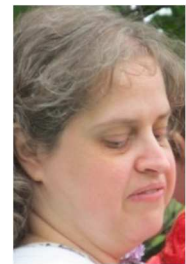
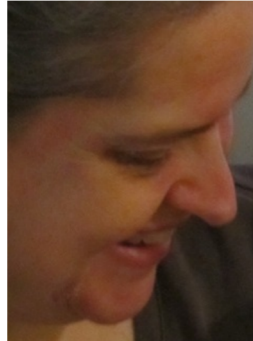


The Background of “Multi-Chemical Sensitivity” (MCS): In 1994, in the midst of earning my B.Sc. degree, I had a couple of heat strokes, followed by not only an increased sensitivity to warm environments, but also other symptoms that were considered rare for a young adult. One was that some of my muscles would suddenly change to stiffen (or get extremely floppy/weak), sometimes with pain (e.g. like a sudden headache), and sometimes with a sudden fever resembling heat exhaustion, in response to being exposed to specific types of chemical vapours that would be off-gassing in my environment. As a result, I was sent for a muscle biopsy under Dr. Britt, a world-renown specialist for Malignant Hyperthermia (M.H.) who had researched others like me who were also sensitive to certain chemicals in some (not all) cleaners, print toners, glues, paints, perfumes, etc.. So *that* became my diagnosis and it explained many things. It turned out that some of my children also have similar multi-chemical sensitivities but in general, our lives are very well managed since we avoid the triggers and have been able to recover easily enough from reactions with simple things like moving to fresh air and cooling down with water/ice. (Unlike the typical families with M.H., no one in ours has ever had a reaction in the operating room but instead, we are sensitive to the same groups of chemicals but at a lower concentration level – these exist in and off-gas from many manmade products; a few M.H. experts since Dr. Britt’s retirement still recognize these environmental aspects but do not focus on it.) We tend to live a more natural lifestyle and love that! ☺

“Electromagnetic Frequency Sensitivity” (EMF): I’ve learned recently that some people with MCS also develop EMF or vice versa. Though Rob and I grew up in rural Southern Ontario, we moved to the fresh, cooler climate of the Muskoka District in 2002 to raise our family. My health has generally been very good living here however, in 2017, it took a strange turn as I developed a definite sensitivity to some of the popular technology. When the children were younger (about 5-8 years previous to



this), I remember them giggling when Mommy would talk on the phone but then be left with a “sunburnt” imprint of the numbered keypad on my cheek for up to a few hours afterwards. We tried different cordless phones but eventually, none would leave my cheek unburned so we simply went back to a corded phone ever since and thought nothing further about it.... that is, until mid-October 2017. It was then that we were reminded about EMF sensitivity from a casual web article about it. Suddenly, everything started to make sense, correlating perfectly with my recent exposures 24/7 to things like wifi, smart phone technology, a wireless printer, more frequent microwaved meals, and other pulsating radio frequencies that I had introduced close to my working and sleeping space! Then we tested out our theory by turning off our wireless and staying away from it for a while and **wow** – what dramatic results! Other people saw the difference and were amazed, along with us, who perhaps were the most shocked of all. Then, of course, I experimented with going back into the radiation of wifi, cell phones, etc. and once again, we saw my symptoms return. Because of the growing number of cases, our government has established 2 research teams in Canada for the purpose of gathering information (and to give tips to people living with these sensitivities). Those research teams are the Women’s College Hospital Environmental Health Clinic (Toronto) and a clinic in Falls River, NS. Some of us feel the effects of EMF first before the rest of you; we are like a “canary in a coal mine”. It is still only at the research stage in Canada, not policy-changing. There is a wide variety of symptoms that people report. For me, my symptoms started as unexplained dry eyes when I was around more wifi in public and then recurrent corneal abrasion as we became more wireless here at



home when our Ethernet cord broke and we didn’t replace it. But unlike typical people who can manage dry eyes, I also became allergic to some gel drops and ointments so my pain couldn’t be masked or soothed easily. My eyes continued to be injured with the burning of the radiation hitting them to the point of painful, swollen, ripping eyes that would not allow me to see properly if I was up during the night or well enough to function normally during the daytime. In addition to this, my face had begun to appear sunburned and peeling, without repairing and healing the skin on my entire face. Ointment had dropped and burned a few spots on my cheek and chin in July but regardless of what we tried, these spots refused to even begin to repair until 48-72 hours after our wireless was turned off in our house in October! Then my skin cleared up to being fully smooth again within a few weeks! If I go out in most public places without special protection (or if I’m in higher levels of wireless radiation), my cheeks once again appear sunburned within a few hours after exposure; but my worst symptom is the debilitating, burning eyes. This is the reason I now wear a head net (and other “shielded clothing”), which reduces the amount of radiation that hits my face and body. I also measure the RF on a special meter to help me stay away from higher levels while shopping, etc.. Because this is a life-long condition where sensitivity increases if you try to ignore the danger or acclimatize instead, it needs to be managed very carefully. The most effective management is to limit the time spent in areas with wifi or cell phones, which essentially means, not being in public often. Drinking lots of good water, foods rich in antioxidants, and fish oil all can support general good health and repair of cell damage but they do not cure this. Also helpful are regular exposures to natural sunlight and the “real earth ground” (e.g. gardening). Low-impact exercise away from EMF is good (e.g. walking through woods, not under hydro wires). Changing lightbulbs back to incandescent, using screen protectors and glasses with artificial blue light protection may help a bit. My



computer is fully wired and I sit a number of feet away from the CPU and the power-bar, only turning it on when using it. (A significant part of my workday is computer-based but I limit my time at it.) Many people can regain a measure of better tolerance to the RF levels in public **IF** they mainly live/work/sleep in environments of **low** amounts of pollutants and **all forms** of man-made EMF, although it might take up to a few years to regain that tolerance. In order to not progress worse, effective management of EMF sensitivity remains a life-long lifestyle adjustment.

Thank you for reading my story. Take care!

## THE SCIENCE

Electromagnetic frequencies are found in nature (i.e. sunlight) and are invisible to us, other than the small section of visible light. But those natural frequencies from the sun are not as strong/concentrated when they reach us in comparison to the manmade ones. We know that high frequency radiation waves such as those from X-rays and nuclear power plants need to be carefully monitored for exposure levels since they can cause harm. While our newer technologies such as wifi and cell phones may meet the current “safety standards”, we have assumed that this means rigorous tests are performed with high standards; but sadly, this is not the case. Instead economics tends to take priority in decisions as industry and much of government ignores countless scientific research studies which prove the damaging effects of certain levels of low frequency radiation waves as well. The three types of low EM frequencies that cause concern today are high levels of:

1. Radio microwave frequencies (RF) – the most common kind of low-EMF that has health effects on humans and animals/birds. Examples: microwave ovens, microwave weapons, driverless vehicles, wifi, cell phones, smart phones, wireless devices, cordless phones, smart meters, CFLs, 5G.
2. Magnetic Fields (MF) – Examples: electrical appliances turned on such as digital alarm clocks, lamps, mixers, shavers, stoves, variable speed motors, items with switching boxes.
3. Electrical Fields (EF) – Examples: the electricity that flows through your home even when nothing is plugged in or “on”, dirty electricity, poorly-shielded wiring, “stray voltage”, “cancellation effect”, powerlines.

## How Can YOU Better Manage YOUR Technology?

1. Turn off your wireless router and devices while you sleep so your body has chance to repair and sleep more soundly. It is strongly proven that RF decreases melatonin and as a result, your sleep quality. Simply sleeping with less RF can make a big difference! Double-check that those sneaky/hidden "second antennas" are also disabled on wired things like printers.
2. Keep your device on "airplane mode" or "off" unless you need to use it. Using a speaker phone to talk on a cell is best, never hold it to your ear and don't store it close to your body. Changing your settings, turning it off or on, receiving or sending data, or using a cell phone to see websites causes extra spikes of radiation.
3. Use wired connections where possible for your computer system and home phone.
4. Minimize your dependence on wireless devices and regain a happier sense of well-being by talking directly to someone, observing nature, and walking in fresh air and the natural sunshine.

### SOME LINKS FOR FURTHER STUDY on EMF

*Of special interest for parents, teachers –*

A funny video about healthy buildings:  
<http://www.youtube.com/watch?v=JslZ58N9a7A>

A film trailer about effects of cell phones and wifi on children, teens, and adults (2017):  
<https://www.generationzapped.com/>

About Ontario Schools - <http://www.safeschool.ca>

Name to search on "Google": [Cece Doucette \(for videos\)](#)

Compilation of videos explaining some science stuff-  
<http://www.defendershield.com/learn/video/>

Dr. Barrie Trower speaks at U of Toronto -  
<http://www.thecanadiancharger.com/page.php?id=5&a=554>

*Of special interest to those working in health care -*

Camilla Rees with Drs. Jerry Philips, Barrie Trower, Karl Maret - <http://www.electromagnetichealth.org>

Some summaries of health issues:

<http://emwatch.com/what-emf-does-to-your-body>

*Semi-Technical/Technical science websites -*

Safe Living Technologies (Ontario) - <http://www.slt.co>  
(They are one of the reputable places that sell measuring equipment and offer house testing with a building biologist.)

Oram Miller - <http://www.createhealthyhomes.com>  
A compilation of worldwide scientific research –  
<http://www.bioinitiative.org/> (effects on nature),  
<http://www.powerwatch.org.uk/library/index.asp> and  
<http://microwavenews.com/>

*For general interest -*

<http://www.cbc.ca/marketplace/episodes/2016-2017/the-secret-inside-your-phone>  
<http://www.womenscollegehospital.ca/news-and-events/connect/the-effects-of-invisible-waves>  
<http://www.thecanadiancharger.com/page.php?id=5&a=594> (locations of cell towers in Canada)  
<https://ehtrust.org/>

Cindy Russell's article on 5G:  
[http://www.sccmacms.org/Portals/19/assets/docs/Bulletin\\_0217\\_20-24.pdf](http://www.sccmacms.org/Portals/19/assets/docs/Bulletin_0217_20-24.pdf)

5G Cell Towers: What Are They?  
[http://emrabc.ca/?page\\_id=8805](http://emrabc.ca/?page_id=8805) (EMF Health Alliance of BC)

*Of Living With Environmental Sensitivities -*

<http://www.conradbiologic.com/articles/Triggers%20of%20EMF%20Sensitivity.html>

<https://www.emfanalysis.com/emf-refugee/>  
<http://www.eiwellspring.org/index.html>  
<https://emfcenter.com/> (EF and MF issues plus RF)

<http://www.lessemf.com/> (shielded clothing and fabrics to make your own)

<http://www.4ehsbyehs.com/rf-protection/LED-LCD-screen-protection-film> (computer/TVscreen covers that work)

<https://www.amazon.ca/Electromagnetic-Hypersensitivity-Workbook-Journey-Feeling/dp/0986852856> (a how-to book by a Canadian who recovered)

EUROPAEM EMF Guideline 2016 for the prevention, diagnosis and treatment of EMF...  
<https://www.ncbi.nlm.nih.gov/pubmed/27454111>  
<http://it-takes-time.com/> (the initial website where we learned about EMF sensitivity)

## What are Health Effects of EF or MF?

This seems to be less understood, less researched than RF effects although there are some technical studies on this such as "The Electrical and Biological Effects of Transmission Lines: A Review" (Jack M. Lee Jr., 1996, Oregon) which can be found from <http://www.powerwatch.org.uk/library/downloads/bpa-book-20050916.pdf>. Oram Miller had a recent set of seminar notes that summarized his knowledge on this topic. Search online for this; it is called: "Healthy Wiring Practices: The Building Biology Method - Design & Build For Wellness", from the Building Biology Conference, October 8, 2017. We consulted with Michael Neuert (emfcenter.com) regarding his insights into EF and MF and he was very helpful.

MF: There were 3 people in our home who experienced shocking sensations with DE filters (which apparently slightly increase MF); we are not the only ones who have reported this. Some brands or types of electrical appliances or gadgets have lower MF than others and some types I now need to avoid or else my dry eyes return (albeit, less severely than with RF). High enough levels of MF can cause shock-like symptoms in sensitive people and have been studied with regards to childhood leukemia rates. High MF may indicate house wiring errors which need to be fixed.

EF: Refer back to Oram Miller's seminar to find out that high EF levels [in the bedroom areas] are linked to things like poor sleep patterns (decreased Stage 4 deep sleep), Restless Legs Syndrome, CFS/Fibromyalgia. One of the first EMF sufferers worked a lot with early electricity (Mr. Tesla). I have also read somewhere that high EF can contribute to lowering one's tolerance to other forms of EMF. And cows can be affected by stray voltage so an utility company tests for this on farms if it is above 1V (1000 mV) although generally feels that it poses no health hazards to humans until it reaches 5 or 10 V of voltage on the ground wire/neutral. EF levels can be lowered for sleep periods by turning off the breakers, using shielded wiring, or lowering the voltage on the ground/neutral – the methods depend on where the source is coming from for the higher levels.

*Further Notes:* What about stickers or jewellery to "neutralize" or "harmonize" EMF? The official advice from research scientists on EMF is to look at those methods with "great restraint". To my knowledge, no harmonizing gadgets will lower RF exposure levels to be within a safe range of values; a placebo effect does not protect against real damage even if the person "feels less symptoms"; instead it offers a false sense of security. What about "energy healing" methods (the kind with a mysterious energy used to block or balance things in a person's mind, spirit, and body? Not only is this not proven scientifically (e.g. you can't dissect humans to find meridians), but, as a Christian, I'm not tapping into a source of spiritual energies that work against the God of the Bible. If you want a further explanation, I have written another brochure on this specific topic that you can read or you can see a similar viewpoint in [The High Cost of Holistic Healing](#) by Dr. Nolan Byler, Ridgeway Publishing, New York, 2011 ISBN#978-0-9831460-0-1)

# Do You Know About Electromagnetic Sensitivity?



Hello! My name is Joy and I am an active mom and children's curriculum developer, happily married to my sweetheart, Rob.

This is my EMF story, as it began...

Please take the time to learn about something that is around us so often – and about how it could affect YOU!

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A Photo Note: All are of me from 2017. I regain my normal appearance when I stay away from wifi, microwaves, and cell phones.