bulb. There was a mobile phone base station a few hundred meter away right outside the window. When I measured RF there were some peaks. But I also saw the nursing staff using their mobile phones in the corridor outside the room.

A few years later Wifi was installed all over the hospital and the doctor and nurses started to have a wireless connected laptop on their rounds. So these rooms were no good any longer.

In 2011 the hospital, which was built with too few wards had to be extended and they started with a hotel for patients not too sick to take care of themselves. I made contact with the project chief, who was the same as when the hospital was built in the nineties. One of the most important issues this time was the location of a special hotel room for EHS patients, away from the bases station outside the hospital and with no Wifi access point near the room. Another was that the electricity in the room could be turned off in the room and that all the electric cables and all wall sockets and switches to the lamps should be shielded and earthed with a good electric earth.

During the building period the project chief retired. The hotel room for EHS patients was located in the best place, in a corner on the ground floor, with an entrance to the outside very near, with a window on the opposite side from the bases station, with the Wifi access point very far away in the corridor near the main entrance, with extra thick concrete walls all around and with a consulting room beside it on one side and a store room on the other side of the corridor, with aluminum Venetian blinds to shield the window. I would also had wished a curtain with Swiss shield Naturell or Ultima in front of the big window, but all windows in the room has to be specially impregnated in case of fire. When we measured RFR in the room when it was ready in 2014, it was low. So this part was okay.

But the electricity was bad. They had installed shielded cables but probably earthed them in both ends, which is wrong. They hadn't installed any shielded wall sockets or switches to the lamps. They had only 1-pole head switch outside the room, not a 2-pole switch as we had wished. When the 1-pole switched was turned off there were still high electric fields around the electric sockets and lamp switches. There were a lot of transients on the electricity, that means dirty electricity, and it was probably a bad or to weak earth for the electricity system. The whole electric installation was a failure.

We tried to make them correct this bad electricity, but after a couple of years I gave up. If you are very hypersensitive to electricity this room is not good at all, but if you are only or mostly hypersensitive to RFR it is okay, or at least better than all the other ward rooms. It was said that you could have a lot of extra care in this special room without wireless devices, but I doubt that this is possible nowadays when the hospital probably has only wireless surveillance for heart patients and very ill patients and so on.

In conclusion, I think that it is very important that you know exactly what you want from this room, if it is only low RFR or also low

clean electric fields. The very thick walls and shielding protection in front of the windows are important for low RFR, but of course the location of the room is most important. And that everybody turns off or leaves their smart phones, laptops and other wireless devices outside the room. I think you have to inform and influence the responsible people a lot before they start building the hospital. Then it will not be so expensive to make arrangements that are good for EHS patients and probably for a lot of other people too. You also have to follow and get involved in the whole building process, to make sure that they build as you have agreed.

ES SCIENCE

Irreversible brain damage from Wifi?

“WiFi may interact with signaling pathways in the brain, causing irreversible damage” (P Surat, News Medical Life Sciences, April 18 2019)

Male fertility almost halved by 2 hours of Wifi

Sperm motility is almost halved by Wifi within 2 hours near a Wifi router. The WHO predicts that infertility among males and females will be the third most serious condition after cancer and cardiovascular diseases.

(Claire Huang: “Trying for kids? Wifi devices lower your chances, new study shows” The Straits Times, May 1 2019; Bryan Hubbard: “Wi-fi and cell phone waves are reducing male fertility” What the Doctors Don’t Tell You, May 17 2019)

Male fertility falling in Switzerland

Among young Swiss men only 38% have semen parameter values above the norms set by WHO. The number of infertile couples in Switzerland using assisted reproductive technology doubled from 3,000 to over 6,000 per year between 2002 and 2010. (Press Release, University of Geneva, May 22 2019)

Autoimmune disorders: 9% annual increase, 75% women, stress a factor

Some 4 million Britons now have an autoimmune disorder and their prevalence has increased sharply in recent decades. Many of the 80 recognised autoimmune conditions, including type 1 diabetes, coeliac disease, psoriasis, rheumatoid arthritis, Crohn’s disease and multiple sclerosis (MS), are spiralling and experts fear they will reach a scale of epidemic proportions.

A report by Connect Immune Research in November 2018 said that prevalence of some autoimmune conditions was increasing by 9% a year. An estimated 75% are women. A Swedish study showed that a stress-related condition increases the risk of autoimmune disease.

(Peta Bee: “Autoimmune disease — when the body turns on itself” Times, July 9 2019; (Song h et al, JAMA, 2018)

[EMFs are a stress factor, and women are more affected than men. Studies show diabetes and MS symptoms are reduced if EMFs are reduced. – Ed.]

Multiple Sclerosis linked to mobile phones and satellite TV

In Iran 471 patients diagnosed with Multiple Sclerosis (MS) compared with 453 controls, had significantly higher use of cell phones and satellite TV dishes. Sleeping with cell phone and/or laptop under the pillow was correlated with MS.

(Khaki-Khatibi F et al, Cogn Neurodyn. 2019)



ALS risk near masts

A study in Limousin, France, found that amyotrophic lateral sclerosis (ALS), a fatal neurodegenerative disease, was 1.8 times more likely closer to GSM masts. (Luna J et al, Environ Res., 2019).

Doubling of fatal brain tumours from mobile phones

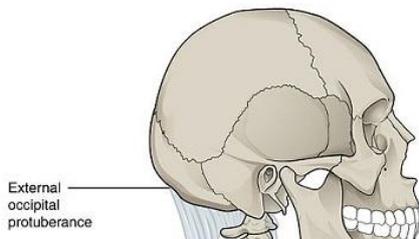
The fatal brain tumour, glioblastoma multiforme, has doubled within 10-20 years in a number of countries, including Denmark, England Sweden and The Netherlands.

(Microwave News: "GBM Rising in Denmark, Much as in England" June 11 2019; "The Precarious Case Against Precaution: A Deep Dive into the Swedish Cancer Registry" March 30 2019; "Aggressive Brain Tumors on the Rise in England: Rate of GBM More Than Doubled Between 1995 and 2015" June 25 2018; "News Media Nix NTP Cancer Study: 'Don't Believe the Hype'" [The Netherlands] June 2 2016)

Cellphones exceed short-term heating limits by 11 times

Cellphones are tested against the obsolete ICNIRP/ IEEE short-term (6 or 30 min.) heating guidelines based on Schwan's mistake of 1953, not long-term biological safety guidelines (e.g. Bioinitiative 2012, EUROPAEM 2016, IGNIR 2018). Manufacturers use a gap of 5–25 mm between the head or body and the cellphone, but when the cellphone is held to the head or body it exceeds the short-term limits by up to 11 times (IEEE) or 3.7 times (ICNIRP).

(Gandhi OP: "Microwave Emissions From Cell Phones Exceed Safety Limits in Europe and the US When Touching the Body" 2019; "The secret inside your cellphone"; CBC Marketplace, CBC News, March 24 2017)



Skull growths from using mobile devices

David Shahar reported from Australia: "I have been a clinician for 20 years, and only in the last decade, increasingly I have been discovering that my patients have this growth on the skull." The spike-like feature or "external occipital protuberance" up to 30mm long is at the lower back of the skull. It was more common in the youngest: one in four people aged 18-30 had the growth. Shahar thinks the spike explosion is down to modern technology, because the hunched posture creates extra pressure on the place where the neck muscles attach to the skull and the body responds by laying down fresh layers of bone.

(Zaria Gorvett: "How modern life is transforming the human skeleton" BBC News, June 13 2019)

Movement of Magnetic North Pole is accelerating

In the mid-1990s the north magnetic pole picked up speed, from 15 to 55 kilometres per

year. Phil Livermore, of the University of Leeds, said "The location of the north magnetic pole appears to be governed by two large-scale patches of magnetic field, beneath Canada and Siberia." Canada is losing to Siberia. Eventually there could be a pole reversal.

(Alexandra Witze: "Earth's magnetic field is acting up and geologists don't know why" Nature, January 9 2019)



Earth's Magnetic Field is weakening

The Earth's magnetic field is getting significantly weaker. For centuries it was weakening at 5% per century, but since the 1990s it is 5% per decade, ten times faster. It could be gone in 500 years. The Earth's magnetic field surrounds our planet and protects us from solar storms.

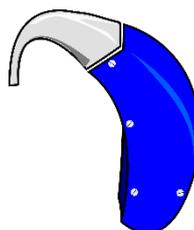
(Sarah Wolfe: "Earth is losing its magnetic field, scientists say" Pri, October 5 2012; Michael Snyder: "The Weakening Of Earth's Magnetic Field Has Greatly Accelerated, And That Could Have Apocalyptic Implications For All Of Us" The Economic Collapse, April 11 2019)

BLUETOOTH, HEARING AIDS, AIRPODS and VIRTUAL ASSISTANTS: AVOID RADIATION INJURY

Wireless hearing aids: exceed limits; cause ES symptoms

Wireless hearing aids emit RF radiation above limits. One person wore wireless hearing aids for four years before realising that they explained her ES symptoms - dizziness, nosebleeds and waves of energy over her head making her feel as if she could fall down. Some manufacturers produce safer wired aids (e.g. Rionet, Japan).

("Wireless hearing aids can send microwave radiation into a person's brain" Total EMF Solutions, February 10 2019, 5 minutes)



Wireless Headphones harm people nearby

Wireless Headphones radiate 52 to 325 $\mu\text{W}/\text{m}^2$ at 1 metre - i.e. harming other people nearby as well as the wearer. (Schmid G et al, Rad. Prot. Dos. 2007)

Dangers of Bluetooth and AirPods:

WHO failing to protect public

Regulators should be held accountable

Scientists are increasingly concerned over the health risks of wireless technologies which are not properly controlled by international regulators. Apple's wireless AirPods, like other wireless bud-style headphones, communicate with each other via Bluetooth, using a magnetic induction field sent through your brain, explains Dr Joel Moskowitz, a professor at University of California, Berkeley. "The various agencies setting safety standards have failed to impose sufficient

guidelines to protect the general public, particularly children who are more vulnerable to the effects of EMF. By not taking action, the WHO is failing to fulfill its role as the preeminent international public health agency."

(Markham Heid: "Are AirPods and Other Bluetooth Headphones Safe?" Medium, March 7 2019; Natalie Rahhal: "Are wireless earbuds dangerous? Experts warn that Apple's AirPods could send an electromagnetic field through your brain - as 250 scientists sign petition to regulate trendy tech" Daily Mail, March 11 2019; Victoria Allen: "Wireless headphones 'raise risk of cancer'" Daily Mail, March 13 2019; Mai de Graaf: "Could wireless headphones HARM your health? Public health professor warns radiation of AirPods are just as bad" Daily Mail, September 8 2016; Olivia Lerche: "iPhone 7: Public health professor warns radiation of Apple AirPods could harm your health" Express, September 12 2016)

Wireless Hearing Aids, Apple AirPods						
	Background level	Seletun	IGNIR <i>Children, elderly, pregnant women, ES and ill people</i>	Bioinitiative <i>Adults</i>	Wireless Hearing Aid	Apple AirPods
Power Flux Density <i>μW/m²</i>	0.000001		1	6	23,000	
SAR heating <i>W/kg</i>	<0.00002	0.0003			0.0014 – 0.23	0.466 0.005-0.053*

<https://fccid.io/Y2A-OP430/RF-Exposure-Info/SAR-Test-Report-1498349> 2011

AirPods: cancer, genetic and learning deficits

Jerry Phillips, professor at the University of Colorado, said: 'My concern for AirPods is that their placement in the ear canal exposes tissues in the head to relatively high levels of RF radiation. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans.'

(Rob Waugh: "Wireless headphones like Apple Airpods 'could pose cancer risk', scientists warn" Yahoo News UK, March 12 2019)

Bluetooth AirPods: ES symptoms from microwaves

Hundreds of people on sites like Reddit and the Apple support

forums report electrosensitivity symptom such as headaches after using their Apple iPhone 7 microwave AirPods. (Christian Thomas: "AirPod Headaches – Everything You Should Know" EMF Academy, Jan. 9 2019)

AirPods over 1,500 times above heating safety limit

Apple AirPods use Bluetooth, which, like Wifi, has 2.40-2.48 GHz radiation. The listed SAR (specific absorption rate) heating from AirPods is 0.466 Watts per kilogram, 1,500 times above the international long-term safety limit (Seletun, 2010) of 0.0003 W/kg.

Comments on ES symptoms from Bluetooth radiation:

- "I began noticing a feeling of pressure, then a lot of headaches. The headaches seemed to slowly go away when I removed the AirPods. Then I would insert them

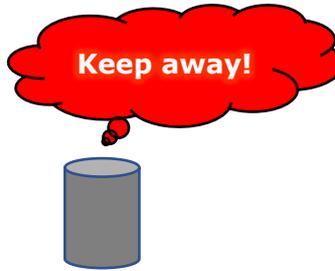
again, and the pressure and headaches began again."

- "I noticed that I started to have headaches after about 3 days and they got worse. So I stopped using the AirPod and they got better. Then I tried one AirPod at a time. I felt numbness and tingling on my half of face and head on the same side where I put one Airpod on. I'm totally fine now since I returned the AirPod and stopped using it."
- "There are lots of articles out there describing the lack of research by the FCC on Bluetooth dangers. Most articles state research has not deemed Bluetooth safe, but rather the lack of research to deem Bluetooth unsafe has left them categorized as safe."
- "I had a couple of long calls and started getting this

pressure headache kind of behind and next to my ears. Never had this issue with more extended usage hours using the wired iPhone EarPods. It gradually gets better when I take them off, then back to headache when I put them back on and do one more phone call. I took them off just five minutes ago after the last call and the headache has slowly got better.”

- “I have been having back-of-the-head headaches and slight nausea since beginning to use the AirPods”

(Apple Communities Discussion: “AirPods causing head pressure?” 2016 on)



Avoid virtual assistants!

Wireless virtual assistants, like Amazon Echo or Alexa and Google Home, use the same radiation as cell phones. To prevent heating they must be 20 cm (8 inch) away and to prevent cancers and other injuries, much further.

(“Alert: Virtual Assistant Radiation Exposure Linked To Cancer, Headaches, Memory And Other Unhealthy Impacts” EH Trust, July 2018)

Echo Dot radiation causes chronic migraines

“I would have thought you were crazy a few months ago, but now I’ll have to say you are onto something. I am looking at everything in my life that changed a few months ago to trigger my chronic migraines. My wife and I have gone over everything. Nothing at all stands out except I got the new Echo Dot right around the time my migraines started. It is wireless and sits on the end table next to the sofa where I sit.”

(Migraine.com discussions, March 17 2017)

5G HARM

5G, pre5G and Wifi 6

- At present 5G is “pre5G” or 4.5G, but with MIMO for multi-users and beam-forming for concentrated delivery.
- Wifi 4 with dual band at 2.4 and 5 GHz began in 2009, Wifi 5 with multi-user MIMO in 2013-16, and the new protocol, Wifi 6, designed for 1 and 7 GHz, + 2,4 and 5 GHz, in 2018.
- 700 MHz, 3.4 GHz and 26.5-27.5 GHz are also being used.
- The long-term aim of 5G is to use millimetre waves.

5G: Phased Array Beam Radiation

- 5G has phased array antennas in phones, masts on lamp posts, ‘Internet of Things’ devices, Wifi hubs, laptops, cars, satellites, concentrating the radiation into a narrow beam allowing Multiple Input Multiple Output (MIMO).
- *Handset antenna near the hand and body breaks IGNIR long-term biological and ICNIRP short-term heating (6 or 30 min. av.) guidelines unless shielded.*
- *Anyone standing, sitting or sleeping in, or passing through, the 5G radiation beams, side lobes and beam-sweeps is affected by very high levels of radiation.*

- *5G high-power beams also injure animals, birds, insects etc.*



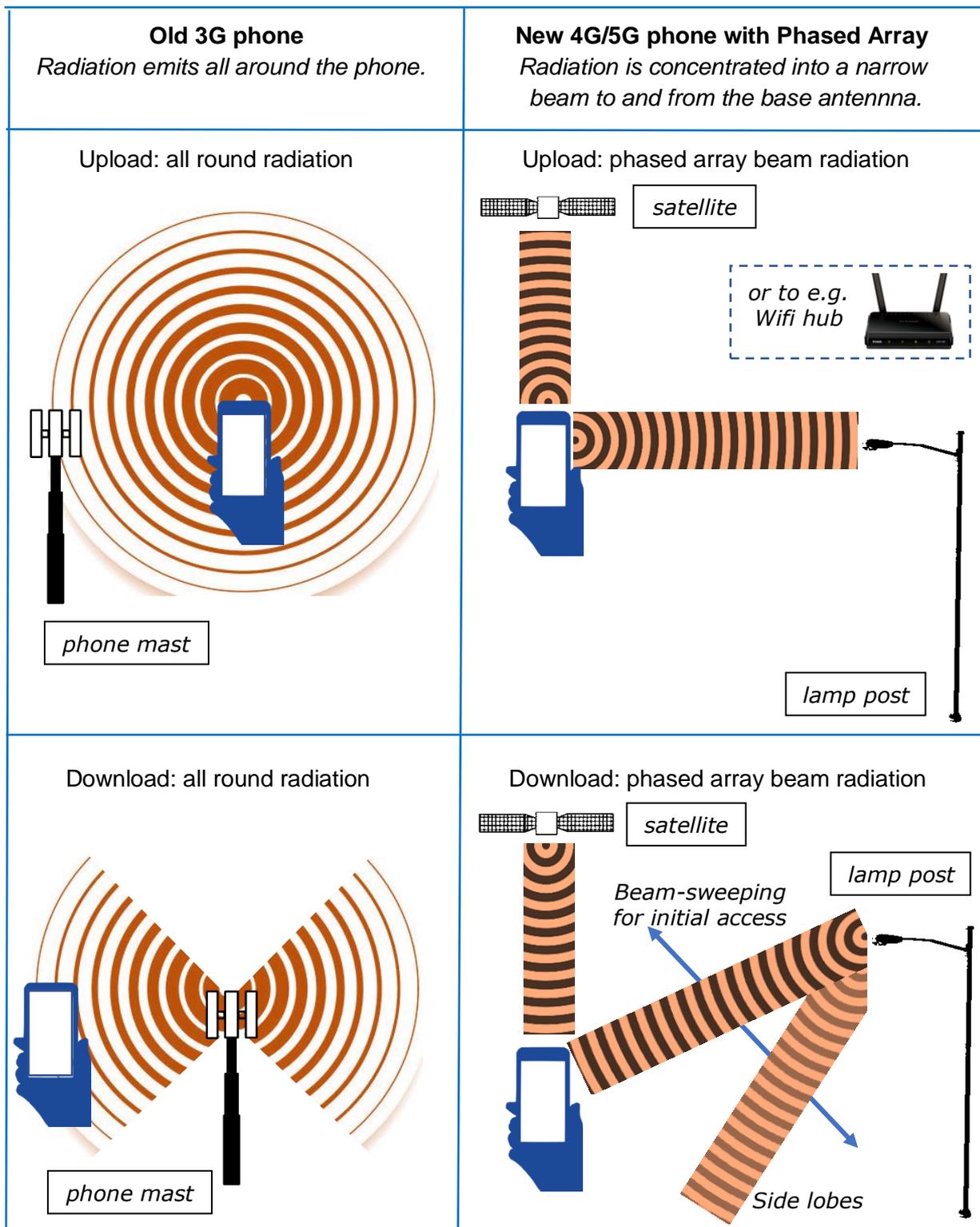
Australia: Tashi Lhamo from the Stop 5G Northern Rivers NSW Facebook group told the lively crowd that the group has attracted over 1,700 members in five weeks. (Hans Lovejoy: “5G rally calls for moratorium” Echo Net Daily, June 13 2019)

EU: top scientists call for 5G ban

Lennart Hardell (Sweden) and Rainer Nyberg (Finland) wrote on May 20 2019 to Karmenu Vella, the EU Environment Commissioner, calling for a moratorium on 5G and for the release information on the EU internal risk assessment of 5G and the application of the precautionary principle to 5G. They also demanded guidelines based on independent research and the EU documentation to prove that 5G is safe.

(“5G moratorium - new guidelines - document inspection” Trans. from Diagnose-Funk, May 29 2019)





Swiss Re Insurance: 5G ‘high impact’ risk

“In some jurisdictions, the rise of threshold values will require legal adaptation. Existing concerns regarding potential negative health effects from EMFs are only likely to increase. An uptick in liability claims could be a potential long-term consequence.”

(Swiss Re.: “SONAR – New emerging risk insights” Zurich, Switzerland, May 2019, p.29)

Israel: first "Stop 5G" protests

On May 11 2019 Israel had its first "stop 5G" protest and speeches in Tel Aviv, with about 70 people,

who gave away about 1000 leaflets. (“First "STOP 5G" protests in Tel Aviv, Israel” NoRad4U, May 13 2019)



5G HEALTH DANGERS FOR EHS

Letter on 5G risks for EHS to the German Federal Network Agency

From Dr Barbara Dohmen's letter to Mr. Homann, President of the Federal Network Agency:

"In my function as a general practitioner with a focus on environmental medicine since 1993, I see an increasing number of new patients coming into my practice. These are people who suffer from the so-called microwave syndrome, also called EHS. With the increasing, ubiquitous intensity of radiation, the impairments of my patients show an ever more pronounced tendency. For severely affected people it is now life-threatening.

The list of serious diseases caused by RF radiation is also alarmingly long: in our environmental medical care, we are increasingly observing neurodegenerative diseases and epilepsies. In our specialist journals, articles are on the increase about burn-out, premature dementia, strokes in younger and younger patients and a significant increase in cancer.

In comparison to the other environmental patients who visit me, the waves-sensitive patients differ due to the fact that in these patients, who have been healthy and mostly young so far (many aged between 20 and 40 years) - the above-mentioned syndromes appeared suddenly or slowly due to the effects of radio waves, which finally forced them to give up their profession, in which they had worked well and with pleasure, because of the severity of the symptoms.

Many now live on Hartz IV [German welfare benefits and unemployment insurance] and usually have great difficulty in convincing the authorities and the medical service that they are not afraid of work but sick. With the courage of the desperate, they try to come to terms with this hitherto unknown life at the subsistence level and find a place with little radio waves in rural, low-radiation areas where their complaints can still be reduced to a tolerable level. Almost everywhere in society, people suffering from microwave sickness encounter disbelief, incomprehension and rejection, especially when,

- if, in their distress, they have to put themselves to the test of others and, because of their complaints, ask them, for example, to

switch the mobile phone to flight mode or to switch it off completely or to use it further away

- or if they ask their neighbors to find a wireless solution together for their smartphone, cordless phone, W-LAN router, Bluetooth or baby monitor
- or if they have to refuse hospital admission because all inpatient facilities are now equipped with W-LAN or there is a radio mast on the hospital roof.

Often these waves-sensitive patients who come to me have suffered a massive blow: They had to accept drastic changes in their area of life in order to alleviate their complaints:

- the sleeping area is shielded with their last money or moved to a place with less waves, often in the basement,
- sleep is only possible in the garden house, in the car or caravan at a waves-poor place in the forest,
- many of my patients have moved countless times because the radio wave exposure has been catching up with them time and time again.



Those who cannot reduce the domestic radio wave pollution spend most of the time - even during the day - under their wave-shielding canopy (within 2 square meters!) or they flee into the mostly less polluted nature, far away from any civilization, in order to feel there for a short time like they did when it was natural for them.



These radiation sensitive people live isolated and excluded from the usual social life. A participation in the social life and each course for everyday errands must be planned exactly by the waves-sensitive ones, in order to keep the illness effects as small as possible by the inevitable contact with the mobile phone waves from others, with W-LAN TO GO or by radio masts.

This is an untenable situation, because in our constitution, every German citizen is entitled to fundamental rights:

Article 2: The right to life and physical integrity,

Article 3: No one may be disadvantaged because of his disability,

Article 13: Invulnerability of the home!

Many of my patients therefore express themselves very desperately. They are not only unemployed and impoverished, they are also much more threatened, that they are still not taken seriously by politics and a society controlled by mobile phones. In addition, in view of the growing high-frequency exposure and the ministerial announcement to close all radio wave gaps, with increasing disease symptoms, it takes courage and confidence to ever be able to lead a qualitatively good life again.

Some admit to having already thought of ending their miserable lives. Two of my desperate patients have already committed suicide, one patient poured gasoline over herself, another poisoned herself with carbon monoxide, and a

third was saved at the last minute. It is not easy, as an accompanying doctor, to endure all this suffering without the possibility of therapeutic assistance for more than 20 years.

For a population that is already absolutely at the upper limit in terms of health, the planned ubiquitous introduction of 5G with millions of new transmitters and thousands of satellites - also with the completely unexplored new millimeter waves - means an enormous expansion of the already enormous high-frequency exposure. This aggressive radiation penetrates not only house walls, but also all living organisms!

All the EHS people, who have reached the order of magnitude of all diabetes sufferers in Germany and whose number is constantly increasing, take the last possible refuge with these upcoming 5G auctions, which will further reduce their chances of survival!

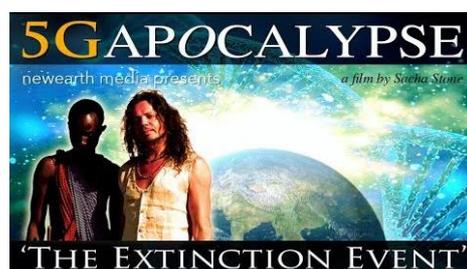
Dear Mr. Homann, are you aware of your responsibility? Have you thought carefully about what you are going to do tomorrow with the start of a series of frequency auctions to the four bidding mobile operators to install 5G technology? I would therefore urge you to adopt a different viewpoint that upholds the life and health of the people and environment entrusted to you as the most valuable!

(Barbara Dolmen, Environmental Physician: "Open Letter to the President of the German Federal Network Agency: 5G auction and suffering of affected people" (TBH, May 21 2019, May 17 2019)

DENIAL OF 5G HEALTH HARM

'Apocalypse 5G: The Extinction Event'

This documentary film by Sacha Stone exposes the existential threat of 5G technology to humanity.



Radiation destroying nature

Technology is quite literally destroying nature. A new report confirms that EM radiation from power lines and cell towers can disorientate birds and insects and destroy plant health. The paper warns that as

nations switch to 5G this threat could increase. In the new analysis, EKLIPSE, an EU-funded review body dedicated to policy that may impact biodiversity and the ecosystem, reviewed 97 studies on how EM radiation and the environment. (D. Dovey: "Radiation from cellphones, Wifi is hurting the birds and the bees; 5G may make it worse" Newsweek, May 19 2018)



5G: ICNIRP thermal guidelines need correction

Niels Kuster of IT'IS says 5G will induce much higher power density in human skin. Esra Neufeld adds: "The current standards do not prevent thermal damage of the skin and should be corrected in the next revision of the [ICNIRP] guidelines." A peak-to-average ratio of 1,000 "may lead to permanent tissue damage for pulsed exposures". David Carpenter, professor at the University at Albany, said: "We already have clear evidence for elevations in brain and other cancers resulting from excessive exposure to mobile phone, WiFi and other sources of EMFs" and some people are EHS.

(Investigate Europe: "Mobile phones and health: is 5G being rolled out too fast?" Computer Weekly, April 2019)



ICNIRP rejects science: plan to relax its obsolete short-term heating limits
Against Kuster and Neufeld's clear scientific advice, early in 2019 the ICNIRP announced plans to relax its safety limits on phone mast ahead of 5G.

(Hannah Somerville: "Haringey Council blocks phone companies' 'disconcerting' plans for 5G mast on top of Alexandra Park School" Ham&High, June 21 2019)

UK government also rejects science and wants 5G

In March 2019 the government wrote to the chief executives of all councils in England, asking them to put policies and procedures in place to "minimise barriers to deployment" to 5G.

(Hannah Somerville: "Haringey Council blocks phone companies' 'disconcerting' plans for 5G mast on top of Alexandra Park School" Ham&High, June 21 2019)



US approves 5G radiation from space around world

The FCC approved to SpaceX on March 29, 2018, to launch 4,425 satellites into low orbit around the Earth. The total number of satellites expected in low and high orbit will be 20,000. In September 2017 there were 1,738 operating satellites in Earth orbit.

Plans: SpaceX 12,000 satellites, OneWeb 4,560, Boeing 2,956, Spire Global 972. The effective radiated power of the 5G phased array antennas in phones will be 10 times more powerful than 4G phones. Stationary equipment such as Wi-Fi hubs in homes and offices

will be permitted to use microwave beams that are 15 times stronger (300 watts) than the signals from 5G phones or 150 times stronger than 4G phones.

(John P Thomas: "20,000 Satellites for 5G to be Launched Sending Focused Beams of Intense Microwave Radiation Over Entire Earth" Health Impact News, January 6 2019)



FCC: 'complete denial about health risks'

Americans need to wake up to the fact that they are facing a formidable enemy in the telecommunication industry. The FCC and the cartel of telecom companies and Silicon Valley remain in complete denial about the multitude of health risks that 5G antennas, mobile phones, smart meters and other electronic appliances that will be connected with 5G, have been shown to contribute towards.

(Richard Gale and Dr. Gary Null: "The race towards extinction: climate change versus the 5G microwave technology roll-out" Globalresearch.ca., April 24 2019)



Seen on a beach in the UK.

5G OPPOSITION OVER HEALTH

The opposition to 5G is growing world-wide as people discover the proved effects of RF radiation, such as cancer and EHS.

Under NFFP Local Authorities have a key responsibility for ensuring the health of their residents by removing and preventing toxins and pollutants. EM radiation is a toxic pollutant.

Some of the grounds for rejecting 5G and similar masts include:

- ❖ **the Precautionary Principle, required in all EU member states** (*Brussels, Glastonbury Town, towns in Italy, also cantons in Switzerland*)
- ❖ **a duty of care to people and the environment** (*Glastonbury Town*)
- ❖ **not using residents as guinea pigs for an experiment or test** (*against the Nuremberg Code, Brussels*)
- ❖ **exceeding safety guidelines** (*Rennes*)
- ❖ **lack of consultation** (*Haringey*)
- ❖ **lack of safety testing** (*Trafford, Patras*)

See the ES-UK website, under Resources, for documents on (a) responsibilities of Local Authorities, and (b) Phone Masts and Planning (both written before 5G).

Bristol: 5G moratorium wanted

A petition by over 3,000 people calls on Bristol City Council to halt 5G in Bristol over radiation fears.

5G has been in Bristol since March 2019 around the Bristol, St Jude's and Bristol Castle.

(Conor Grogerty: "Fears people in Bristol are at risk of cancer from Vodafone 5G - is it really dangerous?" Bristol Live, June 8 2019)

Edinburgh and Glasgow: 5G damage to brains and fertility

Edinburgh was the first city in Scotland to have 5G and then Glasgow from July 3 2019.

(Jimb Niooth: "Is 5G dangerous? Fears Scots could be at risk with new mobile network" ExpressMirror, June 10 2019)

Glastonbury festival: 5G trial 'bad headaches, nose bleeds and digestive issues'

Glastonbury Festival's decision to install 5G drew furious criticism from scientists and music fans alike; some questioned whether they would attend. A University of California public health professor described 5G as "a massive experiment on the health of all species." 5G is a weapons grade frequency. We are the guinea pigs. On-site workers reported bad headaches, nose bleeds and digestive issues.

(Martin Landi, Max Channon: "Glastonbury Festival to test mobile phone tech linked with suicide" Plymouth Live, April 24 2019; Nick Reilly: "5G mobile network to be tested at Glastonbury 2019" NME, April 24 2019; NME: "'5G is a weapons grade frequency": Many fear health concerns over Glastonbury's 5G mobile network trial" NME, April 27 2019; Will Lavin: "EE respond to health concerns over Glastonbury's 5G mobile network trial" NME, April 28 2019; Jim Satney: "Glastonbury Music Festival Facing Backlash After 5G Network Announcement" PrepForThat, April 28 2019; Annie Dieu-Le-Veut: "Glastonbury Festival-goers are revelling in an EMF minefield" The Holistic Works, June 25 2019)

Glastonbury town council: no 5G: duty of care, 'tested like guinea pigs'

5G has been opposed by Glastonbury town councillors until further informed on the health effects. At a packed meeting on June 11 2019, they approved a councillor Mike Smyth's motion: "This council has a social responsibility to protect the public and environment from exposure to harm, albeit unpredictable in the current state of scientific knowledge, and therefore opposes the roll-out of 5G in the Parish of Glastonbury, based on the precautionary principle, until further information is revealed from a newly convened 5G advisory committee." Mr Smyth

said: "This council has a duty of care to the people of Glastonbury and our environment." An EMF consultant, Christopher Baker, spoke at a town council: "Classic symptoms include nausea, headaches, fatigue, disorientation. I care about the Glastonbury community,



especially the young generation who are at a greater risk. It would be great if Glastonbury took the lead by not installing 5G, so that others may follow." A 5G meeting was planned for Glastonbury Town Hall on March 28 2019, with Mr Baker, Dr Andrew Tressider, and Si Harwood, an electrical engineer. (Anna Gladwin: "Glastonbury residents resist 5G rollout over fears of its potentially 'debilitating' effects" Somerset Live, March 21 2019; Anna Gladwin: "Glastonbury council opposes 5G roll out due to its 'unpredictable' health effects: "This council has a duty of care to the people of Glastonbury" Somerset Live, June 20 2019)

Haringey: blocks 5G

Plans to build a 5G mobile phone mast on top of a Muswell Hill secondary school have been thrown out amid concerns that parents had not been informed.

(Hannah Somerville: "Haringey Council blocks phone companies' 'disconcerting' plans for 5G mast on top of Alexandra Park School" Ham&High, June 21 2019)

Jersey: headaches and sleeping problems

Hannah Currier says current advice about 4G radiation is out of date and is spending £4,000 of her own money on tests. Mrs Currier uses a hands-free smartphone but gets headaches and sleeping problems. Her daughter gets nosebleeds near phone masts. A petition has over 520 signatures. ("Mother to pay up to £4K for independent phone mast safety tests" Jersey Evening Post, May 13 2019)



Liverpool: 5G opposition

5G is being tested in Kensington jointly by the council, the NHS and other. As of June 15, 4,715 people had signed a petition demanding that 5G be halted.

(Nick Tyrrell: "Why thousands of people are opposing high speed internet in Liverpool" MSN News, June 16 2019)

London: Camden: 5G illness

"Having spoken to a few of my friends living in Hampstead, they have informed me that they are already suffering and feeling ill due to the very recent 5G network installation to the lamp posts in this part of the borough."

Stroud: different from Brussels residents?

On Sunday June 16 2019, 180 people attended a meeting at

Lansdown Hall, Stroud, with a talk from Joe St Clair. A group against 5G protested outside Shire Hall on June 26 2019. Richard House for STOP 5G said: "Brussels Environment Minister has concluded that human health should not be put at risk. We will be asking Councillor Molyneux what information county councillors have that indicates Gloucester-shire residents are any different physiologically to Brussels residents."

(Matt Airey: "Campaigners call for 5G ban in Stroud" June 18 2019; "Protests in Gloucester over 5G" SupaNet, July 1 2019)

Trafford: no 5G: no safety tests

Trafford Council stated that they have no plans for 5G antennas or masts on lampposts or buildings in the borough. ("Trafford Council rejects 5g", News4Trafford, February 11 2019)

Prime Minister of Poland signs appeal against 5G

Mateusz Morawiecki, the Prime Minister of Poland has personally backed an International Appeal to stop the controversial roll-out of 5G EM microwave telecommunication transmissions. (J.Rose: "Prime Minister of Poland Signs Global Appeal to Stop 5G" CounterPunch, June 11 2019)



Geneva stops 5G

Antonio Hodgers, the head of Geneva's executive, announced a ban on the erection of further 5G mobile antennas in the canton, according to an interview on RTS. Ironically, Geneva is home to the WHO which claims wrongly that

"there is no convincing scientific evidence" that RF including 5G "cause adverse health effects". In fact it has been proved convincingly that RF causes cancer and EHS.

("Geneva blocks the erection of 5G mobile antennas", Le News, May 2 2019)

Banning 5G, its ES and cancer Italy:

in L'Aquila, capital of Abruzzo, more than 1500 inhabitants protest against the use of their city for 5G tests. "After the earthquake drama, we do not want to become the outdoor guinea pigs for this technology," says Gianmaria Umberto, a local doctor.

Greece: The government in Athens chose Patras as one of the three test fields. A citizens' committee objected to 50,000 small 5G transmitters. Patras finally rejected the project because the health risks had not been clarified.

France: In Rennes last autumn citizens were amazed that they were exposed to unlawful high-frequency radiation in the local subway. In France there is a precautionary limit for public places, about one-tenth of ICNIRP. A local MP simply had to measure the strength of the electromagnetic fields after all the subway stations were equipped with transmitters. The radiation in 9 of the 13 stations was well above the permitted value, in peak times even more than 1.000%. The case caused a sensation nationwide.

Poland: There are strict EMF limits. In 2018 in five Polish cities, citizens marched against new masts and 5G experiments.

(Harald Schumann and Elisa Simantke: "How harmful is 5G really? 5G should transfer huge amounts of data quickly. But it could also harm your health. Europe's governments ignore the danger" Der Tagesspiegel, January 15 2019)

UNSCIENTIFIC ICNIRP and WHO

World Health Organization: 'Cover-up'

The facts about 5G and other wireless radiation have been downplayed and covered up by the WHO, industry and governments, causing many people to believe it's not a problem. The truth is that it's causing havoc all over the planet.

The WHO needs to:

- Call a halt to 5G
- Rollback existing wireless radiation
- Replace wireless with wired connectivity
- Hold global public awareness campaigns
- Provide health support for those harmed and addicted by wireless
- Stop the cover-up and tell the truth – now!

(Olga Sheean: "The WHO cover-up that is costing us the Earth" June 5 2019, 19 min.)



Distrust in ICNIRP: 'lack of accountability, unscientific, no physicians'

A summary of Professor Leszczynski's reasons for distrust in ICNIRP's interpretation of science:

- a 'private club' where the current members elect new members
- a complete lack of accountability for ICNIRP's actions
- a complete lack of transparency in the interpretation of the scientific evidence
- a complete lack of supervision of its activities
- an evaluation of science likely skewed because all members of this 'private club' have a close similarity of the opinions
- consensus by shutting off any dissenting opinions
- no scientist suggesting health effects from cell phone radiation was ever elected to ICNIRP
- no physicians elected as members of ICNIRP

European states follow ICNIRP, without critically evaluating what kind of NGO ICNIRP is, its

conflicts of interests, industry lobbying and lack of accountability.

ICNIRP's guidelines are not credible:

- inadequate consideration of non-thermal effects
- arbitrary disregard of numerous biological effects
- arbitrary disregard of cancer risk evidence from replicated studies
- reliance on scientifically inadequate psychological provocation studies for individual sensitivity
- refusal of physiology/biochemistry studies of individual sensitivity
- refusal to consider the significance of the 'research that has not been done'

(Professor Dariusz Leszczynski: "Brief Opinion on 5G and Health" BRHP, May 31 2019)

ICNIRP and GLORE:

Korea and Japan's plans for reduced NTP

At the ICNIRP/GLORE meeting in Paris in November 2018, Korea and Japan agreed to undertake a reduced version of the NTP study which proved RF is a carcinogen. The proposed steering committee includes Repacholi, founder of WHO-EMF Project and ICNIRP, van Deventer, head of WHO-EMF Project, van Rongen, chair of ICNIRP, and Wiart, formerly France Telecom. The NTP ran 8 different experiments but this plan is for a single permutation with a smaller number of animals than the NTP, 70 compared to 105. This allegedly gives less likelihood of confirming cancer.

("Japan and Korea Planning Their Own Cell Phone Animal Studies" Microwave News, October 23 2018; "Advisors for Japan, Korea NTP Repeat" Microwave News, May 6 2019)

ICNIRP's revised RF guidelines still based on Schwan's 1953 heating mistake?

ICNIRP hiding experts' views?

In his presentation of April 17 2019 Eric van Rongen, chair of ICNIRP, stated that the ICNIRP guidelines will still be based only on thermal or heating effects, ignoring established health effects at non-thermal levels. He even claimed no evidence of cancer, despite the NTP and Ramazzini studies proving cancer, known since 1953. These unscientific views have been

rejected by 240 expert EMF scientists of the International EMF Scientist Appeal who stated:

"the ICNIRP guidelines do not cover long-term exposure and low-intensity effects, they are insufficient to protect public health."

About 120 contributors made more than 1,000 comments on the notorious ICNIRP draft guidelines: will the ICNIRP publish these comments?

(Joel M. Moskowitz: "ICNIRP's Exposure Guidelines for Radio Frequency Fields: ICNIRP's Revised RF Exposure Limits Will Ignore Expert Opinions of Most EMF Scientists" Safer EMR, June 26 2019)



ICNIRP and ICES: re-arranging the deck-chairs on the heating Titanic?

The BioEM 2019 Workshop W2: Montpellier, France, June 25 2019, was on "Differences of Exposure Limits between the New ICNIRP Guidelines and IEEE C95.1-2019 Standard" with co-chairs C-K Chou and Eric van Rongen and ICNIRP Speakers Rodney Croft and Akimasa Hirata, and ICES Kenneth R Foster and Richard Tell. The 23-28 June conference's sponsors included Mobile and Wireless Forum, Telstra

Australia, Hydro-Quebec, RTE France, GSMA London, and EPRI USA.

ICNIRP member worried by Electrophobia? ignorant EHS proved many times?

Martin Rössli, a member of ICNIRP, when asked "whether it would make sense to better warn the population against the use of mobile devices, for example, Apple states in the manual to carry the iPhone at least 5mm distance from the body", answered:

"The negative aspect about a warning is also that it can trigger a concern that has additional real pathogenic effects."

[If Apple's heating warning causes Electrophobia, then ICNIRP's heating guidelines must also cause Electrophobia or "real pathogenic effects" – Ed.]

Rössli also dismissed many studies showing disturbed sleep from RF EMFs:

"If it were possible to prove electrosensitivity only once, that would question the whole model of thinking."

[Electrosensitivity has been proved many times since it was first described in 1932, according to majority evidence-based science – Ed.]

(“Video Interview [in Swiss German] with Professor Martin Rössli, President of the Swiss Advisory Expert Group NIS (BERENIS)” Schutz-vor-Strahlung.ch, May 29 2019; TBH, translation, May 30 2019)

LEGAL ACTIONS OVER PROVEN EHS AND CANCER

Recent highlights:

- *Utility companies must make radiation meters safe for people with EHS (France).*
- *Cancer from a mobile phone or cordless phone is now counted as both an injury and an occupational disease, with compensation to the employee injured (Italy).*
- *Local councillors may appear legally liable for established injuries from phones and masts (UK).*
- *Children should live without proven injuries from phone, Wiifi and mast radiation (Cyprus).*
- *Shops must display warnings about mobile phones (Berkeley, California).*
- *Mobile phone manufacturers are being sued for misleading information (France).*
- *5G appears to contravene human rights and wildlife protection (Denmark).*
- *Criminal threat to assault and restraint orders against neighbours and Telecom companies, forming a reasonable belief that the emissions form a risk of harm, allowing legal action for ES people and others to stop RF and 5G (Australia).*
- *Ground currents and dirty electricity from solar panels and wind turbines can be challenged legally (France).*

French court requires utilities to make smart meters safe for people with EHS within two months

The Tribunal de Grand Instance of Bordeaux decided that 13 electrically sensitive people must have a filter installed on their Enedis Linky electric meters within two months to protect them from EMFs. Pierre Hurmic, the plaintiffs' lawyer, said: "Enedis was just saying there was no danger!"

("Compteur Linky: la justice donne raison à 13 plaignants électrosensibles" [Linky meter: Justice gives reason to 13 electrosensitive plaintiffs] Femme Actuelle, April 24 2019)

Fifth Court in Italy rules cell phones cause cancer; an 'occupational disease'

On January 30 2019 Monza Court, Italy, ruled that the acoustic neuroma brain tumour of an airport employee was caused by exposure to the radiation from a cell phone he used for over 10 years for his work. The court determined that the tumor has permanently incapacitated him, and ruled it to be an occupational disease. This is the fourth case in which the courts in Italy determined that an acoustic neuroma type brain tumour was caused by a cell phone, and the fifth court to make such ruling, as in the first case the court decision was appealed and later confirmed by Italy's Supreme Court.

("Fifth Court in Italy Ruled Cell Phones Cause Cancer and Determined It Is An Occupational Disease" The Microwave Factor, May 31 2019)

Councillors' liability?

A written question to Gloucestershire County Councillors about liability for injuries from 5G: "If 5G technology proves to be as deleterious to human and

environmental health as many independent scientific authorities are predicting, elected politicians who have been complicit in its roll-out without the requisite health and safety studies will be morally, if not legally, liable for the negative impacts on health and the environment that ensue. To what extent have the officers and elected councillors on GCC formally examined the safety of 5G?"

Children's right to grow up away from RF radiation

Constantinos Ioannou, Cyprus' Health Minister, said on June 24 2019 that "Children have the right to grow up away from environmental hazards". Ioanna Panayiotou, Environment Commissioner, said her office decided to actively contribute to the information campaign on the reduction of children's RF exposure.

(Annette Chrysostomou: "Action needed on environmental impact on children's health, says minister" Cyprus News, June 24 2019)

Oregon bill to review independent science and to reduce radiation

On June 13 2019 the Oregon State Senate passed bill SB 283, directing the Oregon Health Authority to review independently-funded scientific studies of the health effects of exposure to microwave radiation, particularly in schools. There are reports of cancer clusters in schools near cell towers and students increasingly report being stricken with microwave sickness in schools, at alarming rates.

(Alicia Rubin: "School Wireless Safety Bill passes State Senate" KDRV, June 13 2019)



Denmark: legal opinion on 5G: contravenes human rights and wildlife protection

At a 5G Conference at Christiansborg on May 4 2019, The Council on Health Safe Telecommunications, the Danish EHS Association, MayDay and The Danish Institute of Public Health, lawyer Christian F. Jensen of Bonnor Lawyers, based in the city of Holte, concluded that establishing and activating a 5G-network will contravene current human and environmental laws enshrined in the European Convention of Human Rights, the UN Convention of the Rights of the Child, EU regulations, and the Bern- and Bonn-conventions protecting natural habitat and migrating species.

(Christian F. Jensen (L), Attorney-at-Law: "Legal Opinion on whether it would be in contravention of human rights and environmental law to establish the 5G-system in Denmark" Bonnor Advokater, May 4 2019)

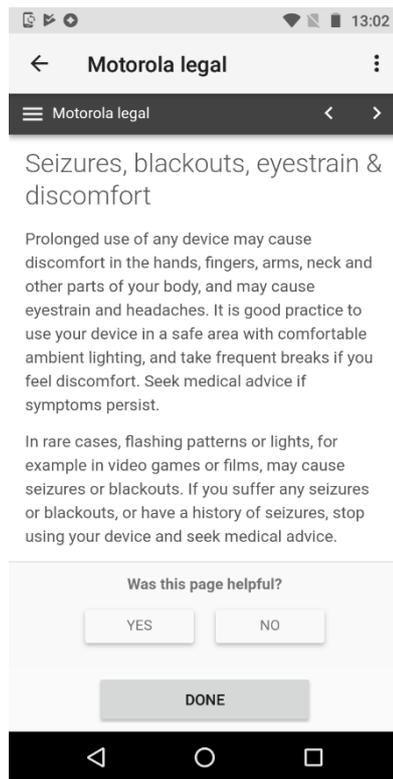
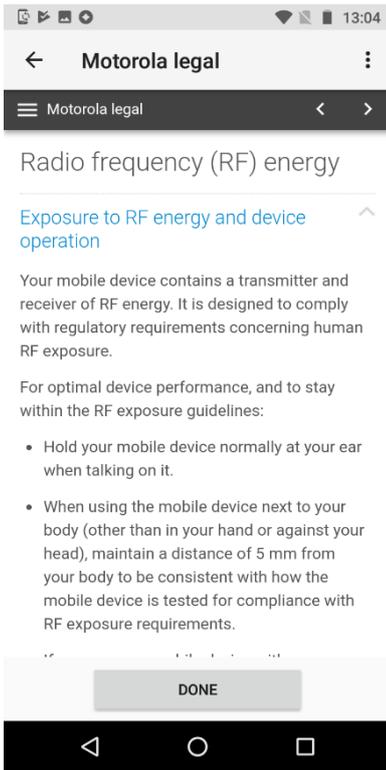
Berkeley requires radiation warnings about mobiles

The CTIA, a wireless industry group, failed again to stop the city of Berkeley, California, from warning people that using a cellphone could expose them to radiation. Berkeley's 2016 'Right to Know' ordinance was upheld. Retailers must warn customers about radiation risks in carrying phones in pockets and bras.

(Corinne Reichert: "Court upholds city's right to warn consumers about phone radiation" CNet, July 3 2019)

Mobile Phone: danger warnings

Thank you to a reader for the following screen-shots:



The small print warnings in a mobile phone include:

- Warning to keep your mobile device 5 mm from your body

[But this warning erroneously excludes the head and hands, which are usually counted as parts of the body]

- Hold the device “at your ear”

[Even though mobile phone radiation has been proved as a cancer agent]

- Warning of seizures, blackouts, and eyestrain

[These and other health injures can be caused by mobile radiation, which has been proven to cause cancer and neurological damage like ES]

Where not to keep a mobile or radio



- Some nurses' uniforms have built-in breast pockets and some nurses mistakenly place their mobile phones in these breast pockets.
- Many other nurses keep both personal and work mobile devices in their hip uniform pockets.
- Some police officers keep radios near to hip bones, the groin or the heart.
- Some people still use mobile phones next to the head.



This is all insane. Read the official warnings!

Phonagate Scandal - testing and warnings are inadequate

The results of the 2015 tests of 95 cellphones in body contact positions by the French National Frequencies Agency (ANFR) showed that 9 of 10 cellphones in contact with the skin exceeded the SAR threshold of 2 W/kg, set by the ICNIRP and used by the EU. Merja Kyllönen,

the Finnish Deputy at European Parliament, raised the issue with the European Commission on January 10 2018: “What steps has the Commission taken or is it going to take to better protect citizens, and to ensure that there is enough information on the risks available to European citizens in a more easily accessible form?”



(EU Parliament, written question, January 10 2018; ""Phonagate"": Finnish Deputy at European Parliament Raises Issue of Impact of Mobile Phone Radiation on Health of European Citizens" Towards Better Health, February 1 2018)

France: legal actions against cellphone manufacturers:

Phonegate: criminal complaint against Chinese smartphone manufacturer Xiaomi.

(Phonegate Alert, April 15 2019)

Phonegate scandal: a criminal complaint against HMD GLOBAL OY (NOKIA).

(Phonegate Alert, June 12 2019)

The Phonegate Scandal.

(Phonegate Alert, June 28 2019, 1 min.)

Australia: legal action for ES people and others to stop 5G and other RF emissions:

Criminal Threat to Assault and Restraint Orders against neighbours and Telecom companies, forming a reasonable belief that the emissions form a risk of harm.

1. Identify the source of the emissions or proposed emissions (eg Wifi, baby monitor, smart meter, celltower, proposed development)
2. Identify the site (eg home, workplace, hospital etc)
3. Measure the distance to the emissions from your home
4. Identify the emitters, local council, land owner, corporations involved, company numbers, and directors who may be personally liable.
5. Collate all correspondence
6. Ask your doctor to provide:
 - (a) evidence that RF emissions are not safe or could be a risk of harm, including the risk of fear which is a discomfort, and
 - (b) recommendations for remediation (e.g. removing a celltower, removing Wifi, removing a smart meter etc), using: BioInitiative Report and Physicians for Safe Technology.
7. Obtain witnesses affirmed testimony or affidavit, e.g. a friend's cellphone visiting your home showing bars indicating

reception on their phone

8. If you wish, contact a Building Biologist for a survey, or get a specialist survey.

9. Include costs for shielding your home and yard as a compensation claim.

10. Collate all the evidence and instruct your lawyer or attorney to form an advice for you, and give legal remedy or options etc. Most environmental acts classify EMR as a pollutant and contaminant, which require precautionary action. Local authorities may then be liable for personal injury, assault, environmental contamination, and dangerous weapons.

11. Send to the emitter and all parties.

["How to Take Action Against 5G"](#) (YouTube, The Crowhouse, May 24 2019); [Notes and Transcript](#) (May 2019); ["Using the Australian Criminal Code: Barrister Raymond Broomhall"](#) (EMFSA, May 25 2019)



French farmers sue: ground currents from solar panels and wind turbines kill cattle

French cattle farmers are suing the state over the death of hundreds of cows from harmful EMFs. Local vets are at a loss to explain the deaths. Stéphane Le Béhec, 51, a Breton farmer in Allneuc, lost 200 cows from unknown causes in the past three years and is closing his business. He has identified several potentially harmful sources, including a transformer, mobile masts and

wind farms whose electric currents blight his land. He said: "I noted that the voltmeter reacted strongly when I stuck it in the ground or in water." He has filed a legal complaint against "persons unknown" with the local prosecutor. Farmer Patrick Le Néchet lost 120 cows in similarly mysterious circumstances in the past five years. He said "We have had blind calves with holes in their heads and deformed limbs that end up going round in circles and banging their heads on the walls." Others can no longer walk or refuse to be milked and produce very little, as well as stunted bullocks. A geobiologist found the water on his property carried a high amount of electricity, potentially linked to a neighbour's photovoltaic station. Ten cases were registered in Brittany alone in the past two years. In two, the deaths started after the installation of wind farms. "They let farmers die when they have known there is a problem for the past 25 years and it's getting worse," said retired farmer Serge Provost, who said that the conductivity of the local soil is not sufficiently taken into account when installing high-tension pylons and other electrical devices. Thibaut Bouchut explained how humans can withstand three times as much electricity as cattle. He said: "The human body has an electrical resistance of 1,500 Ohms, while the cows, only 500 Ohms, and they are not separated from the ground by rubber soles."

(www.farminguk.com: "French farmers claim cows are dying due to turbines and solar panels" March 28 2019; Henry Samuel: "French farmers sue the state over mystery cow deaths they blame on electromagnetic fields" Daily Telegraph, April 26 2019)

Her home was her car for two years

Dafna Tachover is the Israeli-born founder of We Are the Evidence, which publicises harm from wireless radiation, Microwave Sickness and Electromagnetic Hyper Sensitivity.



Ten years ago in 2009, soon after she bought a new laptop computer for her work, Tachover felt odd. She had heart palpitations, experienced what she calls ‘cognitive block in the brain’ and felt tingly sensations in her hands and feet. All wireless devices made her feel that she wasn’t herself, and that something had taken over her mind and her body.

Tachover moved away from New York where she had been living and working as a lawyer. For two years, her home was her own car; it was the only environment in which she felt anywhere near her normal self. She said: “Flying was a nightmare. Airports were the worst.” To escape, she lived in the Catskill Mountains in New York State, and later in a tent in Green Bank, West Virginia, a town that has no cell towers and where people who suffer from microwave sickness go to get healthy.

These days, Tachover has no fixed abode; some of her friends and fans call her ‘a Wandering Jew’. Over the last few months she has wandered across California and brought her message to receptive audiences. “We are going into a world I don’t want to be part of. The future looks like a very bad place.” She urges everyone to turn off cellphones as much as possible, opt out from so-called “smart meters,” get rid of Blue Tooth, and disable WIFI when not in use.

“Keep your house as free from these devices as you can. And keep up the fight against 5G which will increase exposure to radiation.”

(Jonah Raskin: “The case against 5G comes to Sonoma” Sonoma Valley Sun, July 1 2019)

South Africa: skin lesions and cat with cancer

My history of sensitivity possibly began after my apprenticeship working at an aircraft company where I was an apprentice electronics

technician for 4.5 years starting in the year 1980. Although mine was not one of the trades doing radio or radar we were exposed to radar from the nearby runways on a daily basis (training was done near an airport). At the time I did not realize that radar was causing me any harm, although, in hindsight, the symptoms experienced were those of EHS/EMFIS which have grown hugely with the ‘progress’ of the cell phone industry.

I have been consciously aware of the symptoms (nausea, mental fog, exhaustion etc.) since just before the cell phones came to South Africa – when I think pilot programmes were being done on certain areas of the population without much awareness. These symptoms have definitely got worse as the various generations of cell technology have been unleashed.

These years of conscious awareness were accompanied by ever decreasing ability and the decline in my career activities like from being a premier league tennis player to not playing or coaching at all. And from being in a profitable computer programming job to trying to put together part time work and web page design type work from home, where I have taken protective measures.

Another major complication in the last 12 years is the development of an ongoing skin lesions that resemble large boils and just don’t go away (no matter how many dermatologists etc. were visited). Atopic dermatitis is the (useless) diagnosis. As is so often the case for those with EHS/EMFIS it was suggested that my skin condition might be psychological. For the last 10 years my standard of living has been too low to afford private medical consultations.

In these 15 years of awareness I have tried various things ... the ones that come to mind are Faraday cages, diet regimes, orgone energy and Dianetics. I have personally felt benefited by natural fabric (hemp wool and pure cotton) close fitting garments, jackets and pants.

I lost my Siberian kitty cat due to squamous cell carcinoma, supposedly caused by sun exposure. She would, especially over these last years, choose spots where there was extensive metal shielding to lie in, not least of

which is my bed that is covered by a complete Faraday cage and not any of the other beds.

It has been a really rough ride these last 15 years...and with the future just promising more of the same and worse - 5G and so on - one starts asking where will I and my fellow South Africans be in the next year or two?



Mast activated July 1 2018: trees dying, tinnitus, health problems

In May 2018, we first saw construction on a tower 10 meters from our house in a neighbor's yard. I thought the radiation was harmless and that most of it would pass over our home. I am a semi-retired electrical engineer and researcher. Then I learned that trees were dying around a tower on a country club. Research soon showed me the dangers. The tower was powered up on 1 July 2018. In August, my wife and I noticed a sharp increase in tinnitus and also some hearing loss. In September, we both got more and more health problems and in October I had to go to a health clinic to recover somewhat.

The worst symptoms for me were headaches and nausea accompanied by a significant loss of mental ability. I could not remember things like phone numbers. I could not spell. My reading comprehension and grammar dropped dramatically. I am 70 years old and I have great genes so these problems are premature. They disappear if I spend some time in a low radiation area.

I was needing more and more sleep and complained to my wife about it. She joked that I should wear an aluminium foil hat. I had a two hour afternoon sleep with one I made and realized that my dreams were clear and not scrambled. But more importantly I woke refreshed. This was easily repeatable.

I saw the changes in my wife. Her hands started to shake and tremble. She got tired and stressed. She blamed it on work and life but I pointed out that there was no change from her busy life and that she was able to cope before.

I could feel the high radiation spots in my side. A doctor pointed out a type of neuroma there, which is an injury to nerves creating a patch of nerves without the insulating myelin sheath. This makes them act like an antenna.

I then purchased a directional microwave meter which confirmed the hot-spots. So did a cell company test. The worst was in our kitchen. I moved into our garage. My wife was exposed to high face levels in the kitchen and in December she was diagnosed with a facial basal cell carcinoma. Luckily it was cut out completely.

In December, the High Court ordered the tower powered down on the basis of a prima facie case of both health harm and fraudulent approval. It took 4 to 6 weeks for us to recover. My wife's hands stopped shaking, our headaches disappeared and so did the tiredness and stress. In January, the cell company turned on the tower against the court order knowing it would harm and sicken me. My wife complained of a "tower headache" and I checked with the meter. It was on for 36 hours and the illness caused me to miss a filing date by one day and the judge would not condone it. He chose to believe the false report from a metering company. This is how the industry tries to win legal battles.

When the tower was legally turned on again in March 2019, we lined our ceiling with aluminium foil. The readings dropped by a factor of 10 to 100 times. But I started getting headaches and nausea. I began wearing personal shielding in our home, 24 hours a day. We moved our bedroom to the middle of the house where the readings were the lowest. This helps me cope and my symptoms have mostly disappeared. We have made arrangements to rent an apartment at the end of June to escape the radiation. We cannot sell our house, even with a 40% discount.

On 9 May 2019, I submitted an urgent appeal to the Constitutional Court to have the tower turned off and to overturn the condonation dismissal. There has been silence. The ugly truth is that cell tower radiation is turning out to be worse than tobacco smoking and far more deadly. Ultimately the truth will come out. It will be too late for those around us who lived next door to a tower and died of cancer.

(Source: Clive Granville. Randpark Ridge, Randburg, Gauteng; "Father's Day – International Electrosensitivity Day" EMFSA, June 16 2019)

Electrosensitivity UK (ES-UK)

www.es-uk.info

Aims: 1. To help people suffering from electrosensitivity.
2. To educate the public about electrosensitivity and related areas.

- for all people sensitive to electromagnetic fields and radiation -

Registered Charity No.: 1103018

Founded 2003

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Support ES-UK

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Resources

Please see the website www.es-uk.info for the following resources.

- Letters to doctors and psychiatrists on Electrosensitivity, by Dr Andrew Tresidder
- Disability and Housing Letters and much other information and resources
- *Selected ES and EHS Studies* (list of articles and scientific studies with links)
- *ES Directory*: an independent list of suppliers of equipment for ES people
- *Electromagnetic Sensitivity and Electromagnetic Hypersensitivity: A Summary* (2013)
- Copies of past *Newsletters*
- *ES-UK Leaflet* (see right, 2018) explains ES. Give it to anyone interested.



Newsletter

Thanks to Gordon Flavell for the use of some photographs © and to Brian Stein for printing and distribution.

Contributions for the ES-UK Newsletter on any subject related to Electrosensitivity are welcome. Please send them to the Editor:

Michael Bevington, BM Box ES-UK, London, WC1N 3XX,

or email: michael@es-uk.info

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

- **Common symptoms:** headaches, skin problems, insomnia, fatigue, anxiety, memory loss, cognitive confusion, muscle pains, heart palpitations, irritability, cancers. Some EHS people also react to chemicals.
- **The key treatment is avoiding radiation** (e.g. mobiles, WiFi and Smart Meters) and especially in bedrooms. Some EHS use military-style shielding or protective clothing, or live far from man-made radiation if they can.
- **Mechanisms:** e.g. cryptochrome, demyelination, Hsp70, retrovirus, ROS, subtle energy, vagal nerve, VGCC.
- **4% of the UK (2.7m) has EM sensitivity** (UK government-sponsored survey), about 1.2% (804,000) **severe sensitivity**, 0.65% restricted work, and up to 80% **subconscious sensitivity** (e.g. chronic inflammation).
- **The World Health Organization** classifies **Electrosensitivity** as an **Environmental Intolerance (IEI-EMF)** and states that it can be disabling but its Backgrounder 296 is outdated (2005). Various ICD-10 codes apply.
- **Diagnosis of ES and EHS**, by some NHS hospitals and GPs since 2013, includes: 3d fMRI, cerebral blood perfusion scans (UCTS), DNA, H, HRV, Hsp, MT, sAA, TSH, personal history of sensitivity and EM exposure.
- **EHS is recognised legally by UK tribunals as a disability**, for adults and children (from 2012). Schools and employers must prevent ES (H&S At Work, 1974) and make adjustments for ES people (Equality Act 2010).
- **The WHO's IARC classifies EMFs**, both Radio Frequency and ELF, as **2B possible human carcinogens**. Since 2013 experts have said EMFs should be reclassified as class 1 certain human carcinogens.
- **IGNIR** gives long-term biological exposure guidelines (2108). ICNIRP's short-term heating limits are obsolete.
- **Electrosensitivity was first described in the medical literature in 1932**. It began with electrical, radio and radar workers. Since then it has spread into the general population, as wireless devices became common.
- **The different condition of Electrophobia (EPH, nocebo effect)** is psychological. It affects about 1% of EHS people. EPH's prior psychological conditioning cannot apply to EHS children, unaware adults and animals.