

MCS Information

ME – Radiation Sickness?

By Group Member Ms A Christie

If you are reading this article, then I understand that you or someone you know has undergone a massive decrease in their quality of life.

There is now no energy to do even the things you feel desperate to do. Careers have been lost, friends fallen by the wayside and finances ruined.

ME is a symptom based condition of no known origin. Or is it? Through my own suffering, observation and research, I now refuse to accept this statement.

We are all being subjected to the largest social experiment in history, in the form of invisible electro smog. New, untested technologies are available to the public every day, without care or warning to the unsuspecting.

The Health Protection Agency (Radiation Protection Division) carried out a study in 2005, entitled 'Definition, Epidemiology and Management of Electrical Sensitivity'. This is easily available from them on request.

On page 8 of the study, 34 symptoms are listed for Electro Sensitivity, including: fatigue, feebleness, blurred vision, problems with short term memory, sleeping problems, muscle cramps, neuralgia, headache, concentration problems, breathlessness, abdominal pain, irregular heartbeat.

Sound familiar? Out of 34, I myself suffer 33, the only exception being hair loss.

E.S. is a condition which anyone can develop, usually after exposure to the electromagnetic fields (EMF's) of anything from radar to hairdryers. E.S. is a progressive illness and may be noticed initially only as a pain or tingling in the head after using mobile phones or computers for example. You may feel drained of energy around your cooker or while watching TV.

As symptoms become worse, it may become impossible to live a normal life.

In Sweden, E.S. is considered a handicap and affected citizens are given a pension, their homes are shielded with special paints or fabrics, and the government supply cottages in the countryside for rent.

There is however, widespread ignorance of E.S. in the UK among GPs and public bodies, as the current safety limits are based on outdated advice meant only to protect us from electric shocks or being 'cooked'.

Without treatment or shielding, the sufferer experiences 'prolonged exposure from which the body can no longer recover' (HPA report), but maybe we, through recognition or causes, will be able to change our lives, possibly for the better, simply by analysing our environment and shielding ourselves where we can.

At the present time there are no statistics available, as the UK medical authorities will not recognise ES as a medical condition. Instead they are separating the symptoms, giving them a medical label, thereby denying the radiation link.

My own problems started in the eighties, while living under the radar smog of US Air Force bases nearby. ME at that time was ridiculed as 'Yuppie Flu', but for those of us old enough to remember, those young professionals were in fact the canaries in the coalmine, as the first users of computers and mobile phones in their everyday life. Instead of heeding the warnings however, our authorities chose to look the other way.

For more information about ES, I have found the Support Group ElectroSensitivity-UK very helpful:

ElectroSensitivity-UK

BM Box ES-UK
London WC1N 3XX
Tel: 0845 643 9748
www.es-uk.info

I am currently reading Lyn McLean, *The Force – Living Safely in a World of Electromagnetic Pollution* (2011) which includes many suggestions for reducing exposure to EM Radiation. It also includes a fully comprehensive explanation regarding 'dirty' electricity in our homes.

Finally, although government insists that there is no evidence for ES in the UK, I believe we are the proof! With the increase of symptoms of ME in schoolchildren since the installation of computers and Wi-fi into the classrooms, this is becoming more obvious.

If you suffer from electro-hypersensitivity you may be interested in an open letter from Dr Andrew Tresidder - of Electrosensitivity-UK - to GP and other medical colleagues. The idea is that patients may wish to use it to help inform their GPs or other healthcare professionals. The letter is available at the ES-UK website: www.es-uk.info or contact the 25% ME Group office for paper copy which will cost £1 to send.

Electrosensitivity-UK also have an overview publication with over 800 scientific references, available from ES-UK (contact details in box on previous page) for £10.

Further helpful organisations / websites:

Radiation Research Trust: www.radiationresearch.org

Powerwatch: www.powerwatch.co.uk

Bristol University site from Prof Denis Henshaw:

www.electric-fields.bris.ac.uk

www.electromagneticman.co.uk

Recommendations For Non Toxic Living (info taken from US Internet MCS Help Site)

1. Avoid ALL scented products ("fragrance" as an ingredient) - including all perfumes, colognes, after-shaves, personal-care products, air fresheners, pot-pourri, etc. Be careful about certain "unscented" products that use "masking fragrance" to cover up the original fragrance - these are doubly toxic!
2. Avoid ALL fabric softeners, dryer sheets, Clorox, scented detergents, etc. These products are VERY toxic and very harmful to the environment as well.
3. Avoid ALL pesticides, fungicides, herbicides, and fertilizers. Pesticides are neuro-toxins (affect the central nervous system), and they don't know the difference between the BUGS and YOU! For fleas, roaches, ants, etc., use diatomaceous earth, boric acid, and nematodes. You can get these from health food stores and pet supply stores.
4. Use only non-toxic cleaning products and personal-care products.
5. Drink and bathe in filtered water. Taking a shower in chlorinated water causes the chlorine to go right into your blood stream. You can purchase shower filters that easily attach to your shower nozzle from water-supply stores.
6. Eat organic food (food grown without pesticides or fertilizers) as often as possible. Avoid processed foods, foods with colors and dyes, preservatives, etc. NEVER consume products containing "NutraSweet" (aspartame). It breaks down into formic acid ("ant-sting poison") and methanol (wood alcohol) in your body!
7. Wear only natural-fibre clothing (100% cotton, linen, wool, or silk). Make sure the clothes are NOT "permanent press" or "wrinkle resistant" - these clothes have been treated with formaldehyde that does NOT wash out!
8. Use only 100% cotton, wool, or pure silk bed linens and blankets. Avoid "no-iron" or "wrinkle-resistant".
9. As much as possible, avoid plastics (store food in glass jars), particle-board, plywood, glues, inks, paints, foam rubber, vinyl, carpet, synthetic rugs, varnishes, solvents, etc.
10. Open your windows as often as possible! Even in the most polluted cities, the outdoor air has been found to be less toxic than the indoor air! Amazing, isn't it?!
11. Certain houseplants are beneficial to remove toxins from the air, such as formaldehyde, benzene etc. The best plants for removing these and other toxins are philodendrons, spider plants, aloe vera, English ivy, golden pothos, and Boston fern. To learn more about this, there is a really good book available called: "How to Grow Fresh Air: 50 Houseplants That Purify Your Home or Office" by B. C. Wolverton.

Useful MCS Websites:

<http://www.multiplechemicalsensitivity.org/>

[http://www.webmd.com/allergies/
multiple-chemical-sensitivity](http://www.webmd.com/allergies/multiple-chemical-sensitivity)

European Parliament Update

There is pressure from the related charities and support organisations to have MCS and EHD recognised in the next version of the WHO ICD – ICD 11 which is due to be released in 2015. At present the signs are that this is unlikely to happen. In the light of this, some MEPs feel that calling for more research into MCS and EHS is the best plan. Glenis Willmott MEP has submitted a PQ to the European Commission to ask what research they have planned into these conditions, and what European funding will be available in future.