



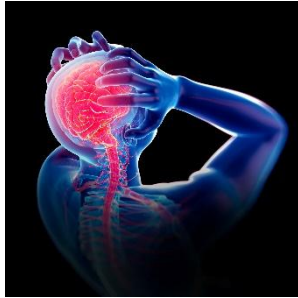
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# ES/EHS FACT SHEET

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ES: Electrical Sensitivity

EHS: Electrical Hypersensitivity



## About Electromagnetic Sensitivity

ES and EHS also known as Electro-sensitivity is a condition where people exposed to electromagnetic fields (EMF) over time present with a range of health effects. All forms of man-made electromagnetic energy contribute to biological effects. In more recent times, the increase of electromagnetic radiation (EMR) know as Wi-Fi, microwaves and radio frequency radiation technically referred to as wireless networking technology, contribute to the overload of man-made and unnatural electromagnetic energy in our environment.

It's easy to understand why they use the term wireless networking technology instead of radioactive waves transmitted through the air, because the thought of radioactive waves or EMR in homes, schools and workplaces could prompt some people to question it's safety. Radioactive waves connect us to streaming devices, and it's highly likely many parents may choose not to surround their children with this technological ticking time bomb. I'm guessing, telling the truth would be bad for business because less data downloads and less products sold means less profits.

Am I making the link between profits and EHS clear. I hope so.

### What Causes ES/EHS?

All electrical equipment and electrical currents in the built environment as well as radio frequencies transmitted via computers, cordless phones, mobile phones, telephone



transmission sites and base stations, smart meters, and Wi-Fi in all forms including Bluetooth and HotSpot sharing produce energy fields in varying forms at various strengths.

Constant exposure to EMF and EMR can produce symptoms often diagnosed as inflammatory conditions and or chronic illnesses with no remedy. Here's a thought; could feeling old be a sign of ES? Absolutely.

**Myth Buster Info:** old age does not cause symptoms. Old age is not a disease and ES/EHS is not an age related condition. And it's not all in your head as the Telecommunications industry funded experts suggest it is.

**FACT:** EMF expert Dr. Magda Havas states "exposure to EMF has a rapid aging effect on the body." That means anyone feeling a little bit aged and weary, might like to do some research or some testing.

Getting rid of wireless technology could be the best anti-aging strategy ever invented, here's why.

**Symptoms** often associated with EHS include headaches, sleep disturbances and insomnia, lethargy, fibromyalgia, muscle and joint pain, thrombosis effects (clotting or clumping of blood cells), chronic fatigue, depression, anxiety, redness or burning of the skin or hands when using mobile devices. Symptoms listed in Michael Bevington's book on Electromagnetic Sensitivity include chest pain, heart arrhythmias, cold extremities, especially in the hands and feet, burning sensations in the feet or legs, concentration and memory problems, cardiac palpitations, high or low blood pressure, nosebleeds, shortness of breath, coughs, irritability, difficulty learning, and hyperactivity especially in children, lack of concentration, short or long-term memory impairment, dry skin, crawling sensations on the skin and restless legs, facial flushing, growths or lumps on the skin, altered appetite, digestive problems, flatulence and food intolerances. Eyes and sight can be affected, impaired vision, smarting dry eyes, pressure behind the eyes, pain or a gritty feeling, eyelid tremors or tics. Other physiological conditions include, abnormal menstruation, brittle nails, hair loss, itchy scalp, metal redistribution, thirst / dryness of lips, tongue and mouth and incontinence.

EHS increases allergies, chemical sensitivity, light sensitivity, noise sensitivity and smell sensitivity.



Scientific research indicates that EMF and EMR affects the cardiovascular system, cognitive function, neurological function and your emotional state of mind. The musculoskeletal and respiratory systems are both affected, and EMF affects your sight, hearing, gut and skin. This is why we must take long term exposure very seriously. <sup>i</sup>

### **MORE ABOUT SYMPTOMS, EXPOSURE AND BIOLOGICAL EFFECTS**

#### **Bio-Accummulation:**

Bio-accumulation occurs with cumulative exposures over time. This happens in a similar way we accumulate interest on interest, known as compounding interest; the effects are greater the greater the exposure because they accumulate in the body causing more or greater effects. Cumulative exposures can produce an increase in symptoms, making symptoms from chronic (long-term/constant) exposure more difficult to recognise than from acute (short-term) exposure.

#### **Delay in Symptoms:**

Symptoms vary person to person and symptoms can be delayed after acute exposure for a few hours or even days. Often the more sensitive a person becomes the more variable the symptoms or the more they may change.

#### **Diurnal (daytime) state:**

Symptoms vary according to daytime activity. A person's own internal electromagnetic field often declines during the day.

#### **Duration of symptoms:**

Individual symptoms may vary over time. Symptoms can last for a short or a long time or they may become worse. Symptoms may fade over a two to twelve-month period when the EMF/EMR is removed or the person moves to a low EMF area.

#### **Frequency variations:**

Someone suffering EHS may react first to a single frequency source but later to other sources of EMF/EMR due to the increase of transmission, introduction of more Wi-Fi devices or to other electrical equipment that previously had not produced a health effect.

#### **Intensity of symptoms:**



The level of EHS intensity may increase over time, the longer the person is exposed; a person early on may only be affected by a phone held to the side of the head but over time be affected by a mobile phone 2-3 metres away.

### **Ionising similarities:**

Studies indicate symptoms from exposure to electromagnetic (non-ionising) radiation are similar to those from radioactive (ionising) radiation such as X-rays.

### **Severe reactions:**

People experiencing severe reactions could include paralysis, convulsions, seizures, loss of consciousness and stroke. Or exposure may exacerbate an existing medical condition such as Parkinson's disease or effect children on the autism spectrum.

### **Variety and differentiation:**

Individual variation in tissue or bone density, acidity, salt content, skin conductivity, and size may affect absorption. This may also relate to the variety of symptoms. Vibroacoustic disease (infrasound at <20Hz) produces some similar symptoms.

*Information source: Electromagnetic Sensitivity and Electromagnetic Hypersensitivity, (also known as Asthenic Sickness, EMF Intolerance Sickness, Idiopathic Environmental Intolerance – EMF, Microwave syndrome, Radio Wave Sickness) A Summary by Michael Bevington. (Capability Books UK.)*

## **DANGEROUS HEALTH EFFECTS FROM EXPOSURE TO EMF AND EMR**

EMF's increase permeability of the blood brain barrier via nitrotyrosin. The blood brain barrier plays an important role in preventing toxic chemicals, microbes and heavy metals from affecting the central nervous system. (Nittby et al, 2008). Environmental exposures to artificial EMFs over time cause an inflammatory response which can lead to cellular, tissue and organ damage (BioInitiate 2012 pg., 33).

Preventing exposure where you spend the most time is critical, that's why Building Biology Guidelines aim for safe levels in sleeping area and workplaces as a priority.

Reducing exposure to EMF is extremely important for anyone with an inflammatory illness like chronic inflammatory response syndrome (CIRS) or chronic fatigue syndrome (CFS).



## What's in a Radioactive Wave

Radioactive waves are digital light waves packed with data sent and received via a transmitter to a receiver. Digital RF waves are transmitted from telecommunication towers and small cell transmitters on power poles to smart phones and Wi-Fi modems. Smart phones transmit to an ever increasing range



of devices because Wi-Fi transmission is now built-in to nearly all forms of new technology. Transmitters and receivers are installed in everything including [Zigbees](#) fitted to smart meters, Google Home smart devices i.e., Alexa, Google Home Mini etc., wireless gaming technology like gaming consoles, wireless keyboards, iPads, tablets, video surveillance cameras and baby monitors. That's a **Big mistake** from a sustainability point of view.

There are multiple studies identifying significant relationships between occupational exposure and leukemia (Saliev et al 2018). Other **health effects** suspected to be associated with EMF and radiofrequency radiation include skin cancers, malignant melanoma, brain tumours, Alzheimer's disease, miscarriage, as well as effects on brain function, learning and memory, behavioural problems in children, poor concentration, breast cancer and EMF is associated with increases in autism spectrum disorder (Bio Initiative Report 2012 pg., 9 & pg., 1192).

The really big question is, how will it affect our children and our children's children in year to come? That's the question we need to be asking and it's why we need to adopt a life-saving strategy, mostly for our children and children's children.

Since the 1970s thousands of people in industrialised countries have become **sensitive** to environmental electromagnetic radiation. The collective symptoms known as **Electromagnetic Hypersensitivity (EHS)** and **Electro Sensitivity (EH)** were first described in 1932. Electro sensitivity is an invisible, but very real problem, which manifests in many ways.

## What can you do?

**Learn more** – read my book A CANARY INVESTIGATES and follow the suggestions to learn *How to be Smarter Than Your Smart Phone*: <https://www.wellintent.net/a-canary-investigates>



**To reduce exposure**, follow as many tips as you can. If you need help, sing out or contact a Building Biologist in your area.

**TEST** using appropriate EMF and RF testing equipment relative to the energy source you wish to test, or engage a Building Biologist to assess your home or work environment. A list of certified Building Biologists in your state is on the Australasian Society of Building Biologists website. Or contact [wellintent.net](http://wellintent.net) for recommendations.

## RECOMMENDED TESTING EQUIPMENT

Radio frequency meters produced by **Gigahertz Solutions** in Germany provide professional meters that detect the invisible waves which are now believed to be bio-active at relatively low exposure levels (Saliev et al 2018). <https://www.gigahertz-solutions.de/en/measurement/>

Safe Living Technologies Canada <https://safelivingtechnologies.com/>

Safer EMF Australia <https://www.saferemf.com.au/>

Want to know how to do your own testing with a recommended meter or require more information on the EMF/RF Standards and how Australia compares to the rest of the world ? Information is available on request: [CONTACT WELL INTENT](#)

## RESOURCES

### AUSTRALIA

Australasian Society of Building Biologists: <http://asbb.org.au/>

ACES: Australian College of Environmental Studies – Registered Training Organisation  
<https://www.aces.edu.au/>

ECSFR: Environment & Communities Safe From Radiation

<https://ecsfr.com.au/cmo-open-letter-11-june-2020/> or refer to ESSENTIAL READING on [wellintent.net/essential-reading/](http://wellintent.net/essential-reading/)

ORSAA: Oceania Radiofrequency Scientific Advisory Association

<https://www.orsaa.org/>



## WORLDWIDE AUTHORITIES, SCIENTISTS AND ACTIVISTS SEEKING CHANGE

BioInitiative Report 2012 – Updated 2014-2022. A Rationale for Biologically-based Exposure Standards for Lo-Intensity Electromagnetic Radiation:

<https://bioinitiative.org/preface/>

Environmental Health Trust: Dr Devra Davis and Worldwide Experts: <https://ehtrust.org/>

Dr Magda Havas, PhD. Scientist and educator:

<https://magdahavas.com/category/5g-and-mm-waves/>

Dr Magda Havas on Rapid Aging on the Inside:

[https://www.youtube.com/watch?time\\_continue=8&v=6z9Dpe66SzE&feature=emb\\_log\\_o](https://www.youtube.com/watch?time_continue=8&v=6z9Dpe66SzE&feature=emb_log_o)

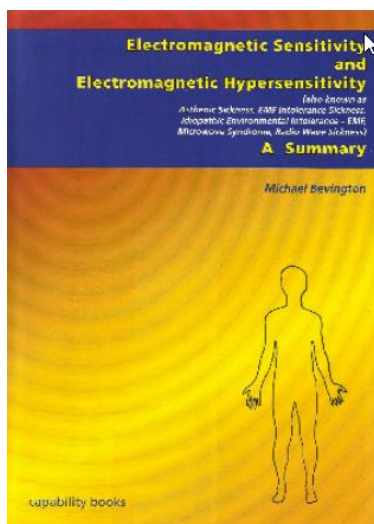
Electrosensitivity UK: ES-UK For all people sensitised by electromagnetic fields and radiation: <http://www.es-uk.info/>

Cellular Phone Task Force: Arthur Firstenberg founded this organisation in 1996 in response to health and environmental threats posed by wireless radiation:

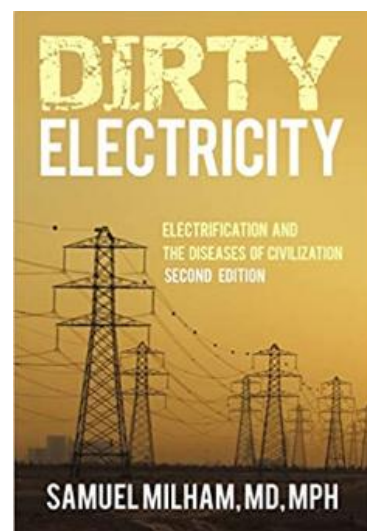
Arthur Firstenberg on the Hidden Dangers of Wireless & Cell Phone Radiation.

<https://www.youtube.com/watch?v=jyfa454Akm0>

There are many books providing insights about the side-effects of electrical energy, electromagnetic radiation and the increase of not-so-smart technology. It really does pay to be smarter than your smartphone and become a smarter user of technology. 😊

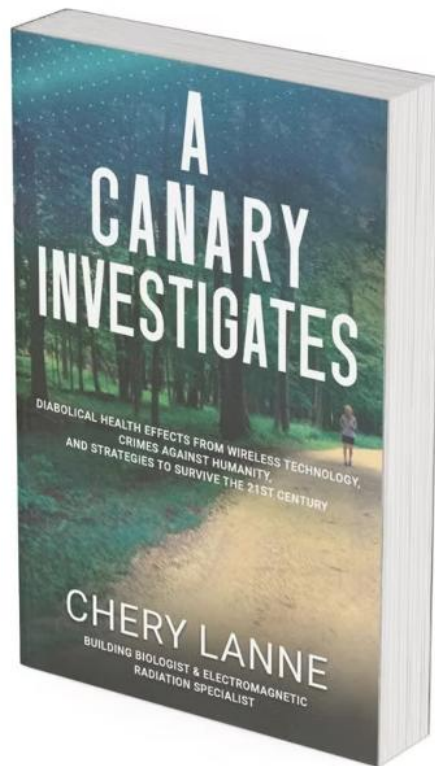


<http://www.es-uk.info/>





A message from Chery Lanne, Building Biologist, overcoming EHS.



## **"A must-read, if ever there was one!"**

Radiation from wireless technologies now spans the globe, affecting all forms of life. The resulting electromagnetic fields (EMFs) are causing epidemics of illness, addictions and disorders that often fail to be attributed to the true underlying cause.

With real life experiences, insights and discoveries from the forefront of modern science, this book tells a profoundly personal story, revealing the deeper truth about our love affair with technology, why governments are hiding the facts, and how we have been lied to by those supposed to protect us.

A Canary Investigates provides solution you won't learn from a doctor. Truth be told, the real solution resides with you and your increase in brain power, and the choices you make.

Thank you for reading about EHS. Please share.

Stay safe, smile and live intentionally well.

Chery Lanne

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<sup>i</sup> Electro Sensitive UK: Selective Studies for Electro Sensitivity (ES) and Electrical Hypersensitivity (EHS)  
<https://www.es-uk.info/wp-content/uploads/2018/05/Selected%20ES%20and%20EHS%20studies.pdf>