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Electromagnetic Hyper Sensitivity, mobile phones and WiFi

"It is estimated that 3-8 percent of populations in developed countries experience serious electrohypersensitivity symptoms, while 35 percent experience mild symptoms", according to Dr. Thomas Rau, medical director of the world-renowned Paracelsus Clinic in Switzerland. ([Reference link.](#))

This area of health is of particular interest to me as it has played a major part in my health story. Since mobile phones came onto the market I pretty much had one glued to my ear, and even though I have always been conscious of my health, I didn't even suspect that these seemingly innocent devices, that some would argue have improved our lives and even couldn't function or live without, would have such a damaging effect on my health.

Also I am going to explore the link between amalgam (mercury) fillings and this condition as many people believe them to be linked.

First of all, what is "hyperelectro sensitivity" or "electromagnetic hyper sensitivity"?

This is a question that my GP first asked me when I entered his office complaining of dizziness, headaches and vertigo or nausea type feelings. These are just a few of the symptoms that people complain about when around mobile phones, power lines, wifi devices, mobile phone towers and everyday electrical devices.

Some people experience such severe symptoms that they remove themselves from society altogether and enter EMF FREE zones or camps in order to improve their health. Most sufferers state that soon after they are removed from the high EMF zones their symptoms dissipate and they are able to function normally, but, when they are under attack from the EMFs they are unable to function properly with low energy and pretty debilitating symptoms.

There have been some scientific tests on EMFs and ants, the research proved that when the EMFs were introduced the ants began to fragment and stopped working together as a unit running in different directions and displaying signs of confusion. Just looking at society today does this sound familiar?

What could be causing such severe reactions in people? Well even though the marketing industry doesn't highlight dangers in the advertising, in most of the small print in mobile

phone leaflets they will tell you to ensure that you do not allow the phone to actually touch your face and should be kept at least 15cms away.

Why? This is because of tests that they have done with regards to the “specific absorption rate” or SAR of particular devices.

The SAR rating is concluded after studying the amount of time it takes for the mobile phone to begin to “cook” or heat up the cells around the area that the mobile phone is transmitting in whilst in operation. They use an electronic representation of a human skull which records the increase in temperature.

The results are pretty profound and again if you search through the instruction manual that comes with your phone you will usually find this rating or a simple search online will throw up many results.

Personally I do not feel that this test is suitable any longer with the increase in EMFs transmitted by the newer models and devices even when in standby mode, they are like mini mobile phone towers or routers that are in our pockets transmitting radiation continuously into our bodies.

Cindy Sage, co-editor of the Bioinitiative Report writes, “The WHO International Agency for Research on Cancer has just issued its decision that non-ionizing radio frequency radiation is classified as a 2B (Possible) Carcinogen. This is the same category as DDT, lead, and engine exhaust. This mirrors the 2001 IARC finding that extremely low frequency (ELF-EMF) that classified as a 2B (Possible) Carcinogen. This pertained to power frequency (power line and appliance) non-ionizing radiation. These two findings confirm that non-ionizing radiation should be considered as a possible risk factor for cancers; and that new, biologically-based public safety standards are urgently needed. ”

However many people are not taking this into consideration and when confronted about such health concerns believe it to be extremely minimal and only linked to a minority of the population. This reminds me of the tobacco industry and how the adverts were allowed for years until finally they found out about the health risks but unfortunately it was too late for some people.

Some scientists and researchers believe that we have only just begun to see these damaging effects, and if we continue to increase the EMF load in our working and social environments then we will have an alarming epidemic on our hands of people that are unable to function “normally” in the current environments.

In countries like France and others in the European Union they have now banned WiFi in schools, and have WiFi free zones in shopping areas and city centres. The governments in some of these countries have even invested in camps and EMF free zones because they recognise already that this is a growing concern for their people.

All the while mobile companies and the like are continuing to increase their sales and marketing around what has now become a necessity in our everyday lives. According to recent research children are at most risk because of their less developed and softer skulls, allowing the EMFs to penetrate faster and deeper into their tissues. Parents and teachers may not be educated or even aware of the damage that is occurring to their dependants.

OK so now we recognise the issue, what can be done about it? And why, apparently, is it only affecting a minority of the population at present?

Well, firstly this is a new concept and similar to the tobacco industry in the 50's, when adverts were allowed on TV, films and billboards. We are at that stage with the mobile phone and WiFi industries, with small groups and scientists crying out for change and others not realising the potential damage and risks. This is one of the new additions of our time and is largely unrecognised as such.

Many people going to their local GPs are getting misdiagnosed and prescribed things like antidepressants or beta blockers, or what mine tried to prescribe me was anti-sickness drugs to be taken when in EMF zones, not taking into consideration preventative actions or looking at the root cause of the problem. This is one reason that it appears to be a minimal amount of people suffering at present.

Research also suggests that some people may be more susceptible than others due to their current state of health; for example, if the immune system is low or if you are more dehydrated. Some research suggests that 80-90 percent of the population are chronically dehydrated and this figure is increasing due to the increase in caffeine energy drinks, convenience coffee shops and processed dried foods. This group of people is more at risk and likely to be showing up symptoms.

As suggested earlier there may be more people going undiagnosed because this is a contributor to their overall health and according to Barbara Wren's work the extra EMF load may be pushing symptoms deeper than the physical into the mental and spiritual realms. So people may appear to be not experiencing physical symptoms to such devices although mentally they may be anxious, depressed or low in mood.

In all of the research I have done, most experts in this field, either people that have suffered from the condition and got over it or scientists and health practitioners, suggest firstly to limit your exposure. This can be simple, starting with turning off all electronic equipment before you go to bed especially mobiles and WiFi devices so that the body can rest and repair itself appropriately. Mobile phones even when in standby mode send off an EMF signal frequently to the nearest mast.

Secondly increase your water intake and limit or eradicate diuretic drinks which further dehydrate you. Then, when hydrated it is good to ensure that you increase your electrolytes with a good supplement or by using foods like Himalayan pink salts to replenish the system.

Another link seems to be amalgam (mercury) fillings and heavy metals in the blood. It makes sense when you think about it, the more metal there is in your system the more you will attract these invisible signals to you and the body will have to work that much harder to get rid of them. There are many heavy metal detox kits about these days, with chlorella and coriander being the best natural detoxifiers of heavy metals.

Before embarking on any new diet regime or detox it is good to have an overall health check as symptoms can get worse before they improve, and if your areas of elimination like the liver, kidneys and colon are not working properly toxins can congest and cause more problems than you first had.

Get grounded! There is a great book out on this subject called *Earthing: The Most Important Health Discovery Ever?* It highlights the importance of getting your bare feet on nice fresh grass, sand or soil regularly to get rid of the excess electromagnetic charge in the body. The earth absorbs our excess electricity and supplies us with essential electrolytes and antioxidants to help neutralise the negative effects of over exposure to EMFs. You can also buy great sandals and shoes which ground you as you walk so that you don't even have to be barefoot to gain the grounding benefits.

Eating a diet high in fresh organic vegetables and greens will also improve your ability to detox heavy metals and toxins.

There are also some very good protectors on the market, the sosatec is one that I have personally had great results with, although if you are highly electro sensitive you may have to ask for a more powerful one than the average as they get "burned" out.

These are some ways to help minimise your risk, but the even better ones deal with the cause and minimising your exposure as much as possible while making others aware of the potential risks they are exposing themselves to on a daily basis.