

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 medical 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 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.

Namasté,
Gilligan Joy
December 2006

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 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 on my part. 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. 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 was angry, and installed the insulation without asking my supervisor for permission. 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, and I was going to have a new supervisor in September 2002, but he would not let me move my “radar protection shield” into the new office I was going to move into. Hot water heater insulation looks ugly on the walls of an office cubicle, so I was an embarrassment to management. I had to get the union involved, and finally, with the union’s help, I was able to convince management to allow 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.
1. 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! 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 and Swedish Bitters (produced by Flora). I had very good results with both of these herbal combinations.

Finally Free

My cleansing and rebuilding of the nervous system and the rest of my body was successful, and I became free from hypersensitivity to electromagnetic fields in May 2004. All of the products I used 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. 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 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.

I believe that the main causes of electrical sensitivity 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

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 myself, 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.

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 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.

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 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.

There are entire websites and books dedicated to this subject. I don't need to elaborate here.

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."

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:

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

See the Weston A. Price Foundation website for a more complete list.

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. 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 Quantum Techniques or NeuroModulation Technique (NMT) as a possible cure. Quantum Techniques is used to heal the fear or dissociated trauma that is at the root of many illnesses. NMT is used to reprogram the immune system.

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 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
- 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. Guaranteed. Call it the law of purification. However, it is best to address the weakest points of illness first to ensure a safe recovery.

Only Take One or Two Remedies at a Time

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. There are a few reasons for this:

- By taking only one or two remedies at a time you will be able to find out what your body needs based upon how your body reacts. If you take many remedies at the same time there is no way of knowing which ones are really working for you.
- By taking only one or two remedies 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.
- Reducing the number of remedies you take will reduce the stress on your body.
- Taking many remedies at the same time can be very expensive.
- Taking many remedies at the same time can be psychologically overwhelming.

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

Cleansing too quickly can result in a great deal of stress on the organs of elimination, especially the liver and kidneys. This is called a "healing crisis". If you find that you are constantly overtired while on a cleansing program or as a result of taking nutrients to strengthen the nervous system, you may be overstressing your organs of 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.

Please provide me with your case history after trying this program

If you are not completely free from electrical sensitivity after following this program, then there is another cause to be discovered, and hopefully you can find a remedy for it (perhaps with the help of a medical professional specializing in environmental illness like Gary Johnson). What you discover will probably help other people, so please contact me and I will post your case history on this website. I would like to see mostly success stories on this website, but there is great value in sharing case histories of people who do not improve after following this program. Please try the program first, and let me know of your success or failure. If you know the reasons for failure, that is even better and you should include them in your case history.

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. 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.

Harmful sources of electromagnetic fields include:

- Cellular phones
- Cellular towers/antennas
- High-voltage power lines
- Fluorescent lights
- Computers
- Wireless Internet, Wi-Fi and Wi-Max
- Microwave ovens
- Radar

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

If you have the financial means, you could hire a company like EMF Services to provide electromagnetic field remediation solutions for your residence or business, or you could do it yourself by following the instructions in [Making It Better Notes](#) from Shivani Arjuna.

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 Less EMF for people who are electrically sensitive. These may be helpful for anyone with electrical sensitivity, and may be absolutely necessary for those in experiencing extreme EMF pollution.

One product is good for some people with electrical sensitivity: the Silvertex RF Suit. It is made only of cotton and silver. Silver is one of a few non-toxic metals. Metals emit a distinct energy, and many metals are toxic. Pure silver, copper and gold are non-toxic metals. Aluminum is a toxic metal.

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 will not protect you completely from EMF pollution, but it should help significantly.

There are shielding fabrics available from Less EMF and other companies, including silver and copper fabrics. I recommend that you stay away from fabrics that have steel, nickel and tin in them. The High Performance Silver Mesh is a very good product.

Shielding may not be easy to do with fabrics. It is 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.

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. Although aluminum is poisonous, the insulation helped me significantly, and probably saved my life.

Shielding can help tremendously, and may of course be combined with EMF protection devices if they are safe for you.

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 balance 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.

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:

- 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. StarLight and Chiren practitioners can be located with the International Biontology Platform website.
- 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.
- Pulsors—These are unique and highly-refined densely-packed collections of microcrystals which protect from electromagnetic fields and also can be used for restoring balance to the body, mind and emotions. Pulsors are highly effective for correcting energy polarities in the body. Pulsors can be purchased from Sybil Poiset.
- V.I.B.E. Machine treatments—This tool seems to help correct energy flows by restoring vitality to body cells that have been depleted by illness and electromagnetic fields. This is an expensive tool, therefore treatments are usually performed at leading-edge health studios. This is a high-energy treatment so it may not work for many people who are electrosensitive.

You may also be able to correct energy flows in your body by exercising regularly or by practicing Qigong.

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 three 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.
- 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.
- 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.

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 people who use them don't get sick from them); nevertheless **there will probably 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.

I prefer to use crystals and sacred geometry for protection and healing because they are God-made rather than man-made, and that is one reason why Merlin's Balancing Amulet is at the top of my recommended products list.

If you cannot significantly reduce your exposure to electromagnetic fields, I strongly recommend that you try one or more EMF protection devices. Unless your body is protected from the harmful effects of electromagnetic fields, you will 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.

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 Balancing Amulet
- EarthCalm Devices
- Barefoot Connection Products
- Graham-Stetzer Filters
- Akaija Pendant
- Centre for Implosion Research Products
- Celltec Pro Devices
- Global Coherence Products
- DNA Spiral
- Energized Pictures
- Green 8 Products
- Orgone Devices from Divining Mind
- BIOPRO Devices
- Rejuvenizers
- EMF SOULution
- Vortex Cards
- Safe Space Products
- Quantum 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 many 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.

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 these devices safely.**

Although EMF protection devices can be very helpful, they 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, especially by taking nerve-building nutrients. The EarthCalm devices I used helped me greatly, but they did not offer me much protection from radar.

Merlin's Balancing Amulet

This 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. When the body is strong enough from using the EarthCalm Pendant and other healing methods, I recommend that you stop wearing the EarthCalm Pendant and start wearing the Balancing Amulet instead, or wear them both together. The Balancing Amulet is a poor person's substitute for the Metaforms e. Pendant.

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 extremely 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.

I only recommend the use of the EarthCalm Pendants. The EarthCalm Home Protector and Scalar Home Protection System have a very wide area of coverage, and the strong grounding pattern may adversely affect other people who are ill from electrical sensitivity without your knowledge. Only use one of these systems if you have no other option.

EarthCalm devices have a 90-day money back guarantee.

Barefoot Connections Products

Barefoot Connections sells products made by Earth Fx that are used to ground the body into Mother Earth. These products can probably be used safely in combination with any other products listed on this page because they do not add energy to your environment. However, some people will benefit more than others with this technology because not all earth grounds are equally effective.

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 but are expensive.

Akaija Pendant

This beautiful and very affordable pendant strengthens the life force and is potentially a very effective tool for healing at all levels. The Akaija pendant is unique because it draws cosmic energy into the body, and the effect is deeply healing and protecting.

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.

Global Coherence Products

Global Coherence Products are quality EMF protection products, including a variety of software for computers and also Personal and Automobile Harmonizers. **Some of the software is FREE!**

Celltec Pro 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 goes way beyond my superficial knowledge.

Green 8 Products

The famous infinity symbol is being put to good use with these reasonably priced environmental protection products. These products seem to work extremely well for some people.

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

DNA Spiral

This unique device may be very helpful for people with electrical sensitivity that suffer from wireless pollution.

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.

Orgone Devices from Divining Mind

The Orgo-Disk will be of great interest to the person who is electrically sensitive. “This device’s primary goal is to reduce EMF generated by house wiring and appliances connected to it. Even although it’s a small device, it can reduce EMF in a whole house by approximately 75% when placed on the inside of the fuse box cover.... Unlike most products available on the market, results are measurable using conventional (scientific) methods.”

BIOPRO Devices

From the BIOPRO website: “BIOPRO Technology delivers the world’s first products that both counteract the energy-depleting effects of electropollution and keep your Biofield working efficiently. What powers BIOPRO products are innovative and scientifically substantiated technologies—patented MRET (Molecular Resonance Effect Technology) and the proprietary ERT (Energy Resonance Technology).

“MRET is BIOPRO’s patented noise-field nano-technology, which has been substantiated in Medical Centers, Universities and Laboratories across the world. MRET effectively reduces the impact of external stressors and electropollution.

“ERT is BIOPRO’s proprietary subtle energy technology. It is substantiated by Independent Researchers and Peer-reviewed studies. ERT powers BIOPRO’s various subtle energy carriers which emit a subtle energy field, restoring vital communication across the Biofield by assisting the transmission of signals that improve resistance to stressors and support key energetic functions in the body.

“MRET and ERT work hand-in-hand enabling a unique, dual-action effect. While MRET works specifically on greatly improving the impact of electropollution on the body, ERT is designed to substantially improve the body’s ability to compensate for damage caused by external stressors such as electropollution.”

I haven't personally used BIOPRO devices, but I personally know a distributor who sells the devices, and she tells me that they have been effective for all of her customers. This does not mean that they are guaranteed to work for you, but they do have a very good track record.

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.

EMF SOULution

This Metaform "takes the ubiquitous, chaotic EMF radiation surrounding us and moves it into coherent life enhancing rhythms." This is probably one of the best EMF protection devices, but it is expensive so I have placed it lower on the list.

Vortex Cards

These devices are very effective tools for mitigating the effects of environmental pollution.

Safe Space Products

Safe Space Products are amongst the very best products on the market **if you can handle their energy**. Many electrosensitive people should be able to benefit from the Environmental Protection Card, which is one of the best of the pendant-type EMF protection devices: it is the best product that Safe Space produces. The Safe Space 1 is the most powerful emitter of subtle energy on the market; therefore it should **not** be used by anyone who experiences subtle energy overload. Some people experience the energy of Safe Space products as being very unnatural, but others thrive when using them. The energy emitted by Merlin's Balancing Amulet and EarthCalm Pendants is more natural than the energy of Safe Space products and should therefore be tried first. **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 90-day money back guarantee.

Quantum Products

From the Quantum Products website: "Quantum Products™ with SuperForce Technology™ (SFT™) are unique in their approach to improving the quality of the environment. They do not add frequencies to the environment. Instead they simply neutralize an unwanted quantum mechanical noise that already exists in man-made electrical frequencies."

I haven't personally used Quantum Products devices, but I know some people with electrical sensitivity have very good results with them. I have placed these high on my list of recommendations because the claim is that "they do not add frequencies to the environment." For this reason, they should not overload the body with too much subtle energy, even if the nervous system is extremely weak.

Quantum Products have a 60-day unconditional 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, I suggest 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; if one device doesn't work for you, return it and try another one.**

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 like EMF Services to provide electromagnetic field remediation solutions for your residence or business, or you could do it yourself by following the instructions in Making It Better Notes from Shivani Arjuna.

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, fresh air, and sunlight are all necessary for optimal health. See the Weston A. Price Foundation website for a more complete list.

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 raw fruits, vegetables, nuts and seeds, 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 and seeds.

My current belief is that humans should ideally eat foods made from raw fruits, vegetables, nuts and seeds, 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 difficult to find, and high personal and environmental stress might make such diet impossible to survive on for most people, even if ideal food sources

were available. Biochemical individuality, personal health conditions, climate, and other factors need to be considered when designing a diet.

My ex-wife is a perfect example: at one time she attempted to become a vegetarian, but became progressively physically weaker, and eventually started dreaming of chickens and turkey! When she started including large amounts of animal flesh in her diet, her body became stronger. Was her failure on the vegetarian diet due to a poor choice of vegetarian foods, or did she have a real need to eat animal flesh? I don't know, but I do know that my ex-wife had a need for very different food than myself. My ex-wife has Type O blood, and according to one theory, people with Type O blood require animal flesh in the diet for optimal health. There may be some truth to the idea that blood type determines what food is best for a person, but I know of people who have the same blood type as my ex-wife and thrive on a vegan diet, so I think that basing a diet solely on blood type is too simple an approach, but it may be a good place to start.

However, the dietary experts do seem to agree that including a large amount of raw fruits and vegetables in the diet is generally a good idea (there are exceptions), and that our food should be as close to nature as possible. 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.

Although I do believe that a raw vegan diet is ideal, it is something I have yet to put into practice. I am working towards eating an over 80% raw vegan diet, but I don't know if it will work for me. There are four reasons why the raw vegan diet seems to me to be the ideal human diet:

- Spiritually advanced people are almost always vegetarians. I believe that saints and sages know intuitively what is ideal for food.
- I believe that the non-violent aspect of vegetarianism is extremely important
- I like the human physiology arguments in favor of it
- Consumption of animal flesh and animal products is strongly correlated with common Western diseases
- People who have successfully practiced a healthy 100% raw vegan diet seem to be amongst the happiest and healthiest people on the planet

Paul Nison, a 100% raw vegan for 15 years, had his blood tested, and since has decided to eat about 97% raw vegan because of the problems discovered in the blood test. The rest of his diet is now animal products, and he made some other adjustments to his diet. The 100% raw vegan diet is very difficult to practice without imbalances. Paul says that feeling wonderful is not assurance that a diet is safe. Paul explains all of this in detail in this excellent video, and this one too! Paul may have been eating too much fat and fruit and not enough green vegetables: that possibility is explained in this video by Victoria Boutenko.

I strongly believe that you are what you eat. 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 even more important: our thoughts, feelings, words and actions determine our health and happiness to a large degree.

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 vegan 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.

Drinking plenty of relatively pure water and consuming natural salt is incredibly important. Many diseases are caused by dehydration and salt deficiency. I believe this is the most important health discovery ever made. I highly recommend the book, Water: For Health, for Healing, for Life, by the late Dr. Fereydoon Batmanghelidj, and also his website, WaterCure.com. You should consume at least 2 litres of relatively pure water daily. Lumière de Sel Himalayan Crystal Salt and Celtic Sea Salt are 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 should 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. You should also consume a multivitamin that contains iodine because sea salt does not contain enough iodine.

I prefer to use water energizers rather than water filters for purifying water because I believe they are much more effective. Water energizers are available from the Centre for Implosion Research and Alivewater.net.

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).

I have had a long search for the ultimate supplement. There are a few exceptional supplement products that I have found:

- BioSuperfood—Bio-Algae Concentrates. This may be the highest quality supplement on the market and it is very reasonably priced. For more information see the excellent website TheMAGICisBAC.com or read this document.
- UMAC-Core—Marine Phytoplankton. Very reasonably priced. Available as a liquid or in capsules. For more information see the company website.
- Pure Synergy—A blend of superfoods.
- Vita Synergy—Excellent multivitamin and mineral supplements.
- New Chapter—Excellent multivitamin and mineral supplements.

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.

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:

- Triphala
- Organic Skullcap Tincture
- Lecithin (try to get an organic source but don't sweat it if you can't)
- Essential Fatty Acids (from pure Fish Oil or unrefined Organic Flax Seed Oil)
- Tissue Salts (Kali Phos and Mag Phos)
- B Vitamins
- Amino Acids

Triphala is first on the list because, not only does it strengthen the nervous system, it strengthens and purifies the entire body. It is my favorite herbal remedy! It is very potent, so I recommend starting with small doses.

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. High concentrations of Omega-3 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.

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.

Fish Oil is *much* easier to assimilate than Flax Seed Oil for most people because it contains oils that don't need to be converted by the body. If you try Flax Seed Oil and discover that it is not effective for you, try Fish Oil instead. There is no fish oil more pure and potent for healing the nervous system than NutraSea by Ascenta: it is an exceptionally high quality product, though there may be a few other products of equal quality. The NutraSea product that is best for the nervous system is called Balanced EPA & DHA Omega-3 Supplement.

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, and the stress on my body was so great that I thought I might die.

Cleanse the Body

The simplest of all detoxification remedies is salt water. This is **extremely** effective, and can even cure cancer in many cases. For more information, see the Healthy Diet section.

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

- Organic Milk Thistle Tincture
- Organic Triphala (from Banyan Botanicals or Circle of Health)
- Bitters (from St Francis Herb Farm or Flora)
- AIS Max
- Zeolite
- Heavy metal cleanse
- Removing dental amalgams
- Parasite cleanse

Use Organic Herbs

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.

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.

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.

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.

Bitters

The herbs in Bitters (from St Francis Herb Farm or Flora) revitalize the digestive system and aid the liver with detoxification. “Herbal bitters are an extremely valuable aid in maintaining good health. By enhancing secretions of the liver, pancreas, stomach, and small intestine, they revitalize a whole range of digestive functions, providing rich enzyme catalysts, which improve nutrient absorption.” They also seem to be powerful blood cleansers. Bitters are not often found in the North American diet.

AIS Max

AIS Max is a whey protein isolate supplement that replenishes glutathione in the body. From the FGN website: “We literally cannot survive without Glutathione (GSH). Glutathione is your body's master antioxidant—a protein manufactured in your cells with the highest concentration found in the liver. The liver is the main organ involved in the detoxification and elimination of toxic materials. One of the most powerful healing agents Glutathione inhibits the formation of free radicals and protects against cell damage from free radicals. It is the regulator and regenerator of immune cells and the most valuable detoxifying agent in the body.”

I like the taste of this stuff! But it is quite expensive, and I prefer to use herbs. However, it is a very good product and I have heard of many miracles from its users.

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.

Heavy Metal Cleanse

If you suspect that you have heavy metal poisoning, please take a look at the eBook, [This Cure Works - Safe Heavy Metal Detoxification](#). I believe that Triphala and Swedish Bitters are ineffective for heavy metal removal. Zeolite removes heavy metals from the body. AIS Max can play a role in heavy metal detoxification, but I don’t think it is a complete solution; it may be quite effective when combined with Cilantro. A relatively non-toxic product that I have used for

heavy metal detoxification is DTX by Creative Nutrition Canada (CNC). CNC's RTRE is also excellent, for removing the plaque in arteries that leads to cardiovascular disease. Most people will benefit from using RTRE.

Removing Dental Amalgams

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!

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. Remedies that may also be worth trying for this are Chlorine Dioxide and Colloidal Silver. Not all Colloidal Silver products are safe to use so make sure you get a high-quality source.

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

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."

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 burnt out 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.

A very accessible form of meditation is the Silva UltraMind System. This is inexpensive and very effective.

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.

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.

The following are powerful tools for meditation:

- Yogi Amrit Desai's Yoga Nidra CDs. These are extremely powerful, deeply healing guided meditations.
- Swami Janakananda's Yoga Nidra CD. This is a highly regarded guided meditation into conscious deep sleep.
- Metaforms 3-D Star. This is a sacred geometry form that is especially good for achieving deep states of meditation.
- The Mind-Tek Ultra Meditation System and Eternity CD.
- The Immrama Institute Insight CD.
- Holosync Audios from Centrepointe Research. I believe that these audios are overpriced, but they do work.

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.
- All books published by Circle of Light. There are excellent books for guidance of LightWorkers in God's very loving voice, along with very important books on Sacred Sexuality and Twin Flames.
- 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.
- Healing Your Aloneness and Inner Bonding by Margaret Paul and Erika Chopich. By filling your heart up with overflowing love for self, you will be able to give that abundant love to others.
- The Presence Process by Michael Brown. This book describes a powerful, systematic method of bringing awareness into the present moment. This is a very practical guide to present moment awareness because it teaches the reader how to achieve that state, whereas some books on this subject only describe the state of present moment awareness.
- In Search of the Miraculous by Eliza Mada Dalian. This is an excellent guide to spiritual awakening with many powerful methods for Self-Realization.
- 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. Suppressed emotions can be released by certain challenging events in combination with subconscious triggers. By reducing the store of suppressed emotions, the challenging events in life are less likely to result in the release of large charges of suppressed emotions. In other words, by reducing the store of suppressed emotions, unresolved trauma from the past can be integrated or resolved.

The benefit of resolving trauma from the past is that we can handle the same events without becoming as stressed about them. When we have more control of our minds and emotions, we 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.

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. Resisting the release of suppressed emotions 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.

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.

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

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. Core Transformation is another method that is worth investigating. Vivation is much simpler than any of these methods: all you need to do is breathe and feel your feelings without resisting them. Another simple breathwork technique is the Emotional Unhooking Process.

Breathwork may or may not be as effective as the more complex energy psychology techniques, but it was sufficient for my needs.

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. Great to listen to while sleeping!

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.

The bocArus CD is specifically designed for healing the mental and emotional bodies. It is very powerful, and should be used with caution.

A few other tools listed on the Other Healing Tools page are effective for healing suppressed emotions, such as Merlin's Amulets, e.Pendant and Moldavite jewelry. However, most of these tools do much more than heal suppressed emotions.

Meditation techniques will eventually heal suppressed emotions, but this can take a long time because meditation works at a very 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

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

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.**

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

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. I know a mentally ill person who must sleep at night with the lights on because he has seen too many horror movies; I wonder if he is mentally ill because he has seen too many horror movies. I have seen three horror movies in my life, and that is three too many!

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.

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.

There are several good books on the law of attraction:

- The Secret (hardcover and audio books)
- The Law of Attraction
- Flowdreaming
- The Intention Experiment
- Scientific Healing Affirmations

Affirmations

Mind power can of course be used for healing. I have personally used 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

Affirmations are also available on CD. I highly recommend the following tools:

- SCWL Subliminal Programs—These are my favorite subliminal recordings. They are extremely effective. These programs have a 365-day money back guarantee.
- HartTracks—Profoundly effective, deeply healing guided meditations from Carrie Hart, by donation.
- Ultimate Healer—Truly powerful “subliminal music” created by Kyrah Malan. These recordings have a one-year satisfaction guarantee.
- Real Subliminal Programs—Very high quality subliminal recordings with soothing natural masking sounds.
- Think Right Now Programs—These recordings contain audible affirmations and result in rapid change. They have a 6-month risk-free satisfaction guarantee.

- Quantum Quests Programs—These recordings contain discussions, guided meditations, audible and subliminal affirmations and result in rapid change.
- Children of Light—A profoundly beautiful CD that reminds us of our divine nature. A complete transcript of this recording is available.
- The Silent Language of Peace—An excellent CD on how to manifest peace in your life. Inner peace is the foundation for a successful life. A complete transcript of this recording is available.

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.

Stonehenge Healing Crystal

This is a beautiful rose quartz heart that has been infused with divine healing energy in a special ceremony. The energy of this crystal is very loving.

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. Related tools are the Causal Vortex and 3-D Star.

Sri Yantra Pendant

This is an inexpensive pendant but don't underestimate its power:

The Yantra is a powerful and dynamic sacred symbol which arouses the inner life force to its fullest. These symbols have been used traditionally in India for millennia to harness healing energies. Yantras are geometrical figures made from linear elements intended to represent, in a synthetic form, the basic energies of the natural world. It is the physical expression of mantra, which is a Divine aspect in the form of sound vibration. Yantra is in the form of a geometrical figure.—HomaStore.com

The Sri Chakra Yantra, to give it the correct name, is regarded as the Supreme Yantra. Any other Yantra is but a part or fraction of the Sri Yantra; it both includes and transcends all Yantras ever made, and no existing Yantra can not be found in the Sri Yantra. The benefits of all Yantras are, therefore, to be found individually and collectively in the Sri Yantra. It is also considered to be the greatest achievement in the abstract, symbolic representation of the Divine.—IndiaYogi.com

Yantras properly made are infused with God's energy by placing them in special environments that charge them and in special ceremonies, which usually include the devotional recitation of special Sanskrit mantras. Yantras must be treated with reverence because they symbolize God.

Transcendence Design Yantras and Pendants

Beautiful Yantras and pendants 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. Sherri says the following about the pendants she sells:

The Sri Chakra is hand made repoussé made of copper with fused 24k gold according to the ancient Newari tradition of Nepal.

These amulets are imbued with the power inherent in traditions where there is no separation between pure spirituality and the act of creation. Through wearing these amulets, that power vibrantly supports, inspires, and protects us on our own particular Paths in Life.

These offered by Transcendence Design are designed by Karla Refojo and produced in Nepal. Rajendra Bajracharya, the master repoussé artist who creates the Sri Chakra amulet, is also a Buddhist priest—the devotion behind his workmanship is apparent in the refined and uplifting quality of the pieces he produces.

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!

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.

Orgone Art Creations

Meticulously hand-crafted with love, these are beautiful and functional art sculptures.

Mystical Jewelry Merkaba Pendant

This is the largest Merkaba Pendant I have seen, at 1 and 3/8 inches across. It is created by a spiritual seeker and is blessed.

Ka Gold Jewelry

My favorite pendants from Ka Gold Jewelry are based upon sacred geometry. These have a broad range of healing effects. There are two pendants from Ka Gold Jewelry that may be particularly helpful for protection from electromagnetic fields: the Merkaba Pendant and the Alchemy Pendant. The Flower of Life Pendant and the Christ Consciousness Pendant may also be helpful. This jewelry is very reasonably priced.

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: reduce your exposure to electromagnetic fields as much as possible; take supplements for the nerves; drink at least 2 litres of water daily (this is incredibly important); include 1/4 to 1/2 teaspoon of unrefined or additive-free salt per litre of water; eat wholesome foods (consider trying the low free glutamate diet); and exercise daily.
2. Correct the energy flows in your body. This is an extremely important step. This can be done with certain tools, regular exercise and Qigong as a starting point, but everything in my healing program will contribute to improved energy flows. The EarthCalm Resonator pendant is very effective for some people at correcting the energy flows in the body. The EarthCalm Resonator will benefit most people who are electrically sensitive, but some people will get sick from it, so pay close attention to how your body reacts to it.
3. Use effective EMF protection devices. The devices on the following list are recommended for people who are electrically sensitive:
 - a. Merlin's Balancing Amulet or EarthCalm Resonator pendant or Akaija pendant
 - b. Barefoot Connections Bed Pad
 - c. Demand Switches
 - d. Circuit Rejuvenizer (to be placed on the fuse box)

Although these devices 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 all of these devices together if that is beneficial for you.

4. Find a healthy diet that works for you, and consume BioSuperfood daily. BioSuperfood may be the highest quality supplement on the market and it is very reasonably priced. For more information see the excellent website, TheMAGICisBAC.com.
5. Work on healing suppressed emotions 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.
6. Practice some form of meditation daily for at least half an hour. Meditation is much more effective after great progress has been made in deep emotional and mental healing.

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

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.

Prayer and Grace

I hadn't really planned on creating this page; however, I felt guided to do so. With all of the focus on tools and techniques for healing, it is easy to forget that God is the source of all healing. I have been blessed many times due to God's response to my prayers.

Prayer is wonderful because you never really know how God is going to respond. Often you get what you ask for, but God may have something better in mind. Sometimes God gives you more than you ask for, and sometimes you don't get anything at all. God knows what is best for us.

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.—Paramanansa Yogananda

A good question is, can electrical sensitivity be healed with prayer? Perhaps it can, but I would not recommend relying upon prayer alone to heal electrical sensitivity. You must have a very strong mind and great faith to be able to concentrate deeply enough to heal serious illnesses with

prayer alone, if God would allow it. Most people do not possess such mental power, and those who do probably do not suffer from electrical sensitivity. Also, there are certain aspects of life and healing that are best managed with methods other than prayer; God wants us to be practical too. However, prayer has been and continues to be a very important method for my healing.

Once I tried healing electrical sensitivity using affirmations alone. I had three hours of total commuting time by bus to and from work, and I spent much of that time practicing affirmations. Affirmations are closely related to prayer as they invoke the power of God within. I was not able to heal the illness using affirmations: my mind was too weak and the radar exposures at work were too damaging. However, the affirmations were deeply healing and strongly stimulated my life force: I believe they kept me alive and they gave me hope because they were so revitalizing.

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.—Paramanansa Yogananda

How does one pray effectively? When I am in great need of healing, I pray for extended periods of time out loud with my voice (without being loud enough to disturb anyone else), rather than just praying mentally, because I can pray more powerfully with my voice and it is easier to pray when I can clearly hear my own voice. I usually pray for a very specific need, such as overcoming fear or guilt, over and over again. My mind is not very strong and my ability to concentrate is quite limited, so I need to repeat my prayers before I experience God's cumulative responses to my individual prayers. God is not a machine, and I do not approach God as a machine when I do this, but repeated prayers do work very effectively. God is wonderful in allowing us to receive healing just by asking for it. Sometimes God responds in a big way to a short prayer, but I have found that repetition is necessary for healing deeply rooted illnesses.

Grace

Sometimes, probably far more often than we realize, God does things for us without us even asking for help. This is called grace: "the freely given, unmerited favor and love of God." Many times in my life I have received the grace of God. I have done some extremely stupid things, but God keeps on loving me and helping me. He wants me to come home to Him, and He never gives up on me. I hope to improve myself so He doesn't need to keep "bailing me out". The saints say that God loves each of us just as much as He loves the greatest saints, like Jesus Christ, Krishna, and Buddha.

Case Histories

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-nagy1.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.

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.
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