

Report on the Case Studies of people who report their health to be seriously affected by
Pulsating Microwave (RF) Technologies

Sept 2013

Introduction

Pulsating Microwave RF technology has been developed and implemented on an exponential scale in the last twenty years, especially in the work and domestic settings. Twenty-five years ago, few people had cordless phones, let alone any other domestic RF technology. Now the average household may contain internal sources of RF such as cordless phones, wifi routers, laptops, tablets, iPhones and iPads, heating controls and active burglar alarm sensors, and of course mobile phones. Planned are Smart Meters, smart appliances, and other devices. Many households in all but rural areas will also be affected by outside transmissions, such as designed hotspots, mobile phone masts and others.

Some individuals are moderately or severely affected by exposure, proved time and again to each individual by exposure causing symptoms, and the rapid or gradual abatement of symptoms when exposure ceases.

There is unfortunately a presumption of 'No Harm' from the technology, which has allowed its widespread development and implementation without regard to any possible **biological effects** from the cumulative exposure of susceptible individuals. Many devices (eg wifi routers) are designed to be on 24 hours a day, irrespective of the owner's need, and others to be actively transmitting to enable a mesh network of coverage both within and outside the immediate area of the house (smart phones, tablets, certain utility company 'hubs'). **This paper shows that susceptible individuals not only exist, but are affected in ways that range from moderate to severe by a wide range of pulsating microwave transmitting technologies.**

In April 2013 a study was conducted via a mini questionnaire into the health effects of pulsating microwave radiation emitted by wi-fi technology and the information collated. Those people who took part in the study did so voluntarily and gave as much or as little information as they wished based on 5 simple questions:

1. Symptoms
2. What brings on your symptoms?
3. What makes your symptoms disappear?
4. How does this condition affect your lifestyle?
5. Which authorities have you contacted for help with regard to your condition?
eg. GP, employer, MP, HPA, Council etc (please briefly outline any responses)

The case studies were completed by 60 people throughout the UK, and from all walks of life – Doctors, Teachers, Accountants, Company directors, Shop assistants, Engineers – all of whom know that their health and lifestyle has been seriously affected since the widespread introduction of pulsed microwave radiation into their places of work and leisure and in many cases the RF radiation also intrudes into their homes without their consent, so there is for many nowhere to escape from the personal horrors of these serious, and possibly long-term life-threatening symptoms.

The results of the study are deeply concerning and form a sound basis for URGENT government action.

Action Required:

1. Provision of “white zones” – microwave (wi-fi) free zones in all public places.
2. Dissemination of information regarding the possible adverse health effects of such technology.
3. The limiting of exposure of the British population to such technologies in order to reduce the symptoms and illnesses associated with these technologies.
4. Research into how to help those affected. At present there is no NHS expertise, knowledge or provision of help, and only scanty appreciation of the problem. There is no understanding of possible mechanisms for the problem – and so often the patient is faced with disbelief and no helpful answers. A reclusive lifestyle is the only option.

Symptoms reported

Symptoms	Number of people affected
Headaches/severe head pain/migraine	70%
Heart palpitations/racing heart/ Constriction in chest	62%
Insomnia	42%
Fatigue/exhaustion/tiredness	55%
Loss of concentration/brain fog/ loss of memory	55%
Joint/muscle/bone pain or weakness	53%
Slurred speech	10%
Stress/Anxiety/mood swings	37%
Ear pain	22%
Nose bleeds	1%
Nausea/vomiting	22%
Fainting	17%
Tingling/pulsating/vibrating sensation throughout body	35%
Burning sensations	32%
Tinnitus	20%
Vertigo/dizziness	35%
Visual disturbance	18%
Breathing difficulties/shortness of breath	10%
Erratic blood pressure	12%
Eye pain	13%

It is clear from looking at recently published NHS statistics that large proportions of the general population suffer from many of the above symptoms (eg 5.02m adults with migraine of which 4.06m is disabling; 50% of the population suffer from insomnia; prescriptions for anti-depressants rose by 43% in 4yrs; 1 in 7 teenagers suffers from an anxiety disorder; headaches are a growing problem in teenagers; 38% of the population suffers from depression, addiction or dementia), but these sufferers have not (through ignorance and lack of information) made any connection between their symptoms and their use (or indeed other people’s use) of pulsating microwave technologies in their environment. Many are prescribed with strong and often addictive medication eg for high blood pressure, heart/circulation problems, migraine, depression, insomnia etc, when avoidance of wi-fi could completely eliminate the symptoms in many cases. This has been proved by all the participants in the survey. **Public Health England appears to be dragging its heels in accepting that this is a real life disaster for real live people.** It has a duty of care to the Health of the Nation to disseminate factual information based on recent INDEPENDENT research in order that the general population can make informed decisions about their own individual exposure to such technologies and not have it forced upon them against their will which is at present commonplace in schools, hospitals and places of work and leisure.

What brings on the symptoms?

Wi-fi & wi-fi routers	68%
Mobile phone/Tetra masts	47%
Mobile phones	43%
Wi-fi computers/i-pads	42%
Dect phones	32%
MRI scans	5%
Modern TV	10%
Smart meters	5%

We know that asbestos, cigarettes and DDT were once thought to be harmless and people who complained were initially ignored – until it was too late and far too many people died as a consequence of inaction and absence of a precautionary approach.

How is your life-style affected?

Finding somewhere to live away from interference from wi-fi & mobile phone masts	32%
Not able to visit restaurants or stay in hotels	40%
Not able to visit friends houses with wi-fi	32%
Reclusive existence trying to avoid wi-fi, mobile phones & phone masts	62%
Socializing extremely difficult	50%
Airports are horrendous	18%
Have to ask people to switch their mobile phones off	18%
Can't visit children's school/parent's evening & events	12%
Doctors surgeries & hospitals are a nightmare	47%
Cannot find a job without wi-fi & masts nearby	40%
Cannot go shopping in towns	30%
Housebound	28%
Financially challenging	25%
Cannot use public transport	30%

It is extremely concerning that many people are made seriously ill by visiting doctor's surgeries & hospitals where microwave radiation could effect false and misleading test results eg blood pressure/migraine **leading to dangerous over-prescribing of medication which could be dangerous and lead to further health problems and NHS expense.**

Patients in hospitals should NOT be subjected to microwave radiation. Mobile phones, DECT and wi-fi should be banned from all hospitals. This can easily be monitored by placing suitable low cost monitors around hospitals which sound an alarm.

Who have you contacted to try to get help?

GP	63%
MP	30%
HPA	25%
Employer	8%
Council	20%
Neurologist	5%
GMC	3%
Ofcom	3%
MEP	6%
Social Services	8%

It is clear that none of the above public bodies have any real understanding of the plight of people who report their health and life-styles to be so badly affected by pulsating microwave technologies, since **many of those studied have been ignored, fobbed off or treated with contempt** by many of them. These people have become ill and by elimination of these technologies from their environments know that these are the cause of their horrendous and debilitating symptoms. **It is imperative to the health of the nation and in particular to this growing vulnerable group, that such public bodies are in receipt of information relating to the possible dangers to public health from these technologies, and protocols for its elimination put in place PRIOR to prescriptions being given for possibly unnecessary, expensive and often damaging medications. Public Health England MUST start to act responsibly instead of denying there is a problem.**

Planning departments and local councils must take health considerations into account with applications for all installations emitting pulsed microwave (RF) radiation and provision should be made for “white zones” in all public places eg hospitals, schools, libraries, trains, planes, hotels and places of work.

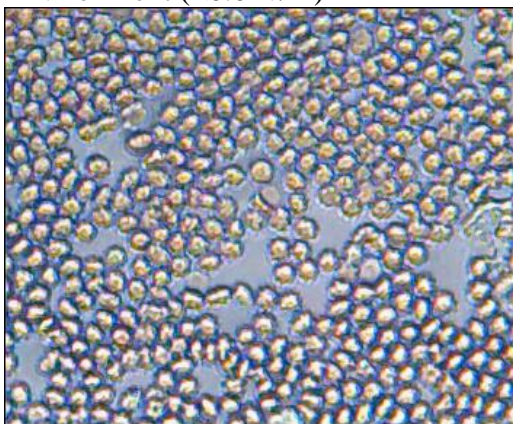
Methodology

Although medical diagnosis is outside the remit of this report, some respondents, through lack of NHS understanding and support have sought independent testing to confirm causal links.

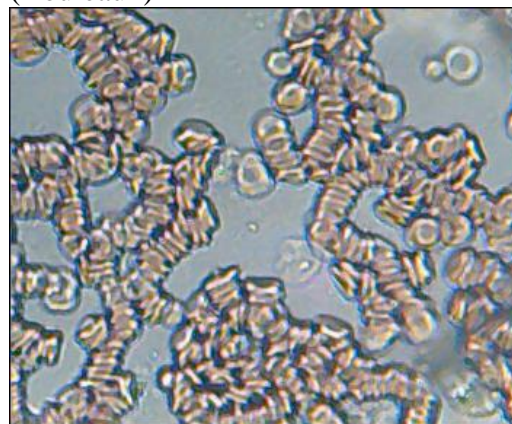
1. Live Blood Analysis

This is one respondent’s blood before and after exposure to wi-fi:

Blood sample after being in non-EMF Environment (<0.02v/m)



Blood sample after 15 minutes of wi-fi exposure (Rouleaux)



It is understood that increased thickening of blood – or elevated blood viscosity is a condition that contributes to a number of significant health problems. In addition to impairing circulation and nutrient exchange at the cellular level, when blood is too thick, cardiovascular function is stressed, placing an increased workload on the heart while reducing cerebral blood flow and contributing to the formation of dangerous blood clots.

2. Reduced Blood Oxygen level - This was tested in one respondent and showed a 6 point drop in blood oxygen after an 8 minute exposure to wi-fi. This was sufficient for the respondent to feel head pain, chest pain and faint. An oxymeter was used.
3. Erratic Blood Pressure - Significant (50 point) extremes in blood pressure were recorded by some respondents after exposure to pulsed microwave radiation from phone masts in the vicinity, DECT and wi-fi. This could account for heart palpitations, racing heart and other heart arrhythmias as well as dizziness and fainting.
4. Fybromyalgia - There have been reports of significant worsening of fibromyalgia and muscle/joint conditions by some respondents in an environment of pulsed microwave radiation $>0.02\text{v/m}$.
5. Pulsed Brain Doppler Testing - Some respondents have undergone causal testing at Centre De Radiologie, D'Echographie et D'Imagerie Medicale in Paris, as the NHS appears to lack expertise in this area.

These reported reactions could have serious consequences for:

1. Drivers along main roads/motorways where mobile phone/Tetra masts are situated.
2. Patients in doctor's surgeries and hospitals where Tetra masts are often situated on roofs & mobile phones are used by doctors and visitors.
3. Elderly people in care homes where levels of microwave radiation are often extremely high because of personal wi-fi alarms and Dect phones in offices.
4. Sudden onset of illness by athletes eg centre court at Wimbledon where there were thousands of smart phones all on at the same time.
5. Airline passengers and staff when wi-fi enabled phones, lap-tops and i-pads are used eg. there was a recent report of both pilots falling asleep in the cockpit – could this have been as a result of rouleaux formation of their blood and reduced blood oxygen levels? Are air-traffic controllers and hospital surgeons at risk too?

ES Report Summary

It is not rocket science to note that in an environment of Pulsating Microwave RF technology the symptoms of those affected are totally debilitating and outside it there are no symptoms. Mobile phones for speaking and texting operate at less than 0.02v/m . Computers can be hard-wired so wi-fi is not essential in many situations.

If the general public who complain of the many symptoms associated with PMRF (It is estimated that 3-5% of the public may be affected, with up to 50% presenting some symptoms) had the knowledge and information contained in this report – that many of their symptoms could be reduced or eliminated - then it would enable them to make an informed choice and could improve the Health of the Nation, and the purse of the NHS.

It is unfair, unjust and inhumane to force pulsed microwave radiation on those whose Biological systems are clearly intolerant to it, forcing them into a desperate and devastating existence.

**THESE ARE REAL PEOPLE, TODAY, IN UK.
THE GOVERNMENT MUST PROTECT ITS OWN CITIZENS.....NOW**