

I just wanted to say thank you so much for signing up for my free report.

In a world where there is so much motivation for personal gain I know that you will be very interested in what I have to say. For years, I struggled to get a grip on what was wrong with me, and there was just nobody out there to help me. There were plenty of people trying to sell me bogus devices trying to make a quick buck off my back, and there are still plenty of these around. You've probably noticed the absence of products from my site. This is intentional, because my primary aim is to educate and help make a difference, however small that might be.

So thanks again, I really do appreciate your interest and support. The whole cell phone and EMF issue is just so important for everybody today, even though most people don't realize it and especially for our children.

Yours sincerely

Lloyd

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# **What is electrosensitivity - why is it important to self diagnose?**

In this report I would first like to tackle the essential question: what is Electrosensitivity? You will see a common theme throughout my report and throughout my blog is that I try as much as possible to speak about my own personal experience and my own personal opinion, with a modicum of reference to the various studies and research that have been carried out. Why do I do that? Well my view is that you can find the research pretty much all over the Internet now. So I like to comment on it, to add a bit of weight to what I'm saying, but really this is all about me giving my personal take on something that I've been living with day in day out since nearly 10 years. So first some facts.

The online encyclopedia Wikipedia defines electrosensitivity as follows:

"Electromagnetic hypersensitivity (EHS), also electrohypersensitivity or electrical sensitivity (ES) refers to claims of adverse medical symptoms purportedly caused by exposure to electromagnetic fields." Note the use of the terms "claims of adverse medical symptoms" and "purportedly". Even Wikipedia seems to harbor great doubts about the validity of the condition. Anyway let's put that aside for one moment and try and get clear on what precisely electrosensitivity is.

## ***Adverse medical symptoms***

So what were the adverse medical symptoms for me? Well it was like a short sharp shock, one day everything is perfectly normal next day I get this tremendous pain, this burning feeling, on the side of my head where I was using the phone. Let's be clear on this when I say tremendous pain, the most graphic description I can give is to imagine an electric drill boring into the side of your head. Of course, me being me, I just tried to carry on, but I quickly really realized that this was not the winning strategy, because other symptoms started to show. I suddenly got really tired, all the time, and I developed a 24 hour headache, which was not so much a headache as a general wooziness. I could sleep like nine or 10

hours, get up in the morning, still feel shattered. I started to sleep in the afternoon, I was still tired. So of course I stop using the mobile phone, and started to use my computer more and more - life has to go on right? Well yes but not really like that. I started to get the same kind of wooziness when I was sat in front of my PC, and my eyes started to get blurry and fatigued. These symptoms were all in the first few weeks. From then on it was downhill, I felt like I was on the brink of getting flu all the time, all heady and lethargic. I suffered from high blood pressure and high amounts of iron in the blood, a very dicky tummy and I lost around 10 kg. I stopped using my mobile phone but as soon as I got anywhere near my computer my head would start to go into pins and needles mode and I would start to get hot flushes. I've also started to get all sorts of fairly minor skin complaints, rashes here and there, on my face on my hands on my elbows, this was in the first year. Next came the joint pain. I developed a strong case of tendonitis in my left shoulder, which just would not go away. It made driving very painful and it lasted over two years. At the time I did not even make the connection with ES. I decided to take up tennis, I'm right-handed, I developed tennis elbow, but in my left arm. Of course it may well be that these symptoms have nothing whatsoever to do with ES but for me this is the only explanation. I have never suffered from these kinds of aches or pains before, nor have I suffered from them since, not since I have now got my health on the right track - I will be speaking more about this later on.

Now these are just my adverse medical symptoms but other people have had different experiences. The worst is really the brain tumor kind. I'm lucky to have been able to take preventive steps before this kind of symptom manifested itself but I have a good friend who is ES who has just gone through the trials of having a brain tumor.

In 2002 a Swedish study based on statements at a public hearing and correspondence with more than 400 sufferers found the following:

skin problems 44

sensitivity to light and eye problems 29

tiredness and weakness 29

heart problems and high blood pressure 28

headaches and migraines 24

pain in joints and muscles 24

dizziness 23

concentration difficulties 19

nausea and general poor health 18

memory disorders 13

endocrine reactions 12

respiratory and lung disorders 10

stomach and intestinal disorders 10

numbness 9

influenza and throat problems 9

sleep disorders 8

hearing problems and tinnitus 8

and so the list goes on; tremors, cramps, anxiety, depression, haziness, confusion, fainting, coma, asthma, allergies, speech difficulties, irritability.

You are probably beginning to get an idea of why it is so difficult for a doctor to diagnose ES.

## ***Electrosensitivity and self-diagnosis***

It's important that I clear this up straight away. Electrosensitivity is not like toothache or lumbago or tonsillitis. It is not one of those "accepted diseases". The vast majority of the population is ignorant to its existence and when you explain to them what it is they will invariably treat you with extreme caution and doubt at best, and as a raving nut at worst. The vested interests of the big cell phone operators have seen to it that a large number of studies have been published to disrepute the condition.

Unfortunately for 99.9% of the medical profession electrosensitivity simply does not exist. What you have

to realize is that doctors, in the whole, live in a scientific world. They see diseases around them but they only put names on these diseases when there have been years and years and millions of pounds worth of study carried out to determine that name. With electrosensitivity we're not quite there yet. So doctors are somewhat in the dark, it's not really their fault, it's the fault of the vested interests. But don't be discouraged there is now sufficient information out there to perform a self-diagnosis. My diagnosis was very easy because my symptoms were brought on by mobile phone use. Where people live in an area where there is a high level of electromagnetic pollution from telephone masts and WiFi, self diagnosis I agree, is much more complicated. But don't lose faith there are an increasing number of support groups out there and science I believe is not far behind in giving us that missing link, that irrefutable proof that the medical world needs. Indeed that the whole world needs, so that people can wake up, at last, to the danger that is looming over them. The tick tick tick timebomb of electromagnetic pollution.

## **Why we are led to believe that cell phones are safe.**

This is an easy one, in fact you've already guessed the answer, money. Money is the root of all evil, I try not to be too skeptical but this may not be so far from the truth. About 200 billion dollars of it in this case.

What is ironic is that in the early 1980s when cell phones were first introduced into the US market they were exempted from pre-market safety testing. Somehow the industry managed to convince the government regulatory authorities that the mechanisms of harm at work were non-detrimental to the human body. Now we have a situation where these devices which have undergone no pre-market safety testing will soon be taking over the world!

It is difficult to put an exact figure on it, but the \$200 billion I quoted would appear to be a fair estimate of the worth of the mobile phone market. I think you'll have to agree that that is a phenomenal amount of money and that phenomenal amount of money confers a phenomenal amount of power, unfortunately in large part this power is being used to corrupt.

The cell phone manufacturers are companies and just like any other company their sole objective in life is to make profit for their stakeholders. This does not just mean producing good phones it means protecting their market. The biggest threat to their market is people like me.

You see I do not need any convincing that mobile phones are detrimental to my health. I personally do not need to read any more studies on the subject. I know what mobile phones do to me and I see here and observe what they do to other people. Unfortunately I am in the minority. And fortunately for the cell phone industry people generally take much more notice of what somebody in a white lab coat has to say than what I have to say.

It is true we currently have a problem of proof. You see there are now hundreds if not thousands of studies out there documenting the detrimental effects of cell phones on the human body. Studies showing the adverse effects on health of cell phone towers. Studies showing the adverse impact on the propagation of wildlife. Studies show that biological effects of the EMFs. But we are lacking that definitive cause and

effect link, the problem is we can get tumors and cancer from lots of different sources, and the cell phone industry plays on this fact.

The cell phone industry it would seem is ready to go to practically any lengths to protect its market. It's been concocting the evidence nearly from the beginning. Cell phones were introduced in Europe in 1981 and in the USA in 1984.

They got away with the lack of pre-market safety testing until David Raynard went on Larry King live on 23 January 1993. His wife had died of a brain tumor. During her pregnancy he had bought her a cell phone, the surgeon believed that the tumor was related to her cell phone use because the tumour started on the outside of the skull and grew inward and the pattern of that tumour was the pattern of where her cell phone was held.

Motorola shares took a dive on the stock market, the cell phone industry got worried. That same year, 1993, it commissioned a \$28 million study to confirm the safety of cell phones, the Wireless Technology Research program. The study was run by Dr George Carlo, unfortunately his findings did not please his paymasters. He found that cell phones were detrimental to human health. Dr Carlo was immediately removed from the program and the public spin machine was put into action to smooth out any damage that his announcements might have made. And so it has been ever since.

When the US Senate hearings covered this subject back in September 2009, the dirty tricks of the cell phone industry were brought into the limelight by Dr Lee Davis of the Environmental Health Trust. Profs Ly and Sing in their 1994 study found that the RF exposure to brain cells of the rat could be damaging to DNA. The lobbyists responded by trying to get their funding revoked, they went to the journal that published the article, they tried to get the article unaccepted in a publication where it had already been accepted and they hired other scientists to do research to try and invalidate the findings. These scientists actually confirmed the work but it was never published.

So it is even possible that the link between cancer and cell phones has already been proven, scientifically. Such is the power of the cell phone lobbies, so many people have been bought and manipulated that the truth remains buried. But it will come out soon I am sure of it.

## **How can electrosensitivity be cured - Part 1**

Let me tell you here and now there is no such thing as a “cure” . There is no magic pill you can swallow which will take your electrosensitivity away .It would be misleading and wrong to say there was. However what I can propose is a series of steps, a program, that can lead you like it led me back to good health. If you are like the vast majority of people you do not suffer from electrosensitivity then these steps will safeguard your health.

This program is based around the following very simple formula :

**AVOIDANCE + OUTSTANDING NUTRITION = VIBRANT HEALTH**

It sounds simple because it is, but it is my firm belief that if you apply these principles to your current situation whether you are electrosensitive or not you will significantly improve your health. What I want to talk about today is the first part of this formula, avoidance.

### ***What to avoid***

The thing about electromagnetic radiation is that it is invisible. If you are already electrosensitive then like me you have your own early warning system, for instance with me if my head starts to get hot and prickle, then I know that I am somewhere where I shouldn't be. There are two solutions to this either you get out of that place or you protect yourself.

If however you are not electrosensitive then you won't necessarily feel when you are being subjected to “high” levels of electromagnetic radiation and in this case you need to analyze a little bit of your environment.

Analysing your home environment, my advice is the following :

WiFi in the home - replace with cable Internet

cordless phones - replace with classic wired phones, these are often more damaging than cell phones

computer - ground your computer and computer screen and wrap your CPU in aluminium foil

mobile phones- put a sticker on your front door reminding people to switch their phones off when they come in your house

microwave oven- replace with conventional cooking

hairdryers- best avoided

### ***How to take avoidance a step further***

The items in the above list are all internal sources of electromagnetic radiation, but there are people that will be subject to high levels of electromagnetic radiation from sources that are external to their home. This is by far the most difficult to deal with assuming of course you don't want to move house. These forms of external pollution are generally related to cell phone masts and overhead power lines.

There are no hard and fast rules for this, but as a rule thumb if you are within 300 m of a cell phone mast or overhead power line my advice is to shield your home. The only way to properly determine the levels of electromagnetic radiation would be with a gauss meter.

The most important area of your home to shield if you are on a limited budget, is your bedroom. Shielding generally takes two forms, nets and paints. Depending on the levels of electromagnetic radiation you are being subjected to will determine to what extent you need to shield. One simple but effective way to obtain protection is to put a shielding net over your bed. Alternatively you would have to paint your walls and ceiling with a special shielding paint and use shielding mesh on your windows. I would do this first in the bedroom and if after a few weeks there is no significant improvement in your health and then I would advise you to do it in any room where you spend any significant amount of time.

### ***Taking protection one step further***

Unless you actually take the trouble to measure the levels of electromagnetic radiation in your home then you are pretty much working in the dark. The only reliable way of ascertaining the level of electromagnetic

radiation in your home is with a gauss meter. Unfortunately because of the range of the electromagnetic spectrum there is no one size fits all as far as Gauss Meters are concerned. You would actually need several meters to effectively determine AC Electric and Magnetic fields, DC magnetic fields, radio waves and microwaves . One low-cost solution which I can recommend is the common or garden AM FM radio.

### ***An easy way to discover EMF frequencies***

Just tune your portable AM radio to a frequency where there are no stations and walk around your home or office. The loudness of the static, or white noise, corresponds to the strength of the field. You can easily hear the frequency of the signal and distinguish many different tones. It can be used to detect kHz range magnetic fields produced by the likes of dimmer switches, LED displays, fluorescent lights, TVs, DVDs and computers, AC/DC transformers, alarms clocks, power strips, smoke alarms, cash registers, fish tanks, etc.

I hope you found today's installment informative tomorrow I will be talking about the other important part of the equation necessary to achieve vibrant health outstanding nutrition.

## How can electrosensitivity be cured - Part 2

You've properly heard the colloquialism "you are what you eat " I think this is very true. I believe that nutrition is absolutely vital to combating the negative effects of electrosensitivity, this is what I got to talk about today. But first let me remind you what I said earlier.

The nearest thing that exists to a cure for electrosensitivity can be summarised as:

**AVOIDANCE + OUTSTANDING NUTRITION = VIBRANT HEALTH**

What is the basis of outstanding nutrition?

Well it's not just what you eat its also what you don't eat. Let's start with what you eat. You're probably sick of being told that you need to eat a balanced diet and have five daily servings of fresh fruit and vegetables. I personally don't totally agree with this premise. My idea of outstanding nutrition is much more to do with consuming natural foods. For me outstanding nutrition does not mean being a vegetarian and going teetotal. But it does have a lot to do with eating organically and even more to do with consuming locally grown produce.

My diet can be summarised as follows:

- only one serving of meat per day
- buying meat only from a trusted butcher, and never from the packaged meats counter in the local supermarket
- at least 2 to 3 servings of fresh fish per week
- fresh green vegetables and salads daily
- eating lots of grains, lentils and shoots
- eating only whole breads and whole grain rice
- wine or beer in a moderate amount daily, preferably of the organic variety

What this does not mean is:

- being totally obsessive with food and only eating organic, and not eating at restaurants
- excessive alcohol consumption, regularly consuming more than two glasses of alcohol is not advisable
- eating regularly in fast-food restaurants

In terms of food preparation this means:

- avoiding overcooking food, especially meat
- preferring steaming to boiling
- being particularly careful to avoid cooking food in tinfoil and using tefal pans which have gone past their sell by date

One little test I like to do when I'm going to sit down to eat is ask myself would a cave man have eaten this? You see our stomachs have evolved little in the 10,000 or so years since our cave dwelling days, so when you look down at your plate and see food which resembles something he may have eaten you won't be far off track.

### ***What you don't eat***

My personal experience, the years I've spent studying this subject, the countless people I have talked to about this subject, including doctors and pseudo doctors have all led me to the conclusion that electrosensitivity thrives in a polluted environment. By polluted environment I mean one where there are a large number of toxins. Of course electromagnetic radiation is in itself a form of toxin so the number one priority as I explained previously is one of avoidance, stay away from and protect yourself from

electromagnetic fields. Assuming that you now live in an environment where there are no all very little electromagnetic pollutants it could very well be that you still suffer from the symptoms of electrosensitivity. Why? simply because of all the toxins in your food.

## ***Why personal nutrition is important***

Personal nutrition is important for 2 reasons

1. These days no matter what goes past your lips there is a very high probability that you are in some way in producing toxins into your body. The majority of people buy their food in supermarkets. Supermarkets are there to make money they sell food to satisfy the consumers needs but above all to make a good profit. It is true that people are more and more health conscious but we live in such a polluted environment that even if you shop only in organic stores you will still be consuming toxins to some degree. Just think about water, have you noticed the number of water towers with cell phone masts on top of them? What does this mean? It means that not only the water we drink directly but the water that is used to produce all this food that we eat be it supermarket food or organic food, just through the water alone has undergone some kind of electromagnetic influence

2. Let's assume that everything you now eat is totally free of any kind of toxin, which incidentally is practically impossible today, and that your home and work environment is totally free of electromagnetic pollution. You can still be suffering from the effects of electro-sensitivity just because of a build up of these toxins due to previous abuse. My approach to the human body is a holistic one. We have to look at our bodies as a whole. The human body has tremendous resilience when combating outside aggressors b-day in the form of electromagnetic radiation all the toxins in our food. But when we reach a state of electrosensitivity even when we make all these lifestyle changes to achieve avoidance and optimum nutrition very often the symptoms can persist. In which case what you need is a detoxification, which simply means enabling your body to purge itself of these poisons. There are lots of different detoxification programmes and these are not easy things to implement, believe me I have tried. What I would say initially is to try something simple like going 24:48 hours without food, just having water. This can help

your body a great deal. Other more elaborate forms of detox may be tried but I would say to try and get the help of either a doctor or enroll a nutritional therapist to help you on this.

To conclude, I can't give you a cure but if you apply the principles I've outlined above over a period of 3 to 6 months then I can guarantee that no matter what this state of your health was at the outset that it will be considerably improved at the end.

## **Bonus: Electromagnetic radiation and cars**

This is such an important subject. You have probably noticed that the advice I offer to you is pretty candid. I do like to cite studies and other sources from time to time but above all I like to give you my personal opinion because the studies you can find pretty much anywhere.

Now here's the key thing about this topic, there is virtually no research on it whatsoever. So here we are touching on something which nobody seems to pay much attention to, and yet I know that particularly people who spend long periods of time in their car it is fundamental to a person's health.

As you have probably gathered by now I am in the extremely fortunate position of having gone from being highly electrosensitive to mildly electrosensitive. This is no small thing and I live in gratitude every day for this improvement in my condition. I am now able to live pretty much like most people but there is one area where my electro sensitivity very quickly gets the better of me, that's in my car, or anybody else's car for that matter. The funny thing is I have never travelled well in cars, as a child I used to suffer from a sort of travel sickness. Travelling in a car didn't actually make me physically sick it just used to make me feel groggy and fatigued. When I was older and started to drive these symptoms continued. I had to be very careful on a long journey because this grogginess and fatigue literally could send me to sleep in a very short time. Little did I know at the time that this was probably to do with my electrical sensitivity.

There are two fundamental issues to consider on this subject the first is the electromagnetic fields (EMFs) generated by the cars themselves on the second point is the issue of cell phones.

### ***EMFs generated by the car***

Generally speaking the newer the more expensive the car and the more this is likely to be an issue. But there are low frequency EMFs generated by different engine and chassis parts which are pretty much common to most cars. Typically the starter motor and its cabling produce very high magnetic fields when you start the engine, though these only last for a few seconds. The cables which go from the alternator to the battery can produce high levels of EMFs particularly when you drive with their headlights full on at

night. Some cars have the battery in the boot of the car and use a single power cable to the front engine compartment here again high EMFs are very likely.

Tires make probably the biggest contribution to magnetic field exposure in cars. When the wheel rotates the radial steel bands within the tire produce low frequency pulsing electromagnetic fields. There may also be some permanent magnetism in the wheel hub. In theory it is relatively easy to demagnetize wheels and tires using a large portable demagnetizer but I have been unable to find much information on the practicalities.

Most high-end cars now have electronic screens that produce lower levels of high-frequency radiation which I personally am very sensitive to. More and more cars are being fitted with Bluetooth communication systems which links your cell phone to any other Bluetooth enabled electronic device within the vehicle, this is a bit like having a travelling WiFi unit they expose the cars passengers to continually pulsing microwaves. I make a point of not travelling in cars for any length of time equipped with Bluetooth. Another increasingly popular feature is the electronic control units used to change the angle and position of the drivers seat and even the passenger seat, which can also give off high levels of magnetic fields. The same goes for heater units in seats. My wife's car is equipped with this though it does not seem to bother me too much.

GPS systems like Tom-Tom's and similar devices in theory are not an issue as far as electromagnetic radiation goes. These devices are merely receivers of radio frequency signals, but having said that I personally do feel a reaction to them and prefer to avoid them. More sophisticated GPS systems which help the police to locate a car if it gets stolen, are more of a problem. These devices transmit radio signals using technology similar to a cell phone and are definitely to be avoided.

With the increasing concern for the environment electric and hybrid vehicles are due to become more and more widespread. They can produce very high magnetic fields from both the electric motor and large

battery currents. I have made several journeys in a friends Toyota Prius and have not felt well. Turning off the electronic display screen does seem to help.

### ***Cell phones in cars***

Most of the talk in the media about cell phones in cars focuses on the problem of accidents being caused by people using a cell phone while they are driving. Whilst I do not want to play this down I do believe that EMF radiation is a more important health issue in the long-term. Especially since when you use your cell phone in your car all of the cars passengers including small children, babies and pregnant women are being exposed to these concentrated EMFs. Because most cars have metal roofs and tinted glass, when you have your cell phone switched on in your car the car can act as a Faraday cage by amplifying the electromagnetic radiation. In the same way that a microwave oven works your cars metal body and tinted glass will serve to concentrate the microwaves into your body at much higher electromagnetic intensities than would otherwise have been the case.

Even when you are not actually speaking on your phone and your phone is in standby mode it is still communicating at full power with base stations as you travel through different areas to ensure the continuity of the signal. This may happen as frequently as several times a minute, especially in areas of poor signal strength.

### ***My best advice***

I could just take the easy way out and say stop using your car, I do not advocate this because I still live in the real world and I believe very much in modern technology as long as it is used safely and we are well informed of the possible dangers. What I do advocate is not using mobile phones at all in cars and switching cell phones off in cars. I have a sticker in my car in a prominent position on the dashboard to remind people to do this.

I also advocate staying away from cars with Bluetooth, electronic screens and electronic seat controls.

I have found another way of keeping in contact when I travel with my car. As you've probably heard me say before I do not have a mobile phone and will never use one again. What I do have however is a car phone with the antenna installed on the outside of the vehicle. I had this installed by a car electronics specialist in such a way as to give me maximum protection from the EMFs. The antenna and the electronic unit is right at the back of the vehicle, the handset is within arm's reach of the driver and there is a small external microphone not far from the drivers head. I use this phone principally as an answering machine. So when I travel it is always switched off people need to contact me can leave messages on it, and if I do need to call them back I can do so without picking the phone up and by staying safe distance from the antenna.

Happy motoring!