

TESTIMONIALS FROM ELECTRO-HYPERSENSITIVE HEALTH PROFESSIONALS 2024

April 22, 2024. Ms Bl, 28, EHS since 2022, Physiotherapist, Var, France.

I had already been a little electrosensitive. I used to have headaches when I talked over the cell phone, I would call my patients using the landline, I had no Wi-Fi at home, I had chronic pain, but I was working and had a so-called normal life.

One day, for no apparent reason, I began to have trouble sleeping. I spent about a month and a half sleeping very little and feeling like my head was heating up before I realized what was happening. I was exhausted and had some memory loss (I was 26).

I understood when I left town and then came back, when I felt that particular headache and saw the new phone antenna immediately afterwards. The next thing I saw on a web site listing up antennas was that new ones had been activated in my town, just as I was beginning to lose sleep.

I had to leave my home, I can't work anymore, I live without the internet and practically without any electricity. I don't go out much because I don't feel well near phones, Wi-Fi, antennas, etc.

I've lost most of my social contacts. It's been two years now.

April 22, 2024. Ms Br, 65, EHS since 2018, Pharmacist, Var, France.

In 2017, shortly after retiring from my job as a pharmacist, I was diagnosed with Lyme disease and had to take strong antibiotics while dealing with chronic fatigue, pain and buzzing in my ears. As I searched for more natural treatments, I discovered that many people who suffer from Lyme also are EHS.

Then when I read about the symptoms (e.g. ear heating on mobile phones and DECT, tingling in the legs while using laptops connected to Wi-Fi) I really thought I was EHS myself.

So I consulted Professor Belpomme, who confirmed it.

As a result, I sold my apartment because it was exposed to the neighbors' Wi-Fi, and it took me three years to find a house with low exposure that I equipped as best as I could for an EHS person.

I could no longer travel by plane or train because of the Wi-Fi, but many books helped me understand and move forward.

Today I am trying to treat my electrosensitivity by having all the metal alloys removed from my mouth, while still treating Lyme. But I don't really see the light at the end of the tunnel, especially as the world is becoming more and more connected.

April 30, 2024. Ms H, 65, EHS since 2014, Physiotherapist, Var, France.

I am a 65-year-old physiotherapist. I have been affected by electromagnetic fields for many years now, starting with the fluorescent lights when I was 20. Later, around 1998, I discovered that it was the electrical panel - so close to the head of the mezzanine bed, just on the other side of the partition wall - that was affecting my sleep.

Around 2007 or 2008, sitting in front of my computer for half an hour was exhausting, and I thought that was normal... until a friend of mine explained to me that not only did I need an Ethernet connection, I also had to turn off Wi-Fi.

When 4G was introduced, I became sensitive to the EMF fields emitted by cell towers. At first, it was almost like a game: a nearby antenna would make me feel like having a blow to the head so I knew I would quickly find the culprit.

I finally decided to ask my patients to turn off their phones completely so that I wouldn't be too tired at the end of the day. At the time, this was sometimes greeted with mixed feelings and I remember getting a few snide looks. Nowadays it's more easily accepted. Well, they can't answer their phones during the session anyway! I use my EMF meter to check that everything is properly turned off.

Then the Linky smart meters were deployed. As a result I had more headaches, heart palpitations, more weaknesses and I increasingly found myself in low spirits. I had to turn off the electricity at night. Strangely enough, as someone who usually suffers from insomnia, I find it easy to fall asleep with the Linky. Although, it's very difficult to wake up the next morning and I tend to feel sluggish all day, so I would not recommend Linky as a sleeping pill. Finally, I never sleep away from home, except on vacation in a remote mountain campsite, far from any electricity.

In my workplace, during winter, before a filter was installed next to the electricity meter, it was difficult to keep the right temperature and stay healthy at the same time. The magnetic field was really too strong when the heater was on. With the filter on, it's more comfortable, it's not like it used to be.

My sensitivity to EMFs improved significantly when my dentist removed a broken drill from a dental canal. I could more easily go to places that I had previously avoided. But this improvement was short-lived due to the arrival of 5G.

Today, I can go pretty much wherever I want, as long as I don't stay too long there. If I talk too long in an exposed space, I may find myself unable to articulate my words with a growing brain fog. At this point, I know I need to leave really quickly. I stopped going to the movies a long time ago, it's too complicated. I seldom visit my friends. It is tiresome to always ask for everything to be switched off. This has considerably limited my social life. In any case, even with the power off, with Wi-Fi, Bluetooth, and phones turned off, I can't last more than a few minutes in most homes.

May 5, 2024. Dr F D T, Ophthalmologist, Paris 13^{ème}.

I noticed that health issues (severe insomnia, heart palpitations) were appearing in my home in Paris and disappearing when in the countryside.

In December 2022, these issues worsened with the installation of a new 5G antenna located at the same height as my apartment and 48 meters away from it.

Since June 2023, the symptoms have been intensifying - confirming the EMF exposure - and I was diagnosed with EHS.

I'm compelled to protect myself from EMFs.

I can no longer give my consultations at the *Hôpital des quinze vingt* as an ophthalmologist specialized in contact lens tolerance issues, or attend any professional meeting.

Goodbye to playing bridge, dance classes, Pilates sessions, trips, restaurant dinners and events with several alumni associations.

I can no longer live in my main residence in the 13th arrondissement of Paris, where all my memories and possessions are. I can no longer see my children and grandchildren because of the distance.

It is worth mentioning that my husband is also affected, as are some of my neighbors.

May 12, 2024. Ms C, 58, Sophrologist, Rhône, France.

Chemically hypersensitive (MCS) since the age of 20, I have also become electrohypersensitive (EHS) without even knowing it. In 2010, I was working full-time on a computer connected to the network via Wi-Fi. I quickly lost sleep and felt like I was going to die from exhaustion. I had to leave my job after six months.

Later, I became a sophrologist. With a proper EMF protection, the treatments that relieved my pain and my daily practice of sophrology, I was able to live a normal life.

But in early 2023, I stayed in an apartment that was particularly exposed to EMFs (I later located the antennas on the Cartoradio website), causing a serious relapse of my electrosensitivity. I returned home, but did not regain my normal condition. What's more, in August 2023, a 2G, 3G, 4G, 5G cell tower was installed 200 meters away from my home and office, in addition to several other antennas in the area.

I had to drop out of a music therapy program I had started to expand my practice in the public sector. This training is taking place in Dijon but I can no longer stay in a city.

My sophrology practice is located inside the beam of an antenna. I can't stay there anymore. And I can no longer work in institutions or companies because of the Wi-Fi and other wireless devices that are ubiquitous in those places.

The consequences of EMF exposure on my health are insomnia, chronic fatigue, reduced cognition (severe lack of words), sciatica.

I was told by the doctor who treats me for EHS that I am one of those people whose serotonin production stops when exposed to EMFs. It could result in depression and having suicidal thoughts. This encouraged me to be particularly cautious about my EMF exposure. As a result, I got more socially isolated and could not retrain for a new job.

I bought an EMF meter to identify the room where I can be safe. That's where I spend my days and nights. To stay as healthy as possible, I do one hour of Qi Gong every morning, followed by one hour of Sophrology adapted for EHS. These practices are excellent for both my physical and mental health. Fortunately, I'm not alone and my husband has a professional income. How would I get by otherwise?

I was refused the disabled adult allowance (AAH) on the grounds that "[...] these difficulties have a slight to moderate impact on your social and professional autonomy, corresponding to a degree of disability of less than 50%". How can they say that my loss of social and professional autonomy is only slight or moderate when I can no longer go to public places, when I had to give up a professional training course that was necessary for my activity, and when I can no longer run group sessions in companies, institutions or neighborhood associations?

May 19, 2024. Ms F, 65, Nurse, Drôme, France.

I'm a private practice nurse. In 2006, many of us in my family and in our neighborhood started having health problems. We did some research, and with the help of Michèle Rivasi, we could establish that these health problems were related to a Wi-Fi antenna that had been installed three months earlier, in this part of the village.

Symptoms included headaches, insomnia with frequent awakenings around 3 a.m., severe fatigue, memory and concentration problems, burning sensations, pain between the shoulder blades, tachycardia and extrasystoles confirmed by a Holter monitor (these would subside outside the village), intestinal spasms (also confirmed by colonoscopy and medical diagnostics).

Our family had to leave the village and move in with a friend for a year in a white zone [TN: aka cellular dead zone, quiet zone in the US or not-spot in the UK]. Our daughters had to change schools.

We created a non-profit, mobilized the press, and joined the Antennes Relais Federation. We were able to return home after a year, when the antenna was finally removed.

I have become electrosensitive. To protect my health, I have an electromagnetic wave detector to help me manage my environment. At home, no Wi-Fi, no Bluetooth. I also have a tent made of EMF shielding materials in case I need to sleep in an exposed area.

It is important for individuals to be informed about this issue in order to protect themselves from such nuisances and to maintain their health at home and at work.

May 10, 2024 Ms B, 61, former Physiotherapist, Osteopath, Hautes-Pyrénées, France.

My name is Héléne B., I'm 61 years old, and I've been an osteopath since 2001. Before that I worked as a physiotherapist, first as an employee and then, from 1984 and on, in my own practice.

In 2007, I moved to Aureilhan, on the outskirts of Tarbes. I built a house and an adjoining practice with two workrooms, for myself and a colleague.

After a few years, I slowly began to feel more and more tired. The practice was going very well and for a long time I blamed fatigue on overwork. And I did the same as everyone else: Wi-Fi in the house, PLC to allow my colleague to have internet, DECT phone in the house and at work, cell phone...

And then I got a nodule in a parotid gland that appeared after a homolateral dental abscess. This nodule made me feel unusually tired and it inflamed the ganglion chain along my neck. I felt an oedema around my throat, which increased with time. I couldn't salivate, I was very thirsty and felt like having eaten a handful of salt. The fatigue was compounded by a burning sensation in my head, memory loss, tinnitus, a feeling of not understanding what was being said, of being stunned, of searching for my words... I had aching muscles, unexplained tension and sometimes sudden nervous movements while lying in bed. I also had the feeling that I no longer felt my own body and that it was permeable to everything, which I think was perhaps the worst thing. However, I can say that in no case did I experience depersonalization or derealization.

My explanation for this sensation is the extreme saturation of the entire nervous system, the gamma loop, by electromagnetic fields. I realized I was EHS when I switched from my cell phone to a smartphone. Bringing it up to my ear was almost enough to make me faint. That was in 2013.

There was little or no information available about this pathology, and my doctor, who never questioned my symptoms, was also powerless and didn't know what treatment to suggest.

I didn't know how to protect myself. In fact, the house was built 300 meters away from a cell tower. My bedroom was directly facing this antenna. So I never had a moment's rest, day or night.

In January 2014, the symptoms increased when the antenna began transmitting 4G. I resisted for a while longer. Then, I had a parotidectomy in April 2014; there was a risk of cancer.

In September 2014, after experiencing heart problems, I had to stop working and leave my home. I stopped for 7 months. Brain MRI showed signs of migraine. The coronary angiography was normal and the ultrasound showed inflammation of the homolateral lymph node chain.

I was diagnosed with EHS by my neurologist in late 2014.

Finally, I believe the origin of the EHS is dental. In fact, I had up to 8 metal crowns with posts made of 3 different metals. All that metal in the mouth formed an "antenna" and irradiated the parotid gland, the salivary glands, the ganglion chain, the CNS, the mediastinum, and the abdomen. This invasion was a step-by-step process, a gradual

overcoming of my natural defenses. It took me 2 years to replace all the crowns, which were replaced by ceramics with carbon fiber pivots.

Despite all this work, I remain electrosensitive. But I can live almost normally as long as I don't expose myself for too long. I didn't get any social benefits during the 7 months I was off work because the EHS is not listed.

Today, I live in a small village, in a white zone [TN: aka cellular dead zone or quiet zone in the US or not-spot in the UK]. I've been able to resume my business there. But until when?

I would like to add that no dentist I've ever met has disagreed with my reasoning. They fully understand that excess metals in the mouth can cause major problems. Only the doctors have doubts...

October 6, 2024. Dr T, 63, Endocrinologist Gynecologist, Haute-Vienne, France.

In late 2021, I started getting skin burns pain all over my body day and night (which in fact have only increased since then). As a specialist, I had an "all-digital" practice with a large, loyal patient base built up over three decades.

In March 2022, I had to take a leave of absence from my work because I could no longer focus properly on my patients' cases and I was afraid of making wrong decisions for them.

In August 2022, the CARMF refused to pay the daily benefit I was on after 3 months off work because all my neurological, rheumatologic and internal medical examinations were normal.

These severe burning sensations did not improve. I stopped all medical activities and retired much earlier than planned. I saw more clearly all the previous years with my problems of severe fatigue, tinnitus, headaches and heart rhythm disturbances, including 2 stays in the cardiac intensive care unit.

Since then, I've been wandering around trying to find a suitable place to live, a place where I could recover. This search is even more difficult since the introduction of the 5G antennas. I can't stand living in my beautiful townhouse with the twenty antennas less than 500 meters away, not to mention the city's electrosmog. The medical community is very skeptical about this EHS syndrome. They don't know anything about the disease or how to help and treat it.

My life is a living hell not only in the literal, physical sense of the word, with this constant feeling of my skin burning in flames, but also socially. People around me don't understand; I have withdrawn from any social activity because I can't stand antennas, telephones, electricity, all the places of modern life.

I have had to develop all sorts of avoidance behaviors: I can no longer travel, drive on the highway, cook on my induction stove, or even walk by an electricity meter, etc...

I have no choice but to give up my house, but where to go? In a cave, perhaps. Even in the woods there's little respite, because EMFs are everywhere.

In spite of all this, I am back to work one day a week in a small hospital in La Creuse (central France) where the team did everything they could to make my life easier - no phone, no computer, just paper files. This way they can take advantage of my expertise; as for me, my job is to care for people, first and foremost, in spite of everything.