

Electro Hypersensitivity

ElectroSensitivity is an medical condition characterized by an unhealthy sensitivity to electricity. It is unique from most other medical conditions in that each individual reacts in a different way with their own set of symptoms and sources of electricity that trigger them. This uniqueness makes it difficult for the medical profession to understand and accept, and as such, although very real, most countries do not officially recognize it as a disablement.

Symptoms

The most accurate data currently available is based on more than 400 letters which were sent to RALF (Council For Life Work Research) in Sweden by ElectroSensitive people themselves explaining about their condition. The book, *Black On White*, statistically analyzed these symptoms.

(To see the diagram in it's original form, refer to Diagram 3, page 39 of [Black On White](#)).

Skin problems 44

Sensitivity to light / Eye problems 29

Tiredness / Weakness 29

Heart problems / High blood pressure 27

Headaches / Migraine 24

Joint and/or muscle pain 24

Dizziness 23

Difficulty with concentration 20

Nausea / General Poor Health 18

Memory problems 12

Endocrine / Hormonal problems 11

Respiratory / Lung Disorders 10

Stomach / Intestinal disorders 10

Numbness 9

"Influenza" / Throat problems 9

Sleep disorders 8

Hearing Problems / Tinnitus 8

Tremors / Cramps 6

Anxiety / Depression 4

Haziness / Confusion 3

Fainting / Coma 2

Asthma / Allergies 2

Speech Difficulties 1

Irritability 1

Factors that trigger symptoms

(To see the diagram in it's original form, refer to Diagram 2, page 24 of [Black On White](#))

Computers 190

Electrical Installations 156

Fluorescent Lamps & low-energy lights 129

Cellular Phones / Masts & Telephones 117

Radio / Television 87

Cars, Trains & Airplanes 49

Chemicals 48

Photocopiers 24

Dental Work (such as removal of amalgam) 20

The effects on a sufferers life, particularly those who are hyper-sensitive, can be huge, and the problems faced aren't just those of physical symptoms. Many become socially excluded and are forced into quitting or changing jobs - to shield themselves from the bombardment of electromagnetic pollution which swamps the modernized world. Depression, financial hardship and a lack of belief & support from friends, colleagues, doctors and even sometimes family, are problems which many ES sufferers have to deal with.

Little is known about the mechanism behind the condition, who is susceptible and why there is such a broad range of symptoms. This is partly due to insufficient funding for scientists to study it further and great opposition from medical establishments and governments. It's also partly due to the fact that every individual is different and reacts in a different way, making it a very difficult subject to study.

Causes

Computer usage is the most popular reason given as the cause. [Olle Johansson](#), a world-renown expert on the subject, coined the term 'VDT sickness' to categorize the specific sensitivity some people have to computer monitors. Swedish journalist [Gunnel Nordstrom](#) cites chemicals emitted from monitors and the electricity coming from them working synergistically as a possible cause.

Dental amalgam is often cited too as a reason. A study has shown that it is possible for certain frequencies of electricity which emanate from computer monitors to release amalgam into the body where it can cause chronic toxicity. Indeed, mercury amalgam toxicity from dental work is a topic of heated debate in it's own right.

There is a strong link between chemicals toxicity and electrical sensitivities, i.e. that the latter may well be a by-product of the former. The UK based [Breakspear Hospital](#) reports that when one removes the

chemical sensitivities from the body, the electrical sensitivities disappear also. The [Environmental Health Centre Dallas](#), reports that of 500 patients treated for MCS (Multiple Chemical Sensitivity), 80% of them also have electrical sensitivities.

Other causes of sensitivities include mobile phones & masts, fluorescent lighting and low-energy lamps.

Statistical Analysis

In 2000, ElectroSensitive sufferers were invited to write open letters to RALF (Council For Working Life Research) in Sweden on their experiences with the condition. These letters were the basis of a book which was published in Swedish in 2002, which contained statistical analysis of reasons cited by the sufferers themselves as the cause of the disease. The book was translated into English in 2004 under the title [Black On White](#) (To see the diagram in it's original form, refer to Diagram 1, page 18 of this book).

Factors that are responsible for developing ElectroSensitivity

- Computers 136
- Amalgam (Presence of removal of) 69
- General Electricity (including fluorescent lamps & low-energy lights) 44
- Cellular Phones/Masts & telephones 10
- Chemicals 8
- Photocopiers 4

Is there a cure?

Currently, there is no definite cure for ElectroSensitivity. Every individual has a unique set of symptoms and a common mechanism for the cause of the disease has not yet been established. However, there are treatments available, with which people have varying levels of success.

Avoidance is the key

Despite the fact that there is no definite cure, one thing is for sure:

The symptoms people get from being exposed to electricity disappear when they are not exposed.

i.e.. Whilst shielding themselves from electricity, the symptoms an ElectroSensitive person experiences entirely (or almost entirely) disappear.

Therefore, the first thing an electrosensitive needs to do to get themselves better is to find out exactly which sources of electricity, or which appliances in their home or workplace, are making them sick. Although this process can take a long time - sometimes even months or years - once shielded, their symptoms are likely to be completely alleviated.

Sadly, while this completely eliminates the bad effects from electricity - it is not a cure. No matter how long an ES sufferer spends away from the sources that make them sick, once re-exposed the symptoms will, in almost all cases, come back with the same force.

Breakspear Hospital (UK)

The UK based Breakspear Hospital report that they are able to treat ElectroSensitive's. In a brochure on ElectroSensitivity (available upon request) they say:

"There is an effective treatment for many allergic responses to foods, chemicals and inhaled matter - this is called provocation/neutralisation...As the food and chemical sensitivities come under control and the body detoxifies itself, the electrical sensitivities usually go as well".

The brochure then goes onto to recommend a 5 point treatment plan:

- Neutralizing the effects of foods and chemicals
- Minimizing electromagnetic exposures

- Minimizing overexposure to noxious chemicals
- Restoring nutritional status, especially of cell membranes
- Chelation of heavy metals

[The Breakspear Hospital website](#)

Environmental Health Centre Dallas (USA)

Founded by award-winning environmental health expert Dr William Rea, the Environmental Health Centre Dallas reports that they have treated over 500 people for electrical sensitivities. 80% of those treated apparently had chemical sensitivities too.

The treatment given is based on the theory of 'Total Body Overload', whereby the body is completely overloaded with stressors such as chemicals, electromagnetic pollution, bacteria, viruses, weather & meteorological changes and so on, thus causing the body to become hyper-sensitive.

Diagnostic tools include laboratory evaluation (such as examining fat/adipose tissue for chemicals), sauna & detox, immunotherapy (provides relief from symptoms), nutrition, patient education and brain scans.

[Visit the EHCD homepage](#)

[More information on EHCD treatment](#)

Other treatments available

A [recent report](#) (Nov 5th 2005) by the UK government's Health Protection Agency came up with an

excellent list of list of attempted treatments and their efficacy. The treatments were listed under section 4.5.3 of the report. They are:

- Neutralizing Chemical Dilution
- Investigation by Occupational Medicine Specialist
- Acupuncture
- Cognitive Behavioral Therapy
- "Occupational Health Service MultiDisciplinary Intervention Programme"
- Dermatologist Investigation
- Shiatsu
- Vitamin Supplementation
- "MultiDisciplinary Group Intervention"

However, the report states:

"The studies reviewed suffer from a combination of the small number of subjects included and the potential variation both within and between study populations. Little information is given as to the attributed exposures of the subjects. These factors limit the applicability outside the immediate study group. For those studies where detail was available, only two were placebo controlled"

We are clearly a long way from having an accurate picture of the effectiveness of each of the treatments!

For a more detailed analysis of the treatments, please refer to the [report](#).The same report also listed other treatments which have been put forward by various sources but haven't as yet been scientifically evaluated:

- Adequate Hydration
- Filtered Water
- Oral tryptophan
- Avoidance of GM foods
- Trace element supplements
- Chiropractice
- Reflexology
- Nambudripad Allergy
- Elimination Technique
- Magnet TherapyAnticonvulsant's
- Olanzipine
- Healing/Spiritual healing
- Oxygen therapy
- Green clay baths
- Topical sea salt/baking soda
- Negative air ionizers
- Crystals
- Plants in the environment

Anti-Toxics

These lists of treatments were gathered from various sources including relevant scientific papers, articles and websites.

SOURCE: ElectroSensitivity.org