

GREEN AGENDA ON RFR

As Green mayors of many French cities demand a halt to 5G, the damage by radio frequency radiation (RFR) to the climate and wildlife is increasingly recognised.

If 5G requires three times the energy of 4G, it is not green for global warming.

If RFR destroys wildlife, it is not green for the environment.



For bees, a 10% increase in incident power density from

lower to higher Wifi and 5G frequencies will increase absorbed power by 3 times.

(Thielens A et al.: *Sci Rep.*, 2020)

EHS DESERVE EQUALITY

People severely sensitive to EMFs deserve equality and freedom from discrimination.

In August 2020 the PHSO ruled against the 80+ people who in 2014 complained that PHE discriminated against real EHS and failed to uphold mainstream science, e.g. RFR being a 2B carcinogen and EHS, first recorded in 1750, being different from EPh.

The 800,000 people in the UK severely affected by EMFs and RFR deserve equal rights.

They deserve safety from masts, mobiles and Wifi.

It is time for PHE and PHSO to follow mainstream science and not the industry cartel.

ICNIRP and 'SCIENTIFIC MISCONDUCT'

Experts say ICNIRP is guilty of 'scientific misconduct':



"The evaluation of RFR health risks from 5G technology is ignored in ... a recent publication from the ICNIRP. Conflicts of interest and ties to the industry seem to have contributed to the biased reports. ... there seems to be a cartel of individuals monopolizing evaluation committees, thus reinforcing the no-risk paradigm. We believe that this activity should qualify as scientific misconduct." Hardell L et al.: 'Health risks from RFR, including 5G, should be assessed by experts with no conflicts of interest' (*Oncology Letters* 2020)

Back-ground Safe Environmental Levels	Majority mainstream guidelines			Minority 'industry' guidelines		
	Basis: majority scientific evidence			Basis: arbitrary invalidated hypothesis of 1953, still used in UK		
	Long-term and short-term			Short-term only		
	Non-thermal and heating			Heating only		
	Peak			Averaged over 6 or 30 minutes		
V/m	Date		V/m	Date		V/m
0.000001	1935	USSR	6	1953	Schwan's mistake	194
	1972	Poland	0.6	1998	ICNIRP, UK	61
	2018	IGNIR	0.02	2020	ICNIRP, UK	134

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Newsletter: pdf and printed

The back of the address sheet for the mailed print copies of the last Newsletter (Spring 2020) explained that for many years we have been most grateful to the generosity of Brian Stein and Samworth Brothers for the printing and postage of the Newsletter. As a result of the current economic situation, this has now changed.

In future, we intend to email pdf copies of the Newsletter to those for whom we have email addresses. We can also send print copies to those donating £15 or more per year if they wish. In addition, if you are unable to receive email copies and would like to continue receiving a print copy but are unable to make the suggested donation, please let us know. We are aware that many people with severe ES are too sensitive to access computers and have little money after being forced out of their jobs and homes.

Thank you for gifts

Many thanks to all the supporters of ES-UK who made donations in response to changes in the Newsletter distribution, especially for some generous gifts. In addition to our regular activities in support of people with ES, we aim to continue with information campaigns to raise awareness among the general public.

Thank you for writing

Thank you again to our many supporters who write about their situation to MPs, local councillors, government departments, newspapers, the BBC and other media. It makes a difference for them to hear how people are actually affected by the wireless industry's short-term limits, when their condition needs long-term limits. Eventually politicians and the media will understand the established mainstream science showing harm from RFR such as ES.

Contribute to the Newsletter

Thank you to those who contribute to the Newsletter. Some of the most helpful articles are on personal experiences of ES and tips which may benefit other readers.



Website

Thanks to the independent authors who update the ES Directory. It lists many services and suppliers relevant to people with ES.

The website also has a new 'RFR' page responding to unscientific theories and claims in the media. In addition there is updated information under Resources and Submissions.



Christmas Cards

Please order via the website or by writing.



COVID-19

In the light of some comments received, the last Newsletter clearly showed the existence of the virus and the dire illness it can cause. It also clearly stated that there is no evidence that RFR directly caused the virus. The Newsletter will continue its policy of highlighting peer-reviewed scientific studies, as well as news relevant to ES.

Sandi Lawrence

Sandi's many friends will be very sad to hear that she passed away on August 29 2020 after five months in hospital. We offer our deepest sympathy to her husband and family. She moved from Sussex to rural Wales after being sensitised by TETRA some 15 years ago. Sandi was a tireless supporter of all who suffered ES and kept in touch with many around the UK giving encouragement, advice and help. She was always ready to write and phone, and often wrote letters to newspapers urging people to research the scientific evidence for themselves.

PHSO COMPLAINT

PHSO's failure to uphold the 2014 complaint about PHE's lack of Precautionary Advice (case no. 234493)

A personal viewpoint by one of the 80+ complainants

On August 6 2020 the Parliamentary and Health Service Ombudsman wrote to Diana Hanson, the lead contact for the complaint. The PHSO since 2017 is Rob Behrens and deputy PHSO since 2016 is Amanda Amroliwala. The letter, marked 'In Confidence', to be made available only in a redacted form, apparently stated that the PHSO had not found any reason to question the decision not to uphold the complaint. However, the letter contains inaccuracies and after Diana made the PHSO aware of this she was asked to submit a list of the inaccuracies.



ICNIRP, PHE's failure to promulgate the peer-reviewed scientific evidence on EHS, PHE's failure to promulgate the established health dangers of EMFs, such as IARC's 2B carcinogen classification, and PHE's failure to distinguish the two different conditions of EHS and electrophobia (EPh).

We thank Diana Hanson and everyone who helped out with the complaint. They tried to uphold peer-reviewed science and justice against PHE's theories and discrimination against people with EHS. They even helped PHSO find its lost complainants.

The complaint to the HPA/PHE was made in 2013 and was followed by a complaint to the PHSO in 2014. Supporting complaints were subsequently submitted by over 80 people, all supported by their MPs. All complainants had been affected by PHE's failures. Many suffered severe ill health and, as a result, lost homes, family and jobs, with some dying from suicide, cancers and other established EMF symptoms and effects. Following the PHSO decision not to uphold the complaint in 2017, requests for internal review of the decision were submitted by a number of complainants in 2018.

In addition to issues raised in the lead complaint, supporting complaints included PHE's failure to protect the EM health of the general UK population, including discrimination against people with EHS. Some complainants highlighted PHE's reliance on the ICNIRP's invalidated heating theory, PHE's conflicts of interest with the



It is ironic that the PHSO still states that in theory their aim is to achieve justice. Yet in practice it has actively denied justice to these 80+ claimants by instead supporting PHE and PHE's reliance on ICNIRP's disproved theories. Rob Behrens wrote (Casework Report, March 3 2020): *'The Ombudsman service is vital in achieving justice for people who have suffered harm or hardship as a result of failures in public service.'* The PHSO's Principles of Remedy include: *'If possible, returning the complainant and, where appropriate, others who have suffered similar injustice or hardship, to the position they would have been in if the maladministration or poor service had not occurred.'*



It took six years for the PHSO to consider and reject these 80+ complaints on behalf of the 800,000 people in the UK severely affected by EMFs. In doing so, the PHSO instead supported PHE's denial of the peer-reviewed science and PHE's contribution to, and support of, the ICNIRP, itself a notorious conflict of interests.

The ICNIRP is a private cartel created in 1992 to support the wireless industry. NRPB / HPA / PHE has supplied members since 1992 (e.g. Cridland, McKinlay, Sienkiewicz, Swerdlow). It holds a minority-viewpoint heating theory, invalidated since 1930. Experts have shown ICNIRP's disproved theory to be unscientific and failing to provide health protection, making the ICNIRP guilty of 'scientific misconduct' (page 1).



EHS IN FRANCE

'Environmental sentinels ... recognized as disabled ... powerlessness'

(Excerpts from Alice Pouilloux: Nexus, May 20 2020, trans.)

◆ Living with EHS:

Some EHS persons have taken refuge in temporary housing, others have spent most of their confinement under protective nets. For them, as for the 3.3 million French people of which I am a part, hell is wireless radiation. Being EHS means, for example, as in my case, suffering from unbearable headaches in the presence of a smartphone 20 metres away, an internet box two floors below or close to a desk lamp. For many EHS sufferers, confinement represented an increase in their symptoms because of the neighbours who were using wireless all day long. A vital necessity in this case is to escape ... but where? White zones [free of RFR] are disappearing, as required by the government. Public space is forbidden to these outcasts in hyper-connected times: many EHS cannot use public transport, cafés, hospitals, places of culture, education and worship. Depending on the degree of impairment, working is impossible.

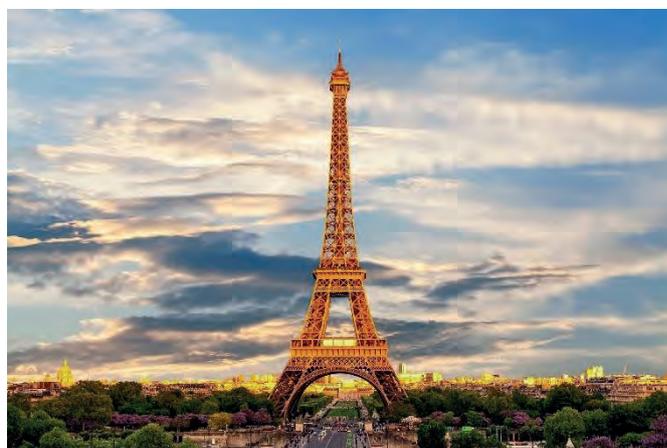
◆ EHS is the proven effect of RFR:

A study by Dr. Belpomme and Dr. Irigaray, published in March 2020, confirms the link between artificial EMF and EHS. For Dr. Béatrice Milbert, a physician-researcher who has been consulted by EHS persons for 20 years: "electrosensitive people are environmental sentinels, clearly indicating that the density of the EMF in the environment exceeds the measurements acceptable to the human body". The specialists' prognosis is chilling: there will be 50% EHS people within 50 years if nothing is done.

◆ How do you get sick from EMFs and RFR?

The pathology sometimes sets in from one day to the next when Enedis' Linky [smart meter] power line carrier current is put into service, as Dr. Béatrice Milbert testifies, or when 5G antennas are put into service as reported by Swiss people in Geneva. More often than not,

however, the process takes several years. The person initially suffers from mild symptoms when exposed to wireless technologies (headaches when making phone calls with a smartphone for example). Then, in the absence of protection, there is a shift to more and more acute symptoms in the presence of greater radiation, such as in front of a WiFi computer, an induction plate or a high-voltage line: tachycardia, ringing in the ears, muscle pain or chest tightness may set in.



◆ Three ways to heal oneself:

- (1) To take care of yourself, it is essential to avoid all types of pollution, especially EMF and chemical pollution.
- (2) It is also necessary to eliminate pollutants from the body such as parasites or heavy metals that amplify inflammation.
- (3) In addition, it is essential to support the nervous system and rebalance the body as a whole. At the end of this whole program, after several years, about 60% of patients return to an almost normal life.

◆ **State financial support:** In practice, for many EHS persons, the French allowance for a disabled adult (granted in some departments) is not enough to shield housing and finance medical treatment, which is not reimbursed by Social Security. Sweden, where 10% of the population is recognized as EHS, is often cited

as an example: the pathology is considered as a handicap, financial assistance is allocated and the costs of shielding housing are covered.



◆ Prospects:

A few initiatives are emerging in France: in December 2019, a dozen parliamentarians introduced a bill to allow EHS people to build their homes on land that could not be built on, outside EMF and RFR. The Aubervilliers town hall project is more certain to succeed and is supervised by David Bruno with EMF-expertise: 7 rooms in a white zone in his new library. In Paris, the hotel Le Pavillon even has three special shielded rooms for electro-sensitive people, with protection from low and high frequencies. The Zone Blanche association, for its part, plans to open an eco-village / research centre for EHS people in the Hautes-Alpes within 5 years at the earliest.



◆ Powerlessness:

In the meantime, major cities are testing 5G and the "new mobile deal" provides for the development of new 5G-equipped mobile sites in rural areas "in order to strengthen network coverage and quality". These days, somewhere in a small white zone in Brittany, Danièle, an electro-hypersensitive person who is recognized as disabled, demonstrates her powerlessness. She has taken refuge from RFR in her caravan parked in a public car park in the forest and is now threatened with expulsion by the National Forestry Office. She doesn't know where to go, electromagnetic pollution is everywhere. Her situation reveals the extreme difficulty that EHS persons in France have in finding shelter and ultimately concerns all French people, who are increasingly exposed to electromagnetic radiation on a massive scale.

(Alice Pouilloux: "EHS: where and how do they live in France?" Nexus, May 20 2020, trans. TBH, May 23 2020)

Bluetooth Problems

Avoid Bluetooth app

"The app which was tested on the Isle of Wight uses Bluetooth. Do not download this app. since, to the best of my knowledge, Bluetooth can only be used on most phones if the 4G is also switched on. This exposes you to the regular location transmissions from your own phone and makes you a target for a 5G beam."

(Comment, May 2020)

Google's Bluetooth tracking with Bluetooth turned off

A user can turn Bluetooth off on their smartphone running Google's Android software, and the phone will continue to use Bluetooth to collect nearby location-related data and transmit that tracking data to Google, from devices often used in stores, museums and public places. (David Yanofsky: "Google can still use Bluetooth to track your Android phone when Bluetooth is turned off" Quartz, January 24 2018)

Beware Mac laptop Bluetooth

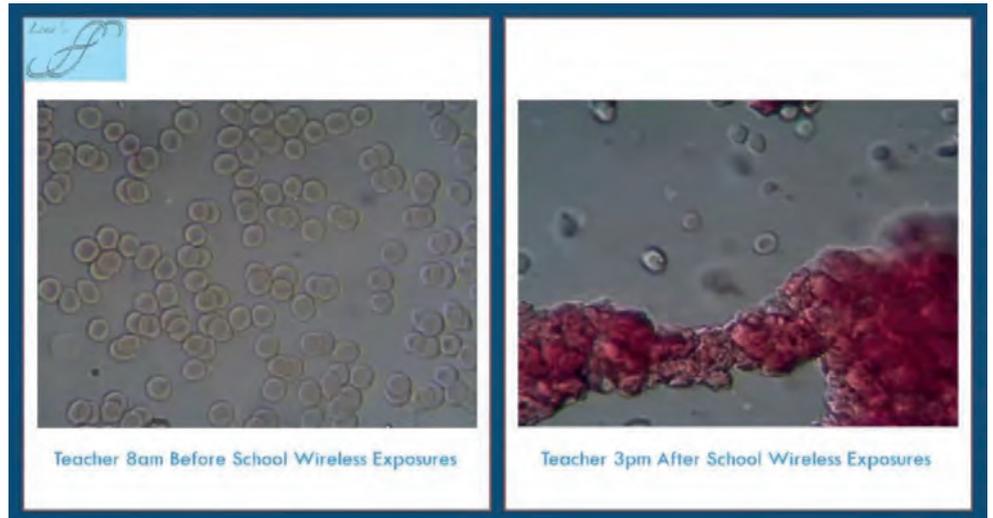
My Mac laptop, which is always connected via an Ethernet cable, and with the Wifi icon turned off, was still emitting high levels of EMFs. The source of RFs was unexpected: a constant burst of Bluetooth radiation. You now have to go under 'System Preferences', and then 'Bluetooth'. Once there, you check the box that says 'Show Bluetooth in the menu bar'. (Nick Pineault)

HOME AND SCHOOL WIFI

Wifi blood analysis:

Left, before school Wifi exposure

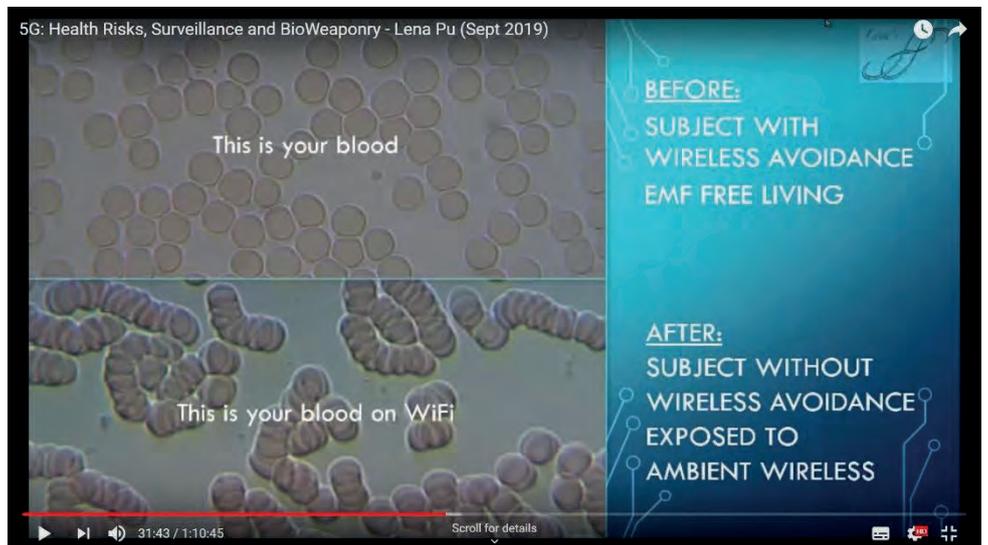
Right: after school Wifi exposure



Live blood analysis:

Top: without Wifi;

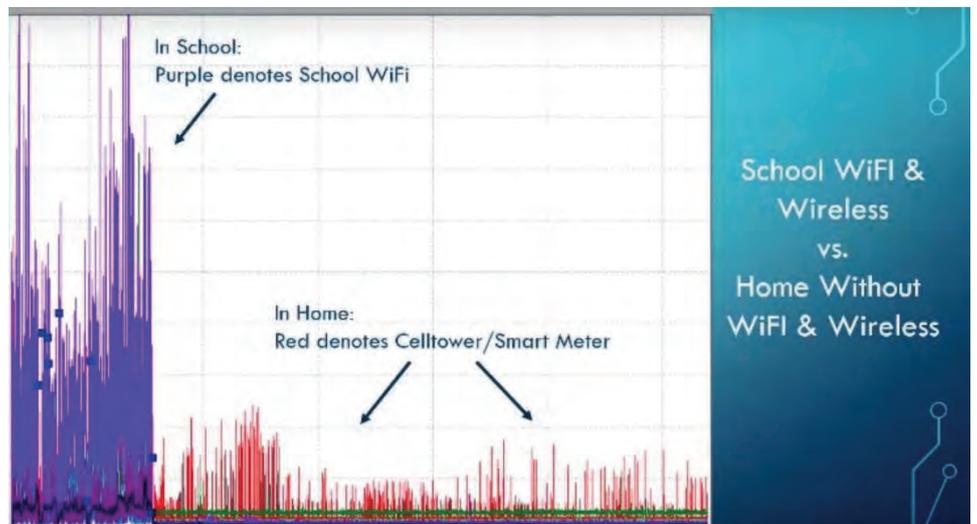
Bottom: with Wifi.



School and home radiation levels:

Left: Wifi in school.

Right: No Wifi at home.



(Lena Pu: "5G: Health Risks, Surveillance and BioWeaponry" October 2019)

LONG-TERM LIMITS: NO WIRELESS INDOORS

Mainstream scientists see ICNIRP's 2020 thermal guidelines, still based on Schwan's invalidated thermal theory of 1953, as unscientific, irrelevant and the result of 'scientific misconduct' (p.1).

The European Parliament voted ICNIRP's guidelines as not protective in 2008.

The WHO's IARC accepted long-term non-thermal effects in 2011.

The Council of Europe Resolution 1815 in 2011 called for a limit of 0.2 V/m.

IGNIR in 2018 gave 0.2 V/m for Day, 0.06 for Night and 0.02 for Children and other sensitives.

Barnes and Greenebaum in 2020 suggested 0.1 V/m as an intermediate first stage limit.

Plan for EHS against 5G: no wireless indoors

A Swiss Federal Journal plan to protect EHS:

- The supply of mobile radio and the internet will be divided into outside and inside.
- The power of phone masts and local Wifi networks would be lowered so that the radiation cannot penetrate a building.
- Inside the building, data is to be transmitted through fibre optic or coaxial cable.
- Private high-frequency radiation sources should be limited so that no radiation can penetrate into neighbouring rooms.
- Concealed transmitting stations would be marked and their data published.
- If telecom companies want new transmitters or increased facilities, they would need the written consent of residents within 400m.
- Public transport would have seats where the use of electronic devices is prohibited.
- Public buildings would have EM-free rooms.
- EHS persons must have access to independent advice centres free of charge.
- The federal government should inform the public about EMF health risks, possible protective measures and EHS symptoms.



("5G opponents want public transport places with mobile phone ban"
20minuten.ch, October 15 2019 [trans.]

Switzerland:

0.2 V/m limit? No wireless indoors?

Olivier Bodenmann (OB), an EPFL electrical engineer and specialist in electrosmog, one of the initiators of the Stop 5G movement, explains 5G resistance continues unabated.



- Are you impeding progress?

OB: Imposing a new technology without taking into account the precautionary principle is a flagrant violation of international law. It is human experimentation on non-consenting human beings.

- How much energy will 5G consume?

OB: According to the IEEE: "A 5G base station should generally consume about three times as much power as a 4G base station". And it takes more 5G base stations to cover the same area. As for the cloud, it's already the fifth largest energy guzzler on the planet.

- Are you surprised that Greta Thunberg and the pro-climate activists never mention 5G?

OB: I'm surprised. In Lausanne, we were just a few meters from Greta with a big banner saying "Stop 5G".

- What do you think about the Swiss Federal Office for the Environment 5G report of November 2019?

OB: They do not contain any statements on how 5G can be deployed safely. It all depends on how the emissions are calculated. Instead of taking into account the maximum values, a 24-hour average will be used, reduced by a factor of

2.5 to account for the fact that the antenna is not always transmitting at full power. This will make it possible to claim that the limit values are being complied with, even though they will at times be exceeded by a very large margin. This is like limiting the average speed on a motorway but not the maximum speed. You could drive at 300 km/h as long as you don't exceed the 120 km/h average speed.



Nevertheless, new measures may avoid a health catastrophe. For example, by imposing lower limit values, as called for in Council of Europe Resolution 1815: 0.2 V/m. Separating indoor and outdoor networks would greatly reduce the radiation of mobile devices indoors. The current situation is absurd. By connecting to powerful outdoor antennas, it is as if you wanted to light your apartment with the light from street lamps.

(Christian Rappaz: "5G: "We're being lied to about the consequences"" illustre.ch, February 6 2020, translation TBH, February 7 2020)

Is Ofcom's claim true or false?

Is Ofcom's claim of 'completely unfounded' health concerns true or false?

An anonymous 5G leaflet, released by Ofcom on August 27 2020, claimed:

"some people have raised concerns that the introduction of 5G could affect people's health ... These claims are completely unfounded" and "There is nothing fundamentally different about ... the radio signals that will be produced by 5G compared to previous technologies like 3G and 4G."

FACTS

- The WHO's IARC classified all RFR, e.g. 3G, 4G and 5G, as a 2B human carcinogen in 2011.
- Many leading scientists regard the additional evidence since 2011 as requiring all Radio Frequency Radiation (RFR) to be reclassified as a class 1 known human carcinogen.
- The USA's FDA asked the NTP to see if mobile phones cause cancer. The NTP's \$30 million study found 'clear evidence', its highest category, that mobile phones do cause cancer.
- Over 250 scientists have signed a petition to the UN asking *"the World Health Organization (WHO) to exert strong leadership in fostering the development of more protective EMF guidelines, encouraging precautionary measures, and educating the public about health risks, particularly risk to children and fetal development."*
- In another petition, The EMF Call, 250 *"Scientists and NGOs Call for Truly Protective Limits for Exposure to Electromagnetic Fields (100 kHz to 300 GHz)"*.
- Ofcom still uses the WHO's 'unprotective' ICNIRP guidelines based on Schwan's 1953 mistake.
- Over 250 scientists and doctors have signed another petition with a *"call for a moratorium on the roll-out of 5G. 5G will substantially increase exposure to radiofrequency electromagnetic fields RF-EMF, that has been proven to be harmful for humans and the environment."*
- Thousands of peer-reviewed studies show non-thermal effects and that RFR can be harmful.
- Not a single peer-reviewed study has proven that any RFR, let alone untested 5G, is safe.

Ofcom also claimed: "All frequencies that are currently and will in future be used for 5G fall within the part of the electromagnetic spectrum that includes radiation which is classed as 'non-ionising'. This means that these radio waves do not carry enough energy to directly damage cells."

- What about established indirect damage? Does Ofcom want indirect RFR cellular damage?

(Anon.: "5G mobile technology: a guide" Ofcom. August 27 2020) Facts selected by the Editor.

Reflections on the therapeutic treatment of Electrosensitive patients

Dr. Frédéric Greco

These suggestions should not be construed as medical advice. Always consult with your physician.

The pathophysiology of the neurological signs of the Electrosensitive patient can probably be summarized by: Pulsed and polarized EM radiation activates the dependent voltage calcium channels located on nociceptive neurons and, in particular, in the trigeminal nerve (innervation of the face); this causes an influx of calcium into the neuron and leads to the creation of free radicals (ROS) that activate the TRPA1 receptor that causes secretion by the neuron of CGRP (Calcitonin Gene Related Peptide) and inflammatory molecules such as Substance P, neurokinin and histamine release. The CGRP will cause arterial cerebral vasodilation of the dura mater without any action on the venous system, leading to migraine. In fact, depending on the individual, it is described as "brain fog" and can lead to migraine with vomiting and typical clinical signs. The same mechanism can be found on digestive, bladder, and pulmonary neurons.

TRPA1 is part of the family of TRP (transient receptor potential) receptors designed to detect changes in the surrounding environment. TRPA1 is directly sensitive to chemicals, particularly chlorine and woodsmoke, as well as wasabi and menthol. It is also sensitive to cold and is activated by free radicals. This explains why it can be directly activated at the digestive track, bladder, ENT and pulmonary level, accounting for the multiple chemical sensitivity of patients who breathe smoke and have chest pain by releasing CGRP and inflammatory substances.

At the otorhinolaryngology level, the trigeminal nerve leads the information directly to the brain and triggers the "migraine". In addition, when pulmonary TRPA1 receptors are activated, they can cause heart rhythm disorders. The activation of TRPA1 and other receptors leads to a central sensitization phenomenon that will

result in an increasingly explosive reaction for a given stimulus, and in particular to facilitate the initiation of the reaction by different stimuli: light, noise, odour, touch, EM radiation and vibrations, creating what is called a central sensitization syndrome.

Histamine also plays a role in the phenomenon by sensitizing TRPV1 receptors, which in turn facilitate the activation of TRPA1 in the digestive tract. This has been well studied and explains the improvement in patients taking antihistamines in irritable bowel syndrome. Histamine is part of the inflammatory substances released but also acts on the phenomenon of central sensitization. Chamomile, which has long been known to soothe migraine headaches, contains parthenolide, which is a partial agonist of TRPA1 receptors; it partially stimulates the receptors and causes desensitization. Menthol seems to do the same in theory but is not very practical in therapy.

But what makes some people EHS and others not? Probably genetics, epigenetics and exposures that will result in different and more or less sensitive calcium channels and receptors, depending on the individual, as described by Martin Pall (voltage-gated calcium channel (VGCC) activation). Once all this is understood, it finally gives us a practical basis to work from and offers us effective therapeutic possibilities.

We have to understand that it is a neurological problem, in particular neuronal hyperexcitability. The treatment could therefore be to avoid triggers as much as possible, eat well (organic, antioxidant intake), have a gluten-free diet without milk and low in sugar (moderate ketogenic diet: 'anti epileptic' role), sleep well, exercise, meditate and then consider treatment with medication.

Dr Frédéric Greco: "[Reflection on the therapeutic treatment of Electrosensitive patients](#)" (2020)

Mast Cell Activation Syndrome: A New Angle on Extreme Sensitivities

By Ruth

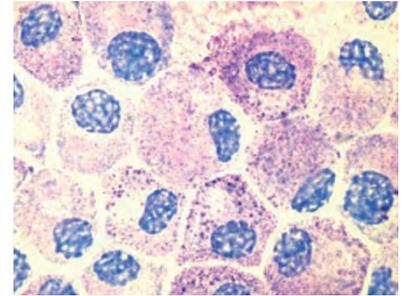
In 2007, case reports of a new disease started appearing in the medical literature. In 2017 the International Classification of Diseases (ICD) gave it a diagnostic classification for the first time. This disease can affect all systems of the body, so sufferers exhibit a very wide and diverse range of symptoms. The range of triggers for the symptoms are many and highly individual – and can vary in one individual across time.

Triggers include – but are not limited to – foods, chemicals, smells, heat, cold, exercise, stress, light and EM radiation.¹ The results can be severely disabling, isolating and have a major impact on quality of life.

The disease is called Mast Cell Activation Syndrome (MCAS). Mast cells are an important part of everybody's immune system. When they detect an intruder (e.g. bacteria) or an injury, they release various specialised types of chemical known as mediators. Problems arise if these mast cells start releasing their mediators inappropriately and excessively in response to a normal trigger. These unnecessary and powerful chemicals wreak havoc in the body, causing pain, swelling, burning and many other symptoms. MCAS is one of a group of mast cell disorders which includes mastocytosis, but should not be confused with it. The latter can be diagnosed by the presence of an excessive number of mast cells. However MCAS sufferers have a normal number of mast cells, but the cells themselves react inappropriately in a way that goes well beyond allergy. The condition is much harder to diagnose.

Recently, following decades of multiple, varying and often extreme sensitivities, I was diagnosed with MCAS by a consultant in clinical immunology and allergy. He was a private consultant rather than an NHS one – a few NHS consultants do diagnose MCAS, but my travel capacity was limited so I had to opt for the

nearest. The consultant said that taking the broad group of people with sensitivities, about one third can be shown to have MCAS as an underlying cause. For the rest, the cause is as yet not fully understood.



Mast cells Image: Kauczuk, copyrighted free use, <https://commons.wikimedia.org/w/index.php?curid=1200072>

MCAS diagnostic criteria are:

- 1 – a detailed history of symptoms
- 2 – the exclusion of possible alternatives
- 3 – evidence of a chemical mediator
- 4 – response to treatment.

Criterion 2 meant having an exhaustive set of blood tests (many of which I'd had before during my years of wandering around the medical profession – but I had to have them again) to exclude all possible other causes. Luckily my GP was willing to order most of them on the NHS.

Criterion 3 meant having specific MCAS tests which are not yet all available on the NHS. Some require specific cold centrifuges and immediate processing which most labs don't provide. I went to The Doctors' Laboratory in central London.

The first group of tests are:

Chronic Urticaria Screen

- Histamine – Plasma
- Urine Methyl Histamine
- Diamine Oxidase Activity

All were normal except for the last, which was low. This result indicated Histamine Intolerance, which is a related condition to MCAS. Histamine is one of the major mast cell mediators and some people can have an impaired ability to degrade histamine and remove it from the system. The consultant used a bath tub analogy – your bath can overflow because the taps are stuck on and too much water is coming in (MCAS) or because the drain is blocked and not

enough water is going out (Histamine Intolerance) – or both. In each case, there is too much histamine swilling around and the results in terms of ill health and symptoms can be comparable.

I had already suspected Histamine Intolerance because of improvements I'd made by following a low histamine diet,² taking histamine-reducing probiotics³ and taking supplements to circumvent specific genetic weaknesses in my methylation cycle (the methylation cycle also has a role in removing histamine from the body). These had been suggested by a knowledgeable nutritional therapist.

I could have stopped there. But the chemical mediators involved in MCAS are notoriously difficult to track down, which is why they are tested from so many different angles. When mast cells are activated, the release of mediators can be so rapid that they are in and out of the bloodstream within minutes, even though their effects may last much longer. Sometimes repeated tests still don't result in a definitive diagnosis; however if MCAS is suspected, and treatment helps, there may be a presumptive diagnosis. I decided to have two final tests for MCAS, involving a 24-hour urine collection (I made sure I did this when I was particularly ill). The chemicals tested for were prostaglandin D2 and leukotriene E4, and various ratios were measured between their different components. One of my ratios was beyond the normal range.

It was a huge relief to be found to be biochemically abnormal after so many years during which I felt so vulnerable to the charge that my impossible symptoms were psychological or psychosomatic. As Spike Milligan has engraved on his tombstone: "I told you I was ill." Since then, I have continued with my low histamine diet, started taking DAOsin, a supplement that directly adds DAO to the gut, and started an extremely low dose of antihistamines. I still have ups and downs, but things continue to improve.

The process of getting diagnosed was long (over a year since I first asked my GP for a referral), physically taxing and expensive. However knowledge and understanding of MCAS are developing in some pockets of the NHS. A charity, Mast Cell Action mastcellaction.org/ has been set up to promote awareness. MCAS is definitely not going to be the answer for everyone with sensitivities, but might be a fruitful new avenue for some to explore.



Notes

1. Included in the list of triggers provided at https://www.mastzellaktivierung.info/en/therapy_triggers.html#energetic: "Electrosmog? Many sufferers describe themselves as electrosensitive and attribute their electrosensitivity to their MCAD or histamine intolerance." This Swiss German site is the most comprehensive I have found on the subject of MCAS . In addition, electromagnetic radiation was mentioned as a trigger for some patients by my consultant during our first consultation. So far, the UK mastcellaction.org site is silent on this. An early paper by Gangi and Johansson is 'A Theoretical Model Based upon Mast Cells and Histamine to Explain the Recently Proclaimed Sensitivity to Electric and/or Magnetic Fields in Humans', Medical Hypotheses (2000) 54 (4), 663-671, which references various studies showing that mast cells are directly or indirectly affected by EMFs. However I'm not aware of any subsequent research which has followed this up. It would be fascinating if some of the MCAS tests could help to identify EHS.
2. Low histamine diets are complicated at first, and certainly different from any of the other diets I had tried, as they involve not only avoiding foods which are naturally high in histamine, or stimulate the body to produce it (e.g. strawberries and tomatoes) but also paying attention to how *all* food is prepared and processed. As a rule of thumb, the further a food is from its natural state, the higher its histamine content. So fresh cabbage is fine, but sauerkraut a complete no-no. Frozen salmon great, tinned or smoked definitely not. Steak yes, sausages no. Overripe, going off, mouldy food, ready meals, left out leftovers no. And so on. There are lots of slightly different low histamine diets out there. The one I found most rigorous is https://www.mastzellaktivierung.info/downloads/foodlist/21_FoodList_EN_alphabetic_with_Categ.pdf
3. Probiotic Lactobacillus Rhamnosus downregulates FC ER1 and HRH4 expression in human mast cells, World Journal of Gastroenterology, 2011 Feb 14; 17 (6), 750-759, Oksaharju et al.

NATIONAL TRUST DENIES EHS AS AN EQUALITY ACT DISABILITY

The National Trust denies EHS is a disability under the Equality Act, but the WHO states that EHS is a disabling condition and other courts have recognised EHS as disabling

With comments by the Editor

A judgement by Employment Judge Dawson of November 5 2019 found against an employee with EHS dismissed by the National Trust. This followed a hearing in October 2019 at Southampton where the claimant represented himself. The record included the claim: *"The respondent [the National Trust] does, however, deny that the condition [EHS] amounts to a disability within the meaning of the Equality Act 2010."* The judgement did not decide on this claim's validity.



In contrast to the National Trust's denial:

- the World Health Organization recognised EHS as a disabling condition in 2005,
- many courts and tribunals in the UK and worldwide have recognised the disabling nature and functional impairments of EHS since 2012,
- Sweden specifically recognised EHS as a functional impairment in the year 2000,
- Canada and the USA specifically include EHS as functional impairments or disabilities,
- employers in the UK since 2006 provided for EHS as a disability under the Health & Safety at Work Act 1974 and later under the Equality Act 2010 by making the reasonable adjustments necessary for employees with EHS.

The 2019 Judgement appeared to dismiss some aspects of the National Trust's claim that

EHS was not a disability under the Equality Act 2010:

- *"Given the length of time [name redacted] reports symptoms of the electrohypersensitivity condition, the terms of the Equality Act 2010 are likely to apply..."* (43, p.12);
- *"Mr Hignett submits that the PCP [provision criteria or practice] applied was limited in that the claimant only had to work in a situation with Wi-Fi from time to time and for short periods. We do not agree with his characterisation in this respect."* (81, p.19);
- *"We have concluded that the PCP [provision criteria or practice] which was applied for the purposes of section 20 Equality Act 2010 was that for those employees who were not properly described as home workers (such as the claimant), they should regularly attend an office to work and that office would be an environment in which there were wireless and electrical appliances"* (81, p.19).



This raises the problem of whether "those circumstances" were caused by the National Trust or the employee.

- *"In those circumstances, even if the claimant was disabled, the claim under section 15 of the Equality Act 2010 would fail."* (99. p.23);
- *"In circumstances where both the reasonable adjustments claim and the claim of*

discrimination arising from disability would fail even if the claimant was disabled, it is not necessary for us to determine the question of whether, as a matter of law, the claimant was disabled within the meaning of the Equality Act 2010." (110. p.23).

This appears to be a circular argument. "In those circumstances" refers to the National Trust's failure to make reasonable adjustments for its employee, leading the employee to perform poorly in the National Trust's opinion, leading to the "draconian" termination of the employee's employment. The former employee argued that, if the National Trust had made reasonable adjustments, the "circumstances" would have been different and allowed the employee to fulfil the role to the satisfaction of the employer. It was the responsibility of the National Trust and not the employee to *"take such steps as were reasonable to avoid the disadvantage"* where *"The burden of proof does not lie on the Claimant"* [employee] [7.3, p.3]. Therefore, it seems that the "circumstances" leading to the employee's dismissal were the result of the National Trust's actions and responsibility, not those of the employee.



The 2019 judgement stated:
"In respect of paragraph 7.3.2, deactivating wireless facilities in his vicinity at meetings, given that numerous employees were working in the respondent's offices we accept Mrs McLackland's evidence that it would be impracticable and unreasonable to switch off Wi-Fi and other technology to accommodate his attendance at the office." (85. p.20).

This is the opposite of what some other courts in the UK and elsewhere have decided, such as a school being required to remove Wifi and mobiles as a reasonable adjustment to meet the

needs of a pupil with EHS. Similarly, some schools and aircraft have requested or required that peanuts or nuts should not be eaten or provided, so as to protect a pupil or passenger with a nut allergy. Countries like France and Russia ban or recommend banning Wifi and mobiles from some schools. Hospitals in some countries have to provide hygienic areas free of EMFs for people with EHS or require mobile phones to be deposited outside the building.



The National Trust's Governance Handbook, Equality & Diversity Policy (4th ed., 2013, A.1) stated: *"Promote access for everyone by working to ensure that our properties, services and workplaces are accessible to all sections of society"*. A National Trust form allegedly stated: *"the Trust has a legal obligation to make reasonable workplace adjustments to remove, reduce or prevent the obstacles a disabled worker or job applicant might otherwise face,"* similar wording to: *"Your employer has a duty to take steps to remove, reduce or prevent the obstacles you face as a disabled worker or job applicant, where it's reasonable to do so."* (Equality and Human Rights Commission, Nov.18 2019) [/www.equalityhumanrights.com/en/multipage-guide/employment-workplace-adjustments](http://www.equalityhumanrights.com/en/multipage-guide/employment-workplace-adjustments)

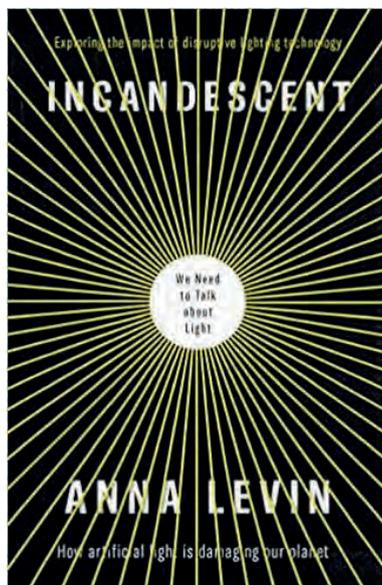
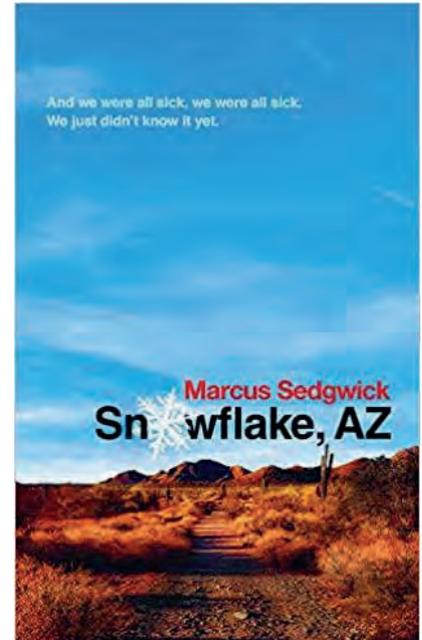
In conclusion, although the 2019 judgement did not adjudicate on the National Trust's denial that EHS is a disability under the Equality Act, most other available evidence and existing legal decisions seem to support the view that EHS is generally accepted as a disability or disabling condition, as recognised by the WHO. It therefore seems likely that EHS should be regarded as a disability under the Equality Act. (Employment Tribunals, [case number 1403423/2019](https://www.employmenttribunals.gov.uk/cases/1403423/2019))

BOOKS AND DOCUMENTARIES

Snowflake, AZ' by Marcus Sedgwick

This novel follows a young lad, Ash, dealing with environmental intolerances. He faces disbelief, his own and others', as he begins to accept that ME, MCS and EHS are a genuine allergies. The 'Canaries', rejected by some people, live in Snowflake, a community high in the Arizona desert named after its founders. Sedgwick was born in East Kent and now lives in the French Alps. He has won many prizes for his novels. This young adult novel was inspired by his own diagnosis of ME. It contrasts the callous unthinking rejection by some officialdom with a web of trust, love and resilience. It would be useful reading for those unacquainted with the social of cost environmental changes and the science.

(Zephyr paperback, 2020, ISBN: 9781788542340) (Kathleen Hale and Mae Ryan: "Allergic to life: the Arizona residents 'sensitive to the whole world'" Guardian, July 11 2016)



'Incandescent' by Anna Levin

Subtitled 'We Need to Talk about Light', this book explains the

damaging nature of artificial light. It begins with the author's personal experiences, struggling with CFLs and LEDs in daily life since 2013. It deals with the larger issues of how far society has a right to impose technology which is inherently dangerous, at least for some if not all. She observes that "the suffering of those who cannot tolerate LED light is simply being ignored", even by many governments, scientists and environmental groups which should have done their scientific research into EMF biological effects properly. Kevin Gaston, of the Environment and Sustainability Institute at Exeter University, said "This is an issue whose time has come". John Lincoln, trustee of LightAware, called Levin's book "a vital account of an increasing hazard". (Saraband, paperback, 2019, ISBN: 9781912235315)

'Thank You for Calling' documentary

The 86-minute documentary by Klaus Scheidsteger was released in May 2020. According to its website (www.ty4c.com/), "it takes the viewer behind the scenes of international research, industrial lobbying and current lawsuits for damages in the USA, which are largely ignored by the media. The film traces obfuscation tactics of the mobile phone industry and accompanies the struggle of some scientists who have been

researching in this field for years but have only recently begun to be heard. The aim of this documentary thriller is to enable mobile phone users to form their own objective picture of the current research situation that is not coloured by the industry." In the USA, several claims for damages are pending against the mobile phone industry, which have been combined into the so called "Brain-Tumor-Cases" at the Washington D.C. Superior Court. In the so-called "War Game Memo", prepared by a US lobbying agency and passed to Scheidsteger, the mobile phone industry

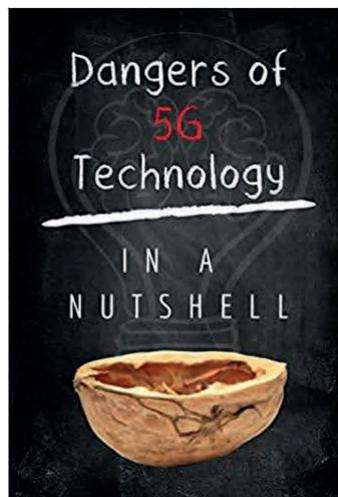
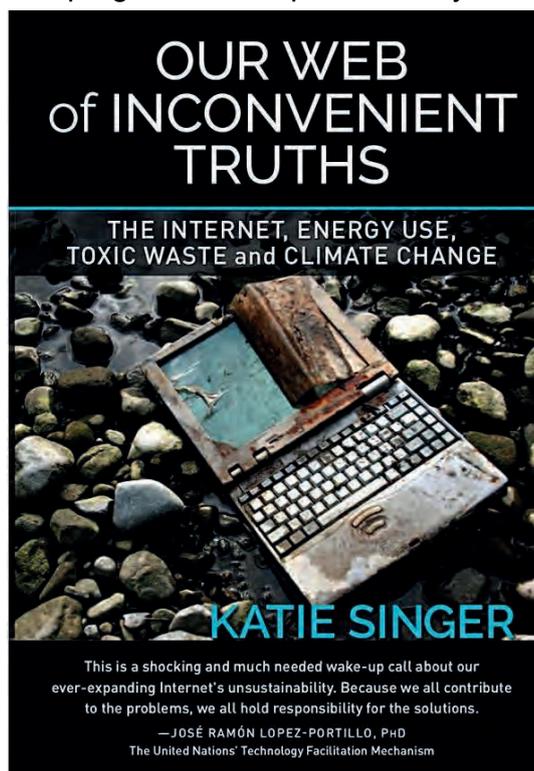


was given instructions in 1994 on how to deal with critical science. It contains a strategy to gloss over the current state of research and to trivialize findings. Scheidsteger meets Dr. George Carlo, director 1993-99 of the \$28.5 million industry-financed research program on cell-phone safety, the Wireless Technology Research project for the CTIA. Carlo himself became a victim of the “War Game Memo” and today advises law firms involved against the CTIA.

Problems in Publishing

Malin Starrett reports that Katie Singer has written ‘Our Web of Inconvenient Truths – The Internet, Energy Use, Toxic Waste and Climate Change’. SteinerBooks were due to publish it on May 31 2019 but they say publication was ‘cancelled’. Portal Books, another US publisher, then took on the challenge with a publication date of August 8 2019. They too failed to supply the book, or the book quickly became unavailable after that date. The Scottish publisher Floris Books featured the book in its Autumn /Winter 2019 catalogue but they now say that publication has been ‘abandoned’. Take note of such events – they reveal much of what a highly constricted society we now live in, especially when someone dares to question the continuous expansion of the internet.

(Lindisfarne Books, August 8 2019, ISBN-13: 978-1938685255)



Dangers of 5G Technology by ‘In A Nutshell’

This 24-page paperback states that it helps you understand 5G and the dangers it poses. “5G will bring about an exponential increase in the exposure of humans and animals to EM radiation, and worse of all, at frequencies that have never been seen or used in consumer applications. Since 5G safety studies have not been conducted on either the short- or long-term health effects, we do not yet know the result of the impact of the radiation of 5G on humans. However, it is known that there are no safe EMF radiation levels. The next-generation networks will be implemented without proper testing and no appropriate update to the security standards.” ‘In A Nutshell’ says it combines parody and humour.

(Be Spoke Publishing, April 29 2020, ISBN-13: 979-8641153711)

GLASSES FOR ES

Blue-blocking glasses for migraines

Dr Greco comments: “The message of the text is that headaches can be likened to migraines and when we treat them as migraines we are surprised to see the other signs disappear. By using the migraine model we can explain

many things that seem



strange at first glance, such as the effectiveness in some people of anti-blue light glasses, a phenomenon known for a long time and explained by scientific literature in migraine sufferers with especially fl41 lenses.”

Mesh glasses for ES

Several people with EHS recommend mesh (as in Vista Mesh) glasses to block RFR.

Blue-blocking glasses for MCAS Some people with Mast Cell Activation Syndrome use blue-blocking glasses.

MHCLG, DCMS, Ofcom and 5G HEALTH RISKS

The health of UK people will be harmed by government departments enforcing a 5G rollout against the established dangers of RFR from 2G, 3G, 4G, Wifi and smart meters, writes the Editor

MHCLG and DCMS wrong on (1) public health and (2) protected characteristics

The response of the Ministry of Housing, Communities and Local Government (MHCLG) and the Department for Digital, Culture, Media & Sport (DCMS) to their 5G consultation 'Proposed reforms to permitted development rights to support the deployment of 5G and extend mobile coverage' was published on July 22 2020.

There was a total of 1,896 responses - 1,096 personal, 548 'campaign' on the impact on National Parks, and 252 other responses. Up to 85% of personal responses, nearly half the total number of responses, *"stated their opposition ... due to their general opposition to the deployment of 5G, in particular on public health grounds"*.



Ministry of Housing,
Communities &
Local Government

The MHCLG and DCMS response is flawed on two grounds: (1) public health and (2) 'protected characteristics' as regards the 800,000 people already severely affected by RFR like 5G.

1. Established dangers for public health and the environment

The response evaded the established dangers for public health and the environment by attempting to pass responsibility to Public Health England (PHE): e.g.: 63. *'Setting aside the concerns relating to public health and wildlife populations, which are referred to above at paragraph 18.'* Paragraph 18 claimed that these concerns *'did not relate to the specific proposed planning changes that views were sought on'* while paragraph 19 stated that PHE *'takes the lead on public health matters'* for RF EMFs.

However, (a) PHE still follows ICNIRP's theory, invalidated since 1930, denying long-term

thermal effects, against the established weight of mainstream scientific evidence, and (b) neither ICNIRP nor PHE has assessed the known environmental harm from RFR. Therefore PHE's advice (a) does not, and cannot, relate to the known public health harm from RFR and EMFs which is essentially long-term and non-thermal, and (b) PHE has no authority or appropriate expertise to advise on environmental harm. The European Environment Agency in 2013 warned of 'industry inertia' and government failure to take action to 'protect public health' from EMFs.

The MHCLG and DCMS are not freed of responsibility by trying to blame PHE, a pro-wireless government agency. PHE supports and has members in ICNIRP, another pro-wireless group and a private cartel which still believes in Schwan's unscientific and invalidated theory of 1953. Thus PHE upholds ICNIRP's RFR guidelines which mainstream experts classify as unscientific, unprotective, and which make ICNIRP guilty of 'scientific misconduct' (page 1).



Department for
Digital, Culture,
Media & Sport

2. Established dangers for people with 'protected characteristics' such as EHS

Question 6, *'Do you have any views the potential impact ... on people with protected characteristics as defined in section 149 of the Equalities Act 2010?'* had 931 responses. Main themes were that *'amending permitted development rights could have negative health impacts on people with protected characteristics. ... children, the elderly, disabled people and pregnant women could be disproportionately affected by increased levels of radiation as a result of 5G deployment and could adversely affect their standard of living.'* The response by MHCLG and DCMS in paragraph 73 - *'Concerns*

raised in relation to public health grounds are referred to above at paragraph 18' - fails to note that PHE, because it follows ICNIRP, does not, and cannot, comment on people with 'protected characteristics' who will be injured by more RFR.

The reason that PHE cannot comment on EMF 'protected characteristics' is that PHE, like ICNIRP, still holds the minority fringe theory, invalidated since 1930, that these established long-term and non-thermal effects do not exist. This is despite mainstream scientific evidence in thousands of peer-reviewed studies, numerous common NHS therapeutic procedures in daily use, and essential military applications underlying electronic warfare, all in frequent use. These all involve the same type of long-term and non-thermal effects which are also evidenced in the EMF 'protected characteristics' referred to in question 6. Therefore all these EMF 'protected characteristics' referred to in question 6 exist outside of PHE's and ICNIRP's guidelines and remits. This makes the conclusion of paragraph 75 extraordinary:

'We are satisfied that there is evidence to demonstrate that the proposed reforms would have a direct positive impact on all persons, including those with protected characteristics and that any potentially negative impacts can be mitigated effectively.'

This claim is absurd on two counts:

- (a) The increase in 5G will have negative, not positive, impacts on people with protected characteristics such as EHS.
- (b) The potentially negative impacts [what are these?] such as RF radiation can only be

mitigated by

- (i) elimination of the RF radiation or
 - (ii) very expensive shielding
- as the 800,000 people in the UK already severely affected by RF radiation like 5G know to their personal cost.

This document is an unscientific and damaging response by MHCLG and DCMS to their own consultation. They admit that up to 85% of personal respondents opposed 5G on health grounds, yet relegate their denial of this viewpoint to PHE and ICNIRP, two groups which have opposed mainstream science in this area since 1930 and adopt a fringe heating theory in order to keep their existing industry limits, denying all non-thermal harm. In the sorry saga of government and industry denial of mainstream scientific evidence, this consultation counts as one of the most blatant whitewashes in history.

(Anon.: "Government response to the consultation on proposed reforms to permitted development rights to support the deployment of 5G and extend mobile coverage A summary of the responses to the consultation and the Government's response" Ministry of Housing, Communities & Local Government, and Department for Digital, Culture, Media & Sport, July 22 2020)



DCMS's Ofcom 60 GHz Liverpool Radiation Measurements:

- **118,800 % higher than International Long-term Safety Guidelines**

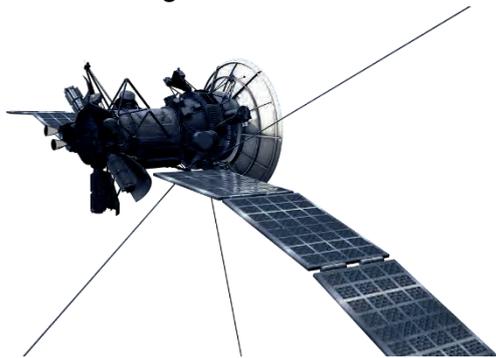
Measurements from a 60 GHz antenna on a lamp post in Liverpool, as if for a person on the top of a bus, show that 5G 60 GHz at 1.5 m exceeds long-term non-thermal guidelines by 118,800 % (average).

		DCMS Ofcom 60 GHz measurements, Liverpool (2020)					
		Power Density ($\mu\text{W}/\text{m}^2$) $100,000 \mu\text{W}/\text{m}^2 = 0.1 \text{ W}/\text{m}^2$					
Distance	Back-ground Safe Level	DCMS Ofcom measurements		IGNIR (2018)		ICNIRP (2020)	
Metres		Average	Maximum	Long-term Non-thermal Limit	Average (percent)	Short-term Heating Limit	Average (percent)
1.5m	0.000001	118,800	125,800	100	118,800 %	40,000,000	0.29 %
5m		2,600	3,100		2,600 %		0.0065 %

5G SATELLITE DANGERS

5G Satellites: biological and global harm?

Hundreds of 5G satellites have been launched and more are planned. It seems as though ordinary people cannot protect themselves from this pollution. No scientific studies have yet been carried out to assess the specific satellite harm to humans and wildlife, and the effects on the ionosphere and the global electrical circuit.



Astronomers' Appeal against 5G satellites

"This is an international appeal by professional astronomers open for subscription to ask for an intervention from institutions and governments. Astronomical observations from the ground can be greatly harmed by the ongoing deployment of large satellite fleets in preparation for the next generation of telecommunications." As of August 11 2020 2,010 astronomers had signed.

<https://astronomersappeal.wordpress.com/>

Legal challenge to FCC over 5G satellites?

"A battle for the sky is raging, and the heavens are losing. Upcoming mega constellations of satellites, designed to blanket Earth orbit in spacecraft beaming high-speed Internet around the world, risk filling the firmament with tens of thousands of moving points of light, forever changing our view of the cosmos. ... A new paper to be published later this year in the Vanderbilt Journal of Entertainment and Technology Law argues that the FCC — the US agency responsible for licensing them — should have considered the impact these satellites would have on the night sky. In ignoring a key piece of federal environmental legislation, the FCC could be sued in a court of law—and lose."

(Jonathan O'Callaghan: "The FCC's Approval of SpaceX's Starlink Mega Constellation May Have Been Unlawful" January 16 2020)

5G Satellites: harm on people with ES?

Diana, concerned about satellites, writes: "I used to be okay on some days and all nights, but now it's 24/7/365. I would like to know whether others have been similarly affected recently?"

Worldwide reports of satellite harm

In his newsletter of May 20 2020, Arthur Firstenberg requested to hear from people who, like him, had suffered heart palpitations for the last month, since April 22 2020. This was the date SpaceX launched 60 more satellites to increase the number of its 'first generation' (Gen1) to 420, needed for coverage of mid-latitudes to 56 degrees north and south. These are some of the 30+ responses received.

- "I had a horrible bout of palpitations one evening while upstairs," wrote Julie from Bulgaria. "I keep a journal and had recorded it, as I felt as though I was going to pass out or worse! The date? The 23rd of April."
- "I checked my calendar back on April 22," wrote Crystal from California. "Yes indeed, I was a MESS that day with heart palpitations. I was also extremely dizzy, fatigued, confused, irritable and bloated. I was such a mess."
- "Not only have I been having heart palpitations for three weeks now," wrote Elena from France on May 20, "I am having breathing difficulties. I am only 33 and in perfect health otherwise, doing a lot of sport and eating well. There have been a couple of nights when I thought I would have a heart attack, I was suffocating, could not breathe and my heart was beating so hard and fast, you could hear it from another room."



- "In April about the 22nd I awakened with double vision," wrote John from Alabama. "I went

to the ER and a CT scan was done and I was referred to a neurologist. He said that I had a stroke.”

- “For the last month or so I have been getting the most heavy and intense heart palpitations I have ever experienced,” wrote Ivan from British Columbia, Canada on May 20. “Also in this last month my ability to get a good night’s sleep has deteriorated significantly for no apparent reason.”

- “I have been having heart palpitations,” wrote Rebecca from the state of Washington on May 21, “and my nine-year-old daughter has been complaining of feeling heartbeat in her head and even her legs. This began a few weeks ago.”

- “My wife and I have been suffering from chronic fatigue for the past few weeks, and it never seems to go away,” wrote John from New Mexico on May 20.

- “I have been having nights where I wake up with heart excitement for the last month,” wrote Gerilee from California on May 21. “I have had to do deep breathing techniques to calm my nervous system at night.”

- “I began experiencing intense heart palpitations on April 23,” wrote Jennifer from California, “with episodes of them lasting for hours at a time and feeling like my heart would come out of my chest. I’ve never experienced anything like this before in my life.”

- “I too have been experiencing heart palpitations over the past month,” wrote Dignan from British Columbia on May 21. “They have gotten so bad at times that I can’t fall asleep.”

- “I am one of the many who are experiencing detrimental effects following the last SpaceX launch,” wrote Leanna from Indiana. “Chest pain, heart palpitations, hypoxia and thirst. We built a healthy, low EMF home in the middle of a 6-acre woods. The satellites are also impacting my husband, my senior cat, and my chickens.”

- “In the last month I’ve had heart palpitations,” wrote Mustafa from Michigan on May 21. “I am a healthy 32-year-old who lives a holistic lifestyle.”

- “I have experienced heart palpitations for the past few weeks,” wrote Eva from Luxembourg on May 20. “I am also out of breath quicker than before and I have started putting on weight without changing my diet. I am 46 years old.”

- “I have 100% been receiving heart palpitations since April 22,” wrote Luke from London. “They seem to have calmed but it has been like nothing I have experienced. I’m a personal trainer and therapist who is in touch with his body.”

- “I have been experiencing heart palpitations since April 22,” wrote Ellen from Leiden, Netherlands. “They were already present every so often, but they have increased in intensity.”

- “I have sometimes been waking up with heart palpitations during the night in recent weeks,” wrote Deborah from Indiana on May 20. “Not severe, but strange. And a friend of mine mentioned the same thing.”



- “I have been to the Emergency Room, April 28th and May 16th and had to be cardio converted twice because of a severely out of rhythm heart,” wrote Michael from the state of Washington. “They gave me medication after the first one that didn’t do a thing for the second attack. Plus I had a blood clot in my leg so severe they are going to remove the vein, it is so damaged. All this came out of nowhere.”

- “Last few weeks I live and sleep barefoot in the garden and I am constantly grounding,” wrote Evelina from California, “and yet when I go to bed at night there is this charge and restlessness in my body, I feel like I am going to explode.”

- “I, too, have experience heart palpitations and pain in my sternum since the launch,” wrote Jacquie from British Columbia.

- “I have had heart palpitations since the satellites were launched,” wrote Jennifer from England, “also burning eyes, headaches on the top of my head and memory issues.”
- “I have been experiencing heart palpitations, racing heart, and erratic heart rhythms over the past 6 weeks, out of the blue,” wrote Megan from Colorado on May 27.
- “I woke up at 1:30 a.m. about a month ago and my heart was top speed until 3 a.m.,” wrote Appley from Ireland on May 22. “My partner was very worried, my whole body shook for the whole period of my heart racing.”
- “I just read your newsletter from yesterday and found out the satellites went up at the same time as my symptoms,” wrote Ali from Florida. “I crashed and couldn't stay awake more than 5-6 hours at a time for almost three days.”
- “Since the end of April several people I know who normally do not get headaches and migraines have begun to experience them,” wrote Danica from the state of Washington. In particular, my niece who is only 4 years old got two migraine attacks while she was outdoors playing, and she had to be hospitalized because of the vomiting.”
- “I also had heart problems at that time without any recognizable reason,” wrote Veronika from Austria. “I have been very sleepy for weeks now without reason and sleeping at night has become an effort.”

100,000 satellites will harm all life and the ozone layer?

- ▶ SpaceX launched 57 more ‘Starlink’ satellites on August 7 2020, increasing its number in the ionosphere to 595. It has 10 ground stations and FCC permission for 40 in the USA. It will begin ‘beta testing’ in September for customers between 44 and 52 degrees latitude in the northern USA and southern Canada.
- ▶ OneWeb, rescued at the cost of \$1 billion by the UK government and Indian Bharti Global, applied on May 26 2020 to the FCC for 47,844 satellites.
- ▶ On July 29 2020, the FCC granted Amazon’s application for 3,236 satellites.
- ▶ The satellites of SpaceX, OneWeb and Amazon will use millimetre waves and phased array beams. If are all launched, they will total 92,000 satellites. With existing Iridium and Globalstar, and plans of Facebook, Link, Kepler, Telesat, China, Russia’s Roscosmos etc., there could be 100,000.
- ▶ Rocket launches will help destroy the vital ozone layer and raise global temperatures. The winter and spring of 2020 saw the largest and longest-lasting Arctic ozone hole in history. Firstenberg comments:
“If and when Starlink signs up millions of paying customers, it is possible that nothing will survive - no humans, no animals, and no insects.”
(Arthur Firstenberg: “Putting the Earth inside a High-Speed Computer” Cellular Phone Task Force, June 3 2020; “The Current Situation in Space” August 11 2020)



5G HEALTH DANGERS

5G dangers exposed:

ICNIRP thermal assumption invalid

“The ICNIRP thermal avoidance assumption is no longer valid ... the skin morphology and its components, like the sweat duct, are further sources of interaction with high frequency RF that are presently ignored in safety consideration of 5G. ... the SAR standard is deeply flawed as a measure of exposure ... Cancerous and other damaging effects of RF radiation from cellphones are now documented in animal studies. One must stress that these are non-thermal effects.”

(Betzalet N et al.: “Response to the comment of Foster et al. on Betzalet et al. “The human skin as a sub-THz receiver-Does 5G pose a danger to it or not?” *Environ Res.*, 2019)



Like Pied Piper, PHE leading humanity to a 5G ‘major environmental catastrophe’

‘Neither the government nor its departments, Parliament, PHE or the

HSE - just about all our protection agencies - are doing their job to keep us safe. The BBC and Ofcom wave the flag for 5G - wrapped up in the miasma of untruths about the safety of 5G EMFs and indeed, current EMFs. ... Parts of the EU governmental organisations and the UN sing from the same hymn sheet. The co-ordination among local councils, national agencies, international and global organisations is quite staggering and, quite frankly, breath-taking in their cavalier attitude to this major environmental catastrophe in the making. But, like the Pied Piper, they are leading humanity to its ultimate destruction. I speak here not of the age of robots, but of the fertility of humankind.’

(Jessica Learmond-Criqui: “Roll-out of 5G technology puts fertility rate at further risk, according to expert” *Ham & High*, December 12 2019)



Challenge to Mr Johnson, UK prime minister

Excerpts and notes from a letter by Dr Lauraine Vivian to the Rt Hon Boris Johnson, April 1 2020:

In 2019 a petition asked world governments to stop

the roll out of 5G. The petition, compiled by a team of esteemed scientists, had signatures from thousands around the world. It followed evidence from the US NTP study that mobile phones should be re-classed as a Class 1 carcinogen and that an estimated 350 million people suffer from symptoms of EHS. Recently, the US High Court found the Environmental Health Trust to be right that the FCC had misled the general public on the harmful effect of wireless technologies. ... the non-thermal effect of non-ionizing radiation has compromised many people’s immune systems. Added to this is evidence that EMR has imbalanced our fragile ecological systems ... It is the non-thermal effect of EMR, with its energy to penetrate cell membranes and re-work DNA, that underlies harm and is of most concern.

This letter asks you, as Prime Minister: *firstly*, to look compassionately on and hear the suffering of those with EHS; *secondly*, to listen to scientists’ and advocates’ description of harm and how they perceive the causal mechanisms for cancer and neurological damage related to conditions such as EHS.



Alarming, those of us who have researched and published in this field have seen our funding and jobs disappear as the ‘tech’ industry has hijacked investigations. They in turn have financially benefitted in an extraordinary, inequitable manner.

This letter thereby requests that you set up a Commission of Enquiry to hear testimonies

about harm from EMR, panel discussions on the scientific evidence, and the ethical, legal and economic implications of the way this industry has been fostered to dominate global politics and science. This should give special consideration to data on harm from untested 5G.

It should include key scientists and advocates in this field and International Human Rights Commissioners. The commission would be chaired by the Prince of Wales, anthropologist Professor Marilyn Strathern and the EU Commissioner, Margrethe Vestager.

Like many of other scientists in this field, I became marginalized and unfunded. Yet, whilst in 2011 I knew 5 people who suffered with EHS, I now have a packed email box with pleas from thousands of people who suffer because wireless technology means they cannot sleep at night, suffer with tinnitus, skin rashes, mental health disturbance and cancer. Many of these people live under radiation protective sheets and cannot leave their homes (see statistics on the burgeoning trade in protection gear, clothing, paints etc.).

Unbelievably, in the face of this suffering, governments continue, without any compassion, to roll out the technology, and industry-led NGOs such as ICNIRP contravene human rights.

Landowners: beware phone masts

The Central Association of Agricultural Valuers urges landowners to request information on the hidden risks and responsibilities of radiation exclusion zones from operators of telecoms masts located on their land. Jeremy Moody, the Association's secretary, said that significant levels of RF exposure from base stations can affect health, requiring exclusion zones to protect people. These exclusion zones will be expanded significantly by 5G as the range of potentially dangerous radio waves is far greater than for 4G. The government does not require operators to give details of zones to those they

affect. There is no requirement for operators to notify owners, site neighbours or the public of these areas.

Mr Moody said: "that means that nobody but the operator knows the areas in which people might be at risk and so cannot manage liabilities."

Similarly, where a mast is upgraded from 4G to 5G, the operator does not have to make this declaration or highlight the increased size of exclusion zones. Landowners may find buildings made redundant by exclusion zones, since they must provide a safe environment for employees.

("Beware dangers of telecoms masts" Central Association of Agricultural Valuers, January 21 2020)

Government spokesperson:

muddled claims on ES, EHS and EPh

The following notes on EHS were provided by Frank de Vocht, an epidemiologist but without EHS medical expertise, for the wireless industry. He acts as the government's EMF spokesperson on COMARE. COMARE was established in 1985 as a 'front' playing down radiation risks.

- 1%-10% of the population self-diagnoses as suffering from IEI-EMF. Remains unclear whether IEI-EMF should be attributed to (i) EM radiation (ii) entirely psychosomatic (iii) combination of both.
- Conceivable some people may be more susceptible to radiation.
- 5G: visible small cell networks and knowledge of MIMO technology likely to create obvious, and regular, triggers for nocebo effects.

[This shows ignorance of the robust scientific on ES since the 1740s. It has long been proved beyond all reasonable doubt that all humans are sensitive to EMFs and some are hyper-sensitive. The nocebo effect refers to a different condition, Electrophobia, known since 1903. Only about 1% of people suffer both EHS and EPh - Ed.]

(de Vocht F: "5G and health: An epidemiological overview" GSMA Europe, June 3 2020)



5G HEALTH OPPOSITION

Medical Association President: 5G ‘a wrong development’

Dr. Thomas Szekeres, President of the Austrian and Vienna Medical Association, at the 5G Infrastructure symposium in Austria on November 4 2019, stated that there have been no long-term studies so far. “It is also a fact that in 2011 the IARC classified RFR as potentially carcinogenic to humans based on epidemiological studies on brain tumours (group 2B). Since then, additional studies have confirmed the causal link between cell phone use and cancer.



Leading sciences concluded that high-frequency EMR for humans is a clear carcinogen (group 1). ... The question is therefore: Has health damage to people from mobile phone radiation been proven to date? Well, there are already several judgments around the world, even high court judgments, which unequivocally recognize the damage to health caused by mobile phone radiation. On the basis of the information available so far, the development of 5G means that the population is likely to be exposed to a further, and considerable, high-frequency exposure that is already too intensive in many places. From the medical point of view, transferring huge amounts of data in the immediate area of human life by means of microwave technology is to be seen as a wrong development.” (“President of the Austrian Medical Association: Clear words about 5G” TBH, February 6 2020)

Groundswell against 5G health harm

If the health dangers of 5G are not addressed, communities may block 5G in their areas, according to experts at a Westminster eForum on UK 5G.



Melissa Giordano, DCMS’ civil servant deputy director for mobile infrastructure and spectrum, said: “It is clear there is a groundswell amongst people who are concerned and worried about it, and the government takes those concerns seriously.” She stressed that 5G concerns are “legitimate” and that DCMS politicians have a right to take these concerns seriously.

A member of the audience said that in Bristol Orange had removed a mast from a block of flats because residents with health conditions were anxious. In addition six councils in his area imposed a 5G moratorium, concerned about environmental effects on insects, birds and animals as well as people.

In October 2019 Brighton and Hove City Council banned new 5G masts due to dangers.

Steve Goodman, a retired police officer, said that many scientists and doctors warn about 5G.

Bob Stewart, University of Strathclyde, argued that a legitimate concern was millimetre waves. (Keumars Afifi-Sabet: “Industry urged to challenge widening 5G health scare or risk slowdown” ITPro, January 23 2020)

Martin Pall: ‘5G Risk: The Scientific Perspective’ This is a helpful summary of the scientific evidence. (The 5G Summit, 2019, 127 pages). <https://www.5gexposed.com/wp-content/uploads/2019/08/5G-Risk-The-Scientific-Perspective.pdf>

5G: ‘adverse systemic effects’

An important study identifies adverse effects of RFR reported in the premier biomedical literature. It emphasizes that most of the laboratory experiments conducted to date are not designed to identify the more severe adverse effects reflective of the real-life operating environment. Many experiments do not include pulsing and modulation of the carrier signal. The vast majority do not account for synergistic adverse effects of other toxic stimuli (such as chemical and biological) acting in concert with the wireless radiation. 5G will affect not only the skin and eyes, but will also have adverse systemic effects. (Kostoff, R. et al., “Adverse health effects of 5G mobile networking technology under real-life conditions” Toxicology Letters, 2020)

Report on symptoms in a 5G test area:

“The effects are various and unpredictable, though weekends seem to be worse. I can sense a 'fizzing' sensation almost everywhere, all the time. There is also pulsing at extremely low frequencies and or a background 'hum'; non-audible shooting sensations across the temples; 'pins-and-needles' on the tongue and face, numbness in the extremities, etc.”

UK Two Legal Actions against 5G

The two actions seeking judicial review of 5G had raised over £172,500 between them, as at August 12 2020, from over 4,400 contributions.

Arthur Firstenberg: 5G reports, May 20 2020:

● “5G went online here two days ago,” wrote Gudrun from Seattle, Washington on December 8 2019. “As soon as it was turned on, I began to hear a low frequency hum in my skull.”

● “AT&T just rolled out their 5G,” wrote Gwen from Mount Shasta, California on January 26 2020. “I am now experiencing severe dizziness and head pains, hearing disturbances and eyes becoming sore. My neighbor has been experiencing the same.”

● “I was ready to flee for my life a couple of days ago after I went into town and experienced 5G for the first time,” wrote Pat from Japan on February 29 2020. “What surprised me was not my own body’s reaction to it, but the neuropsychological effects I was seeing in people around me. That was scary.”

● “We have a 5G 3.6GHz mast within 300m of our home,” wrote Angela from Australia on March 1 2020. “Poor health and being tired have become normal for so many of my neighbours.”

● “We have antennas with amplifiers which make them 4.5G,” wrote Michelle from Montréal, Québec on March 3 2020. “Since November 2018 when they installed the antennas there are no spiders, no birds, no ants, no squirrels. People are sick and our domestic pets are also getting ill.”



● “I've been to the Emergency Room twice in the last 30 days for my heart,” wrote Ann from Colorado on April 15 2020. “My arms/hands shake, my fingers quiver independently of one another, and the muscles on my back have recently gone into twitching sprees. My heart feels like it's got an electrical current burning through it. It feels like it wants to explode out of my chest. I live on the 10th floor of an 11 story apartment building. There are five 5G cell tower panels approximately 35 feet above my sofa. My eyes have drastically declined, my memory's gone and since January I'm experiencing nausea on and off. I suffer exhaustion and sleep issues.”

● “I am 46 and otherwise in good health,” wrote Andrew from Guernsey on May 5 2020. “The authorities near me started testing 5G at the beginning of this year. Soon after they started, I and many others developed a persistent cough which lasted 3 months and has not completely gone.”

Other RFR harm:

● “I live in a high rise building with 12 mobile phone masts currently on my roof,” wrote Lilia from England on January 14 2020. “Over the last year my health started to be affected, with pains in my bones, stomach and chest, heart pains, and pain in my solar plexus. I have calcification in my toenails, have been diagnosed with abnormal blood cells which have caused anaemia, and heart arrhythmia. I also put on 3 stone in weight out of nowhere.”

● “We live in a stable yard in the country at the Borders,” wrote Lauraine from Scotland on February 11 2020. “Overnight Telecom have come in and put down fibre optic cables to the homes and some go over our roof. Our neighbours are delighted to get 50 times faster internet but they are using wireless throughout their houses and each is a transmitter of the signal. Once the fibre optic cables were connected it was like living in hell. My head felt like a pumpkin exploding, my skin on my hands itchy and burning and my legs kept spasming and ached. I had tinnitus and incredible headaches. In addition my eyes smart and burn.”

● “The Telus tower was activated in the middle

of November and is approximately 120 meters from our home,” wrote Marcus from Gold River, British Columbia on March 17 2020, “at eye level, as our home is located on a small mountain. My wife, who was recovering well from leukemia, began to go downhill when the tower arrived. She died on February 13.”



Glastonbury town opposes 5G

In April 2020, Glastonbury town council in Somerset published a report calling for a government inquiry into the safety of 5G. It promised to continue to oppose the 5G rollout in the town. Jon Cousins, chairman of the committee and the town’s mayor, said that he had been “impressed by the number of councils and local authorities who have contacted me to request copies of the committee’s report and recommendations”. (Rory Cellan-Jones: “Glastonbury 5G report ‘hijacked by conspiracy theorists’” BBC News, May 16 2020; Michael Taylor: “Glastonbury 5G row: Report slammed as ‘farcical’ for coronavirus and expensive Bioshield claims” Somerset Live, May 22 2020; (Will Humphries: “Negative energy surrounds Glastonbury’s 5G committee” Times, May 24 2020)

Bromsgrove 5G mast: ‘health implications, without proper consultation’

Phil Haynes lambasted Bromsgrove District Council planners who allowed a 20m phone mast on Perryfields Road without the operator seeking permission to increase 5G coverage in the area: “There are known health and safety implications which are unquestionable and for companies to be able to put up a mast without the public being able to have their say on the issue is absolutely disgraceful. It is an infringement of people’s civil rights.” (Tristan Harris: “Campaigners’ anger at Bromsgrove 5G mast go ahead ‘without proper consultation’” Bromsgrove Standard, July 16 2020)

21 masts rejected by Birmingham City

“The EM Radiation Research Trust (RRT) would like to thank RRT scientific advisor, Dr. Shirin

Joseph, for sending letters of objection to 5G masts in the Birmingham and West Midlands



area. We highly recommend everyone searches planning applications and send letters of objection to planning departments, local councillors, MP’s and also alert your local community to do the same. Letters of objection work. Sample letters can be downloaded via the RRT Call to Action section.”

(EM RRT: “Twenty-one 5G mast applications have been rejected by Birmingham City Planning and 18 approved” 2020)

5G without safety tests violates 15 international agreements

“The deployment of 5G without safety testing in the UK violates over 15 international agreements, treaties and recommendations, including article 7 of the International Covenant on Civil and Political Rights and principle 9 of the Declaration of Helsinki of 1964.” Point 7, Summary, of a 74-page report by Dr Shirin Joseph on the health dangers of 5G, available from the EM RRT website.

(Dr Shirin Joseph: “Analysis of 5G and Its Implications in the UK” EM RRT, July 11 2020, 74 pages)



Angus blocks 5G mast: health risks added

EE and Hutchison 3G UK were blocked from siting a 60-foot 5G mast in a bus lay-by on Monifieth’s Victoria Drive near the former Ashludie Hospital after Angus Council planners agreed with a flood of local objections that it would be an eyesore, and health risks. (Graham Brown: “Phone giants’ appeal bid claims rejected 5G Monifieth mast will be vital for home working” The Courier, July 14 2020)

5G INTERNATIONAL OPPOSITION AND BANS

EU has not yet assessed 5G safety

5G is being deployed in the EU, yet in March 2020 the European Commission had “not yet conducted studies on the potential health risks of the 5G technology.” (Miroslava Karaboytcheva: “Effects of 5G wireless communication on human health” European Parliamentary Research Service (EPRS) PE 646.172, March 2020)

European Commission: see ‘how the scientific evidence will evolve’

Vytenis Andriukaitis, head of the European Commission's Cabinet, in a 2017 response to halt 5G rollout because of health effects, said: “We first need to see how this new technology will be applied and how the scientific evidence will evolve.” (Clare Duffy: “Why conspiracy theorists think 5G is bad for your health and why experts say not to worry” CNN Business, June 14 2020)



French Greens oppose 5G

The Green mayors of Bordeaux, Nantes, Grenoble and other big French cities have called for a halt to 5G until health risks and damage to the environment can be assessed. Groups acting for ES sufferers state that the radiation damages health. “We know these waves have an impact on our brains and that people are showing electrosensitive symptoms,” said Sophie Pelletier, head of Priartem-Electro-sensibles de France association. Anne Vignot, Green mayor of Besançon, tweeted: “5G causes problems for public health. Don’t rush for technologies that run us into a brick wall.” Pierre Hurmic, the Bordeaux mayor, said it was “inadmissible to impose 5G without discussion”. Senator Hervé Maurey, an ally of President Macron and digital specialist, said: “A lot of questions on the environment, health, security and sovereignty are arising. We shouldn’t just do any old thing in the name of progress.”

(Charles Bremner: “France’s ‘electro-sensibles’ tell Macron to pause 5G over health risks” Times, July 23 2020)

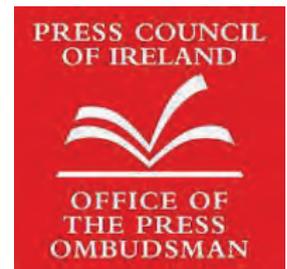
“The people of Ireland and the world are saying no to 5G”

Richard Bruton, Ireland’s communications minister, has answered parliamentary questions about 5G safety from TDs of Fine Gael, Sinn Fein and the Social Democrats. Michael Collins, an independent TD, told the Dail in November 2019: “The people of Ireland and the world are saying no to 5G and are extremely concerned about the dangers of this technology.” But Robert Finnegan, CEO of the mobile company Three, wrote in a letter, released under FOI, to Bruton in November 2019 asking for action against “misinformation”: “Several county councils have passed motions opposing the rollout of 5G.” (Colin Coyle: “Mobile phone boss urges action over 5G rumour. Chief executive of Three urges minister to quash talk of health risks from new technology ‘which is curtailing advancement’” Sunday Times Ireland edition, February 9 2020)

Press Ombudsman condemns Irish Times over 5G article

The Press Ombudsman upheld a complaint by Professor Tom Butler that The Irish Times breached Principle 1 (Truth and Accuracy) of the Code of Practice of the Press Council of Ireland. On September 5 2019 The Irish Times published online an article challenging concerns that there might be health risks associated with 5G technology. “I am upholding this complaint on the basis that the article, in not taking more account of scientific research that raised concerns about the impact on human health of radio waves, breached the accuracy requirements found in Principle 1.”

(“Professor Tom Butler and The Irish Times” Press Ombudsman, 24/7/2020; January 7 2020)



Laos, Ireland: halt 5G over health and insurance risks

Cllr Aisling Moran called on Richard Bruton, minister for Communications, to stop 5G in Ireland over public concerns around 5G health hazards: “We as a Council and public

representatives have a moral and ethical responsibility to protect the health and wellbeing of all our citizens. There is a reason why insurance companies will not insure 5G. EMFs attack our nervous system, our endocrine system, causes stress, insomnia, dementia, Alzheimer's, attacks our DNA, which in turn can cause cancers and tumours, it lowers fertility, lowers libido and can attack the DNA in sperm cells, causes cardiac issues. Over 270 scientists from all over the world have asked the European Commission to put a moratorium on the rollout of 5G due to serious concerns over health issues caused from higher radiation exposure."

(John Whelan: "Concerns lead to calls to put 5G roll-out on hold" Laois Today, November 27 2019)



120 Italian cities oppose 5G

Following the 2019 Vicovaro Resolution, the Italian Stop 5G Alliance on January 6 2020 published official precautionary documents, asking the government and local authorities to stop dangerous 5G. (Italian Alliance Stop 5G: National Moratorium in defense of public health. "Italian STOP 5G alliance: here is the Vicovaro Resolution for Government, Parliament, Mayors and citizens" Oasi Sana, March 2 2019)

Italian mayor bans 5G: follows IARC, EU precaution and independent data

Noemi Tartabini, mayor of Potenza Picena, issued a specific ordinance which "prohibits anyone from testing or installing 5G on the territory of the Municipality of Potenza Picena pending the new classification of carcinogenesis announced by the IARC, applying the precautionary principle sanctioned by the EU, taking as reference the most up-to-date scientific data, independent of links with the industry." ("Potenza Picena, the mayor Tartabini prohibits the installation of 5G: "the precautionary principle applied" Picchio News February 26 2020, trans.)

Slovenia: '5G concerns legitimate'

Rudi Medved, Slovenia's Public Administration minister, said: "5G technology hasn't been

established in practice to an extent that studies could produce results based on which we could say conclusively that 5G is completely harmless." Medved criticised the management of the Agency for Communication Networks and Services (AKOS), which the agency's council has found has not given sufficient attention to 5G's potential impact on health. ("Concerns about 5G legitimate, says minister" Slovenia Times, January 10 2020)

Slovenia halts 5G

The Slovenian government has halted the introduction of 5G technology, Tanjug reports. The Minister of Administration removed the allocation of 5G spectrum from AKOS' strategy agenda. ("Slovenia has stopped the introduction of 5G technology: We don't know if it's dangerous to humans" Stribin, March 4 2020)

58% of Swiss believe 5G harms health

In Switzerland 560 5G antennas were active by late November 2019. But the population's scepticism has not fallen. Of 12,847 people surveyed 31 July-1 August 2019: 54% oppose 5G and 53% support a moratorium, with 62% of men but only 19% of women wanting 5G. When asked if 5G causes cancer, 45% replied "yes" or "rather yes". 58% believe that 5G harms their health. Martin Forter, Director of Environmental Protection, was not surprised: "According to the WHO, RFR may be carcinogenic." ("Every second person thinks that 5G is sick" 20minuten.ch, November 12 2019 [trans.])



Letter on expert health evaluations on RF-EMF and 5G

Bias and misinterpretation of the science on RFR and health have allegedly influenced the Swiss BERENIS. The conclusion that 'No health effect has been consistently proven' does not reflect the evaluation by scientists with no conflicts of interest. This is further elaborated in the letter of January 7 2020 endorsed by 22 scientists with research in this area and no conflicts of interest, to Mrs. Simonetta Sommaruga, President of the Swiss Confederation Swiss Federal Council. (Lennart Hardell, January 15 2020)

Halt 5G: – 'flying blind'

Joel M Moskowitz, a director at the School of Public Health at the University of California, Berkeley, is calling for a halt to 5G until independent research establishes its safety: "Since 5G is a new technology, there is no research on health effects, so we are 'flying blind'." He says there is "considerable evidence" about the dangers from the early 2G and 3G technology, but a lack of government funding has limited independent research into 4G, although they were introduced 10 years ago.

(Bryan Hubbard: "5G network 'not proven to be safe', says leading scientist" WDDTY, December 2 2019)



Australia: 'They said tobacco, formaldehyde, DDT and asbestos were safe, and now 5G'

Tashi Lhamo, of the local anti-5G group in Mullumbimby, New South Wales, Australia, said: "This part of Australia has a long history of standing up to big corporations." Residents have been protesting against the installation of 5G on a Telstra tower downtown for almost a year and successfully managed to stop a Telstra worker in their tracks on April 22 2020. Dean Jefferys was on the front line when he got arrested by police. Tashi said: "I just had to drop everything and run in there. You gotta do what you can just to stand up for what you believe is right. It can cause cancers and it also can affect your immune system. They said that tobacco was safe, they said that formaldehyde was safe, they said that DDT was safe, they said that asbestos was safe and now they're saying 5G is safe."

(Nick Kwek: "Mullumbimby: the counterculture town fighting 5G" (The Feed, June 16 2020)

Australia: brain tumour amid Wifi leads to science against 5G

Naomi Cook, a leader of Australians for Safe Technology, became an 'unintentional, accidental 5G activist' after her daughter developed a brain tumour. Her group went from

having 8,000 Facebook members in late March to 40,000 by mid-April 2020. In May, Ms Cook led a protest at Hyde Park in Sydney, with support from the TV chef Pete Evans. In a Facebook video Ms Cook said she her eldest daughter Hana, now 12, developed a giant brain tumour when she was five: 'This led to catastrophic health fallout and put me on a journey as a registered nurse. When her brain tumour grew back, I needed to rethink our living situation. We were living in a high-rise apartment in Bondi Junction surrounded by hundreds of WiFi devices and I hadn't gone down the road of looking at the science behind the biological interaction that we have with EM radiation but intuitively to me it felt, perhaps this isn't a good idea.' Ms Cook said creating a political party would be next for her anti-5G movement.

(Stephen Johnson: "Meet the nurse" Daily Mail, August 4 2020)

Papua New Guinea: 5G halt

Timothy Masiu, the Communication and Information Technology Minister, has put the 5G trial on halt. He said experts in the industry have stated that the high radiation from 5G built metres apart on buildings and streetlights, can easily cause tissue damage to all living things.

("ICT Minister Masiu Halts 5G Trials Amid Health Risk Debate" Post Courier, January 2 2020)

US resolution against 5G: children improve by reducing RFR

Scientists, doctors and advocates sent a National 5G Resolution Letter to President Trump demanding a moratorium on 5G until health hazards have been fully investigated by independent scientists. Toril H. Jelter, MD, a pediatrician, presented case studies on children who have dramatically improved after reducing wireless exposures. "It is my impression that health effects of wireless radiation go misdiagnosed and underdiagnosed for years. Parents, teachers and physicians need to know that hardwiring internet, phone and TV is a healthier option for our children."

(Jacob Wolinsky: "Dozens Of US Doctors & Scientists Ask Trump For A Moratorium On 5G Amid "Serious Impacts To Humans, Bees, Trees And Wildlife"" Value Walk, December 11 2019)



INTERNATIONAL NEWS

France requires warnings on all RFR devices from 2020

France issued a decree in the Official Gazette of November 17 2019 with regard to exposure to waves emitted by radioelectric equipment:



"Tablets, connected watches, radio-controlled toys... From 1 July 2020, the Specific Absorption Rate (SAR) will be displayed on all radioelectric equipment likely to be used in the vicinity of the human body (up to 20 centimeters). To date, this display requirement only applies to mobile phone devices."

(“France Issues Decree and Order on Exposure to Waves Emitted by Radioelectric Equipment” Towards Better Health, November 24 2019)

Russia recommends ban on Wifi and mobiles in schools

On July 17 2020 the Russian Ministry of Health recommended elementary schools ban the use of Wifi and mobile phones. The Medical Department of the Russian Academy of Sciences and the Russian National Committee on Non-Ionizing Radiation Protection, prepared the recommendations together with the Russian Ministry of Health. Professor Oleg Grigoriev, chair of the Russian National Committee on Non-Ionizing Radiation Protection has spoken out about RFR harm, especially on children.



► In 2013, Israel was the first country world to limit use of Wifi in schools, banning Wifi in kindergartens and limiting its use in elementary schools. Wifi is allowed for 3 hours per week in the first and second grade and 6 hours per week for the third grade; otherwise it must be off.

► In 2017, Cyprus banned Wifi in kindergartens and elementary schools. In addition, the Cyprus National Committee on Environment and Child Health began a national campaign about RFR exposures on children.

(Dafna Tachover: “Russian Government Recommends Banning Wi-Fi and Cell Phones in Primary Schools” Children’s Health Defense, July 20 2020)

US federal officials endorse precaution

From the NTP’s FAQs after the recent change:

After:

Q: Have NTP scientists changed their cell phone use or what they recommend to their families?

A: NTP scientists have become more aware of my usage and follow the FDA’s tips for reducing exposure to cell phone RFR:

- Reduce the amount of time spent using your cell phone, and
- Use the speaker mode or a headset to place more distance between your head and the cell phone.

Before:

Q: *Have you changed your cell phone use or what you recommend to your family?*

A: *NTP scientists have become more aware of my usage, but most haven’t really changed their habits. If people are concerned about their exposure, they can follow the FDA’s tips for reducing exposure to cell phone RFR:*

- *Reduce the amount of time spent using your cell phone, and*
- *Use the speaker mode or a headset to place more distance between your head and the cell phone.*

(Microwave News: “NTP Scientists Endorse Precaution: First Federal Officials To Take a Stand on Cell Phone Safety” January 17 2020)

France: rise in glioblastoma brain tumours

Between 1990 and 2018 the annual number of new cases of glioblastoma, one of the most aggressive types of brain cancer, with histological confirmation has increased fourfold and more for both sexes in France, according to the French Public Health Agency “Santé Publique France”, together with the Francim cancer registries, the Hospices Civils de Lyon and the Institut National du Cancer, published in July 2019 and updated in September 2019.

Santé Publique France estimates that there will be 3,481 new cases of these glioblastomas in metropolitan France in 2018, 58% of them in men. There were only 823 in 1990. Age trends show an increase in incidence regardless of age

and gender between 1990 and 2018. According to Santé Publique France, similar observations were made in the US where an increase in the incidence of glioblastoma was also observed in the years 1980-1990. In addition, an Australian study reports an increasing incidence of histological confirmed glioblastoma over the period 2000-2008.

Exposure to EMF is one of the possible factors Dr Annie Sasco, cancer epidemiologist, former Director of Research Unit at IARC-WHO, said:

“... there is a real increase, even among the youngest, for whom it is likely that diagnostic modalities have changed less than among the elderly and which may therefore be linked to environmental factors and primarily to the use of mobile or wireless phones. ... an absolute duty to protect children by not allowing them to use a cellular phone and in general by protecting them from exposure to EMFs”. (Press release: “Brain cancers: 4 times more new cases of glioblastoma in 2018 according to Public Health France” Phonegate, November 18 2019)

LEDs AND LIGHT SENSITIVITY

Light sensitivity discussed on BBC Radio 2

Anna Levin, author of ‘Incandescent: we need to talk about light.’ discussed light sensitivity and how it affects sufferers on the Jeremy Vine Show on BBC Radio 2 on January 28 2020.

The logo for LightAware, featuring the word 'Light' in blue and 'Aware' in teal, with a stylized white triangle above the 'A' in 'Aware'.

LightAware on French ANSES report on LED

The French Agency for Food, Environmental and Occupational Health & Safety (ANSES) has issued a damning report on the safety of over-bright LED lighting. Intense blue LED lighting is ‘phototoxic’ on the retina and can lead to irreversible damage to the eye, with a decline in sight and increased risk of age-related macular degeneration.

ANSES also warns of risks to the young, stressing that screens including computers, smartphones and tablets are important sources of blue light and that children and adolescents, whose eyes do not fully filter blue light, are particularly sensitive to blue light toxicity.

The report shows that even a very small exposure to light rich in blue in the evening or at night, disrupts our body clocks (circadian rhythm) and therefore sleep. It also has concerns about the effects of changes in the circadian rhythm on the foetus in pregnancy.

It also says that a high proportion of LED lamps have significant flicker and that some groups of people such as children, adolescents

and light sensitive people could be more vulnerable to this and suffer headaches, visual fatigue and migraines.



LightAware is a UK charity raising awareness about the effects of artificial lighting on health and wellbeing, and the social exclusion of light-sensitive people who cannot tolerate some of the new forms of lighting.

Dr John Lincoln, a trustee, says that because of the risks associated with sleep disturbance and other health issues, the roll out of more LED street lighting should be delayed:

“We need to ‘Stop, look, listen and think’ before installing any more LED street lighting on our roads. Many towns and cities in the UK have had street lights installed which are far too bright and already causing headache and other health problems. This report shows that we simply don’t yet know enough about the potential negative impact of LEDs on eyesight and health. LED lights could cause significant damage to children and older people, as well as presenting safety risks for road users. We urgently need more research into this issue. Nothing is more precious than our eyes. LED street lighting is said to cost less in pounds and pence but how high is the price we might be paying for older people’s and children’s eyesight?”

Lightaware is a charity based in Scotland (OSCR number SC046160);

see: <https://lightaware.org/>

<https://lightaware.org/2019/05/lightaware-media-release-on-french-anses-report-on-led/> Report at: <https://www.anses.fr/en/node/139064>.

READERS' COMMENTS

'We've done all we can but it's not enough.'

A wife, on the difficulties for her ES husband.

"Having read the Spring 2020 Newsletter from cover to cover, I must tell you of my husband's and my experience with both EHS and MCS which he has suffered for many years now.

He first experienced MCS when an industrial dairy farm became operational not far from our village and the fallout from 1,000 cows in a shed was horrific. He was a keen walker but had to stop his usual 9 mile walk as the slurry on the fields were having debilitating effects on him.

We then moved and discovered the EMF problems. So we moved again into a new build on the edge of a village.

It was not long before we realised he was reacting badly to the house electrics. We used shielding material and paint on the walls and floor of a bedroom but it still didn't protect him.

We decided to move yet again to a little cottage where we had the property rewired using shielded wire and again the walls have been painted with shielding stuff. We have no Wifi now (much to my disappointment) and my phone is switched off at home. I'm very careful about using it anyway. This life in retirement is so difficult for him - and me, as he no longer is able to leave the house where he is reasonably safe. He is becoming more and more sensitive and I don't know where to find help.

This is just another story of how seriously EMF affects people. I believe that more and more folk are being hit by this epidemic. We've done all we can to help but somehow it is still not enough."

Cardiologist 'Do you live near a mast?'

Excerpts from a reader's letter to their MP:

"It is now six years since my friend asked me if the mast across the valley could be causing the pains in her leg. I acquired some meters and began to investigate. Subsequently I was told by the farmer where the mast stands that cows were experiencing still-births and heart-rending deformities which can be caused by radiation - or some other poison. Steers were also

collapsing and dying in a manner inexplicable by conventional veterinary diagnosis. Two years ago, my friend died from cancer.

Cows do not watch TV. So if, as seems likely to me, they are suffering effects from the mast, it must be something real - and not, as suggested by

Tim Wright's 'File on Four' on June 15th, that health effects are the results of suggestibility and watching too much TV. The landowner across the valley says wildlife is also rapidly declining.

With your support I complained to the Ombudsman about the selective use of scientific research in this area by Public Health England. When challenged by legal representatives, PHE now assert that their position is not a matter of hard fact, but should be taken in the round with advice from other sources. PHE advised [25.2-13.3.2020] that it was 'very unlikely that anyone ... in a care home ... will become infected'. So, why should we believe PHE's assertions about the safety of microwave radiation? It is a government's first duty to protect its citizens.

Just as the value of the precautionary principle has been borne out by the 'lockdown' with its consequent decline in infections, so we should apply it to new technologies like RFR.

Your own case worker and her husband developed electrosensitivity from working near radar on an RAF base. Last time I spoke to her, in spring 2018, she told me that she had suffered a heart attack and the first thing the cardiologist said when she reached hospital was: 'Do you live near a phone mast?' There was a monopole mast just across the road from her home.

I know of dozens of electrosensitive people in this town alone and the number is growing. To traduce their not inconsiderable suffering by the slanderous suggestion it is purely psychosomatic is (although hardly new) contrary to the Equality Act and constitutes discrimination and 'Hate Speech' against a minority."



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. masts, WiFi, smart meters, mobiles) especially in bedrooms. Some EHS use military-style shielding or protective clothing, or live far from man-made radiation if they can.
- **Mechanisms:** e.g. cryptochrome, demyelination, Hsp70, retrovirus, ROS, subtle energy, vagal nerve, VGCC.
- 1.2% (804,000 in UK) has **severe sensitivity**, 4% (2.7m) **moderate sensitivity** (UK government-sponsored surveys), 80% **conscious sensitivity** (e.g. chronic inflammation), and 100% **subconscious sensitivity**.
- **The World Health Organization** classifies **Electrosensitivity** as an **Environmental Intolerance (IEI-EMF)** and states that it can be disabling, but its Backgrounder 296 is outdated (2005). Various ICD-10 codes apply.
- **Diagnosis of ES/EHS**, by some NHS hospitals, consultants and GPs since 2013, includes: clinical history of EMF sensitivity/exposure, 3d fMRI, cerebral blood perfusion scans (UCTS), DNA, H, HRV, Hsp, MT, sAA, TSH.
- **Employers have removed Wifi/mobiles** from 2006 for ES people (H&S At Work 1974, Equality Act 2010).
- **UK tribunals and courts have recognised EHS as a disability** from 2012 and awarded compensation.
- **Local Councils** are required to 'improve public health' (NHS Act 2006), despite NPPF 2012 (116).
- **The WHO's IARC** classifies EMFs, ELF & Radio Frequency, as **2B possible human carcinogens** (2001/11).
- Since 2013 experts have said RF radiation should be **reclassified as class 1 certain human carcinogen**.
- **IGNIR** gives **long-term non-thermal** exposure guidelines. **ICNIRP's** short-term heating limits are obsolete.
- **The ICNIRP and WHO EMF Project** are a minority-viewpoint cartel following Schwan's 1953 heating mistake and thus supporting the wireless industry. They still deny adverse non-thermal effects established since 1733.
- **Electrosensitivity was first described in 1733** and EHS in 1750. From 1932 it was shown in electrical, radio and radar workers. Since then it has spread into the general population along with wireless devices.
- **The different condition of psychological Electrophobia (EPH, nocebo effect)**, known since 1903, affects 1% of EHS people. EPH's prior conditioning cannot apply to EHS children, unaware adults and animals.

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 EMFs & RFR
Registered Charity No.: 1103018
Founded 2003

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Support ES-UK

Paypal (on the website)
Cheques payable to:
Electrosensitivity UK, to:
The Treasurer, BM Box ES-UK,
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A donation of £15 or more per year
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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, Guidelines, Housing, Planning, Public Health information](#) under [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

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Contributions are welcome. Please send them to the Editor:

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