

Overcoming Electrical Sensitivity

About This Website

Hello, my name is Gilligan Joy. This website is designed to help those struggling with hypersensitivity to electromagnetic fields, which is commonly known as electrical sensitivity or electrosensitivity. Although I am not a health professional, I believe that I have some insight into the cause of electrical sensitivity and present some ideas that may prove extremely helpful in finding a cure for the disease. As far as I am aware, this information is not provided elsewhere on the Internet in the way I present it here. There are some clues about the causes of and possible cures for electrical sensitivity presented elsewhere on the Internet and in books, which I have collected and presented here on this website.

This information was gathered through personal experience and research over the past few years as I struggled with the illness until eventually I became free from it. In hindsight, the apparent cause and cure of electrical sensitivity seems obvious to me, and I wish I had this information in the late 1980's when I developed the first signs of the illness. This knowledge would have saved me a tremendous amount of suffering, and I hope that this website will help reduce the suffering of others.

Importantly, I am not presenting a cure-all for all people suffering from electrical sensitivity. Although I believe I have discovered some principles that will guide anyone who wants to be free from the illness, healing is a complex subject, and what works for me may not work for you: I believe this is a fundamental principle of healing because everyone is unique. **You may find that implementing some aspects of my healing program (specific remedies and products) may not work or may even be harmful. One person's medicine can be another person's poison.** Throughout this web site, I will indicate where I feel that caution needs to be taken by the reader attempting to adapt my program to his or her own use.

However, I *know* with absolute certainty that some people will be successful in freeing themselves from electrical sensitivity by doing the same things that I did, and others will do so by making appropriate changes to the program I present here. I believe that the program I present here is a very good *foundation* for anyone who wants to be free from the illness: applying *some* of the basic principles of this program is *necessary* for healing electrical sensitivity, but it may not be *sufficient* for everyone who wants to be free from the illness. You will need to be very persevering to be successful and have the resources and opportunities you need to recover from the illness. **The advanced form of electrical sensitivity is much more difficult to heal than the milder form that I experienced, and may require much more knowledge to heal than I offer on this website.**

I have a personal belief in the non-dualist yoga philosophy taught by Paramahansa Yogananda. I believe that healing is getting closer to God, that God is the only healer, and no method of healing will work without God's grace. There is some text on this website that is spiritual in nature. If you don't accept something that I have written, please ignore it. Please take only from this website those ideas that help you. I think that what really matters most in life is striving to perfect our will so that we eventually always do that which is loving. After that, how we model the world is relatively unimportant, I think.

My understanding of electrical sensitivity has developed over the years since I first created this website in December of 2006. My original belief was that electrical sensitivity was always a disease that resulted in a disabling or nearly disabling condition due to an extremely weak nervous system, resulting in great difficulty with functioning in society and living in typical dwellings found in cities. However, now I believe that there is also a form of electrical sensitivity that is due to an individual's natural awareness of finer forces, of which man-made electromagnetic fields are a part: people with this natural sensitivity to finer forces are often spiritual seekers. I believe that people who are more advanced on the spiritual path are naturally more aware of finer forces than the average person due to their good karma and more purified mental states: these people will be more aware of the detrimental energies of man-made electromagnetic fields than most people and will often suffer from some health problems due to them, but they usually won't experience disability as a result of exposure to them because they have relatively strong nervous systems. Sometimes however, somewhat more spiritually advanced people experience the disabling form of electrical sensitivity. The most spiritually advanced people, those approaching sainthood, have very strong bodies in order to handle high spiritual currents and therefore, I believe that they are probably not affected adversely by electromagnetic fields.

I believe that people with both types of electrical sensitivity may benefit from the information that I present on this website, and everyone in between. However, **the text on this website is written primarily for people who experience disability to some degree from electromagnetic fields due to an extremely weak nervous system.** For example, the page on EMF protection devices is written for people who have electrical sensitivity as a disability: most relatively healthy people will be able to use all of the EMF protection devices I have listed, but people who are truly disabled by electromagnetic fields very often have difficulty using any EMF protection devices because their bodies and energy systems are very weak; attempting to use such devices often damages their bodies because such devices emit more energy than their bodies can safely handle.

Namasté,
Gilligan Joy
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Another story of EHS by Steve Weller

[A personal EHS Case Study](#) is a professionally written report on EHS by Steve Weller: "I felt compelled to write this personal case study because through my own personal experiences I have found that there is a serious lack of understanding of what Electromagnetic Hypersensitivity (EHS), also commonly referred to as Electrosensitivity (ES), is and its cause." This is an extremely well-written report and it is relatively short. EHS sufferers may benefit from giving copies of this report to the skeptics in their life. There is also some good advice in this report on how to protect yourself from EMF pollution.

The health information on www.electrical-sensitivity.info is for informational purposes only and is not a substitute for professional medical advice or treatment for any medical conditions. You should promptly seek professional medical care if you have any concern about your health, and you should always consult your physician before starting a treatment program.

My Personal Story

My Energy Level Drops

I was born in Victoria, British Columbia, on Canada's beautiful West Coast, where I continue to live and work. I believe I started getting sick from electromagnetic fields in the late 1980's when I was completing my post-secondary education. My energy level began to drop while I was at college in studying electronics 1986 and 1987, but I was not really aware of a serious problem with my energy level until the mid-1990's when I was completing a Bachelor of Science in Computer Science at the University of Victoria. I did not know the cause, but I began to get fatigued for no apparent reason and started napping during the day. I graduated from university in 1994 and started working for the Canadian federal government at a Naval Base in Esquimalt (a municipality within Greater Victoria) as a software developer.

I began to get really concerned about my health because I would require frequent naps at work and at home; almost daily I would use my breaks and my lunch hour at work to rest and recover my strength, and shortly after I went home I also took time to rest. My immune system was getting weaker, and I was more susceptible to colds. I was struggling to get through the day and to stay productive at work.

My First Cleanse

I didn't know much about health, but I guessed that toxins in my body had something to do with me getting ill, so I tried a cleanse called the Master Cleanser in 1995. The Master Cleanser is a drink made of freshly squeezed lemon juice, cayenne pepper and maple syrup in water. The lemon juice and the cayenne pepper are powerful cleansers and the maple syrup provides energy to the body.

I was desperate to become free from the debilitating fatigue and weak immune system, so I decided to do the Master Cleanser for four weeks: during that time, I ate nothing else. A lot of toxins came out of my body, and the thick mucus lining my colon was removed.

After this experiment with the Master Cleanser, my condition got worse. The fatigue was as bad as before, and my immune system was still weak, but now I had pain in my colon that I didn't have before. I didn't know what to do. I knew I could die if my condition continued to worsen.

My Diet Improves

I met Amarrah, my beloved ex-wife, in 1996. Amarrah thankfully was an expert in natural healing, and she discovered some important things about my health: I was protein-deficient, hypoglycemic, and I had allergies to wheat gluten and dairy products. I started living with Amarrah in mid-1996 and we got married in August of 1996.

Until I had met Amarrah, I had been living with my parents. It turns out that my diet while I was living with my parents was hardly sufficient for my needs, and my wife corrected this. I started having large drinks for breakfast, including up to six raw eggs blended together with some other stuff. My wife made me the most amazing, healthy meals: she is definitely an expert on health food!

Gradually, my general health improved and my immune system became stronger. My colon pain went away (it had been caused by inflammation from my allergy to gluten: the Master Cleanser removed the protective mucus lining in my colon, which then became easily irritated by the gluten in my previous diet).

However, after more than a year of amazingly healthy food, I was still suffering from fatigue at work, although not as badly as before. It seemed that my diet could not be the source of my fatigue, and I also believed that I was relatively free from toxins after being on the Master Cleanser. My wife had also given me some nutritional supplements, some of which were used to detoxify the body. I really wasn't sure why I was still getting tired, but my health had improved along with my diet, so I just muddled through, not knowing what else to do.

My Condition Worsens

In September of 1997, we moved to Sooke, which is about 30 km from Victoria. I started taking the bus to work, and my condition worsened dramatically. My fatigue worsened, I became extremely stressed and irritable, and my relationship with my beloved ex-wife was suddenly under a great amount of strain: I was miserable and very difficult to live with. Something had to be done fast, because I knew my wife and I could not go on like this.

For a couple of weeks I didn't know what to do, but then I noticed a pattern: my health would worsen throughout the workweek, and it would partially recover on the weekend. Something was wrong with my workplace! The other clue was given by John Ott's book, Health and Light, in which he described some of the adverse health effects of fluorescent lights. Until we moved to Sooke, I had not thought that fluorescent lights could be a serious problem; after all, it's just light, right? I had never suspected that simple, weightless, tiny photons could have adverse effects on my health like the ones I was experiencing.

Why should the move to Sooke result in a dramatic worsening of my condition? When we moved to Sooke, my commute time was increased by two hours (I was commuting three hours per day instead of the one hour per day while living in Victoria). As a result, I had less time to rest when I got home, and I was spending more time under fluorescent lights because the lighting on the bus was fluorescent. Coincidentally, at the same time my beloved ex-wife and I moved to Sooke, my coworker and I started sharing the same office. Until my coworker and I started sharing the same office, I had only been using *half* of the fluorescent lights, but after my coworker moved into my office, we started using *all* of the fluorescent lights. My exposure to fluorescent light had more than doubled and I had less time to rest.

Successful Changes at Work!

I decided to ask my coworker if he would mind working without the fluorescent lights, and thankfully, he agreed! My energy level rose dramatically after we stopped using fluorescent lights in the office. I also suspected that I was sensitive to the energy emitted by computers. This suspicion was confirmed after my coworker started working on an unshielded computer in our office: my energy level dropped again. I asked my coworker if he would mind putting the steel case back on the unshielded computer, and after he did so, my energy level went up again. As a further precaution, I ordered a radiation shield called SomaShield for the video display I was using at work.

The SomaShield was a combination of fine wire mesh and leaded acrylic, and it really seemed to help block some of the harmful radiation from the video display, which then used cathode ray tube technology. After I started using the SomaShield, my energy level went up again, and I also found the video display easier on the eyes with the SomaShield installed. I was quite happy with the SomaShield, but it did nothing to block the magnetic field emanating from the electron gun at the back of the cathode ray tube.

Life was much more enjoyable after I had made the changes to my workplace. I no longer needed to rest at work during lunch hour or at any other time, and I was getting along with my beloved ex-wife again. I didn't know why I was so adversely affected by electromagnetic fields in comparison to other people, but I stopped worrying and began to start enjoying life as much as I could.

Sensitization to Radar

That all changed in January of 1999 when I became sensitized to radar. I was working at a Naval Base, and the building I was working in was immediately adjacent to the entrance of Esquimalt Harbour, where the Navy ships had their port. My first sensitization exposure to radar was devastating: the effects were much worse than those of fluorescent lights and computers. I had a long list of symptoms:

- Fatigue that wouldn't abate with plenty of rest
- Physical weakness
- Abdominal pain
- Nausea
- Headache
- Loose stools
- Gas
- Heart pounding
- Difficulty concentrating and fuzzy thinking
- Light sensitivity (it hurt my eyes to look at fluorescent lights)
- Inflamed sinuses
- Very tight muscles
- Dark "circles" under the eyes

I was sick for *at least* three weeks following my first experience of being sensitized to radar. Fortunately, the week after I had been sensitized, I had planned to take the week off as vacation, and I could spend most of the time resting. There was no way that I could work during that week; I was incapacitated. I reluctantly went back to work following my vacation. I had to somehow keep working. I struggled with repeated radar exposures and almost died in late 1999.

I started experimenting with various subtle energy devices supposed to help protect against electromagnetic fields, and spent a great amount of money on them, but they did not help much, and many of them even made me sick. It seems that I was sensitive, not only to electromagnetic fields, but to subtle energy as well. My beloved ex-wife, who is very sensitive, also got sick from many of the EMF protection devices I purchased.

Somehow, I managed to keep alive and working, but it was a losing battle. I knew I would die if I continued to work at the Naval Base, so in July of 2001 I wrote a letter to my supervisor requesting a transfer to another position elsewhere in the public service where I could work in an environment free from radar exposure. I was willing to move across the country, if needed. I was reluctant to make the request for a transfer because I doubted that anyone would take my claim seriously. As expected, my request for a transfer was denied by Health Canada on the grounds that western medical science generally does not recognize hypersensitivity to electromagnetic fields as an illness.

Fortunately, however, I was graciously given permission to telecommute four days per week from my home in Sooke; I would be required to work at the Naval Base only one day per week. Although I was not very productive due to this arrangement, I did manage to stay alive because I was able to recover sufficiently from radar exposure during the six days of the week that I was at home. The new work arrangement continued until I decided to apply for a disability pension in early 2002.

Possible Career Change

The disability pension was denied because I had been disqualified due to a technical error I had made. My next step was to take advantage of employment insurance and look into working in a different career where my exposure to electromagnetic fields would be minimal, at least in comparison to where I was currently working. My beloved ex-wife and I came up with two possibilities for work: organic farming and community support work.

My wife and I spent a considerable amount of time investigating the possibility of working as farm laborers. We visited and contacted several organic farms in British Columbia and considered traveling to other provinces, but after our investigations, we decided that organic farming was not a good possibility for work for either of us.

My next option was community support work. Community support workers help mentally and physically challenged people (the developmentally disabled). I spent a few hours volunteering as part of the prerequisite for training as a community support worker, and that was a very good idea because I discovered that I became extremely ill when I spent time with developmentally disabled people: I discovered that many of them unconsciously drain energy from other people because they are so needy, and I became extremely ill as a result. I was at least as sick from my energy being unconsciously drained by needy people as I was from radar.

I Return to Work

I had no option but to return to my job at the Naval Base. I was terrified. My last hope was to try some other subtle energy devices in the hope that they would protect me from radar. I was cautious about subtle energy devices because I previously had some bad experiences with them, but the salesperson reassured me that I would be safe and that the devices she was selling would not make me sick. This reassurance gave me the confidence to go back to my job, and I ordered the subtle energy devices.

I returned to my job in June 2002, and the EMF protection devices I ordered arrived shortly after my return to work. However, shortly after they had arrived, I discovered that the devices were far more toxic than any other devices that I had tried: they were more toxic than the radar they were

supposed to protect me from. I sent the devices back to the manufacturer for a refund. I started to panic. I was back at work with no protection from radar.

I Install a Radar Shield

I knew that there was a shielded room in the building I worked in, and believed that I could work in it safely. I asked my supervisor if I could move my office into the shielded room, but my request was refused because I could not prove my need for it. Then I had a brilliant idea: I could protect myself from radar most of the time by covering the walls of my office cubicle with hot water heater insulation! I installed the insulation without asking my supervisor for permission, and he didn't object. Thankfully, this solution worked! Hot water heater insulation looks like bubble wrap with an aluminum foil backing. Radar cannot penetrate aluminum foil.

However, the organization I was in was reorganizing in September 2002, and I had to move to a different office, but I could not take my "radar protection shield" with me. With a supportive letter from the Health Canada doctor and help from the union, I was able to prove to management the need for me to move my office into the shielded room, but this did not occur until mid-November 2002, after getting very sick from several weeks of radar exposure in the unshielded office. I had used up all of my sick leave.

I Start Wearing an EarthCalm Pendant

At approximately the same time that I installed my radar shield at work, I decided to purchase an EarthCalm Resonator Pendant. I had tried many EMF protection devices before, but most of them were either harmful or did not offer adequate protection from electromagnetic fields. I took a risk and spent the money, and to my surprise, it was an extremely good investment, perhaps one of the best I have ever made in my life.

The reason why I say this is because of two things:

1. The EarthCalm pendant was harmonious to my body and did not overload it with too much subtle energy, unlike most devices I had tried before.
2. The EarthCalm pendant greatly stimulated my life force. It was more than just protection; it was truly healing.

I believe I was quite close to death in 2002. My life force had become stagnant. My body was filled with toxins, I was probably not absorbing my food properly, and I was often tired and very fearful because of the belief that I was close to death. When the life force stops operating properly, death can be quite near. Paramahansa Yogananda says:

Disease is generally considered a result of external material causes. Few people realize that it comes through the inaction of the life force within. When the cell or tissue vehicle of the life energy is seriously damaged, the life energy withdraws itself from that place and trouble consequently starts. Medicine, massage, and electricity merely help to stimulate the cells in such a way that the life energy is induced to return and resume its work of maintenance and repair.—Scientific Healing Affirmations

The protection from the radar in combination with the EarthCalm pendant began a period of rapidly increasing health. Without the protection from radar, the gains from the EarthCalm

pendant would have been lost and my health would not have improved. But because I was protected most of the time at work, I was making rapid gains in my health with the help of the EarthCalm pendant.

You may be wondering why the EarthCalm pendant worked for me and the other devices I tried previously did not help much. The answer seems to be that EarthCalm devices ground the body into the Earth's electromagnetic field, and the other devices I tried did not do that. Because man-made electromagnetic radiation is extremely high in comparison to the natural levels (Robert Becker claims that it is at least 100 million to 200 million times the natural level), the Earth's magnetic field is almost completely overwhelmed and lost in the noise of EMF pollution. This is extremely significant because the body cannot operate optimally unless it is "tuned in" to the Earth's electromagnetic field. When I started wearing the EarthCalm pendant, my life force was greatly stimulated because my body was again able to use the Earth's electromagnetic field to normalize the functions within the body.

The EarthCalm pendant was so effective that I could only wear it for a very short period of time at first, perhaps one or two hours per day. If I wore the pendant for too long I was too fatigued to work; the life force was stimulated to eliminate toxins, and my liver was working hard to do that, so I would get tired as energy was used by the liver. Eventually, as my body systems became more normalized and enough toxins were eliminated, I was able to wear the pendant all day and all night. However, I was not yet free from electrical sensitivity; I was still hypersensitive to radar. The EarthCalm pendant did not protect me from radar, and I was determined to be able to work outside of the shielded room.

I Start My Research

After three years of struggling to keep alive and stay productive at work, I finally had protection from radar! My office was moved into the shielded room in mid-November 2002. Now that I had the energy for it, I decided to determine the causes of my hypersensitivity to electromagnetic fields. I took a long look at my character and my life and tried to identify possible causes. Why should I become sensitive to electromagnetic fields while other people apparently are not? What makes some people more able to handle the toxic effects of electromagnetic radiation, while others cannot?

After looking at my character, it seemed to me that I had been a very fearful person for much of my life. In particular, I have been very fearful of certain kinds of responsibility, losing my job and living on the street. I was afraid to have a wife and children because I didn't want to have the responsibility of being the "breadwinner": if I were to lose my job, my wife and children would suffer because of me. My beloved ex-wife and I never had children, but the fear of possibly having them almost destroyed our marriage within the first year. At times the fear was so intense that I was unable to function normally; I became paralyzed with fear. For the first few years after we got married, my job at the Naval Base was not permanent, and I was constantly afraid of losing it. Also, during my years at university, I was constantly afraid of failing courses, and for this reason, I did not carry a full course load and took longer than normal to complete my degree.

The spiritual master Paramahansa Yogananda has made comments about the prevalence of "nervousness" as a disease, and I seemed to have a very bad case of nervousness. One of Yogananda's comments stands out: "If we connect a 120-volt bulb with a 2,000-volt source, it would burn out the bulb. Similarly, the nervous system was not made to withstand the destructive

force of intense emotion or persistent negative thoughts and feelings.” Perhaps I had “burnt out” my nervous system with my expressions of fear, and the weakened nervous system was responsible for my hypersensitivity to electromagnetic fields.

I Learn Vivation

I seemed to not only have expressed a great amount of fear in my life, but also I seemed to have great amount of suppressed fear. I did some research, and discovered that suppressed emotions can be released by certain challenging events in combination with subconscious triggers; if I could somehow reduce my store of suppressed fear, then perhaps I could reduce my expressions of fear in reaction to life’s challenges and stop burning out my nervous system.

In my research I discovered that breathwork can be an effective means of reducing the store of suppressed emotions, and so I decided to try a method of breathwork called Vivation. I learned Vivation in late 2003 and spent several weeks practicing it intensely. It definitely seemed to help me achieve a calmer and less fearful state, but I was still sensitive to electromagnetic fields. I was still getting sick from radar when I was not working in my shielded office.

I Experience Nerve Pain

After several weeks of breathwork, I began experiencing nerve pain (like pinpricks) in my hands, feet, and elsewhere. This was proof to me that my nervous system was weak. I suspected that I began feeling nerve pain because my life force started flowing better after several weeks of practicing breathwork, resulting in more energy flowing through my nervous system. The breathwork seemed to have reduced the energy blockages in my body that were due to suppressed fear, and my nervous system may have been stressed by the resulting increase in my life force. The other possibility for the cause of nerve pain was that the breathwork created a great amount of stress on my nervous system and somehow weakened it. Whatever the cause may have been, the pain in my nerves indicated that my nervous system was very weak.

A Diet for My Nerves

With this new information, I decided to find out what nutrients the nervous system needs, and started working on the dietary repair of my nervous system. The nutrients that my nervous system seemed to be lacking were Lecithin and Essential Fatty Acids. I also used some Tissue Salts specific to the nerves, and these were extremely effective. I looked into herbal remedies for the nerves also, and settled on Skullcap and Vacha Rasayana (produced by Circle of Health).

When I started on this new diet, I started having strong cleansing reactions; I was getting very tired because my organs of elimination were working very hard. I knew from this experience that there was a great amount of toxins in my nervous system, and that they were being replaced by the good nutrients. I began taking Triphala, a popular whole body herbal cleanser used in India, which cleared out a lot of physical and emotional toxins. Triphala also strengthens the nerves.

All of the products I used for strengthening the nervous system produced a strong healing effect, and I was often tired because much of my physical energy was dedicated to healing as the toxins in my body were eliminated and the nervous system was repaired with the proper nutrients. However, I was impatient, and a few times I overdosed on some of the nutrients I was taking,

with the result that I became sensitive to them and could no longer use them. I also put a great deal of unnecessary stress on my organs of elimination due to my high rate of detoxification.

Finally Free

I continued with the breathwork for about six months while I was taking supplements to strengthen the nervous system. In the last stage of healing I used a green tourmaline pendant for cleansing and healing, and it was surprisingly effective, but it is easy to overdose with crystals also: they are extremely powerful. I became free from hypersensitivity to electromagnetic fields in May of 2004.

I still work at the Naval Base in Esquimalt, but I no longer work in a shielded room.

That is my personal story. I have left some details out, but the essential information is here. I will expand on the ideas presented in this history elsewhere on this web site.

Causes of Electrical Sensitivity

I believe that electrical sensitivity is primarily caused by a severe weakening of the nervous system. Why should this be the case? The nervous system is the primary means of transmitting and receiving electromagnetic energy throughout the body. My theory is that when the nervous system is weak, less energy is required to cause a disturbance within it: its capacity for handling abuse is greatly reduced, and even a small input of the wrong kind of energy can result in illness.

I believe that the nervous system is weakened by stress, and when the normal structure of the nervous system is broken down due to stress, it is more susceptible to pollution from toxins elsewhere in the body. When the healthy structure of the nervous system is lost and/or toxins replace good structures found within the nervous system, the nervous system no longer conducts energy efficiently: it becomes weaker, and hypersensitivity to electromagnetic fields gradually develops.

The immune system can be defined as strength of life force in the body and mind. A healthy person has an unimpeded flow of life force in body and mind. An unhealthy person has energetic blockages (physical and/or mental) that prevent unimpeded flow of life force. I believe that the root cause of a weak nervous system is usually a weakened life force.

I believe that the main causes of electrical sensitivity (that weaken the immune and nervous systems) are:

- Exposure to man-made electromagnetic fields
- Emotional stress
- Disturbed energy flows in the body
- General toxicity within the body
- Poor diet
- Geopathic stress
- Another serious illness
- Congenital physical weakness
- Psychic attack resulting in damaged and weak physical and etheric bodies

In my case, I believe that emotional stress and poor diet were the main causes of electrical sensitivity, and that exposure to electromagnetic fields only revealed the weakness in my nervous system. Other people will have developed electrosensitivity as a result of a different combination of causes than I had, or there may be just a single cause (though I believe that is rare).

Electrical sensitivity may manifest differently in different people. For example, my primary symptom was fatigue, whereas others experience sharp pain. A common misconception many people have about electrosensitive individuals is that they should immediately feel when they are being harmed by man-made electromagnetic fields, but in reality there is often a delayed reaction to harmful exposures. When I was electrosensitive, I would usually experience the worst symptoms from toxic electromagnetic fields a day after exposure to them.

Electromagnetic Fields

“The density of radio waves around us is now 100 million to 200 million times the natural level reaching us from the sun. Nor is there any end in sight.”-Dr. Robert Becker, The Body Electric

Exposure to unnatural, man-made electromagnetic fields has reached unprecedented proportions and is getting worse every day. Although the man-made electrical and electronic technologies have a great number of benefits, we humans are also paying a high price in terms of poorer health, and for some people, this increased exposure to electromagnetic fields is not only extremely debilitating, it is life-threatening.

Why should electromagnetic fields pose such a serious hazard to our health? Let us use Albert Einstein's famous equation as a starting point:

$$E=MC^2$$

E represents energy

M represents mass

C represents a constant, namely the speed of light

This means that mass, or matter, is condensed energy. What appears to be solid is really composed of minute, specialized subatomic particles or energy packets. What are electromagnetic fields? A form of energy. Therefore, everything is made of energy. From a universal or metaphysical perspective, everything is part of one massive sea of energy: everything and everyone is really connected to and affects everything and everyone else. From this perspective, it is easy to understand how electromagnetic fields can have an affect on our health: the human body is an electromagnetic system, and as such it is affected by electromagnetic fields.

The sun is the best example of this: it is so hot that it keeps the Earth warm and can burn your skin. However, the electromagnetic fields emanating from cellular phones, microwave ovens, fluorescent lights and computers are more significant than you may realize: they can create a great amount of stress on the body. Strong man-made electromagnetic fields can actually burn out the nervous system. Unfortunately, most people do not believe that man-made electromagnetic fields are harmful until they start experiencing adverse health effects from them.

There are harmonious and inharmonious forms of electromagnetic fields. The sun emits harmonious radiation, beneficial to human health in moderation. The earth's natural electromagnetic field is beneficial to human life. Most forms of man-made electromagnetic radiation are harmful to human health because they are inharmonious: they disrupt the functioning of the human body. From a health perspective, **the average power level of man-made electromagnetic fields is not nearly as much of a concern as is the waveform.** Microwave radiation that is pulsed with high peak power levels is very disruptive to the human body, even if the average power level is low.

Notwithstanding disruptive waveforms, intensity of the radiation source is still a very important factor in toxicity of electromagnetic fields. Electromagnetic fields are subject to the inverse-square law over distance, meaning that **as a toxic radiation source is brought closer to the body, it becomes exponentially more harmful.** For example, the strength of the field generated

by a radiation source that is one foot away from the body is effectively four times stronger than the field of the same source when it is two feet away. When that same radiation source is moved to within three inches of the body, the strength of the field reaching the body is sixty-four times greater than the same source two feet away from the body. This is why cell phone companies tell you not to keep your phone in your pocket.

Accumulation or absorption of toxic energy from electromagnetic fields is a common symptom of electrosensitivity but it also perpetuates the illness. Electrosensitive people often have an allergic reaction to this accumulated toxic energy due to overexposure and/or weakness of the immune system.

I believe that almost everyone is affected to some degree by exposure to man-made sources of electromagnetic fields, although most people do not get extremely ill from such exposure. **A body that is weakened by stress, physical and emotional toxins, poor nutrition and illness is more susceptible to the harmful effects of man-made electromagnetic fields.** A whole new industry has been created to mitigate the harmful effects of man-made electromagnetic fields. Although the European medical community is more likely to acknowledge the adverse effects of electromagnetic fields, the North American medical community will inevitably do so as well.

Dr. Magda Havas, has stated clearly in her book, Public Health SOS: The Shadow Side Of The Wireless Revolution, that **“Radio frequency radiation and other forms of electromagnetic pollution are harmful at orders of magnitude well below existing guidelines.** Science is one of the tools society uses to decide health policy. In the case of telecommunications equipment, such as cell phones, PDAs, and portable phones, the science is being ignored. Current guidelines urgently need to be re-examined by government and reduced to reflect the state of the science. There is an emerging public health crisis at hand and time is of the essence.” A thorough introduction to EMF health effects is the video of Cindy Sage on The BioInitiative Report: the conclusion is that the existing standards for EMF exposure are “thousands of times too high: it’s inescapable...and the consequences of not doing something about this are going to be huge in terms of public health, in terms of sickness for people, in terms of lower quality of life because people don’t feel well and don’t work well.... **The biological effects that we see are occurring thousands of times lower than our standards.... Heating is irrelevant; it’s the information of the signal that counts.**” Dr. Mercola has written an excellent introductory article on this topic: Raising Awareness about Electromagnetic Pollution.

I highly recommend that you watch Jeromy Johnson’s TED talk, “Wireless Wake-Up Call”: this may be the best layman’s introduction to the subject of electromagnetic pollution and its effects on human health. Jeromy also discusses ways that you can easily reduce exposure to electromagnetic fields and technologies that should be adopted by our culture to dramatically reduce exposure to them.

Also highly recommended is Jeromy’s article, “A New Paradigm in EMF Science”. Jeromy states, based on recent significant research into health effects of electromagnetic fields, “those who continue to state that wireless technology is harmless are now on the wrong side of science. We are now at the point where it is no longer tenable for regulatory bodies to claim that non-thermal electromagnetic fields are safe.”

Emotional Stress

The nervous system can be burnt out by too much emotional stress. The spiritual master Paramahansa Yogananda says, “If we connect a 120-volt bulb with a 2,000-volt source, it would burn out the bulb. Similarly, the nervous system was not made to withstand the destructive force of intense emotion or persistent negative thoughts and feelings.” Harmful emotional stress can be in the form of expressed emotions and also as accumulation of emotional energy in the body. Intensely expressed emotions like fear and anger may damage the nervous system, and also energetic blockages caused by accumulation of emotional energy resulting from trauma or bad habits reduce the capacity of the nervous system and body in general to handle energy.

Disturbed Energy Flows

People suffering from electrical sensitivity often experience a huge disturbance of “energy flows” in the body: the life force does not flow as it should. This is sometimes called “electron spin inversion” or “polarity reversal”. This is a serious problem for people with electrical sensitivity because if the life force is not flowing properly in the body, recovering from the illness is much more difficult if not impossible. Paramahansa Yogananda says:

Disease is generally considered a result of external material causes. Few people realize that it comes through the inaction of the life force within. When the cell or tissue vehicle of the life energy is seriously damaged, the life energy withdraws itself from that place and trouble consequently starts. Medicine, massage, and electricity merely help to stimulate the cells in such a way that the life energy is induced to return and resume its work of maintenance and repair.—Scientific Healing Affirmations

“Stagnant life force” is the phrase I use to describe this state of ill health, because this is how I have experienced it. When the life force is stagnant, food is not assimilated properly and toxins are not properly eliminated from the body, and there is a lack of vitality. A state of stagnant life force or disturbed energy flows is probably caused by a combination of external and internal causes: strong electromagnetic fields, nervous system damage, toxins, poor diet, lack of exercise, and of course emotional and mental stress.

General Toxicity

It seems that general toxicity within the body also contributes to electrical sensitivity. When the body is generally toxic, it is weaker and thus more susceptible to illness than a healthy body. Toxic food, air, and water all contribute to general toxicity, and more people are aware of this than ever before: witness the increasing popularity of organic foods, filtered water and cleansing programs. Mercury amalgam dental fillings can create a huge toxic load on the body, leading to many serious health problems. There are many harmful chemicals that people are exposed to, both at home and in office or industrial settings.

I also believe that man-made electromagnetic fields can somehow produce harmful toxins within the body. This is because when I became extremely ill from exposure to electromagnetic fields, the toxic load within my body seemed to increase, and I would experience symptoms of chemical sensitivity: I was more aware of and affected by toxins in the air in places like bookstores and

hardware stores. My heart would also pound more heavily, indicating that there were more toxins in the blood. Dark “circles” would appear under my eyes, indicating liver stress (the eyes are reflexively or energetically connected to the liver). I had a few other symptoms from exposure to electromagnetic fields that seemed to suggest that man-made electromagnetic fields could produce harmful toxins within the body. I’m really not sure why this happens, but my guess is that man-made electromagnetic fields somehow disturb the normal chemical reactions within the body of electrosensitive individuals, thus producing toxins instead of beneficial chemicals. Accumulated toxins from previous exposures to electromagnetic fields may somehow resonate with the electromagnetic fields of new exposures, especially within the nervous system.

Poor Diet

“Weston Price showed us that the fundamental cause of disease is inadequate nutrition.” (Weston A. Price Foundation) When the body is not getting the correct nutrients, it is going to be more susceptible to illness of any kind.

Nasty “foods” to be mostly or completely avoided:

- Genetically Modified Foods—There is a very good reason why the makers of genetically modified foods don’t want their products labeled as such, the most plausible being that no data can then be collected to implicate genetically modified foods as the cause of serious health problems. There are significant studies that clearly demonstrate the harmfulness of genetically modified foods. The best introduction to this topic is the video, [Engineered food and your health](#), which explains clearly why GMO foods are toxic. Also see the DVD, [The Future of Food](#). Genetically modified foods are a very serious and growing threat to food safety and the environment.
- Excitotoxins: flavor enhancers and artificial flavorings like glutamates (including but not limited to MSG) and Aspartame. These are very hard on the nervous system, especially neurons in the brain, and are a **major source of illness** found in most processed foods.
- Anything containing fluoride, including water and toothpaste
- Anything containing artificial food additives, used as preservatives and to enhance appearance, texture and flavor
- Sugar, especially fructose without fiber, which is almost as poisonous as alcohol. Consuming large quantities of fructose will lead to Metabolic Syndrome: obesity, hypertension, inflammation, type 2 diabetes, cardiovascular disease, accumulation of fat in the liver, and continuous consumption. Fructose is found in many processed foods and drinks.
- Soft drinks (soda pop) and fruit juice drinks
- *Anything* from a factory farm
- Pasteurized and/or homogenized dairy products
- Foods containing gluten—this is a major causes of disease for many people. . However, I do **not** believe that all people are harmed by gluten. I was sensitive to gluten for a long time until I did sufficient purification of my mind and emotions. I believe the quality of the food we eat is just as important as its basic constituents: I have the fortunate opportunity to purchase organic bread from a bakery that uses a wood fire oven, and it is very apparent to me that such bread is **much** healthier than the typical mass-produced bread found in supermarkets. Also, gluten-free breads are not necessarily healthier than

quality breads containing gluten. Eating a balanced diet of pure, whole foods is also very important.

- Alcohol
- Coffee
- Deep-fried foods (like fish and chips)
- Smoking
- Street drugs
- Vaccines

Of course, you should have some fun, too!! A few of these things are okay to consume once in a while. I like nachos, pizza and ice cream, but I don't eat them very often.

Geopathic Stress

Geopathic stress is due to inharmonious or harmful energies emanating from the earth. This is a common cause of illness, and may result in electrical sensitivity because harmful energies emanating from the earth are detrimental to health in a similar way to man-made electromagnetic fields. As with harmful electromagnetic fields, the optimal solution to health problems caused by geopathic stress is to avoid the sources of geopathic stress.

Often, however, it is impossible to avoid geopathic stress. You might want to give The Geobuster a try. Also, there are some people who specialize in identifying and correcting geopathic stress problems. New Spirit Services may be one of the best companies that specialize in correcting geopathic stress problems.

Another Serious Illness

Many people with electrical sensitivity are experiencing it as a result of another serious illness such as multiple chemical sensitivity, chronic fatigue syndrome, or multiple sclerosis. Many serious illnesses severely weaken the nervous system, making the possibility of developing electrical sensitivity almost inevitable.

I believe that healing electrical sensitivity that results from another serious illness is more difficult to heal than pure electrical sensitivity because the original illness must also be healed to some degree. If you have another serious illness that caused your electrical sensitivity, you may want to try [The Healing Code](#), [Quantum Techniques](#), [NeuroModulation Technique \(NMT\)](#), [The BioSET® System](#), [Nambudripad's Allergy Elimination Techniques \(NAET\)](#) or [Bioenergetic Intolerance Elimination \(BIE\)](#) as a possible cure. The Healing Code is used to dramatically reduce stress in the body and mind that is often the root cause of disease. Quantum Techniques is used to heal the fear or dissociated trauma that is at the root of many illnesses. "NMT is best described as informational medicine, because it works to identify and correct the informational source of illness - the confusion that can interrupt our innate healing mechanisms." "The BioSET® System employs three basic treatments: organ-specific detoxification, enzyme therapy, and desensitization." NAET models allergic reactions as the result of energy blockages, and is used to clear those blockages. "The BIE process was not intended to cure allergy, nor is it intended to manipulate the body to accept toxic substances. It is a process of assisting the body in achieving homeostasis. By neutralizing discordant frequencies, the body can then differentiate between good and bad."

Healing Aids and Practices

In this section of the web site I will list the healing aids and practices that I have found helpful for me in overcoming my hypersensitivity to electromagnetic fields. Although I believe I have discovered some principles that will guide anyone who wants to be free from the illness, healing is a complex subject, and what works for me may not work for you: I believe this is a fundamental principle of healing because everyone is unique. **You may find that implementing some aspects of my healing program (specific remedies and products) may not work or may even be harmful. One person's medicine can be another person's poison.**

The way to heal or overcome electrical sensitivity is to take a multi-faceted approach:

- Reduce your exposure to electromagnetic fields, if possible
- Correct disturbed energy flows in the body
- Use EMF protection devices that are proven to work
- Ensure that you have a healthy diet
- Exercise regularly
- Begin a cleansing program for general detoxification of the body
- Take nutrients that are known to strengthen the nervous system
- Become a master of your emotions

The basic idea is to reduce exposure to environmental toxins and purify and strengthen the body and mind. Everyone has a different story, but the parts of this program that were absolutely critical for me to become free from electrical sensitivity, in order of importance, are:

- Avoidance of electromagnetic fields
- Mental and emotional healing (emotional toxicity was the primary cause of my electrical sensitivity)
- Correcting energy flows in the body
- Taking nutrients that are known to strengthen the nervous system

However, all of the parts of this program are important, especially diet: if you eat junk food or processed foods containing harmful additives, don't expect to heal your electrical sensitivity. As the saying goes, if you keep on doing what you have been doing, you will keep on getting what you have been getting. Healing a major illness often requires radical changes in lifestyle.

Be Patient

Healing electrical sensitivity can take a long time. It took a long time for the body to become damaged, so it may take a long time for the body to repair itself. The time it takes to heal depends upon how badly damaged your body and energy system are from electromagnetic fields, poor diet, toxins and other stressors, other illnesses you may have, your ability to assimilate nutrients, and also upon following the program that I have outlined as closely as possible. I was free from electrical sensitivity after aggressively following the basic program for about one year.

The Straw Analogy

Think of when you drink juice in a glass using a straw. As long as there is still some juice in the glass, it seems as if there will be no end to the supply of juice entering your mouth. But in reality, if you look at the glass while you are sipping, you can see the level of liquid dropping as you sip. Even if you don't look at the glass, you eventually discover that all of the liquid is gone and you start sucking on air!

That is how healing of *certain types* of physical and emotional disease often occurs in my experience. Like the juice coming through the straw, the "flavor" of the illness seems to not change much as you apply the remedies; you don't notice that your "glass" of illness is being emptied. You feel as if nothing is changing; your condition seems as bad as ever. Then, suddenly, there is a major positive shift in health, and you realize that your remedies have had a profound effect.

The reason why it appears as if nothing is happening even though you are experiencing cleansing symptoms is simply because there is so much to be healed; the body and mind have limited capacity for healing: the channels of elimination in your mind and body is your "straw", and they can't empty the glass of illness all at once. Keep "sipping" and have faith!

If you are very perceptive, you will notice a gradual shift from day to day when using powerful healing methods; I have this experience all of the time. The "weight" of the "liquid of illness" is getting lighter. But there is so much to be healed that even using very powerful tools, the progress can seem agonizingly slow.

As long as your rate of healing exceeds your rate of poisoning, your general health will improve: this is the primary law of healing. However, it is best to address the weakest points of illness first to ensure a safe recovery.

Only Take Remedies That Your Body Needs

I have listed many remedies on this website in the following sections. There are many remedies that do basically the same thing, such as strengthening the nervous system or detoxifying the body. You should not take all of the remedies I suggest all at the same time just because they are on my list of suggested remedies. You will need to limit the number and quantities of remedies to what your body can handle, and you should only take the remedies your body needs. I could only handle a maximum of one or two nutritional supplements at a time for healing the nervous system, but you may be able to handle more than that. **If your body needs a remedy, you will experience a healing response. Listen to your body!** Also, I suggest that you add only one remedy at a time to your healing program: there are two reasons for this:

- By adding only one remedy at a time you will be able to find out what your body needs based upon how your body reacts. If you take many new remedies at the same time there is no way of knowing which ones are really working for you.
- By adding only one remedy at a time you will more easily be able to determine which ones are incompatible with your body (if any) so you can stop taking them immediately.

Some of the remedies are listed as alternatives so that you may choose the ones that appeal to you, and other remedies complement each other. If the first remedy you choose works, then stick

with it until you feel no more benefit from it. If the first one you try doesn't work, try another one on the list. Use your common sense.

One remedy that can always be taken with the other remedies is Organic Milk Thistle Tincture. Milk Thistle is a herb that is very specifically used to support the liver: it greatly reduces the stress that the liver experiences while you are on an intensive healing program like the one I have outlined. The liver takes on much or most of the burden of detoxification. Milk Thistle is food for the liver.

Don't Overdo It

Healing or cleansing too quickly can result in a great deal of stress on the organs of assimilation and elimination, especially the liver and kidneys. This is called a "healing crisis". If you find that you are constantly overtired as a result of taking nutrients to strengthen the nervous system or while on a cleansing program, you may be overstressing your organs of assimilation and/or elimination. I was in a hurry to get healed, and I often overstressed my body by taking too much of a remedy. As a result, my body became sensitized to the remedy, and I could no longer use it. I would have to find something else in order to continue healing.

On the other hand, if you are experiencing no reaction at all to a remedy, then you are probably using the wrong remedy; your body probably doesn't need it. Do your own research and find something that works if the remedies I suggest don't work for you. The body must work to eliminate toxins and repair the nervous system, and this takes a great amount of energy. **You should feel pleasantly tired (not overtired) as your body repairs itself; you should not feel sick or experience nausea from taking remedies.** If you experience a high degree of discomfort from taking a remedy, you may be sensitized to it as a result of overdosing, or you may be intolerant or allergic to it.

As you progress in your healing, you will experience less of a reaction to the remedies that you take: you will not get as tired from taking the same amount of a remedy, and you will be able to take more of a remedy without overstressing your body. When you no longer experience a reaction to any of the remedies, you should be free from electrical sensitivity or, at the very least, your condition should have greatly improved.

Measures of Health

The length of time that you can easily hold your breath is a good measure for general health. Healthy individuals with a normal breathing pattern are generally able to hold their breath after exhalation for 40 to 60 seconds without any discomfort. The breath hold time is called the Control Pause in the Buteyko Method for healing asthma. One way to monitor your progress is to regularly measure your control pause.

When a person is very electrically sensitive, dowsing rods will diverge when a water source (like the tap on a kitchen sink) is approached; for a person without electrical sensitivity, the dowsing rods will converge. A good pair of dowsing rods can be purchased from Joey Korn, or you can make them yourself from metal coat hangers.

Laboratory testing is one of the most effective tools available to guide you to improve your health. "The BodyBio Wellness Report is an excellent way to determine your nutritional needs.

BodyBio Reports provide detailed information, above and beyond that of a lab's limited normal or abnormal results, by expanding the information and linking it to the medical research for a precise and comprehensive health improvement plan." Also see the other website for the BodyBio Wellness Report: www.bodybio-wellness.com. If you are electrically sensitive, your body may have difficulty assimilating nutrients due to cellular dysfunction, but you should take the nutrients anyway. Your cells will assimilate nutrients better as your electrical sensitivity is healed.

Computerized Electrodermal Screening (EDS) is also a very effective method of measuring health in the hands of a skilled practitioner: "How EDS works is based on the scientific concept that, at the subatomic level, physical matter is simply bundles of quantum energy. At the atomic level, the exchange of electrons produces electricity that is measurable using an EDS unit. Cancer cells, viruses, toxic chemicals, and other causes of disease all exhibit a measurable level of energy that raises or lowers our natural bioenergy levels."

Expert Help

If you wish to avoid the trial and error approach to save yourself time and suffering, please consider getting help from a health professional specializing in healing environmental illness like Gary Johnson, who has tools to determine the causes of electrical sensitivity.

I haven't tried all of these tools

Although I have used many of the healing tools I list in this section, I haven't tried all of them. I have done some research to find some excellent tools that may or may not appeal to you or work for you. I like exploring the Internet to find out what healing tools are available, and so I have provided a wide selection of interesting tools for you to investigate.

Reduce Exposure to EMFs

By reducing your exposure to electromagnetic fields you will reduce the stress on your body, especially your nervous system, and this will allow you to make **much faster** gains in your health. I believe this is because reducing exposure to electromagnetic fields not only reduces the stress from direct exposure to electromagnetic fields but it also gives the body a chance to detoxify accumulated toxic energy. When I was hypersensitive to radar, I could hardly make any gains in my health until I moved my office into a shielded room. By reducing the stress and toxic effects of radar on my body, I was able to begin eliminating more toxins than I was accumulating. I also had much more time and energy available for healing myself when my exposure to EMFs was reduced dramatically.

Reducing exposure to EMFs as a way of healing electrical sensitivity also fits the model of electromagnetic fields becoming allergens in electrically sensitive persons: as with any physical allergen, overexposure to electromagnetic fields can cause an allergic reaction. An excellent explanation of this concept can be found in the research paper on Bioenergetic Intolerance Elimination (BIE) or the BIE video. My approach to reducing the allergenic effects of electromagnetic fields by avoidance is becoming more difficult and in many cases impossible as wireless pollution continues to increase, so reducing the body's allergenic reactions to electromagnetic fields using methods for that purpose is more practical and very promising! But I

believe that treating electrical sensitivity only as an allergy will not bring lasting results. **BioSET®, NAET and BIE have all apparently been used with success to help heal electrical sensitivity by treating harmful electromagnetic fields as an allergen. These methods probably purge the toxic energy from the body, as does grounding or earthing.** The skill and experience of the practitioner may be important factors in achieving success.

Harmful sources of electromagnetic fields include:

- Wireless Smart Meters. See also Take Back your Power (a popular DVD and website on smart meters and EMF pollution), The Health Crisis Of Our Time, How Smart Meters Affect Your Body, Smart Meter Health Effects, The Dark Side of Smart Meters, Replacing A Smart Meter With A Safe Analog Meter, Measured Smart Meter Radiation, The Truth About Smart Meters, Public Grills Utility Execs, Smart Meter Technology, and Technocracy. Smart Meters are “a perverse system of social control, and it is rapidly expanding on a global basis.”
- Smart Appliances
- Wireless Internet, Wi-Fi and WiMAX
- Xfinity WiFi routers
- Cellular phones and cordless phones with a base station. Land lines are generally much safer than wireless phones, but not always.
- Computers, especially laptop computers and iPads
- Microwave ovens
- Fluorescent lights
- Dimmer switches
- Cellular towers/antennas
- High-voltage power lines
- Transformers
- Electrical substations (some of these are underground)
- Radar
- Dental X-rays
- CT scans and MRI scans: “A CT scan of the chest delivers 100 times the radiation of a conventional chest X-ray, and a mammogram delivers 1,000 times more radiation.”
- Solar panels (for generating electricity)

Wireless Smart Meters, Smart Appliances, Wi-Fi, WiMAX and similar microwave technologies are extremely damaging to human health. WiMAX operates between 2GHz and 66GHz with a maximum range of 50km (31 miles). I believe that shielding and/or EMF protection has become a necessity in areas where these technologies are being used.

If you have electrical sensitivity, you may be aware of many other sources of EMFs that are harmful to you.

Don't believe the claims made by utilities that wireless Smart Meters are harmless.

According to the EMR Health Alliance of BC, “Hydro [British Columbia’s electric utility] said these meters only operated on average for a few minutes a day. These meters operate continuously emitting Radio Frequency Radiation at a low power density and send a powerful pulse of energy every few minutes. What Hydro means by the term on *average* is they add up all the pulses that take up a few micro seconds each so that the sum is a few minutes a day.” Not

only do they emit very harmful levels of wireless microwave radiation, they also create dirty electricity. Some people claim that wireless Smart Meters do not pose a health threat because the average power level they emit is low, but the problem is the energy they emit is pulsed, with a high peak power level, and that combination is what makes them harmful. Also, I do not trust that the utility companies are telling the truth about the average power level emitted by Smart Meters; I believe they emit a much higher average power level than the utility companies say they do because **people who have never before become sick from wireless radiation are getting sick from Smart Meters**, and these experiences are supported by the Summary of Findings of the Smart Meter Radiation Assessment study produced by Sage Associates. **Pacific Gas & Electric in California has begun removing Wireless Smart Meters due to health effects.**

To immediately reduce the harmful effects of Smart Meters, I recommend using grounding devices from Earthing.com as much as possible (if they seem worth the risk after reading my warning), with a grounding rod as Smart Meters create a lot of dirty electricity, use Graham-Stetzer filters to reduce the dirty electricity, and shield yourself from the Smart Meter radiation using Smart Meter Guard, Smart Meter Shield, or do it yourself very inexpensively with instructions found on YouTube. If you can, place a large piece of reflective insulation on the inside wall opposite the meter. See also LessEMF.com's smart meter shielding solutions and examples. Other EMF protection can also be used.

Ideally, prevent a Smart Meter from being installed in your home, or if you have one installed already, get it replaced with a traditional human-read meter. If you are renting, try to convince your landlord that Smart Meters are bad for business because the general public will eventually realize that Smart Meters are harmful.

Remediation of Electromagnetic Fields

For the basics of remediation, please watch Jeromy Johnson's video, Reducing Your EMF Pollution. Jeromy has written a book on this subject called, How to Find a Healthy Home. I believe Jeromy's website, <http://www.emfanalysis.com>, is one of the best on the subjects of electrical sensitivity and EMF remediation.

There are also some short guides from Citizens for Safe Technology (<http://c4st.org/>):

- Wireless Safety Tips
- Examples of Wireless Manufacturers Warnings

If you have the financial means, you could hire a company (or a Building Biologist) to provide electromagnetic field remediation solutions for your residence or business, or at the very least, to complete an electromagnetic field survey of your home. A partial list of companies that provide EMF remediation services is found on the Services Links page of this website. Remediation with the help of an expert is the first place to start if you have the means.

Determining the low frequency and radio frequency sources of radiation (especially microwave sources) is key to successful remediation. The meters sold by Gigahertz Solutions are excellent. For measuring microwaves I prefer a meter with broadband coverage that has a peak hold option and a directional antenna. The upper range of affordable meters is about 10GHz, but this does not cover the frequency range of some of the latest technologies like WiMAX, which can operate up to 66GHz.

Instructions for doing your own electromagnetic field survey are found in the book, [Living Safely with Electromagnetic Radiation](#), a complete guide for protecting your health, by Jim Waugh. Without an electromagnetic survey, you can only guess which sources of radiation may be affecting you, and your guesses may be grossly inaccurate, with serious consequences.

Low EMF Computing

Jeromy Johnson has dedicated some pages to low EMF computing:

- [How to Use a Computer Safely](http://www.emfanalysis.com/safe-computing/) (http://www.emfanalysis.com/safe-computing/)
- [Solutions for Low EMF Computing](http://www.emfanalysis.com/low-emf-computing/) (http://www.emfanalysis.com/low-emf-computing/)
- [How to Install Wired Internet in Your Home](https://www.emfanalysis.com/how-to-install-wired-internet-in-your-home/) (https://www.emfanalysis.com/how-to-install-wired-internet-in-your-home/)

Demand Switches

Electrical wiring will act as a broadcasting antenna for the power grid, even if nothing is plugged into it. Demand Switches are designed to turn off circuits that are not drawing any power, in order to reduce the broadcasting antenna effect of electrical wiring. Demand switches are a convenience: if these cannot be installed, then manually switching off unused circuits will have the same effect. This will give the body a better rest, especially during the sleeping hours when there is no need for electricity, thus improving health.

Shielding

There are many shielding products available from companies like RF Sensitive Solutions for people who are electrically sensitive. These may be helpful for anyone with electrical sensitivity, and may be absolutely necessary for people experiencing extreme EMF pollution.

Shielding tools are relatively safe compared to EMF protection devices. If you get sick from EMF protection devices, then shielding is a safe and effective alternative. Shielding may not protect you completely from EMF pollution, but it should help significantly.

Shielding may not be easy to do. It can be subject to a lot of trial and error, and this can be very expensive. However, if you have the money and there is no alternative, go for it. Shielding an entire space (room or building) is often necessary for adequate protection and to avoid reflections.

EMFAnalysis.com promotes (but does not sell) very effective bed canopies. They should help significantly with protection from radiofrequency pollution. Please see the demonstration video for proof of effectiveness for the bed canopies.

Please see Zoka Zola's web page on successfully shielding a house: "As an architect, I was able to shield my house and office and reduce EMF by about 97.5%. The project took lots of studying and experimentation. I know that there is lots of doubt in the community of electro-sensitive people if shielding can be done successfully, which is particularly important since it is very expensive to shield a house, and realistically there is potential to make things worse."

One of the most promising shielding products is AegisGuard for washable fabrics: according to the company, this product can significantly help people who are electrosensitive. Aegis Corporation also sells radiation shielding products that can be applied to electronic equipment and painted surfaces. From a customer: “I am extremely electrosensitive and suffered greatly until I began using their laundry, paint and spray products several years ago. Quite frankly, their products changed my life.”

I personally used hot water heater insulation to protect me from radar while I was working. Hot water heater insulation looks like bubble wrap with an aluminum foil backing on one side. The insulation helped me significantly, and probably saved my life. I believe that reflective insulation that “consists of 1 layer of 5/32" (4mm) polyethylene bubble that is sandwiched between two metalized, low emissivity surfaces” is even better for protection and is easier to work with than hot water heater insulation. Ground the shielding for best results.

Shielding can help tremendously. However, some shielding materials, such as aluminum, are toxic to some degree, so covering an entire room with them may not be wise. The main consideration with these toxic materials is: are they helping much more than hurting? The aluminum and off gassing of the plastics in the hot water heater insulation that I used to protect me from radar was toxic, but much less so than the radar pollution it was protecting me from. Also, shielding may be combined successfully with less powerful EMF protection devices such as pendants, but be careful combining shielding with the more powerful devices as there may be unhealthy interactions between the energy emitted by a device and the shielding material.

Some building materials provide much better shielding than others. For example, concrete buildings provide **much** better shielding than wooden buildings. For more information, please read the technical document, [Shielding by Building Materials](http://www.eiwellspring.org/), from <http://www.eiwellspring.org/>

Reducing Static Electricity

Static electricity can have a very significant negative impact on some people with electrosensitivity. Synthetic fabrics tend to accumulate a significant static charge, whereas natural fabrics do not. Huge benefits may be experienced by replacing synthetic clothing with cotton or organic cotton clothing, and by changing the bedding to a natural latex mattress, cotton or fleece (wool) sheets, down comforters and down pillows.

Transformational Prayer

Healer Jane Rees and dowser Joey Korn have discovered that prayer can be used to neutralize the harmful sources of radiation. See Jane Rees’ article and Joey Korn’s article on transformational prayer.

The prayer for neutralizing harmful sources of radiation is as follows:

If it be Thy will, may the Powers of Nature converge to increase and enhance the beneficial energies and reduce any detrimental energies emanating from or associated with these power lines (or my computer etc) and bless this room with the frequency of unconditional Love, for now and into the future, for as long as is appropriate. In deep gratitude, Amen/it is done.

Here is another version of the prayer:

Dear God (or however you address the Divine), please bless this device and the energies radiating from it to bring healing and balance to the complete beings of all who enter this space, Physically, emotionally, mentally, and spiritually. Thank you. Amen.

I don't know if a single prayer will work for you, but if you pray this prayer continually your problem may be solved, God willing. I usually need to say the same prayer over and over again before I notice a significant response from God. In my experience, a single prayer does not solve any of my problems, but perhaps your experience is different from mine.

Joey Korn offers Remote Spiritual Houscleaning Services. It doesn't matter where you are in the world, Joey can help you clean up your detrimental energies (make them beneficial) and attract new beneficial energies to help you draw whatever you most desire into your life. Joey then works with you to change the detrimental energies to be beneficial and call in new beneficial energies. This helps to maintain the beneficial energy configuration and helps you learn to do it yourself from that point on.

Correct Energy Flows

I believe that healing electrical sensitivity is very difficult without correcting disturbed energy flows in the body. Sometimes this condition is called “electron spin inversion” or “polarity reversal”. The experts in energy healing state that electron spin inversion is distinctly different from polarity reversal: electron spin inversion is said to occur at a quantum, or atomic level, whereas polarity reversal is definitely a larger scale disturbance to energy flows. There are energy polarities in the body, which are positive and negative points on the body, and these can become reversed or mixed-up. I believe that treatment for both types of disturbance to energy flows is the same or at least similar. These conditions can be corrected using healing tools, which I list here:

- EarthCalm Resonator Pendant—This device was extremely important to my healing because it greatly stimulated my life force when I was extremely ill. My life force had become stagnant, and the EarthCalm pendant greatly helped to stimulate and correct the energy flows in my body. I used the Traditional model, which no longer appears to be available.
- StarLight and Chiren treatments—These are tools used to treat bio-photon incoherency. They are excellent tools for correcting “electron spin inversion”. StarLight treatments are administered by an expert practitioner. Most StarLight practitioners recommend the use of the Akaija Pendant to their patients to maintain correct energy flows after StarLight treatments.
- The BioMat is an FDA-approved medical device. The BioMat contains amethyst crystals which when heated emit far infrared and negative ions. A control panel allows heat to be adjusted between 95 and 158 degrees F. The healing effect is very harmonizing with results that are often profound and rapid, and as such it is suitable for use with many different health problems. The BioMat is not specifically designed to protect from EMFs, but it can be extremely beneficial for very quickly recovering from EMF exposure. BioMats are considered to be medical equipment for pain relief, and also help people who are recovering from any kind of radiation treatment. Please phone Holland Franklin at 800-563-5501 for more information.

Grounding or earthing should also significantly increase your health. Grounding brings a strong healing current into the body. Recently, there has been significant research that has proven that **grounding the body has profound health benefits**: grounding dramatically reduces inflammation (which is strongly correlated with illness), reduces stress, thins the blood and is also one of the best antioxidants available because it floods the body with abundant free electrons. Grounding also seems to be one of the most effective methods of EMF protection due to this antioxidant effect, and it also drains away any unwanted buildup of electrical charge (static electricity and/or accumulated toxic energy).

The best way to ground is to put your bare feet into the ocean; next best is to walk on moist green grass. Walking barefoot on concrete sidewalks is also a good way to ground; concrete conducts earth energy but asphalt does not. Earthing.com sells some excellent grounding devices: I recommend that you purchase at least an earthing bed pad, even if you have the opportunity to ground by walking barefoot. The benefit of grounding increases proportionately to the length of time the body is grounded. However, grounding tools will only be beneficial if the quality of ground is good. The BioMat may be superior to grounding tools, but it is expensive and may not work for everyone because it is powered by electricity.

The importance of grounding has been forgotten by most people but this simple method is bound to become the easiest and most popular method for improving health. An excellent book on this subject is Earthing: The Most Important Health Discovery Ever? by Clinton Ober, and an excellent video on this subject is Dr. Mercola's interview of Dr. James Oschman.

You should also be able to correct energy flows in your body by exercising regularly or by practicing Hatha Yoga or Qigong. Massage can also be a huge help. An electrically sensitive and very experienced Qigong instructor highly recommends Yin Yang Medical Qigong Beginner: she says, "I find the most benefit from Yin Yang Medical Qigong Beginner and it gives me the most peace, relaxation, energy, and removal of stress from EMFs as compared with other forms I also use. In addition, my Qigong healer/practitioner also feels that this form is far superior to the Yin Yang Medical Intermediate and Advanced forms, that are much more difficult to learn and practice." The form can be learned from Shifu Jianye Jiang's DVD, and studying the text referenced above is very helpful also.

I believe that properly correcting and maintaining energy flows in order to achieve and maintain optimal health requires more than the above tools and techniques. The rest of the healing aids and practices in this section describe what I believe is necessary for a deeper level of healing.

EMF Protection Devices

WARNING: This is the most controversial part of the website. My belief in the usefulness of EMF protection devices is based partly on experience and partly on faith. There is not very much scientific research to support the claims made for these devices, so keep that in mind when you read this section. Some people believe these devices are useless and/or harmful. You will need to decide for yourself if they are safe and effective.

There are four reasons why an EMF protection device may be harmful to you:

- The device may emit more energy than your body can comfortably handle. The energy the device emits is harmonious, like sunshine, but too much of it makes it a poison, just as too much sunshine can cause sunburn. I define this as “subtle energy overload”.
- **You can create bad karma very quickly by introducing an EMF protection device that emits more harmonious energy than your neighbors can easily handle, even if you benefit from it. For this reason, some of the devices on this list may not be appropriate for use in an apartment building, for example. If you start having dreams that symbolize going out of control or encroaching on others after installing a powerful device, that is a message that the device is too strong and must be sent back to the creator. What you do to others, you do to yourself.**
- The device emits energy that is harmonious for most people but is poisonous to you. This is a result of the uniqueness of an individual’s energy system.
- The device emits energy that is not harmonious. That is, the energy the device emits is inherently poisonous for anybody exposed to it, in the same way that ionizing radiation (such as x-rays) is poisonous.

Please do not ask me help you choose EMF protection, because it is impossible for me to know which devices are safe for you as an individual to use. The only way to determine what EMF protection is helpful for you is through trial and error. A relatively healthy person will have a better chance of finding EMF protection that works than a sick person because the body of a healthy person is able to handle more energy than a sick person.

As your body gets stronger you will be able to handle more energy emitted by harmonious EMF protection devices, just as you will be able to handle more exposure to electromagnetic fields.

I have included on this list only devices that I feel are generally harmonious (most relatively healthy people who use them don’t get sick from them); nevertheless **there will be some people who get sick from some or all of these devices.** Pay careful attention to how your body reacts when using these devices: don’t just assume they are safe for you to use because they work well for most people. If you think a device is making you sick, stop using it for a few days and see if your health improves.

It is very important to distinguish between a healing response and getting sick from EMF protection devices. The primary symptom I experience when I benefit from almost any remedy or tool is fatigue or a pleasant feeling of tiredness as the life force is stimulated, but other people may experience symptoms that feel like radiation exposure as the body is cleansed of toxic energy accumulated from EMF exposure. When I experienced subtle energy overload, the feeling was one of pressure in the aura and body and a sickening nausea; subtle energy overload was always more unpleasant than symptoms from exposure to EMFs.

If the device you are using is healing for you, but you cannot handle using it all of the time because the healing response is too strong, simply limit your use of the device until your body is strong enough to handle constant use. The adjustment period could take weeks or months.

If you cannot significantly reduce your exposure to electromagnetic fields and you do not have an advanced form of electrical sensitivity, I strongly recommend that you try one or more EMF protection devices. Unless your body is protected from the harmful effects of electromagnetic

fields or you can significantly reduce your exposure to them, you may make very slow or no progress towards healing electrical sensitivity. One device may not be enough to meet your needs, but more is not always better: as explained in the warning, too much subtle energy is harmful. **When EMF protection is correctly chosen, it will introduce harmonizing energy to the body and it will reduce the overall stress experienced by the body and mind.**

There are many devices on the market that claim to protect the user from the harmful effects of electromagnetic fields. I have listed only a few of them here that I believe are especially helpful:

- Merlin's Amulets
- The Co-Creative Brain and Body Field Enhancer
- Aulterra Products
- EarthCalm Devices
- VibesUP Earth Ionizer Pendant
- Akaija Pendant
- The Harmonic Protector
- Q-Link Products
- Graham-Stetzer Filters
- Natural Action Water Devices
- VibesUP EARTH on the BOTTOM Bottle
- Earthing.com Products
- The BioMat
- Sacred Geometry Jewelry and Forms
- Ka-Gold Jewelry
- Light-Life Technology Products
- Natural Crystals and Minerals
- The Krystaline G
- DNA Spiral
- Centre for Implosion Research Products
- EMF SOULution
- BioElectric Shield
- Orgone Devices from Divining Mind
- Fifth Element Orgone Products and Lightstones
- Energized Pictures
- Gary Johnson's Devices
- Green 8 Products
- Rejuvenizers
- Safe Space Products

The creators of these devices seem to have a deep understanding of subtle energy and electromagnetic fields in relation to health. Some of these creators are spiritually advanced and are very sensitive to subtle energy: they know what works because they can "see" and feel the effects of their creations on themselves and others. We owe much thanks to these creators: they are absolutely brilliant for producing such helpful products.

There are many other EMF protection devices on the market, but I believe some of them are actually harmful to the body. Both my beloved ex-wife and I got very sick from many of the

devices I tried. Not all of the creators of subtle energy devices have enough understanding to create something that is entirely beneficial to the body, although I believe that is usually their intention. Also, the reasoning of some EMF protection makers is, because a device they make is safe for most people, it can be used without consideration of the minority that are harmed by it: such reasoning is not acceptable to me.

Although I believe the devices I recommend here may be the best on the market, you should be cautious when using them. **If your nervous system is extremely weak, the subtle energy many of these devices emit may actually damage your nervous system even more and make you feel sick. You may need to strengthen your nervous system with other methods before you can use any of these devices safely. If you are experiencing severe or systemic nerve pain due to an advanced form of electrosensitivity, it is possible that none of these devices are safe for you to use.**

Although EMF protection devices can be very helpful, most of them never provide complete protection from electromagnetic fields: EMF protection devices are aids, not cure-alls. The best protection from EMFs is a strong nervous system. The nervous system can be strengthened by following the healing program outlined on this website.

I have a strong preference for tools based upon sacred geometry and natural minerals because I feel that they are more natural and safer to use than some of the more sophisticated devices.

Merlin's Amulets

Merlin's Balancing Amulet is really amazing. It is inexpensive, but it is one of the most useful healing tools I have ever purchased. It is made with malachite, magnets, a herkimer diamond and copper coils. Malachite not only protects the body to a great degree from electromagnetic fields, it also heals the emotions and mind. The magnets keep the amulet cleansed and energized, and the herkimer diamond and the copper coils act like amplifiers.

This is a very powerful healing tool, so there is a chance that it may cause subtle energy overload in electrically sensitive individuals. However, because it is inexpensive, I recommend trying this device first for protection from electromagnetic fields. If it causes subtle energy overload, I recommend trying an EarthCalm Pendant next. The EarthCalm Pendant that I used was an earlier, less powerful version of the Traditional model. When the body is strong enough, you may benefit from wearing two or more pendants at the same time.

Merlin's Jade Amulet is a powerful tool for cleansing the body from the effects of harmful electromagnetic fields, and can be used alternately with the Balancing Amulet.

The Co-Creative Brain and Body Field Enhancer

The Co-Creative Brain and Body Field Enhancer is designed to adjust the spin of the energies from electric/electronic devices to a neutral or even positive spin. The Enhancer comes in the form of an inexpensive 7/8 inch self adhesive dome. It is easily applied to any emitting device and establishes a new harmonic relationship. Since you can't/won't live without these technologies why not make friends with them. The larger version of the Enhancer affects a large area so it may not be appropriate for use in an apartment building.

According to the creator, Michael Stodola, the Enhancer has been specially treated over several months and has an amazing consciousness, besides carrying the energy of the oms and yantra. People are giving this device rave reviews! Please see many testimonials confirming its effectiveness at: <http://www.ablecrystals.com/enhancer.html>

Aulterra Products

Aulterra sells an effective portable neutralizer (to be used on cell phones and other electronic devices) and a whole house plug. “The Aulterra Neutralizer is a small, unobtrusive disk that neutralizes harmful cell phone radiation and electromagnetic fields (EMF) protecting you and your family. The Aulterra Neutralizer is made from a patented blend of paramagnetic elements including cerium and lanthanum and a rare inorganic compound derived from a crystalline mineral found in only one known site in the world.”

The whole house plug can be a simple solution to EMF problems and it has a good track record for helping people, but some people are sensitive to the energy it creates. Like most EMF protection devices, it introduces high frequency energy into the environment, and it is too strong for some people. I only recommend using it in situations where you are sure that those affected by it can be monitored for adverse effects or when you are sure that those affected will benefit from it. The plugin effects up to 5000 square feet. In an apartment setting, it will affect the apartment that it is plugged into the most.

EarthCalm Devices

EarthCalm devices work by grounding the body into the Earth’s electromagnetic field. The human body is naturally attuned to the Earth’s electromagnetic field, which is required for optimal health, but man-made electromagnetic fields create energy disturbances within the body that prevent this attunement. When the body is grounded in the Earth’s electromagnetic field, it can more easily throw off the energy disturbances created by man-made electromagnetic fields.

I have tried many EMF protection devices, but these are the first ones that I tried that actually worked. They are very effective. In fact they are so effective that I could only use them for brief periods at first. I had no difficulty with using these devices when my nervous system was extremely weak. My favorite device from EarthCalm is the Traditional Scalar Resonator Pendant. See About.com’s article on the Scalar Resonator Pendant and EarthCalm technology.

EarthCalm devices have a 90-day money back guarantee.

VibesUP Earth Ionizer Pendant

This is a beautifully crafted and very effective pendant that seems to have a high degree of intelligence to adjust to the user’s environment. I like natural energies and the energy from this pendant seems to be very natural, based upon user testimonials.

Akaija Pendant

This beautiful and very affordable pendant strengthens the life force and is potentially a very effective tool for healing at all levels. It is a sacred geometry form similar to the Gensa Crystal. There is scientific evidence, based upon heart rate variability, that the Akaija is effective

protection against harmful electromagnetic fields. The Akaija-Iloa pendant is very powerful and is recommended only for relatively healthy people.

The Harmonic Protector

The Harmonic Protector is an outstanding orgonite pendant that offers excellent protection from radiation in the most toxic environments! Your body and mind must be reasonably healthy in order to handle its power, but it is the only pendant you need and it minimizes the need for other EMF protection devices in your environment.

Q-Link Products

These can be very effective products for EMF protection. For a long time, I did not have these on my website because the way they work is not clear to me, and I had purchased one when I was electrically sensitive and it did not help me at all, but other people have told me that the Q-Link products work very well for them. Q-Link “works like a tuning fork, resonating with and strengthening the life-enhancing information already present within the biofield.” So, if your biofield is very unhealthy like mine was when I was electrically sensitive, the Q-Link might not work for you. I think you need to be relatively healthy to benefit from these products.

Q-Link products have a 90-day money back guarantee.

Graham-Stetzer Filters

These filters are used to reduce the high frequency noise in house wiring. The technology used is relatively easy to understand. They work extremely well for some people because dirty electricity can be a major cause of illness. Smart Meters produce a lot of dirty electricity.

Natural Action Water Devices

Natural Action Water devices can be used for EMF protection. The devices use plastic forms that replicate the action of a mountain stream and, in the dynamically enhanced versions of the devices, proprietary materials that dynamically enhance the water’s energy. **The devices that are NOT dynamically enhanced should be safe for most people to use as protection from EMFs because they just use plastic forms to structure the water.** However, the dynamically enhanced devices will be more effective, just as the name suggests. The high quality water that is created aids the body “to become more resilient” against the force of disruptive EMFs. Holland Franklin, who is an energy practitioner and distributor, introduced me to these products. She says that, “For me, the water has made me far less stressed, cleaner, and I recover more quickly from anything including over-exposure to wireless. If for some reason I don’t drink structured water for a little while, the contrast is quite noticeable. Also, the one consistent result I’ve heard from everyone who’s reported back about their experience of the water, is that everyone feels much more like themselves and notice an increasing harmony.” There are unique and profound benefits from structured water that are not found in any other healing modality that go far beyond protection from EMFs. Please phone Holland Franklin at 800-563-5501 for more information.

There are other devices that structure water from AquaCharge, Greenfield Naturals, the Centre for Implosion Research and World Living Water Systems.

Natural Action Water devices have a lifetime guarantee and a 90-day money back guarantee.

VibesUP EARTH on the BOTTOM Bottle

The EARTH on the BOTTOM Bottle is another device for creating healthy water like the Natural Action Water devices do, but it does have orgonite-like liquid crystal and as such it will not be suitable for everyone. However, I mention this device because it is very affordable and portable. As explained on the Vibes UP website, “Water conforms to the energy it is around more than any other element as shown by remarkable tests of Japanese Scientist Dr. Emoto. This makes our water instantly subject to its environment. Our water now shows up with the non-beneficial energy imprints of the EMF and Wireless information that is thick in the air around us. No matter how much we filter it with in a short time it conforms to the energy in its environment.” The water created by Natural Action Water devices will, in time, probably become less healthy due to exposure to EMF pollution, but the EARTH on the BOTTOM Bottle keeps the water it contains healthy due to the constant presence of the liquid crystal. This healthy water may significantly help reduce symptoms of electrosensitivity.

Earthing.com Products

Earthing.com sells products that are used to ground the body into Mother Earth. These products are wonderful if you have a good quality ground. The benefit of grounding increases proportionately to the length of time the body is grounded. Grounding benefits us by flooding the body with free electrons which provides a protective antioxidant-like effect, and it also drains away any unwanted buildup of electrical charge (static electricity and/or absorbed toxic energy). Some people who are electrically sensitive have accumulated a very large electrical charge, and this charge can disrupt or damage electrical or electronic equipment that is close to them in surprising ways.

If you are not experiencing profound health benefits from using these products, a poor quality ground connection is the probable cause. Some people have discovered that they experience much more benefit from grounding the bed pad into the earth directly instead of using the ground from the electrical socket, especially if a smart meter is installed, because smart meters create a lot of dirty electricity on the ground wire.

If you can't afford to gamble away \$150 plus shipping for an earthing bed pad but want to see if the technology works for you, a cheaper alternative to try is an earthing foot band with earthing cord. You could also try making earthing devices yourself, as described on Naturesplatform.com. Though grounding with a good quality ground has proven health benefits for most people, this technology, like any other, is not guaranteed to work for everyone. Please let me know if it works for you, or not.

Some people with advanced electrical sensitivity are so weak physically that they cannot handle the strong current that grounding brings into the body. Proceed with caution when you start using grounding tools: I suggest that you limit your use of them at first, perhaps even for a few minutes per day to start with.

WARNING: Building Biologists that I know about generally caution against using earthing devices because of the risks of doing harm. Dirty electricity is probably the main problem that

people experience, but the technology can also act like an antenna for ambient wireless radiation, earthing bed sheets can cause reflections, there is potential for shock due to differential with other grounds, and the grounding rod could be inserted into earth that is not electrically neutral. They can be used successfully with expert help but otherwise you could be burned. Clinton Ober's book, Earthing: The Most Important Health Discovery Ever?, contains some important guidelines for successful earthing and for this reason alone it is highly recommended reading before you experiment with the technology.

The BioMat

The BioMat is an FDA-approved medical device. The BioMat contains amethyst crystals which when heated emit far infrared and negative ions. A control panel allows heat to be adjusted between 95 and 158 degrees F. The healing effect is very harmonizing with results that are often profound and rapid, and as such it is suitable for use with many different health problems. Like the Natural Action Water devices and grounding tools, the BioMat is not specifically designed to protect from EMFs, but it can be extremely beneficial for very quickly recovering from EMF exposure. BioMats are considered to be medical equipment for pain relief, and also help people who are recovering from any kind of radiation treatment.

The BioMat has all of the benefits of grounding and more. Grounding is like flooding the body with negative ions, but the degree of benefit from grounding really depends upon the quality of ground, and the quality of ground connected to grounding tools is typically quite poor. Unlike grounding tools, the BioMat produces infrared heat and has amethyst energy, and the negative ions are much more stable than those produced by grounding tools because dirty electricity does not reduce the effectiveness of the BioMat. Many people experience benefits from grounding but the benefits from the BioMat are much greater.

The main problem with the BioMat is that it is out of the range of affordability for many people, so if you can't afford a BioMat, then I suggest trying an earthing bed pad instead, because grounding often helps even if the quality of ground is not ideal due to dirty electricity. The other problem with the BioMat is that it is powered by electricity, so it may not be suitable for some electrosensitive individuals. Please phone Holland Franklin at 800-563-5501 for more information.

Sacred Geometry Jewelry and Forms

According to the founders of The Template Project, "wearing the Star Tetrahedron or the Tantric Star maintains the integrity of your electromagnetic energy field and repels negative energies, specifically strengthening the thymus gland where the production of T-cells maintains a healthy immune system." For more information, please see the Geometry Wave website and ZaKaiRan's website. ZaKaiRan sells some sacred geometry and other products that are not available from the Template Project: see his Tesla Energy Harmonizers. I really love ZaKaiRan's website! Also see the sacred geometry forms sold by Able Crystals: I am feeling much more protected from microwave pollution since installing an 8-inch Star Tetrahedron.

In my experience, the Tantric Terra Prana Sphere Pendant is very strong. The Triple-Spin Tantric Star Pendant is much gentler but less effective.

Ka-Gold Jewelry

David Weitzman creates some jewelry that is helpful for protection from electromagnetic fields, including:

- Merkaba Pendant—Star Tetrahedron.
- Merkaba Prana Sphere
- Gensa Crystal—Harmonizes energy in the environment by circulating and purifying it.
- Gensa Crystal with Stone—Smokey Quartz and Black Tourmaline probably are the most powerful options for protection from electromagnetic fields.
- Christ Consciousness Pendant—Based upon the Dodecahedron, which is protective.
- Alchemy Pendant—Stellated Cube Octahedron, similar to the Heart Star from The Template Project and ZaKaiRan.
- Flower of Life Pendant—Excellent for healing and connection to the higher self.

Ka-Gold Jewelry has a 30-day money back guarantee.

Light-Life Technology Products

These are higher priced products based upon sacred geometry. People who are electrically sensitive may be most attracted to the Personal Harmonizers and the Lotus Pendants.

Natural Crystals and Minerals

Shungite is an amazing natural mineral with powerful healing qualities. It can be used to protect from electromagnetic and geopathic radiation, as well as purify water that can be used to heal the body. Shieldite is another rare natural mineral that is very effective as EMF protection. See also this Charms of Light article and this HealingCrystals.com article on natural minerals used to protect and detoxify from electromagnetic fields. My favorite natural crystals for EMF protection are Shungite, Shieldite and Black Tourmaline. Natural crystals are generally relatively gentle in comparison with many other EMF protection tools (though large crystals can be very powerful), but most of them must be regularly cleansed energetically to work at peak efficiency. Shungite in the form of a pyramid is self-cleansing because of its geometric shape.

The Krystaline G

This device is very unusual in both simple design and very low cost. It harmonizes the energy in a room when placed correctly.

DNA Spiral

This spiral is used to harmonize the energy in a home, and it also strengthens the human energy field and physiology. Length is 14 cm (5 1/2 in). Also see the Atlantis Radiation Neutralizer, Atlantis Pendant, Atlantis Ring, and Atlantis Cross. Some of these affect a large area so they may not be appropriate for use in an apartment building.

Centre for Implosion Research Products

These are beautiful devices for EMF protection and energizing water. I really like the design of these devices because they are simple and beautiful. The technology used is relatively easy to understand and very harmonious, but it is probably too powerful for many electrosensitives.

CIR offers a 60-day money back guarantee.

EMF SOULution

This Metaform “takes the ubiquitous, chaotic EMF radiation surrounding us and moves it into coherent life enhancing rhythms.” This form is designed to spin with the help of a little ceiling spinner. This is probably one of the best EMF protection devices, but it is expensive. It may produce a very powerful energy field, suitable for harmonizing environments with a high degree of EMF pollution.

BioElectric Shield

This is a powerful pendant for protection from EMFs. Some people have great success with it, but some or all of the standard models will probably be too strong for many people who are electrically sensitive. However, I have placed the BioElectric Shield high on this list of EMF protection devices because the Shield is made with natural crystals, and the company offers a free service to help prospective customers determine which BioElectric Shield is safe to start with. Another thing that often comes with the free consultation is specific wearing instructions, as many sensitive people need to adjust to using the Shield gradually.

There are four standard levels of protection offered in four different models of the Shield (with style variations), and also a Shield can be customized for you. However, I feel that you should not order a Shield if you are very susceptible to subtle energy overload, as the Shields are made with a charged or hyper-potentiated crystal matrix. This is my personal belief, but a representative of the BioElectric Shield Company has told me that the free consultation would be very helpful even for people who cannot wear a Shield, as the Company will be able to confirm that if that is true, and will even go as far as recommending products sold by other companies that are more suitable for some individuals.

I feel that the BioElectric Shield Company has very high integrity and wants happy customers.

The BioElectric Shield has a 90-day unconditional money back guarantee.

Orgone Devices from Divining Mind

These devices apparently work very well for protection from EMFs. Electrically sensitive people may find the Orgo-Disk particularly helpful to reduce the harmful aspects of EMFs in the whole house: it is to be placed on the inside of the fuse box cover.

Fifth Element Orgone Products and Lightstones

Fifth Element Orgone Products and Lightstones are very beautiful orgonite creations, but they may be too strong for many people who are electrically sensitive. The Lightstones combining Orgonite with Shungite are very powerful!

Energized Pictures

Created by Jane Rees, these are inexpensive but very effective images that change detrimental energies in the room in which they are placed into beneficial energy. The energy that is changed includes all kinds of detrimental energies, not just harmful electromagnetic fields. Energized Pictures are based upon the same principle of grace as transformational prayer. However, Energized Pictures will not be able to transform detrimental energies in extreme situations. Jane also creates the Multi-Dimensional Healing Tool that is wonderful for healing and also offers some protection.

Gary Johnson's Devices

Very effective pendant and broadcasting devices created by a skilled healer, Gary Johnson, who has become very skilled at treating electrical sensitivity. Gary's knowledge of the illness seems to be way beyond my superficial knowledge.

The Information field that Gary Johnson's Devices produce, is composed of subtle energy vibration signatures. These Signatures organize a response in the human cellular energy fields to the incoming electro magnetic and geopathic radiations.

Green 8 Products

The famous infinity symbol is being put to good use with these reasonably priced environmental protection products. These devices apparently work by producing waveforms that cancel the harmful EMFs. There is more to it than that, but that's a good summary of how I think this technology works. Some of these devices may be too strong for use in an apartment.

Green 8 Products have a 30-day money back satisfaction guarantee.

Rejuvenizers

Rejuvenizers are made of dichroic glass. The different Rejuvenizer products contain different "programs" depending upon their intended use. The Personal Rejuvenizer is a pendant that was originally designed to protect the user from electromagnetic fields, but it also contains many other programs for mental, emotional, and physical healing. The Circuit Rejuvenizer is designed to be attached to the circuit breaker panel of your home. There is also a Cell Phone Rejuvenizer. Other Rejuvenizers are available for indoor environment, outdoor environment, traveling, raising the vibration of water, and there is even one for pets!

Rejuvenizers have a 60-day money back guarantee.

Safe Space Products

Safe Space Products are amongst the very best products on the market. The VitaPlex Life Force Pendant may be the best product Safe Space offers, and is unique because it “continually changes and adapts its ‘broadcasting’ to your unique energy field and your changing condition throughout the day.” Safe Space sells some advanced EMF protection and neutralization tools for correcting extreme EMF problems, but these tools are not found on the website.

Safe Space products have a 30-day money back guarantee.

If one device doesn’t work, try another one

If you buy one of these devices and it doesn’t work for you or is too strong for your neighbors, I suggest returning it and trying another one. I suggest that you work your way from the top of the list to the bottom. **If you are on a tight budget, only try the devices that have a money-back guarantee.**

Although these are my favorite devices, there are other devices on the market that may work better for you. However, **there is a chance that none of the EMF protection devices on the market will work for you: they might not provide adequate protection and/or you might get sick from them.** If this is your situation and you have the financial means, you could hire a company to provide electromagnetic field remediation solutions for your residence or business. A partial list of companies that provide EMF remediation services is found on the Services Links page of this website.

If you purchase any of the devices I recommend, please contact me and share your experience. I am very interested in knowing what works for you and what does not work for you so I can improve the information on this website.

Healthy Diet

“Weston Price showed us that the fundamental cause of disease is inadequate nutrition.” (Weston A. Price Foundation) When the body is not getting the correct nutrients, it is going to be more susceptible to illness of any kind. Eating whole foods (organic, if possible) that are compatible with your body type, eliminating allergens, adequate clean water and salt, fresh air, sunlight, and connection with the earth are all necessary for optimal health. Please see Dr. Terry Wahls’ video, [Minding Your Mitochondria](#), for a very compelling presentation on the importance of supplying the body with adequate nutrition in order to strengthen the nervous system. Dr. Wahls healed her multiple sclerosis by improving her diet dramatically.

Which is the best diet? You need to find a diet that works for you, individually. There are disagreements amongst dietary experts about which diet is ideal for humans, based upon experience, observation, and analysis of human physiology and biochemistry. You will find good arguments supporting the idea that the ideal diet for humans consists only of fruits, vegetables, nuts, seeds and grains, and you will also find good arguments supporting the idea that an omnivorous diet, including some animal flesh, raw and cooked vegetables and grains, is ideal. There is also the idea that we should eat what our ancestors ate, due to our genetic heritage, and that is a form of biochemical individuality: our bodies may be genetically adapted to specific

foods, and these may include animal flesh, animal products, fruits, vegetables, nuts, seeds and grains.

My current belief is that humans should ideally eat foods made from fruits, vegetables, nuts, seeds and grains, but we certainly don't live in an ideal world, therefore, I know that such a diet will not work for everyone. Ideal food sources are sometimes difficult to find, and high personal and environmental stress might make such diet impossible to survive on for some people. Also, climate, cost, biochemical individuality, personal health conditions and other factors need to be considered when designing a diet. Some people need to eat animal flesh or animal products.

However, the dietary experts do seem to agree that including a large proportion of raw fruits and especially vegetables in the diet is generally a good idea, and that our food should be as close to nature as possible. I believe a balance of raw and cooked food is good. Healthy fats are minimally processed (they come from traditional animal or vegetable sources) and should also be included in the diet; harmful fats have been highly processed in a destructive way and are usually from non-traditional and/or unnatural sources (like Canola Oil). Whole, organically grown or raised sources of food are always better than highly processed or refined foods containing pesticides, hormones, additives and preservatives, that have been pasteurized, homogenized or irradiated. The diet should be balanced, to include all of the nutrients the body needs but not more. Many people have *dramatically* improved their health by improving their diet.

An excellent general dietary guide is Michael Pollan's book, Food Rules: An Eater's Manual. From a review for the book: "The most sensible diet plan ever? We think it's the one that Michael Pollan outlined a few years ago: **'Eat food. Not too much. Mostly plants.'**" Highly recommended, as are all of his books! Michael defines "food" as unprocessed or minimally processed whole foods, as close to natural as possible. Also see his lecture, In Defense of Food with Michael Pollan and the DVD of the same name. One of Michael's main messages is that humans have remarkable health on a wide variety of traditional plant and animal foods in different cultures and environments across the planet, but it is the Western Diet with its high processed foods, sugar, fat and meat content that consistently causes a high incidence of disease wherever it is adopted.

Another excellent guide on nutrition is Mike Anderson's DVD, Eating – 3rd Edition. He clearly states that eating animals and animal products is the primary cause of all major diseases in North America and in other places where the "Standard American Diet" has been adopted. Major diseases caused by eating animals include heart disease and cancer but also many others. The dietary guidelines that Americans are following have been manipulated in favor of the food industry to increase profits, and medical doctors are not trained in healthy nutrition as a way to prevent and heal disease. Although some people need animal flesh or animal products in their diets, too much of these causes disease. Eating animals and animal products also has a huge negative effect on our environment and causes a huge amount of animal suffering. Anderson also busts a number of common food myths that are promoted by the food industry.

The most nutritious foods on the planet are leafy green vegetables, but most people don't eat enough of them. See Victoria Boutenko Interview 1, Interview 2 and Victoria's book, Green for Life, for more information. The Boutenko family transformed their lives by switching to a plant-based raw food diet. Not everyone will be able to switch to a plant-based raw food diet, but almost everyone will benefit significantly by increasing the intake of leafy green vegetables by adding green smoothies to their diet. In addition to watching the interviews with Victoria

Boutenko, I highly recommend viewing Valya Boutenko's amazing DVD, Reversing the Irreversible, to understand the power of green smoothies and a plant-based raw food diet. Again, I do not believe that a plant-based raw food diet is the best diet for everyone, but I believe that most people will benefit significantly by adding green smoothies to their diet. Green smoothies are cooling to the body so some people who are extremely ill with a weak life force may be devitalized by green smoothies rather than healed by them. Living on a plant-based raw food diet or eating green smoothies may be difficult in cooler climates or in the winter when the body needs more warming foods.

Although I do believe that a healthy vegetarian diet is ideal, I had a temporary requirement for some good quality animal flesh (ideally organic, grass-fed meat, free range chicken, quality fish like salmon, and organic eggs). I eat a significant quantity of fresh vegetables along with whole grains and other healthy vegetarian diet elements.

I strongly believe that you are what you eat. Eating the wrong foods can cause depression, and eating the right foods can heal depression and create emotional balance. The health of the body and mind is determined to a large degree by what we eat: with that in mind, eating pure and complete foods that can be efficiently assimilated by the body is best, but I believe which foods meet these criteria must be determined for each individual. However, I believe the "mental diet" is just as important: our thoughts, feelings, words and actions determine our health and happiness to a large degree. Having a strong support system and loving connection with others is another major key to healing.

Paramahansa Yogananda, who's Guru is the great sage Swami Sri Yukteswar, wrote: "My guru was a vegetarian. Before embracing monkhood, however, he had eaten eggs and fish. His advice to students was to follow any simple diet which proved suited to one's constitution." Sri Yukteswar was not fanatical about the vegetarian diet, and took biochemical individuality into consideration with this dietary advice. Paramahansa Yogananda did not forbid his disciples from eating animal flesh except for beef and pork, but he did discourage it. The most important thing is to find a diet that works for you, and that may include some animal flesh or animal products. But unless animal flesh is organic, there is a good chance that it is low quality from a factory farm. Also there are the deceptions of meat glue, flavored meats and meat substitutions.

Leaky gut syndrome is very common, and is the cause of a huge range of health problems. The leaky gut must be healed before truly vibrant health is possible. Karen Brimeyer's Leaky Gut Cure seems to be one of the best guides for healing a leaky gut. According to Karen, **"Your gut health is the biggest and most important factor for your general health and wellbeing... In fact, poor gut health is responsible for up to 90% of chronic health symptoms and conditions!"**

Eliminating allergens from your diet or environment will reduce the stress on your body. There are various ways to determine what you are allergic to. My wife discovered the food that I was allergic to by using an advanced form of kinesiology (muscle testing).

Drinking plenty of relatively pure water and consuming natural salt is incredibly important. Many diseases are caused by dehydration and salt deficiency. A body without adequate water is weak; a body without adequate salt is weak. Salt is required for effective cellular hydration. I highly recommend the book, Water: For Health, for Healing, for Life, by the late Dr. Fereydoon Batmanghelidj, and also his website, WaterCure.com. A minimum of 2 litres

of relatively pure water is a good guide for daily water consumption, but the amount you need depends upon many factors, including climate and the type of food you eat. Celtic Sea Salt and Himalayan Crystal Salt are some of the best sources of unrefined natural salt. If you can't afford expensive natural salt, try using inexpensive additive-free pickling salt instead. Consuming 1/4 to 1/2 teaspoon of salt per litre of water may help your body function better. See also WaterCure2.org for more excellent information on the health benefits of salt water. Joey Korn sells Celtic Sea Salt at great prices. I recommend adding salt to your water no more than once per day, and if it does not taste good, listen to your body and reduce the amount of salt or take a break from drinking salt water for a few weeks.

I had thought that the tap water I was drinking was pure enough, but I decided that I should improve on it because water is so critical to health. I found a few excellent YouTube videos on the subject of contaminants in tap water that really shocked me, including [Dr. Oz on Tap Water Contamination](#) and [Distilled Water vs Filtered Water vs Bottled - "The Truth" The Journey of Water Documentary](#). **Tap water contamination is universal and often extreme. Many toxic contaminants are tasteless!** To correct this problem, I tried to treat my water with a MegaHome Water Distiller and then a Santevia Gravity Water System, but I had problems with both systems: I was not happy with the very unnatural taste of water from both systems, the fact that the distiller devitalized the water and removed minerals, and my body did not need or could not assimilate the minerals in the highly alkalkine water produced by the Santevia System. I started to experience nausea after three weeks of drinking the alkaline water. Many other people are very happy with these water treatment systems but they don't work for me! But I learned from using the distiller how contaminated my tap water is by the rapid accumulation of sediment in the well of the distiller, so I have switched to a simple but effective water filter.

I also believe that structured water has properties for health that no filtered or distilled water can have. Tap water is energetically dead and is polluted with energetic contaminants in addition to physical contaminants. Water filtering systems usually do not revitalize water or significantly reduce energetic contaminants, but water structuring systems do, so they can significantly improve the quality of filtered or distilled water. Water structuring systems are available from the Natural Action Water company, AquaCharge, Greenfield Naturals, the Centre for Implosion Research and World Living Water Systems. These water energizers may not be suitable for many people with electrical sensitivity because of the energy they emit and/or the energy that they put into the water.

Another essential nutrient for health is sunlight. Humans require adequate sunlight for optimal mental and physical health, and apparently most of us in Western society are receiving much less than optimal sun exposure, especially in the northern climates. Vitamin D produced by the body as a result of sun exposure plays a very important role in the body for immunity and general health. Dr. Mercola has an excellent introductory video on this topic. I believe that there is much more benefit to sun exposure than Vitamin D, but that is a very important aspect. "The most important thing to keep in mind if you opt for oral supplementation is that you only want to supplement with natural vitamin D3 (cholecalciferol), which is human vitamin D. Do NOT use the synthetic and highly inferior vitamin D2."

Healthy energy from Mother Earth by methods of grounding or earthing can also be considered another essential nutrient for optimal health. For more information, see the section on Correcting Energy Flows.

Other nutrients that are commonly deficient in the diet include Magnesium, Iodine and Silicon. **Magnesium is the most necessary mineral for the human body, and most people are deficient in it.** Our soils are very depleted of minerals so I recommend a quality mineral supplement like Terramin. There is not much magnesium and no iodine in Terramin, so you will need to get them from another source. Another excellent mineral source is Bioplasma (Cell Salts combination).

Exercise Regularly

The body likes regular exercise. It strengthens the heart, bones and tissues and gets the blood flowing. By increasing blood flow, the body can more easily eliminate toxins that have accumulated in the blood. The liver and kidneys filter the blood. Also, some toxins are excreted by the skin and expelled by the lungs when exercising. I often found that exercising after radar exposure really increased my energy level and general sense of well-being.

However, I know what it is like to be unable to exercise as a result of exposure to electromagnetic fields; usually I was just too tired. Although it can be helpful at times, exercise can also be a strain when the health is very poor. You can make good progress in healing electrosensitivity without exercising regularly.

A minimum of 1/2 hour of walking per day is the single best thing we can do for our health. Beyond that, I highly recommend an easy and gentle form of full body movement like Classical Stretch/Essentrics (see <http://essentrics.com/>) or Pilates: these methods only require about 1/2 hour per day but can be profoundly beneficial and life-changing. If we don't move our muscles, they atrophy and result in disability eventually!

Diet for the Nerves

My belief is that the symptoms of electrical sensitivity are primarily due to a severely weakened nervous system being overloaded by electromagnetic fields. Therefore, strengthening the nervous system is of paramount importance in order to heal this illness. However, just taking the nutrients I suggest in this section probably will not be enough by itself to heal the illness due to other factors that have contributed to the development of the illness. The entire program I present on this website contributes to the strengthening of the nervous system. So take the necessary nutrients to heal your nervous system, but at the same time, try to address all of the other factors that have contributed to your illness in order to improve your chances of success.

Consuming nutrients for the nervous system will push toxins out of your body. This is because when the body is supplied with nutrients it will replace the toxins in the body with the nutrients. Therefore, when you consume nutrients for the nervous system you receive two benefits: your nervous system gets stronger and you detoxify your nervous system.

There are some nutritional products that are extremely helpful for healing the nervous system:

- Organic Skullcap Tincture—Skullcap contains an excellent mineral balance for the nervous system.
- Lecithin (try to get an organic source) and healthy saturated fats

- Essential Fatty Acids (from Flax Seed Oil, Hemp Oil, Sesame Seed Oil, Krill Oil, or Fish Oil)
- Cell Salts (Tissue Salts), especially Kali Phos and Mag Phos
- Hyland's Nerve Tonic or Hyland's Biochemic Phosphates—A comprehensive blend of cell salts for healing the nerves.
- NerveFix® by NaturalCare—A comprehensive blend of cell salts and homeopathic remedies for healing the nerves.
- Neurabic®—A combination supplement used to heal the nervous system, primarily used to treat peripheral neuropathy.
- Magnesium—Essential for the nervous system and many other body systems. **Most people are deficient in this mineral.** Most magnesium supplements are poorly absorbed orally. Magnesium can be absorbed easily, with no laxative effect, in a few different forms: (1) Mag Phos Cell Salt; (2) ReMag, Ionic Magnesium and similar products; and (3) Transdermal Magnesium Chloride. Dr. Sircus says, “What I have found is that magnesium chloride, applied transdermally, is the ideal magnesium delivery system—with health benefits unequalled in the entire world of medicine. Nothing short of a miracle is to be expected with increases in the cellular levels of magnesium if those levels have been depleted... **Most people will show dramatic improvements in the state of their health when they replete their magnesium levels in an effective manner.**” I personally prefer the oral forms of magnesium as magnesium oil is awkward to apply and irritating to the skin, but the oil is more appropriate for some conditions.
- Iodine—Iodine is critical for the growth and development of the brain and central nervous system. Thyroid hormones containing iodine help form the myelin sheath of certain nerves of the central nervous system. **Iodine deficiency is very common and is a common cause of electrical sensitivity.** See Dr. Brownstein's book, Iodine: Why You Need It, Why You Can't Live Without It, and Dr. Tenpenny's video on common iodine deficiency, good iodine sources and a simple iodine skin test.
- B Vitamins—Especially B1 (as Benfotiamine), B9 (Folic Acid) and B12 (as Methylcobalamine). “Vitamin B12 deficiency can potentially cause severe and irreversible damage, especially to the brain and nervous system.”
- Vitamin D —“Vitamin D is the foundation for immune system stability and preventing the immune system from developing autoimmune and excessive inflammatory problems.”
- Selenium—An essential trace mineral for normal development and protection of brain cells.
- Ashwagandha—An exotic Indian herb that helps to regenerate the nervous system, is a natural tranquilizer, has antidepressant effects, and has many other health benefits.
- Lion's Mane Mushroom—Promotes Nerve Growth Factor production.
- Fo-Ti—An excellent general health tonic that has a rejuvenating effect on the nervous system and brain.
- Triphala—An excellent general health tonic with a nerve-strengthening component.
- BioSuperfood
- Chlorella
- Yarrow Environmental Solution—A herbal and flower essence combination for strengthening and protecting against environmental challenges.
- Electro Essence—Greatly relieves fear and distress associated with earth, electrical and electromagnetic radiation. It helps to bring one into balance with the natural rhythms of the earth.

- Perelandra Health Watch 9 Protocols—These protocols they help with strengthening the body against EMF exposure in general but are not specific to the nervous system.
- Essential Oils – Neuro-Auricular Technique

Skullcap and Tissue Salts provide minerals necessary for the health of the nervous system. The Tissue Salts Kali Phos and Mag Phos are very specific to the nervous system. You may not need the Tissue Salts if you take the Skullcap Tincture; therefore, the Tissue Salts have been placed lower on this list.

Lecithin contains phospholipids, which are widely used throughout the body in cell membranes, such as those in the nervous system. Healthy saturated fats are used in cell membranes. High concentrations of Essential Fatty Acids are also found in the brain and nervous system. The word “essential” indicates that these fatty acids must be supplied in the diet, as they cannot be manufactured in the body. Fatty acids are one component of phospholipids.

Fish Oil is much easier to assimilate than Flax Seed Oil for some people because it contains oils that don’t need to be converted by the body; about 30% of the population cannot convert EFAs from plant sources efficiently into a form the body uses. If you try Flax Seed Oil and discover that it is not effective for you, try Fish Oil instead. One of the best oil blends is Udo’s Choice™ Oil Blend.

Make sure that you include both lipids and nutrients that provide minerals to the nervous system in your healing program. By including both types of nerve-building nutrients in your diet, you increase the chances of successfully healing the nervous system.

Some of these nutrients for rebuilding the nervous system may result in a healing crisis, so be careful. I had an extremely strong reaction to Tissue Salts when I started using them.

Cleanse the Body

There are a few excellent methods for general cleansing of the body:

- Terramin
- Salt Water
- Solarized Blue Water
- Organic Milk Thistle Tincture
- Organic Triphala (from Banyan Botanicals or Circle of Health)
- FlorEssence Tea
- SynergiaGSH
- Zeolite
- Chlorella
- Heavy metal cleanse
- Removing dental amalgams
- Parasite cleanse
- Mini Beet Protocol

Terramin

This is edible clay. It provides many of the minerals that the body needs in a bio-available form, and it also detoxifies the body. Many people experience an increase in energy and reduced food cravings when they use this product. It is very affordable. Our soils are very depleted of minerals so I recommend a quality mineral supplement. There is not much magnesium and no iodine in Terramin, so you will need to get them from another source.

Salt Water

One of the simplest of all detoxification remedies is salt water. This can be very effective, and can even cure cancer in many cases. A good recipe for salt water is 1/4 to 1/2 teaspoon of natural (additive-free) salt in 1 litre of filtered water: this can significantly reduce the pain and stress caused by the accumulation of toxins from EMF exposure. For more information, see the Healthy Diet section.

Solarized Blue Water

Solarized Blue Water is an excellent detoxifier. I suggest that you have lots of alkalizing material along with it to support your liver. Adding sea salt to the blue water will help your liver. See also this excellent article on Solarized Water.

Organic Milk Thistle Tincture

Milk Thistle is probably the best single herb available for supporting the liver during detoxification. The liver can become very stressed as a result of detoxification, and when the liver is stressed, the kidneys can also become stressed due to toxins circulating in the blood that the liver has not been able to neutralize. Milk Thistle is not a detoxifying herb, so it does not add stress to the liver; it only helps the liver do its job much better.

Organic Milk Thistle Tincture can be ordered from St. Francis Herb Farm. If you prefer not to use a tincture, Eclectic Institute makes an excellent Milk Thistle product.

The organs of elimination, especially the liver, kidneys and colon, must be strong enough to handle the detoxification process. There are other remedies for supporting and strengthening the liver and kidneys that you might want to consider, such as those provided by RenewLife.

I believe that a diet rich in leafy green vegetables is much better support for the liver than any tincture. Also, salt water is a good substitute for Milk Thistle that I would recommend trying first: try 1/2 teaspoon of quality natural salt in 3/4 litre of purified water when your liver is stressed. See also the videos, [Top 5 Foods to Eat for Your Liver](#) and [14 Foods that Cleanse the Liver](#).

It is very important to use organic herbs for detoxification and nutrition. They are much more effective than non-organic herbs, which often are contaminated with toxins and pesticides.

Triphala

Triphala is the most widely prescribed herbal remedy in India. According to Dr. Michael Tierra, “Because of its high nutritional value, Triphala uniquely cleanses and detoxifies at the deepest organic levels without depleting the body’s reserves. This makes it one of the most valuable herbal preparations in the world.” Triphala, however, is far more than a detoxifier: it strengthens the entire body, including the nervous system and the digestive system.

Organic Triphala is available from Banyan Botanicals (in tablets and in bulk). Triphala is also available from Circle of Health: although not certified organic, it is tested for purity. Triphala fruits do not require pesticides.

FlorEssence Tea

This is an excellent blend of herbs for detoxification.

SynergiaGSH

SynergiaGSH is an excellent glutathione supplement and enhancer. Often referred to as the “mother of antioxidants,” Glutathione boosts the immune system, strengthens the body's detoxification processes, increases physical and cognitive health, and reduces all forms of inflammation.

Zeolite

Zeolite is a complex raw mineral that detoxifies the body, aids in balancing the pH, and is completely non-toxic. I have not used Zeolite. It is quite expensive, but there are many miracle stories from its users. Zeolite can be used as a last resort when nothing else works. Zeolite is an excellent heavy metal detoxifier, so if you are electrosensitive due to mercury poisoning, this may work for you.

Chlorella

Chlorella is an excellent detoxifier and whole food.

Heavy Metal Cleanse

Heavy metals act like an antenna to attract harmful EMFs to the body: this is a common cause of electrosensitivity. If you suspect that you have heavy metal poisoning, please take a look at the eBook, [This Cure Works - Safe Heavy Metal Detoxification](#). Cilantro and Chlorella are very effective for heavy metal removal: apparently, the Cilantro does the removal and the Chlorella binds to the metals that have been removed so they are not reabsorbed.

Removing Dental Amalgams

Mercury poisoning from dental amalgams and vaccines is a common cause of electrical sensitivity. From amalgam.org: “Researchers have measured a daily release of mercury on the order of 10 micrograms from the amalgam into the body. Mercury is a toxic metal; the most

minute amount damages cells.” Removing dental amalgams can result in huge health benefits if it is done properly. If it is not done properly, the result can be a disaster, so get it done properly!

Susan Parsons, who had her mercury amalgam fillings removed as part of overcoming her electrical sensitivity, strongly recommends that you have amalgams removed while under the care of an experienced natural health care provider, and also recommends the safe and very effective method for removing amalgams as described in the book, *Amalgam Illness: Diagnosis and Treatment*, by Dr. Andrew Hall Cutler.

However, a holistic dentist, Dr. Diane Meyer, has told me that not all protocols for removing dental amalgams work equally well for everyone; for example, what works well for electrically sensitive people may not work well for chemically sensitive people. Removing amalgams in the way that is appropriate for the individual is the key to success.

Also, infected teeth and jawbone can be a significant cause of illness including chemical sensitivity, and when these are treated effectively the chemical sensitivity often goes away.

Parasite Cleanse

Parasites are quite common even in Western societies and they can do a great amount of damage. People with health problems, weak life force, or compromised immune system are more likely to have parasites. There are some good quality parasite cleansing programs available, like HUMAWORM and ParaGONE. Remedies that may also be worth trying for this are Food Grade Diatomaceous Earth, Chlorine Dioxide and Colloidal Silver. Not all Colloidal Silver products are safe to use so make sure you get a high-quality source. Chlorine Dioxide and Colloidal Silver are controversial treatments: use at your own risk.

An alternative to using physical remedies is the Terminator Zapper. This electrocutes parasites, viruses and fungi. The Zapper creates a strong current so it is suitable only for people who are relatively healthy.

Mini Beet Protocol

Beet juice is a powerful healer, a wonderful detoxifier and it strengthens the body too! Be careful because it is possible to consume too much or too high a concentration of vegetable juices: I know this from painful personal experience! A very effective method of cleansing may be the Mini Beet Protocol: you'll need high quality vegetables and fruits for this, but it looks very promising.

These remedies for detoxifying the body may result in a healing crisis, so be careful.

Clean Up Your Environment

Eliminating the use of toxic cleaners, perfumes, and the like is strongly recommended for your health and the health of the environment. There are safer, more natural alternatives, such as vinegar, baking soda, essential oils and chlorine dioxide (as found in Expel Odor Neutralizer). Mold remediation can be very successful with the use of Thieves Blend of Essential Oils: an excellent source at a great price for this is Ananda Apothecary, where it is sold with the name of

PuriFy. I believe that mold remediation with essential oils is safer and more effective than using ozone.

Master Your Emotions

The nervous system can be burnt-out by too much emotional stress. The spiritual master Paramahansa Yogananda says, “If we connect a 120-volt bulb with a 2,000-volt source, it would burn out the bulb. Similarly, the nervous system was not made to withstand the destructive force of intense emotion or persistent negative thoughts and feelings.” Harmful emotional stress can be in the form of expressed emotions and also as accumulation of emotional energy in the body. Intensely expressed emotions like fear and anger may damage the nervous system, and also energetic blockages caused by accumulation of emotional energy resulting from trauma or bad habits reduce the capacity of the nervous system and body in general to handle energy.

There are two ways of reducing emotional stress:

- Consciously work on being calm during life’s challenges
- Reduce your store of suppressed emotions

Consciously Cultivate Calmness

One of the great lessons of life is to remain calm, no matter what challenges we experience. This is very hard to do. My personal challenge is to overcome fear, which has caused most of the problems in my life. At times, the fear I have experienced has been very intense, and this damaged my nervous system, greatly contributing to my development of electrical sensitivity.

Meditation is a great help for developing mental calmness. Meditation connects us to the source of peace within us. We need to learn how to carry the calmness found in meditation into our daily activities.

My favorite introductions to meditation are the Meditation: A Beginner’s Guide CD by Shinzen Young and The Mindful Brain audiobook by Daniel Siegel, M.D.. Young and Siegel provide a clear description of the profound benefits of meditation and also a clear description of meditation practice as focusing on the breath. The benefits of meditation not mentioned in these recordings are: some degree of physical healing and creation of good karma. Siegel also discusses the profound benefits of consciously practicing mindfulness in daily life, which is essentially a state of being curious, open, accepting and loving; it is a state of non-judgment. In my experience, the greatest benefits of meditation and mindfulness come from regular and long practice, but profound benefits can be experienced from only 15 minutes of daily practice, according to Herbert Benson, M.D., as stated in his book, Relaxation Revolution.

Siegel lists nine benefits of mindfulness: body regulation, attuned communication, emotional balance, response flexibility, empathy, self-knowing awareness, fear extinction, intuition (respecting gut feelings) and morality (compassion through connection with the whole). **“How you focus your attention shapes the structure of the brain; it’s the core of health.”** The ultimate goal of meditation and mindfulness practice is to attain a state of unconditional love and happiness.

Brainwave Optimization is an advanced form of Neurofeedback. It seems to have similar effect as meditation for correcting the brainwaves, but accelerates the process dramatically. I have personally experienced this system of healing, and it is profoundly effective when administered by skilled practitioners. A considerable amount of mental, emotional and physical stress is usually experienced as the brain adjusts to being in a healthier state. The creator of the system, Lee Gerdes, has written a book called Limitless You. Brainwave Optimization does not replace spiritual practices but helps to improve their effectiveness.

Kriya Yoga is an extremely potent technique of meditation, but it is more than a technique: it is a way of life. As such, it is not for everyone. The focus of Kriya Yoga is on devotion to God and service and requires a lifetime commitment to Paramahansa Yogananda. However, you can practice the prerequisites to Kriya Yoga to see if it is a good fit for you, without making a lifetime commitment.

Qigong (“energy cultivation”) is a combination of movement and meditation. Two modern forms of Qigong that appear to be extremely effective for achieving a calm state are Spring Forest Qigong and Cosmic Freedom Qigong (CFQ). Qigong can also be an extremely effective tool for healing physical and mental illness because it greatly stimulates the life force.

The following books are recommended for people who are interested in the spiritual path:

- Autobiography of a Yogi by Paramahansa Yogananda. This is a spiritual classic and reading it changed my life.
- The Beginner’s Guide to Buddhism by Jack Kornfield. This CD is an excellent overview of the spiritual life and basic spiritual practices!
- The End of Your World by Adyashanti. This is an outstanding book on spiritual awakening, providing a sense of what to expect from higher states of consciousness and excellent guidance on how to outwit the common tricks of the ego that prevent attainment of permanent Self-Realization.
- Wisdoms by Dorothy Maclean. There are a few books that claim to contain words from God, but this one is at the top of my list. Are you ready to give your will to God? This book contains guidance for souls who are.
- How to Hear the Voice of God by Dr. Susan Shumsky. This book is very important because it teaches scientifically how to get guidance directly from God through faultless intuition. All of Susan's other books are extremely well written and helpful.
- All books by Gina Lake. These are short and easy to read books of wisdom that contain very practical methods for spiritual growth.
- Anastasia and all other books by Vladimir Megre. These books describe the adventures of the author with Anastasia, who is a saint living in the Siberian taiga. Anastasia is an extraordinary living example of human potential, who shares her wisdom in a unique way that is profoundly inspiring.

Reduce Suppressed Emotions and Integrate Trauma

Suppressed emotions are the result of trauma we have experienced in the past but have not integrated, and they can also be a product of bad mental and emotional habits. Large charges of suppressed emotions can create energetic blockages in the body that cause electrical sensitivity, and they can also cause depression. Suppressed emotions can be released by certain challenging events in combination with subconscious triggers, or with purification practices. By reducing the

store of suppressed emotions, the body will become less electrically sensitive because it will be able to handle more current, and the challenging events in life are less likely to result in the release of large charges of suppressed emotions that cause suffering. By reducing the store of suppressed emotions, trauma from the past can be integrated or resolved.

In addition to reducing the body's sensitivity to EMFs, the benefit of resolving trauma from the past is that we can handle the same events without becoming as stressed about them; we become more peaceful and less reactive. When we have more control of our minds and emotions through purification practices, we are happier and have more control of our life. Apparently, it is possible to achieve such a state of composure that even if we are in a war zone with bombs exploding around us, we can be completely at peace within, absolutely fearless, but achieving such an advanced state of composure requires much more than deep emotional healing, and meditation is the best method for achieving that advanced state.

When you understand how challenging events can result in the release of suppressed emotions, you will welcome these events as opportunities for healing. The way to handle the release of suppressed emotions is to *welcome* them by breathing into them, instead of resisting them. Ram Giri has described precisely how to do this process in seven steps called Open Attention. Resisting the release of suppressed emotions, which is what most people do because they are afraid of losing control, causes a great deal of stress on the body.

There are many ways of reducing the store of suppressed emotions without experiencing difficult or challenging events, but I decided on a breathwork technique called Vivation because it seemed to be relatively safe and simple to practice, but very effective. However, the training for Vivation is expensive. You might be able to learn it from the book. The basic method is to use connected breathing (there is no pause between the in and out breath and no pause between the out and in breath) and breathe into the point of emotional discomfort in the body. The connected breathing helps with purifying the emotional body by providing the energy and the channel for doing so, in the breath itself. Breathing into the emotional discomfort is a way of reducing resistance to it (welcoming it) so the emotional blockage can be released. Breathing through the nose seems to set up the best rhythm for healing.

I experienced diminishing returns after practicing Vivation intensely for about six months, and then I stopped practicing it because it was no longer worth the effort. After that, I used many other methods to purify my mind at a deeper level, but my favorite method is meditation because it does far more than purify the mind.

If you decide to use breathwork for healing suppressed emotions, be aware of how it affects your nervous system. Breathwork can greatly increase the amount of life force flowing through the nerves, and if your nervous system is extremely weak, breathwork could damage it even more. Some breathwork techniques are more forceful than others, and some are not really designed specifically for healing suppressed emotions. Be careful. Rebirthing is powerful, for example, but it can bring up so much trauma from the past that it can be overwhelming for some people, or retraumatizing, which is counterproductive.

Acupuncture and herbs can be used to correct mental and emotional imbalances manifesting as either too much energy or too little energy in different body systems. A single acupuncture treatment can have a powerful and lasting effect on mental and emotional health. Some herbs can be used to painlessly remove emotional blockages (such as fear in the kidneys or anger in the

liver). I have used acupuncture and herbs very effectively for my own mental and emotional healing.

The Release Technique / Abundance Course is a spiritual path that is entirely based upon releasing suppressed emotions using willpower. The Release Technique is much more difficult to learn than meditation or breathwork for many people, but the goal is the same.

Inner Influencing is a profoundly effective method of mental and emotional healing. It seems to result in extraordinarily rapid healing. The method is essentially a form of prayer, as far as I can tell, but the “Subconscious Helper Agent” is given requests or instructions instead of God or a saint. I think this approach makes the method far more accessible and appealing to a much broader audience than it would be otherwise. For more information, see the Inner Influencing Quick Start Guide.

There are many energy psychology techniques available now that can help people heal unresolved traumas from the past: Automatic Freedom, which may be the best of the energy psychology techniques due to its love focus, Quantum Techniques, which has helped people to successfully heal chronic health issues, Emotional Freedom Technique, Thought Field Therapy, Tapas Acupressure Technique, Be Set Free Fast, EMDR, EDxTM, Zensight and others. There is some controversy over the science behind them and their effectiveness, but they may appeal to you. I have had great success with EMDR.

The Healing Codes may be one of the most effective and easy to use methods of healing self-help available: it is designed to dramatically reduce stress by removing harmful images from the mind and body using a combination of introspection, prayer, special hand positions and focusing on truth statements related to the issue being healed. According to some experts, stress is the primary cause of disease, and the Healing Codes work directly on the source of stress in the mind and body. The Healing Codes are available in a very affordable and easy to use book form, but there are also much more expensive different packages available that are more sophisticated with different features. I feel that these Healing Codes could significantly improve your chances of overcoming electrical sensitivity and achieving happiness if trauma or suppressed emotions are a significant cause. The Healing Codes method is similar in some ways to the energy psychology methods mentioned in the previous paragraph, but I feel that it is distinctly different, is easier to practice as presented in book form, and may appeal to a broader audience than the energy psychology methods. Please see the Healing Codes Report for more information.

ACCESS BARS© is an extremely easy and extremely effective way to heal. The Bars are 32 points on the head that are lightly touched by a partner, resulting in the “dissipation of the electrical component of thought”: in other words, “running the Bars” will purify the mind, allowing your joyful soul to express itself more freely. ACCESS BARS© appears to be similar in some ways to The Healing Code as presented in book form, but ACCESS BARS© requires a partner and The Healing Code does not. ACCESS BARS© is the beginning level of a much larger system of healing called ACCESS CONSCIOUSNESS©.

Releasing the Inner Magician is a process of dissolving traumas in order to remember the reality of your wholeness; RIM helps you unlock your essential self so you can sense intuitive insights and remember your true nature as a whole and complete being. You’ll be surprised how easily your true self makes itself known once you slow your pace to create time for contemplation. When we know and trust who we are, we can stop longing to be someone else. The premise of

the process is that we are whole even when we have had a traumatic experience, and everything that is needed for someone to heal either physically or emotionally is already present within the resources of that individual. The experience of wholeness as a result of the RIM process is a felt body experience. RIM is a form of meditation, and the resulting remembering of your true self is profoundly calming and enlightening. This is a very easy and simple method of healing, but it is profoundly powerful. You can do this process with a facilitator, or you can do it by yourself with a book and CD combination, with a time investment of only 15 minutes per day!

Emotional-Mental Detox™ is the first step of the Consciousness 2.0 system of healing. The Emotional-Mental Detox™ is a 6 session, step-by-step program that gives you a deep detox of subconscious programming, limiting beliefs and painful repressed emotions. This is a very easy and simple method of healing, but it is profoundly powerful.

The book, Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love and Happiness, by Bradley Nelson, describes a unique and effective method of healing. Emotional healing can happen very rapidly with this method. There is unique information on healing the heart in the book. From the free expression and experience of love comes joy. This method initially uses powerful magnets until greater skill is developed, so it may not be suitable for some electrically sensitive individuals. Also, you need to be able to do muscle testing to be successful with this method. Trapped emotions are identified individually and released one at a time, not in groups or bundles.

Bradley Nelson's Body Code is designed for healing problems that fall under the six categories of imbalance: 1. Organs, glands and muscles; 2. Trapped emotions; 3. Pathogens; 4. Nutrition; 5. Bones, nerves and connective tissue; and 6. Physical toxins. This system is designed to remove the guesswork from healing using muscle testing and Body Code Mind Maps. One imbalance at a time is healed.

If anger or guilt is a major issue for you, then you may want to work specifically on that using the Heart Forgiveness method: "Believe it or not, the problems most people face in EVERY aspect of their life stem from ANGER." Benefits of Heart Forgiveness:

- Heart Forgiveness dissolves anger and resentment.
- Changes are immediately experienced in your whole being, body and energy.
- You learn to live free of Anger, in essence to live UNOFFENDABLE.
- Heart Forgiveness releases HEALTHY HORMONES into your whole body.
- Your Life Energy FLOWS with ease, bringing more peace, love and joy into your life.

Anger is always caused by frustrated desire for pleasure or avoidance of pain. Anger can be expressed in a relatively healthy way, but I believe it is possible and preferable to become completely free from anger. Guilt is anger directed towards self.

Dr. Carlson has also created the Core Health™ process and the DTQ Process™: "Rather than traditional methods of 'peeling the onion,' or chipping away at problems from the outside, Core Health™ leaps to the core of pure health, removing energy distortions for the free flow of positive energy. This radical shift from traditional approaches does not require re-living or re-telling past 'stories' — bypassing the pain, suffering, and continually being a victim. You do not have to relive it to remove it! The innovative and highly-effective DTQ Process™ (Deeply,

Thoroughly, Quickly) dynamically achieves precise, experienced, permanent re-activation of a person's innate healthy core.”

If you are open to working with the spirit world, please consider trying the Medical Assistance Program: “MAP is a comprehensive medical program that addresses our general health; any specific illness, disease or condition; injuries (serious or small); our mental health; our emotional health; and our overall well-being. It is a program that connects you with the medical unit of the White Brotherhood where we are each ‘assigned’ a team of physicians whose expertise best meets our individual needs. The only things that are required to do this program are the book and your willingness to learn the program. As a program, it couldn't be more simple. With MAP you have high quality medical assistance any time day or night — and it's at no charge.” One of the blessings of working with MAP is that a lot of the guesswork is removed, as the medical team can see exactly what is wrong and provide medical assistance at every level to correct the root causes of a person's electrical sensitivity. The medical team can help heal a congenitally weak physical body or severely damaged etheric body, which are causes of electrical sensitivity. The etheric body can be severely damaged by psychic attack. Healing a congenitally weak physical body or damaged etheric body is normally extremely difficult without medical assistance of this type. **If nothing else works, try this method.** MAP can be combined with other methods. Kinesiology is a required skill for this method, and it is taught as part of the method.

Steven Lumiere is a highly skilled energy healer who has helped me personally. Steven offers many services, including Rapid Spiritual-Energetic Healing and Psychotherapy, for healing depression, acute and chronic fears, phobias, anxiety disorders and many other mental, physical and spiritual diseases, rapidly and relatively painlessly. Sometimes there is a spiritual cause of mental illness: some discarnate entities can create depression, fear, and other dark energies in the mind and body. The best course of action for healing mental illness caused by discarnate entities is to raise the vibration as much as possible by focusing on positive energy, and if needed, obtain help from an energy practitioner who performs exorcisms, like Steven Lumiere. The services Steven offers seem to be similar to MAP, but Steven's services are in high demand and they are not free like MAP.

Mantra for Healing, by the Sacred Sound Choir, is a very beautiful recording of one of the greatest mantras for healing and protection. It is very healing for both mind and body.

Ultimate OM, by Jonathan Goldman, is a recording of thousands of voices chanting a rolling OM. According to Yoga philosophy, OM is the cosmic sound of God, the Word that creates the universe. The music is infused with light and love, as Jonathan Goldman instructed his vocalists to do while chanting the sacred sound. It is very healing. It is great for healing suppressed emotions.

The Musical Massage Sound Therapy CD is one of my favorite recordings for healing because the sounds are very soothing, but the healing effect is powerful.

Shri Anandi Ma's Mantras for Releasing Fear are extremely potent for releasing suppressed fear. Take care that you do not play the CD for too long, or you may become extremely stressed and irritable. Shri Anandi Ma also has Healing Mantras for healing the physical body, Mantras for Abundance and Peace Mantras.

Meditation techniques will eventually heal suppressed emotions, but this can take a long time because meditation works at a subtle level. The coarser vibrations of suppressed emotions are usually healed more quickly with techniques specifically designed for that purpose. Healing suppressed emotions will directly improve your experience and depth of meditation.

Mind Power

The Secret is a DVD about the law of attraction. We create our reality with our thoughts and actions. The outstanding message of this DVD is that our thoughts have much greater creative power than most people realize. **If you strongly believe that you are going to get sick or experience pain from electromagnetic fields, then you will get sick or experience pain from electromagnetic fields. Conversely, establishing a strong thought habit of faith and protection is a very powerful method of strengthening the body against electromagnetic fields.** Paramahansa Yogananda says:

If you cling to a certain thought with dynamic will power, it finally assumes a tangible outward form.

Just one thought may redeem you. You don't realize how effectively your thoughts work in the ether.

Nearly everyone is familiar with those three little monkey-figures that depict the maxim, "See no evil, hear no evil, speak no evil." I emphasize the positive approach: "See that which is good, hear that which is good, speak that which is good."

Change your thoughts if you wish to change your circumstances. Since you alone are responsible for your thoughts, only you can change them. You will want to change them when you realize that each thought creates according to its own nature.

What we choose to focus on becomes our reality. The music we listen to, the television shows and movies we watch, and the books we read, all have an affect on our consciousness, so I suggest that you choose carefully what you focus on. I do not listen to, watch or read the news. I only watch movies about inspiring people or that have a positive message. I avoid vulgarity, profanity and dark energy because it makes me sick. I know a mentally ill person who must sleep at night with the lights on because he has seen too many horror movies; I believe he is mentally ill because he has seen too many horror movies.

I strongly believe that when we focus on something, we create more of what we focus on. For example, when we watch a movie or read a book or listen to the radio, we actually create more of the consciousness or energy of the type we are focusing on, because thought is creative; we create more of the thoughts that we are attentive to. We are profoundly affected by sources of information that we focus on, and we also affect others because our thoughts don't stay with us, they travel in the ether after they are created and join together with thoughts of the same kind to create a larger thought form. Paramahansa Yogananda says that natural disasters are created by man's misuse of free will in thought and action: see article, Inner Security in an Uncertain World.

When I look at my own life, the power of my thoughts to create my reality is obvious. However, the thoughts I have often been choosing are fear-based, and as a result the life that I have created for myself has been very difficult. I have been afraid of losing my job and living on the street. I have experienced so much fear in my life that it burnt out my nervous system and this led me to

developing hypersensitivity to electromagnetic fields. Because of this illness I came very close to dying or living on the street. Fearful thoughts attract the object of fear if they are strong enough.

We humans have a tremendous amount of creative power and we need to learn how to create beautiful things. When we consciously start using the law of attraction, we can create miracles. Consciously using the law of attraction is much easier when the mind has been purified and strengthened.

I once read an inspiring story about a young woman who discovered she had terminal cancer. Instead of bemoaning her fate, she decided to celebrate life, and give love to everything and everyone. She was a real inspiration to all of the people around her. Well, guess what? She is now free from cancer. Love is the greatest healer of all. I believe that love is the most powerful force in the universe!

The Feel Better Program is a FREE offering to help you realize your dreams. This is excellent, straightforward instruction on how the law of attraction works. “Your ability to feel good consistently is the most important part of the law of attraction.” Please watch the introductory video, “Simple Steps to Realizing Your Dreams.”

Affirmations

Mind power can of course be used for healing. I have personally used Paramahansa Yogananda’s Scientific Healing Affirmations with great success. I was able to keep going for years while getting extremely ill from electromagnetic fields partly because I spent two to three hours per day on the bus practicing affirmations with deep concentration. I often felt noticeably better at the end of a bus ride. Paramahansa Yogananda says:

The subconscious idea-habit of disease or health exerts a strong influence. Stubborn mental or physical diseases always have a deep root in the subconsciousness. Illness may be cured by pulling out its hidden roots. That is why all affirmations of the conscious mind should be impressive enough to permeate the subconsciousness, which in turn automatically influences the conscious mind. Strong conscious affirmations thus react on the mind and body through the medium of the subconsciousness. Still stronger affirmations reach not only the subconscious but also the superconscious mind—the magic storehouse of miraculous powers.—Scientific Healing Affirmations

Keep applying will and positive affirmation until you make thought work for you. Thought is the matrix of creation; thought created everything. If you hold on to that truth with indomitable will, you can materialize any thought. There is nothing that can gainsay it.—In the Sanctuary of the Soul

A few of my favorite affirmations from Yogananda are:

I am submerged in eternal light. It permeates every particle of my being. I am living in that light. The Divine Spirit fills me within and without.

Father, Thou art in me; I am well.

Heavenly Father, Thou art present in every atom, every cell, every corpuscle, every particle of nerve, brain and tissue. I am well, for Thou art in all my body parts.

God's perfect health permeates the dark nooks of my bodily sickness. In all my cells His healing light is shining.

I relax and cast aside all mental burdens, allowing God to express through me His perfect love, peace, and wisdom.

I will go forth in perfect faith in the power of Omnipresent Good to bring me what I need at the time I need it.

O Father, Mother, Friend, Beloved God! I will reason, I will will, I will act; but lead Thou my reason, will, and activity to the right things that I should do.

The first of these affirmations is my favorite! I have practiced it for many hours.

Dr. Rhea Zimmerman's Breathe Love CD is a very uplifting and easy way to benefit from the power of affirmations! See also Susan Shumsky's book, Instant Healing, which contains a comprehensive list of affirmations and prayers.

Unity Church offers a free prayer service called Silent Unity: "After we have prayed with you, we then place your prayer request in the Silent Unity Prayer Vigil Chapel for 30 days of continuous prayer." Unity Church practices affirmative prayer. Call 1-800-669-7729.

Prayer

As with affirmations, prayer can be life changing! I have spent hundreds or thousands of hours of my life praying, mainly for healing of myself but also for others. I think of prayer as asking God to do something for me, and I like this because I have more faith in God than in myself! I trust that God will use the prayer energy in the right way. The most powerful form of prayer I know is repetitive vocal prayer. I have prayed vocally for long hours in my apartment, and also I pray while I am out walking. I have gone on many long "prayer walks" for the purpose of purifying my mind. Because of the power of prayer and the grace of God, I have survived what would have otherwise killed me many years ago, and my health continues to improve.

A good example of a prayer I would use on a prayer walk is, "Beloved God, please purify and strengthen my body and mind. Please free me from all mental habits and trauma that are the cause of my environmental sensitivities."

Although I recommend a multi-faceted approach to healing electrical sensitivity as there is often more than one cause, I believe that some forms of electrical sensitivity can be healed with affirmations or prayers alone, especially those that are rooted in bad mental habits, trauma and other mental impurities. Repetition of prayers and affirmations is important for effective results because a certain amount of time and energy was needed to create the bad mental habits or trauma, so the same amount of energy needs to be invested to heal those bad mental habits or trauma: bad habits must be replaced with good ones. Many people are not really aware of how profoundly the health of the mind affects the health of the body, nor are they aware of how badly polluted their minds are with bad mental habits and trauma. Healing electrical sensitivity that is

caused by bad mental habits and trauma could take a long time, so patience and faith is required. A very strong fear habit was the primary cause of my electrical sensitivity, but I believe that anger and guilt can also be causes of electrical sensitivity. Paramahansa Yogananda says:

When chronic diseases and sufferings are beyond the control of human care; when the power of human methods fails to cure ills, physical or mental, revealing its limitations, then we must ask God to help—He who is unlimited in power.

The secret of effective prayer is to change your status from a beggar to a child of God; when you appeal to Him from that consciousness, your prayer will have both power and wisdom.

In chronic diseases, do your best to help promote healing, but know in your mind that ultimately God alone can help. Take that thought with you into meditation every night, and with all your determination, pray; suddenly one day you will find the disease gone.

The Law of Karma

“And in the end, the love you take is equal to the love you make.”—The Beatles

My understanding of this quote from the Beatles is that it is referring to the law of karma. I have personal experience of the law of karma working in my life, without a doubt. Stated simply, there is a personal consequence to every thought, word, feeling and action. The law of attraction is simply another name for the law of karma. My experience is that we receive exactly what we give, if not in outward form, then in inward form (as a shift in mood for better or worse). This law can be applied to help self by healing others. I have personal experience of my physical health and mood improving dramatically by praying intensely for long periods for the health and happiness of others.

A similar approach for using the law of karma for healing is found in the book, Instant Healing, by Dr. Serge King. Dr. King has a specific remedy for Environmental Sensitivity:

The Admiration Effect—with your full conscious attention, admire or compliment, aloud or silently, someone or something in your life or in your immediate environment. Do this as frequently and abundantly as possible until you get relief. At the same time, greatly reduce or eliminate criticism of anyone or anything.

This can be restated more concisely as: “Bless everything and everyone around you, and everything you can think of, non-stop. When you need to take a break, return to the blessing when you can. Do this until you achieve results.” A related idea is found in the book, A Complaint Free World, by Will Bowen, who teaches the power of abstaining from complaining, criticizing and gossiping: “People have shared stories with Will of relieving chronic pain, healing relationships, improving careers, and becoming an overall happier person.” Expressing or holding anger causes illness. In fact, there is a correlation between anger and incidence of cancer.

There is an experience called a kundalini awakening that occurs when the karma is extremely good: this is the experience of very powerful spiritual energy ascending the spine that eventually results in expanded consciousness and great joy! The force of kundalini can be so strong that it results in levitation, as has been demonstrated by many saints. My personal belief is that the

physical body must be very strong to handle a kundalini awakening, and that EMF pollution is of minor consideration for someone experiencing a kundalini awakening because the kundalini is much more powerful than any energy typically found in the environment, even in our EMF-saturated world. The easiest way to improve your karma is to meditate by watching the breath without interfering with it.

Serge King's book, Instant Healing, provides many methods of healing that may interest you, as well as great insight into the power of the mind and body. These methods require faith, willpower, concentration and perseverance, but they work!

Other Healing Tools

The tools in this section are worth investigating because they may help with general healing.

Some of the tools in this section are based upon sacred geometry. Sacred geometry is very powerful: it represents perfection in nature as God intended it to be. Sacred geometry is found throughout nature, including in the human body.

The fundamental geometric figure found in all of nature is the Vesica Pisces, which is a diamond-like shape formed from the intersection of two circles. The Flower of Life is formed from a grid of intersecting circles. All of the sacred geometric forms can be found within the Flower of Life.

Many of the tools in this section are also useful as EMF protection devices. This is because they bring order (harmony) to the environment of the user.

Some of these tools may cause subtle energy overload in electrically sensitive individuals because they are quite powerful. Therefore, these tools could be used when you are further along in your healing and able to handle their energy.

Metaforms e. Pendant

This amazing device is a powerful tool that uses sacred geometry and gemstones for spiritual growth. It also helps to protect from the harmful effects of electromagnetic fields.

Diamond Energetics Disk

This Disk is a powerful thought amplifier. Not for the faint of heart.

Arkadian Collection

This is an amazing collection of Moldavite jewelry. Moldavite is a deep green amorphous crystal, or natural glass, formed from meteoric impacts. Moldavite is deeply healing.

Beta Blocker Devices

A little on the fun side, these tools with varying purposes apparently really work well!

Transcendence Design Yantras and Pendants

Beautiful Yantras sold by a western healer, Sherri Silverman. There are many Yantras on the market but these are unique and beautiful. Sherri's Yantra Guidebook is highly recommended.

Veden-Akademie Shop

Large Yantras and beautiful Mandalas at an affordable price.

Pearl Editions Sri Chakra Collection

Pricey but very effective Sri Chakra prints. My favorite is Sri Chakra 45. You can get these mounted on displays so that they glow in the dark!

Lightcodes Pendants

These are colorful and unique pendants for healing.

MegaChi Pendant

The MegaChi Pendant is primarily a spiritual tool designed to raise the user's vibration, but it also partially protects the user from the harmful effects of electromagnetic fields.

The MegaChi Pendant has a 60-day money back guarantee.

Ultimate Healing Program

There are many tools listed in the previous sections. The list may be overwhelming, but the idea is to give you many choices because some will appeal to you and work for you and some won't. However, I do have my favorites, and here is what I recommend for the ultimate program:

1. Practice the basics: complete an electromagnetic survey of your home (if you cannot hire a professional for the survey then do so yourself with a guide like the book, Living Safely with Electromagnetic Radiation); reduce your exposure to electromagnetic fields as much as possible; take supplements for the nerves; drink enough purified water daily to meet your body's needs; include 1/4 teaspoon of unrefined or additive-free salt per litre of water if your diet does not contain enough salt; eat wholesome foods, especially leafy green vegetables by adding green smoothies to your diet; exercise daily for at least ½ hour and enjoy some time in the sun. If you could only take one supplement, I would recommend Udo's Oil; after that, organic skullcap, organic lecithin and other fats for healing the nerves, and iodine. Iodine deficiency is a common cause of electrical sensitivity.
2. Correct the energy flows in your body. This is an extremely important step. This can be done with certain tools, regular exercise, massage, Hatha Yoga and Qigong, by walking barefoot on moist grass or by putting your bare feet into the ocean, but everything in my healing program will contribute to improved energy flows.
3. Use effective EMF protection devices if you do not have an advanced form of electrical sensitivity. The devices on the following list are recommended for people who are electrically sensitive:
 - a. An EMF protection pendant that you feel drawn to
 - b. A shield for your wireless smart meter: Smart Meter Guard, Smart Meter Shield, or do it yourself very inexpensively with instructions found on YouTube
 - c. Demand Switches
 - d. Graham-Stetzer Filters
 - e. The BioMat or Earthing.com Bed Pad and other grounding tools
 - f. Aulterra Whole House Plug (which gives excellent results for most people, but see the warning on the EMF protection page) or Orgo-Disk or Circuit Rejuvenizer

Although the devices on this list should work well for some people who are electrically sensitive, some people will get sick from some of the devices on this list. I recommend that you purchase these devices one at a time and pay close attention to how your body reacts. If you get all of these devices at the same time and get sick, you won't know which devices are making you sick. The idea is to eventually use one device from each category if that is beneficial for you. Of course these are just suggestions, as you may benefit from other devices not on this list. **Do not use more protection than you need or more protection than your neighbors can easily handle. Pay attention to the messages in your dreams if you try one of the more powerful devices.**

4. Find a healthy diet that works for you, consume green smoothies regularly, and heal your leaky gut.
5. Work on healing suppressed emotions, trauma and dysfunctional mental habits. This can be a life-long process as most people have so much to heal, but you will be motivated to continue working on healing your mind and emotions as you will become much happier and have much greater control of your life by doing so. The most important methods for mental and emotional healing seem to be meditation, prayer, affirmations, The Healing Code, Releasing the Inner Magician and Reality Crafting: Emotional-Mental Detox.

6. Cultivate an attitude of mindfulness towards life's experiences, self and others: curious, open, accepting and loving; a state of non-judgment.
7. Practice some form of meditation daily for at least half an hour. Although it is not a panacea, meditation is the closest to a panacea of all of the healing methods that I have used, including prayer, though prayer and affirmation is my second most favorite method of healing! Grace flows into my life and heals me in wonderful ways, physically, mentally and spiritually (spiritual healing is defined here as removing bad karma and ignorance) when I practice meditation. Meditation, in particular the Hong-Sau technique taught by Paramahansa Yogananda, also called the technique of concentration, is also one the simplest and easiest methods of healing that I have used: it is almost as simple as breathing. The Hong-Sau technique will eventually greatly purify and strengthen the body and mind to the degree that they are given very deep rest and healing, though this could take many years depending upon the degree of illness. Though powerful, meditation works more subtly than many other methods of healing: with a serious illness such as electrical sensitivity, I believe that priority should be given to other methods of healing that work more quickly at a grosser level, like [The Healing Code](#), intense forms of breathwork, mercury detoxification and taking supplements for the nervous system. Conversely, **if you are drawn to the simplicity of meditation and can spend long hours practicing it, there is no method of healing that is more powerful.** The easiest way to practice it for long hours is while resting in bed. Unlike most other forms of healing, meditation removes bad karma and the ignorance and depression caused by it: when the bad karma is gone and the mind and body are purified, we experience great joy! Ultimately, the goal of meditation is to free the soul from suffering and experience unconditional love and happiness.

When you feel a bursting thrill of joy expanding in your heart and your whole body, and it continues to increase even after meditation, you have received the one sure proof that God has answered through the devotion-tuned radio of your heart.—Paramahansa Yogananda

The Alternative

If you find what is presented on this website to be too much of a guessing game, methods of retraining the limbic system are proving to be very effective and popular for overcoming various illnesses, including electrical sensitivity, multiple chemical sensitivities, chronic fatigue, fibromyalgia and anxiety disorders. The most popular limbic retraining methods are the [Dynamic Neural Retraining System™](#) and [Gupta Amygdala Retraining™](#). My belief is that they are systematic ways of reducing trauma and removing dysfunctional mental and emotional habits by replacing them with healthy habits: “Through the various methodologies and repetitious neuroplasticity based exercises, participants learn to self-direct positive changes to correct Limbic System function.” DNRS is good for people who like to visualize positive events in the past and future. I think these systems are effective because they are packaged sets of tools that have been proven to work, and they address the mental and emotional causes of some serious diseases. **I believe that most people greatly underestimate the mental and emotional causes of disease and the power of the mind to heal, so when they start working systematically to eliminate unhealthy mental and emotional habits, big shifts can happen quickly. The live seminar format is particularly effective because of the exponential power of working in a group: participants usually make a huge positive shift in health in only one week!** I believe that part of what I present on my website will have the same effect as the limbic retraining systems, but perhaps these systems are more efficient than what I present, so please take the time

to investigate them and decide if they are worth investing in. A great resource for information on these systems is limbicretraining.com.

I prefer the autonomy and cost savings of self-help healing methods like those described above or on the Emotional Healing and Mental Healing pages, but self-directed healing can be inadequate for serious health challenges, and self-help can be risky. Professional help is wonderful when it works, but professional help often does not work because it does not go deep enough, or it is misguided, or at worst, the practitioner can harm the client due to ignorance. There are very few systems of healing offered by professionals that are completely safe, truly holistic, accurate and extremely effective: the best system of healing that I have investigated so far that meets these criteria is the [BodyTalk System](#). In addition to meeting these criteria, BodyTalk is completely non-invasive, does not diagnose or prescribe and works with all other therapies. “Outstanding results occur in almost every sphere of health care: physical, emotional, mental and spiritual.”

“Through exposure to the stresses of day-to-day life, the lines of communications within the body can become compromised. This leads to a decline in physical, emotional or mental health. BodyTalk is an astonishingly simple and effective way of re-establishing these lines of communication and re-synchronizing the body’s energy systems. Clinical results have shown that once the communications systems of the body have been re-established and the body-mind complex synchronized, the body is capable of healing itself at a deep and lasting level. By re-establishing good communication between the various parts of the body, they once again are able to ‘talk’ to each other. The body is then capable of healing itself very rapidly and effectively.”

“There are no set recipes for addressing various symptoms unlike most other methods of healing. Each person is treated as an individual with a unique history that has created the set of symptoms they are experiencing.”

“In the mid-nineties, Dr. John Veltheim began to put together a treatment protocol to address a broad spectrum of specific diseases and general energy system imbalances. This system was called BodyTalk and was based on the wisdom of advanced yoga, the energy dynamics of acupuncture, the clinical findings of applied kinesiology, and western medical expertise. Since that time, the rate of new discovery within the BodyTalk paradigm has been increasing exponentially. It is believed that the sound fundamentals of the BodyTalk System may well be integrated into mainstream health care in the future.” BodyTalk includes a simple self-help method called [Access](#).

An excellent introduction to the BodyTalk System includes the [Summary of a BodyTalk Session](#), the [Introductory Videos \(What is BodyTalk? and The BodyTalk Experience\)](#) and the book, [The Science and Philosophy of BodyTalk](#).

Motivation

Here are some core beliefs of mine that may help you, whether you conquer this illness or not. Make of them what you will: What matters in life is that you maintain an undefeated attitude, no matter what experiences you have. Your thoughts and feelings are far more important than the condition of your body, although for most people these are obviously conditioned by the state of the body to a great degree. In spite of that common challenge, try not to identify yourself with physical suffering. Deeper healing is achieving a state of loving even-mindedness, and that is not easy to achieve when experiencing physical suffering, but try to do so anyway.

I suggest that you try continuously to improve your condition as long as you are able to do so. Never give up, even if failure seems inevitable. Maintain a positive, undefeated attitude to the best of your ability. You may not be a saint, but pretend to be one. If at times you experience despair, it's just your body-identified ego reacting to your experience, not your true self. Don't feel guilty for having human feelings! Try to get out of despair and regain your positive attitude that you lost temporarily. Every time you fall, pick yourself up again and keep on keeping on.

This page is published on behalf of an electrically sensitive friend who gave me, Gilligan Joy, the full text. See also [Hiring the Heavens](#) by Jean Slatter.

The List

What follows is a list of physicians and other healthcare practitioners who have died and yet, are still available to treat people who are open and interested.

I met the first physician through my exposure to the work of Machaelle Small Wright. See [Dancing in the Shadows of the Moon](#) and [MAP - Medical Assistance Program](#). At a time when I was extremely ill, very near death, in an isolated location, adequate medical care was neither logistically nor willingly available to me.

In Machaelle's work I saw expanded possibilities. I pursued and developed a series of relationships with the members on this list for the purpose of receiving the medical treatment I needed, and for others also. The fact that I am alive and progressing towards health I owe to them.

I offer this list to those open, interested and in need. Their services are free of charge. I am grateful to contribute something to others as a result of what I have survived.

If you wish to receive treatment: find a space to be alone, lay down, call the name of the practitioner with whom you're interested in working, call it several times either mentally or out loud, wait 10 seconds, tell her or him what is going on with you, for what you are seeking help, and relax—the healing will begin.

Treatment times may vary. Sometimes a series is needed. You may experience tingling or other sensations. You can use your intuition, muscle testing, or other forms of dowsing to communicate with your practitioner about the specifics of your treatment. A good presentation on muscle testing can be found in the [Microbial Balancing Program Handbook, User-Friendly Edition](#) by Machaelle Small Wright. You can contact your local dowsing society for help with dowsing practices.

A better understanding of this type of work can be gotten by reviewing the books I've mentioned by M.S. Wright.

What is available is miraculous by current standards. If you can allow one hour for the fullness of a massage to unfold I think you will find it remarkable. Feel free to circulate this to those interested and in need.

Offered in Grace

The List

Some of their names are unusual because they are not from our current culture:

Lorpuris: (Lor · pure · iss) Physician, Dentist, Chiropractor, Network Chiropractor

Master Li: Acupuncturist, Energy needles & cups

Golden Flower: Acupressurist

Walter: Physician, Chiropractor, Network Chiropractor

Suron: (Sir · on) Chiropractor, Massuer, Foot Reflexologist, Deep-Tissue Massage, Facial Release

Peter: Physician, Internal Medicine, Stops internal bleeding, Cranial Sacral

Rona: (Roe · na) Massuse, Foot Reflexologist, Deep-tissue, Neck and Shoulders

Pauqo: (Pow · coe) Physician, Specializes in heart conditions, Creates ease and comfort in the dying process

Kori: Physician, Increases vitality and strength, Creates ease and comfort in the dying process

Wyruck: (We□e · uk) Physician, Treats Macular Degeneration

Rupilo: (Rue · pu · low) Physician, Eye specialist, Treats Cardiovascular Conditions

Suroi: Physician Specializing in Radiation Sickness, and General Practice

Lina: Physican, Treats Radiation and Pain of any type

Ida: Physician, Gynecologist, Helps in Conception

If you need any type of medical care that does not seem to appear on this list you can ask Lorpuris to find someone who can help you.

Emotional therapy—for example, for trauma, anxiety, or anger—is available by using the Calibration Process found on page 125 of MAP - Medical Assistance Program by M.S. Wright.

Be creative.

Ask for what you want.

The development of these beings is enhanced by their working with us.

Success Stories

Susan Parsons

Susan has made great progress toward freeing herself from electrical sensitivity. The keys to her healing are to avoid man-made electromagnetic fields as much as possible, to have her mercury amalgam fillings replaced with the proper protocol and to take better care of herself nutritionally. Her progress in healing was set back somewhat after a Smart Meter was installed on her house, but she continues to make progress. Please see her WEEP Initiative LIVING WITH ELECTROHYPERSENSITIVITY web page where she shares her thoughts on overcoming electrical sensitivity: I highly recommend that you take the time to read it.

Ed from the Netherlands

Ed freed himself from electrical sensitivity and other health problems using a combination of emotional healing, diet and detoxification. I highly recommend that you read his website. Please see the following pages to get started:

- History, Intention and Summary—Ed’s personal story of illness and healing, and a summary of website content.
- Universal Health Model—Information on the importance of emotional healing. On this page, Ed mentions his experience with electrical sensitivity.
- A Healing Tao view on Electrosmog Sensitivity—This is an excellent article on the cause of electrical sensitivity. The energetic defense shell around the body is strengthened by conserving sexual energy (not always easy to do, but moderation in sexual activity is a key to health, especially for men) and eating good quality foods, according to Ed. But I think Ed would agree that the general program for healing that I outline on this website also strengthens the energetic defense shell around the body, and Ed describes some of the same elements for healing elsewhere on his website, in particular, emotional healing and detoxification. Also, I strongly believe that doing good for others strengthens the life force and lengthens life span.
- Give Kwasniewski’s Homo Optimus Diet a Try—This is an excellent introduction to a diet that Ed has adopted. I recommend that you look elsewhere on Ed’s website for more dietary information as the Homo Optimus Diet has a very sound basis but is contrary to much of what has been popularly promoted as healthy in Western culture and medicine. Even if you do not adopt the diet exactly as taught by Kwasniewski (perhaps because you are vegetarian), the principles can be used to improve your own diet.
- What is fundamentally wrong with our modern lifestyle?—The good and the bad about fats, carbohydrates, grains and legumes.
- The Three Most Damaging Foods to Our Health: Wheat, Cow’s Milk and Soy—Glues, neurotoxins (excitotoxins), and mineral deficiencies.

Patrick Arden McNally

I have gone through the Electrical Sensitivity battle, and have won. I credit it to two healing techniques, and one energy clearing technique.

1. Electrical Sensitivity Reiki. I founded (actually was gifted) this system to help all who have electrical sensitivity release mental/emotional patterns that are attached to fear, hatred, anger, and negativity towards electricity, and re-pattern the aura and body to not be affected by electricity any more. A session includes energy healing, intuitive counseling and electrical clearing, clearing out all electricity that is keeping you magnetized to more and more electricity coming into your body. A session is offered at a discounted price as I have great compassion for all who deal with Electrical Sensitivity. \$35 for an hour-long phone session. My number is 218-206-2724, and my website is <http://www.thehealingpathduluth.com>.

2. Homeopathy. At my deepest point of electrical sensitivity, homeopathy healed my electrical sensitivity about 80%. I was gifted a remedy called ytterbium (which was imported from Austria). There is a book, which I don't know the name of, about remedies to cure electrical sensitivity. I would not list this if it didn't work. Instantly I felt about 70% better and over the next couple weeks it grew to about 80%. Please consult a homeopath before you get a remedy as there are many and they will know how to choose the one that is right for you. The homeopath that introduced this to me and knows the name of the book is MaryLu at <http://www.vitalforceconsulting.com>

And the energy clearing technique is an epsom salt shower. By getting wet, rubbing epsom salt all over your body and letting it sit for 5 minutes and washing it off, you clear the electrical charge from your body. This is good to do daily if you use a computer or other strongly charged electrical devices.

Dr. Lisa Nagy

Successful Treatment of my Chemical and Electrical Sensitivity

Lisa Nagy, MD

Dr. Lisa Nagy received her medical degree at Cornell Medical College. She followed that with training in surgery and later in emergency medicine, in which she is board certified. She is currently studying environmental medicine. We asked Dr. Nagy to share her incredible story of chemical and electrical sensitivity and recovery, and of the dental metals that were behind her problems.-Latitudes Magazine

(Permission to republish this article on this website was given to me by Dr. Lisa Nagy)

The science and art of medicine is much more complex than we presumed in medical school. Although disbelieved, environmentally ill patients are becoming a very large percentage of the population. Many of us go unrecognized because we are 'masked' and cannot tell we are ill from the detergents, perfumes and chemicals we are wearing everyday.

I developed chemical and electrical sensitivity while living in a house in Los Angeles. Initially, I only knew I was sad, had weak muscles and couldn't stand up for very long-it soon seemed I was crying all the time. I couldn't bear to use the telephone or to be under fluorescent lighting. Exposure to smells, chemicals, many foods (like wine, cheese, and nuts) and even antique wood-which is faintly moldy-gave me a headache and made me feel exhausted. Clothing tags became extremely irritating, and perfume and diesel odors were intolerable. I had grown hypersensitive to

my surroundings. Adrenal insufficiency was eventually diagnosed in myself and later in my husband.

In time I was fully disabled and my incredulous husband and I sold our house and moved to a rental nearby. We were hundreds of thousands of dollars in debt. A year later I found that I had been suffering mold poisoning, primarily due to mold in a huge fish tank that was built into the living room wall of that first home. The toxins in the air had overloaded my system and made me intolerant of all chemicals, especially pesticides. A muscle biopsy showed that I had severe damage to my mitochondria, the energy producer in all our cells.

What I had is called chemical sensitivity or environmental illness. It is common but somewhat invisible. And this medical condition is not rare. Prevalence studies in California and New Mexico found that 16% of the respondents reported being chemically sensitive. Additionally, in New Mexico 2% of the respondents reported having been diagnosed with multiple chemical sensitivity (MCS)-the more severe form of chemical sensitivities. In California, 3.5% reported having been diagnosed with MCS. Although women report being chemically sensitive twice as often as men, which contributes to its “hysteria” label, those reporting chemical sensitivities are otherwise evenly distributed with respect to age, education, income, and geographic areas. Chemical sensitivities are also evenly reported among ethnic and racial groups, except for Native Americans, who reported a higher prevalence in both studies.

Further, about 15% of those who are chemically sensitive have electrical sensitivity as well. Electrical sensitivity sounds wacky, I know, but when you have it, it is very real and quite uncomfortable. My hand would heat up while holding my cell phone. My ear would burn from the ear piece. Gadgets that spin, like fans or tape decks, have high electromagnetic fields and they made me weak. Just picking up the regular phone could make me need to urinate, or cause chest discomfort and sweating-I wanted to hang up! Even more bizarre and scary: while swimming in a salt water pool I would get electric shocks in my fingers as I swam by the underwater pool lights!

Another condition is diagnosed: dysautonomia

At this time I was also diagnosed with an interesting neurologic condition called dysautonomia, which occurs in 85% of people who are “environmentally ill”. Crossing ones legs while standing is an early sign, or wrapping the legs around each other (called “pretzel legs”). These moves are done to keep the blood in the head and chest, otherwise the blood would pool in the legs and cause weakness or fainting.

Exposure to chemicals in stores (like formaldehyde while shopping in Home Depot) would make me dysautonomic and electrical appliances would make me even more dysautonomic; I would need to lie down. I was prescribed a vasoconstricting (causing the blood vessels to narrow) medication called Midodrine to remedy this condition, as well as a volume expander (Florinef; a mineralocorticoid).

Finding help

Near the end of my rope, I eventually figured out that I needed to be treated by an environmental physician, and I went to The Environmental Health Center of Dallas to see William Rea, MD. I was encouraged that after this treatment I was partially better. (You can find a local physician at the American Academy of Environmental Medicine). I suggest you consider this if you suffer

from chronic illness or obvious environmental illness such as chronic fatigue, fibromyalgia, allergies, adrenal fatigue as well as chemical sensitivity. They look into the genetics of your detoxification capabilities, study your autonomic nervous system and hormone levels, do food and other allergy testing and treatment (neutralization), prescribe vitamins and nutrients orally and intravenously, and test your immune system scientifically. Most importantly, they get you away from that which is making you sick!

Sauna treatments are often an integral part in the treatment process for detoxification. It is important to start with a short time interval (such as five minutes) initially and build up as needed. Saunas should be used under the care of a doctor, as the detoxification process can result in increased symptoms if it is pursued too aggressively.

Oral galvanism uncovered

Oral galvanism is a state in which two dissimilar metals in the mouth result in abnormal electrical charges. I had already had all of my amalgam (“silver”) fillings removed, or so I thought. But then I went to a holistic dentist (see the International Academy of Oral Medicine & Toxicology) for an assessment. An oral potential meter (made by Pertec) was used to measure the voltages and currents in my teeth. I had a number of crowns with porcelain over metal. Most crowns had currents of 1 micro ampere or so. But one of my crowns showed a current of 11 microamperes- and a very high electrical voltage of 420 millivolts!

I had that crown removed first, because one is supposed to remove the highest ones first. Voila! I hadn’t anticipated any immediate response but when I reached home and I was able to talk on the phone for three hours instead of three minutes! I no longer needed Midodrine to get up out of bed! I had required it to raise my blood pressure for two years straight-and now none! Other improvements: the smell of cigarettes seemed almost pleasant instead of making me run for the hills. I could tolerate car exhaust and perfume immediately! I contacted many environmental physicians and patients to tell of the amazing positive change in my illness over night!

The dentist discovered that I’d had an amalgam filling under the metal crown that had been placed just before I became really ill back in 2000. The two dissimilar metal materials touching had created a strong battery effect, causing the oral galvanism that seemed to short out my autonomic nervous system. Somehow, fixing the autonomic nervous system also led to a more normal central nervous system interpretation of odors and electrical fields, allowing for a return to a more normal life! My adrenal function also returned, thanks to the decrease in stress or total body load. In retrospect, getting away from the ‘bad’ house was essential, but removing the crown and the amalgam under it was the last step in getting well.

Advice from Dr. Nagy

I have ended up on Martha’s Vineyard, Massachusetts, where the air is clean and the mold is everywhere! I write articles on the subject and help people who are referred for environmental illness get to an environmental physician before they end up so mentally impaired that they won’t be able to cooperate with the treatment. Initially, people tend to deny that they have chemical sensitivities. It takes a couple of months to grasp it. Lay people are much better at “getting it”- doctors are incredulous and rude. As Sherry Rogers, MD, advises: “Don’t waste your time trying to convince every physician you meet about this. It is a waste of your limited energy!”

This is very important. Most doctors won't listen to you, so don't even try. Many family members will abandon you. Many people reading this newsletter will have already experienced this, I'm sure.

Don't forget to look into dental issues. I have interviewed many patients, especially those with psychiatric issues or symptoms of electrical sensitivity, who have become well after removing their high voltage dental work. Bizarre, eh? I guess too much electricity next to the brain is not a good thing. It is easy to check one's dental currents, and I suggest that all chronically ill patients consider removing their amalgam fillings, any crown with an underlying amalgam, and any crown or filling with an electric current greater than 1 microampere.

My advice to you is: Do not give up on your health until you get well. Each practitioner (alternative therapist, environmental physician, or holistic dentist) has something different to offer. I was helped, and someone can help you as well.

Although not currently practicing, readers may contact me with brief questions: Lisa-at-nagyl.com.

Common Signs and Symptoms of Environmental Illness:

Redness of face (chemical induced vasculitis), clothing tags drive you crazy, memory loss, become hung over 30 minutes after having a glass of wine, dislike of perfume, diesel and the detergent aisle of the grocery store, falling asleep while driving on the highway, exhausted in stores and the need to sit down or go out for air, cell phone heats up in hand or need to use bathroom when using cordless phone . . .

A Summary of Environmental Treatment:

1. Identifying that which is making the person sick. Mycotoxins, oil burner leak, pesticide spraying, new carpet (as at the EPA in the 80's)
2. Studying the patient's genetic inadequacies for detoxifying chemicals and drugs in the liver.
3. Giving supplements (Vitamin C, B, Glutathione etc) that assist in breaking down these chemicals faster—more of the ones that are missing genetically. Fish Oil, Magnesium, Co Q 10, E, selenium, taurine—nothing crazy.
4. Measuring the Venous Oxygen and if higher than 25 treating with 3 weeks of Oxygen by mask to improve the aforementioned vasculitis and allow oxygen to again get to the tissues (cheap and easy and very effective).
5. Allergy testing and treatment (called Provocation and Neutralization) to trees, grass, molds, foods, chemicals to lower the immunologic burden to the patient.
6. 'ALF'-a vaccine made from ones own white cells = Autogenous Lymphocyte factor. Only in Dallas and works brilliantly to boost immune system once damaged.
7. Sauna and other methods of getting the chemicals to reenter the blood stream and be reprocessed effectively by the liver and lung and 'passed' out.
8. Controlling the exposures in the environment. Or as one could call it 'living in a bubble', also eating organic, drinking glass bottled water and charcoal filtering the air. Oasis bedroom where only cotton bedding etc exists.
9. Assessing the nutritional, hormonal, and neurotransmitter status of the patients and fixing what has been damaged by exposure.

10. Newer energy methods to treat the autonomic nervous system as it becomes impaired (85% have dysautonomia) which cause patients to have pretzeling of their legs (very common in women these days) in order to maintain blood pressure.

Lisa Lavine Nagy M. D. background info:

Attended Madeira high school in Virginia. University of Pennsylvania, Cornell Medical College, trained in Surgery (2 yrs), then Emergency Medicine. Worked in Palos Verdes, CA until got Lou Gehrigs symptoms from a Aquarium filled with toxigenic mold attached to her living room wall. Dog, husband and she almost died, no one believed her. Biopsy said their was no oxygen getting to the mitochondria (venous O2 75)-therefore no energy being produced. Adrenals (stress glands) of all three inhabitants have failed (typical). Treated at the Environmental Health Center of Dallas by William Rea M. D.

Anonymous (March 2014)

Complete Healing of Electrical Sensitivity with Astragalus Root

I have suffered from electrosensitivity several years ago. But I did well for years after that. In maybe about late August of 2013, I started to think that I might be getting sensitive again to wireless signals. I felt something maybe close to the area between my eyes, some feeling in my head, and feelings in other parts of the body. I thought I might be getting sensitive to wireless signals.

I started to take astragalus root, which is a Chinese herb. I thought it might help me against sensitivity to wireless signals. I took the actual herb and not any pill. I would like to tell you that the feelings I was getting were gone after taking astragalus root (except maybe for some twitching in one of my eyelids). I do not know exactly how long I took it before the feelings were gone, but it may be about two weeks. At some point, I stopped taking the herb for maybe seven to ten days, and I started to get some feelings which might be signs that I was getting sensitive to wireless signals. I started to take astragalus root again and the feelings were gone. Now, my eyelid does not even twitch.

The way that I took the herb was that I grind it into powder in a coffee grinder. I used to put the powder in my mouth, take some water and mix it with the powder in my mouth, and swallow it. At some point, I started to put the powder in a cup and put close to 5 or 6 ounces of water in it. Then I would stir the mix and drink it. This is how I am taking it now. And I take it raw. I started with 5 grams of the herb; I took 5 grams for maybe two days. I might have taken a break for one day after that. Then I started to take 7 grams; I took 7 grams for maybe three days. After that, I might have taken a break for one day. Then I started to take 8 grams everyday. I felt that 8 grams was good enough for me. That is how much I am taking now.

I took the herb before a meal for some time. But I felt more effect from the herb when I take it in the middle of a meal. So I would consume some of my meal, take the herb, and then eat the rest of my meal.

So this is a successful experience in dealing with electromagnetic sensitivity. This herb might increase the body's ability to handle electromagnetic waves. I am now living without symptoms

of electrosensitivity. I am taking 8 grams of astragalus root everyday. And I am not wearing any shielding clothes or anything like that.

I have some tips for using this herb:

1. If the person is a female, I recommend her to find out if it is okay for females to take astragalus root on a daily basis.
2. Use room-temperature water, as cold water might interfere with digestion.
3. Try not to eat that much fat in the meal that you take the herb in. Fats might interfere with the absorption of nutrients, so the effects of the herb might be weaker.
4. Try not to use more than 5 or 6 ounces of water, as a large amount of water might interfere with digestion.

Huang qi is the Chinese name for this herb. It is sometimes called astragalus root and sometimes just astragalus.

Using this herb might be the most effective and direct way to deal with electrosensitivity. I hope there will be more success stories with using this herb.

Marc Martin (December 2006)

I've been a heavy user of computers since 1985, both at work (where I'm an aerospace engineer and programmer) and at home (where I run multiple websites and discussion groups).

In 2000, I got some sort of chronic "flu" which refused to go away. The doctors kept giving me more and more antibiotics, and at some point it became obvious that this was doing more harm than good, as I started getting environmental, chemical, and food sensitivities. I also became less and less tolerant of my workplace, and was exhausted by the end of each workday. Eventually I had to go on disability from work.

After finally figuring out that exposure to computers and florescent lights were causing my exhaustion, I initially tried all of the conventional EMF solutions. I bought a glass EMF shield for my monitor. I used an EMF meter to minimize my exposure. I experimented with a variety of EMF shielding materials. I bought an LCD monitor. None of these helped enough to make much of a difference.

Meanwhile, my overall health was terrible-I was diagnosed with chronic fatigue syndrome. My immune system was obviously not working, as I caught every illness going around. I needed tons of sleep. I eventually got fed up with conventional medicine and switched to alternative medicine. I also started cleaning up my diet, switching from junk foods and microwaved foods to more organic, raw fruits and vegetables. I became a vegetarian.

A naturopath tested me for high levels of mercury in my system (in the past, I had a mouthful of mercury fillings and ate a can of tuna every day). I purchased several books on mercury poisoning, and one of them listed a symptom of being a hypersensitivity to electricity. This book

said that these symptoms would eventually go away if I had all of my metal dental work removed and underwent mercury detoxification.

So I had all of my remaining mercury fillings replaced. Amazingly, a lot of my health complaints disappeared immediately, but the electrical sensitivity remained. At that point, my tolerance for sitting in front of my 15" LCD monitor was about 5 minutes, it was painful to watch TV from 10 feet away and also using a regular corded phone.

So, the next step was mercury detox. I found that I had bad reactions to most chelators, but started taking the "NDF" chelator in small amounts followed an hour later by the antioxidant "Microhydrin". Also, around about the same time, I saw a doctor who recommended that I try some EMF protection devices from "Quantum Products".

So I tried a Quantum power strip. On day one, I had a huge surge of energy! On subsequent days, I became fatigued, and recognized these symptoms as being the same detoxification symptoms I got when my fillings were removed. But my tolerance was definitely improved. With a few power strips and the Quantum Byte software, I finally went back to work-halftime.

The next few years I took a lot of supplements for detoxification, rebuilding various organs which were impacted (adrenals, thyroid, etc.), and experimenting with many EMF protection devices. My health continued to improve, and by 2003 I was working fulltime and required a normal amount of sleep.

As it stands now (in 2006), I still practice avoidance where practical, I still eat a lot of healthy foods, still take supplements, and still use EMF protection devices. I am, for the most part, symptom-free and living a normal life. I still have electrical sensitivity, but it's not nearly as bad as it once was, and it no longer gets in the way.

So, after years of trial & error, here are the most important things which have helped my electrical sensitivity so far:

- **AVOIDANCE:** I react more severely to LCD monitors than CRT monitors, so I've kept using CRT monitors. My monitors are a foot or two further away than "normal", and I have less reaction if I run them at a lower resolution and refresh rate. I don't use compact florescent lighting in my home, and have unscrewed some florescent bulbs above my desk at work. I don't use wireless phones or Internet in my home. I have a cellphone, but rarely use it.
- **FOOD:** I've found that eating small quantities of food frequently throughout the day helps keep my symptoms down. Not just any food, but healthy food that I buy at a health food store. Foods helpful for reducing my ES symptoms include oatmeal, quinoa, bananas, dates, kelp, prunes, eggs, carrots, and Odwalla "Superfood" bars.
- **SUPPLEMENTS:** I never had much luck with synthetic vitamin and mineral pills, but there are still some supplements which I've found helpful for ES. An MLM product called "Seasilver" helps increase my tolerance for EMF. Also, an antioxidant called "Mega-H" (formerly "Microhydrin"), a probiotic called "Primal Defense", an antioxidant called "Amrit", a fatty acid supplement called "Evening Primrose Oil", and a mercury chelator called "NDF".
- **EMF PROTECTION DEVICES:** I never had much luck with shielding materials, and in many cases they are impractical or just plain ugly. However, I've had good results from a

few EMF protection devices. Unfortunately, I've only had good luck with about one in every 10 devices I've tried. My favorite devices are from Quantum Products and Springlife Polarity. These days I use the Quantum Power Conditioner, the Quantum Byte software, the Quantum Companion, and the Springlife OM Pendant. I use one or a combination of these at work, home, and elsewhere.

- **SKIN LOTION:** For the burning sensation I get on my face after spending hours sitting in front of a computer, I've found skin lotion to be quite helpful. I use either "Shikai Borage Dry Skin Therapy" or "Burt's Bees Carrot Nutritive Body Lotion".
- **REMOVAL OF METAL FROM THE BODY:** I have found that reducing the amount of metal near/inside the body helps reduce ES symptoms. This includes things like taking keys out of your pocket, replacing metal-framed eyeglasses with plastic frames (or contact lenses), replacement of all metal dental work, and heavy metal chelation therapy.

