

Electrical Sensitivity

Healing modalities that have worked for me



Electrical Sensitivity

Healing modalities that have worked for me

Table of Contents

1.0 Introduction	1
2.0 Electrical Sensitivity.....	3
3.0 Big Picture: many factors to be addressed, no silver bullet	3
4.0 Safe Environment.....	3
5.0 Nutrition and lifestyle that support health for genetic type	4
6.0 Limited list of Health Practitioners	5
7.0 Limbic System Retraining.....	6
8.0 Family Constellation Approach to Mental Illness	7
9.0 Ho’oponopono Healing Mental Illness, example of Hew Len	8
10.0 Other Resources	10
Appendix A Electromagnetic Hyper Sensitivity (EHS) Symptoms	11
Appendix B References for Health Effects of EMR exposure.....	13

1.0 Introduction

This document, based upon experience of myself and my clients, was prepared initially as a guide for MS xxx and her family following a schizophrenic break, in part from her electrical and environmental exposures. MS xxx is extremely sensitive and I used these modalities with her in September 2013. I found that all of the subtle sensory stimuli had become kindled, and regardless if the stressor was geopathic or electrical fields or stray thought forms, they all resulted in a stress response that she labeled electromagnetic radiation (EMR). The work with MS xxx was to bring this to her awareness and to give her tools that would assist her in settling and in re-organizing her perceptions. She was able to move her bed from the tent in a neighbor’s backyard into her house then. In my way of looking at things, there are many of us that are on a precipice with life, not so far away from this kind of scenario. I include here physical modalities as well as the subtle stimuli (neurological/mental/emotion/spiritual) modalities as these were helpful for MS xxx and have had a vital time and place in my journey.



Many believe that environmental sensitivity and specifically electrical sensitivity is a mental condition. For example my Mom and siblings have told me that electrical sensitivity is all in my head, it is not real, to just get off it and be normal like them. Whereas, I believe that sensitivities are an expression of physical ailments that have their origins in the living and work environment, lifestyle choices, diet and genetic traits. Similarly, I believe that mental illness behaviors are physical in origin, e.g., inflammation of the brain and CNS. My doctors are electric sensitive or they specialize in the treatment of environmental sensitivity.

The modalities presented here come from my own healing journey. This started in November 1993 when I hit my hard hat protected head on an unmarked temporary pipe brace in a construction area at the nuclear plant where I worked. I had a concussion and cervical whiplash injury, a mild traumatic brain injury (MTBI) with vision dysfunction, vestibular dysfunction, cognitive and emotional changes, depression and PTSD, head to toe pain, "sensitive to everything" that lingered for years. Ironically, a neurologist early on this journey told me that I had a head injury, a place between the physical and psychic world, and that there was no diagnosis that would lead to my healing, no surgery, no pill or magic bullet. He said I would know by a gut feeling what I would need to do as my next step, that I would explore the medical mainstream model and alternative therapies, that insurance would not pay, and that I would find my way. Along the way in addition to the MTBI, I had fibromyalgia, chronic mold exposure, Lyme, food allergies, heavy metal and chemical toxicity, and severe electromagnetic and geopathic radiation. I learned Biogeometry and geopathic remediation, Building Biology and EMR remediation, about correct foods and nutrients and a host of subtle energy modalities that made my life easier and productive.

I am functioning in life, use a computer again, and assist clients. Although there are still sensitivities, I am not bowled over like years ago. And yes, I am still finding my way.

Michael J. Schwaebe

Note: This document is a work in progress. I plan to incorporate more details, e.g., the specifics of what I did to bring a greater balance into my life such as eliminating foods, detox protocols, turning off circuits at night, etc.



2.0 Electrical Sensitivity

The most common symptoms of chronic electromagnetic radiation (EMR) exposure are fatigue, sleep disturbance, headaches, depression and irritability, and difficulty concentrating. Additional symptoms and information resources on electrical sensitivity and EMR health effects are provided in the appendices. **An Electronic Silent Spring** by Katie Singer explains that EMR can cause harm along with a compilation of real life stories and helpful information. See this link: <http://www.electronicsilentspring.com/>

For myself and in my clients' stories, I have heard and or found these factors associated with electrical sensitivity: genetic weakness, heavy metals, chemicals, mold, Lyme, injuries, chronic stress and chronic EMR exposure (electric and geopathic).

3.0 Big Picture: many factors to be addressed, no silver bullet

Nearly all ailments occur in a wider context, with multiple factors from within and without acting upon us. Among the many factors influencing the likelihood that we will develop any given condition are the stress load, the environment—and the toxins we absorb from it, the total number of infectious agents to which we are exposed, and any underlying genetic susceptibility. This combination of risk factors, acting more powerfully than ever before, makes it vital to address all the contributing factors to a health issue. In this more complex environment, we no longer have the luxury of limiting our attention (or treatment) to a single factor. We need to access approaches that address all the critical factors. from "Recovering Autistic Children" by Amy Yasko ND (her practice is based upon her work with adults with inflammatory neurological conditions)

4.0 Safe Environment

Each of us needs a safe place to rest and sleep. This is the most fundamental need for health. Building Biologists have established guidelines for sleeping areas that include air quality and electromagnetic radiation. Building Biologists have found that sick and sensitive people start recovering in safe environments. See this link for guidelines: <http://buildingbiology.ca/wd/building-biology/building-biology-exposure-guidelines/>

The home has to be comfortable and nurturing and free from stressors in order to support health. MS xxx is especially sensitive to EMR from all sources during her sleep time, and this includes geopathic. Mitigating any stressors and balancing the earth energies in the home is the top priority. Here is a link to Building Biology certified specialists: <http://hbelc.org/findexpert/enviroconsult>



5.0 Nutrition and lifestyle that support health for genetic type

Electric sensitivity is the result of inflammatory neurological conditions (that don't match the typical ICD codes). I have found for myself and my sensitive clients report that the EHS symptoms decrease and health improves when food allergens are removed from the diet, the correct foods and nutrients are taken, and there has been extensive detoxification.

A diet that avoids inflammatory foods and is rich in appropriate nutrients for the genetic constitution is essential for health at all levels. These references provide information for diet and detox protocols. Web links to low cost and accurate genetic testing and interpretation are also provided.

Dr Amy Yasko - Recovering Autistic children and adults with ...

www.dramyyasko.com/

I believe that **recovering** any child from **autism** or any adult from a neurological condition is a process, it is not accomplished by a single compound or..... free download

Important Books... (gut as the second brain and source of neuro-endocrines. This information is utilized in "functional medicine", and supports genetic types.)

Gut and Psychology Syndrome, Natasha Campbell McBride

New 2010 Edition with over 100 extra pages of information! Gut and Psychology Syndrome provides the information you need to heal a damaged digestive system. The perfect book for anyone suffering from Autism, Dyslexia, Depression, Dyspraxia, ADD, ADHD, Schizophrenia, and any other condition that has a link with gut dysbiosis.

The Probiotics Revolution: The Definitive Guide to Safe, Natural Health Solutions Using Probiotic and Prebiotic Foods and Supplements, Huffnagle and Wernick

Some friendly bacteria, called probiotics, are not only beneficial to your health, they're essential.... the healthy bacteria that inhabit the digestive tract, are the body's silent partners for good health, optimizing the power of the immune system to fight disease and the "bad" germs we fear.

Finding Genetic Predispositions

Genetic predispositions inhibit normal functions like detoxification of heavy metals and chemicals and pesticides and can lead to inflammation of nerves and environmental sensitivities.



Genetic Ancestry Data Base, important genome information, kit purchase required

<https://www.23andme.com/>

Now go to this website with 23andme information and get gene specific info that includes polymorphisms. This info is helpful for specific nutrients needed for health related to specific genetic weaknesses and for use with references noted above.

<http://geneticgenie.org/>

6.0 Limited list of Health Practitioners

I have worked with Dr. Dan and the doctors at the Center for Advanced Medicine (CAM), and I have met the other doctors and know their story. At CAM I learned about the heavy metal, chemical and pesticide toxicity, mold, Lyme, food allergies and detoxification. Dr. Dan identified the genetic detox weakness and helpful nutrients.

<http://www.drданharper.com/> Dan Harper (EHS) Functional Medicine MD (San Diego)

<http://www.centerforadvancedmed.com/> Functional Medicine in Encinitas CA

<http://www.isismedicine.com/> Leah Morton (EHS) Functional Medicine MD (Sante Fe)

<http://lisanagy.com/> Lisa Nagy MD specializes in environmental illness. In an IBE 2012 conference, Lisa described being taken to the ER with EHS symptoms and then sent to the psych ward, more than once.....

<http://www.ecopolitan.com/dr-william-rae> William Rae MD (also EHS) founder of Environmental Health Center in Dallas, TX

These NDs have been referred to me as specialists in treating genetic weakness.

<http://www.dramyyasko.com/> Amy Yasko ND, author, specializes in treating MTHR genetic weaknesses, Uses Nutrigenomics to Optimize Health

<http://www.drjenniferbahr.com/> Dr. Jennifer Bahr, ND integrative endocrine and mental healthcare, Santa Cruz and Del Mar CA

<http://mthfr.net/author/drben/> Ben Lynch ND specializes in treating MTHR genetic weaknesses, nutrition

There are many doctors across the USA that treat environmentally sensitive people, such as members of the American Academy of Environmental Medicine. Their website includes a physician list: <http://www.aaemonline.org/>



7.0 Limbic System Retraining

A friend and client, long time EHS with Lyme and chronic mold exposure and Wi-Fi in the work place, recently introduced me to the Dynamic Neural Retraining System and told me there had been a 65% reduction in 3 months since starting the home study program. He says: *“I have to tell you that I've had dramatic luck with Annie Hopper's Limbic Rehabilitation Course, and she states that the cause of EHS is a cross wired limbic system, that has been conditioned to tag any one of a number of environmental elements, (in our case EMF's) as pathogenic, which then triggers the classical fight or flight barrage of chemistry, inflammation, reaction, etc.”* This is amazing because this guy has been driven by EHS pain to explore every avenue open to him.

From Annie Hopper's website on EHS (<http://www.dnrssystem.com/EHS.html>)

Electric hypersensitivity syndrome is an environmental illness resulting in hypersensitivity to electric magnetic fields (EMFs). Frequent exposure to high levels of EMFs put stress on the brain causing survival and protective mechanisms to be triggered that can alter the function of many systems of the body. The resulting limbic system impairment, causes altered and heightened sensory perception making the sufferer sense stimuli that is not detectable by most people. Due to the growing presence of EMFs in the environment from modern electronics, many who suffer are often forced to live outside of society to avoid triggers. Sufferers are unable to use most modern technology including TV, computers and cell phones.

Often with electrical and other environmental sensitivities, after the initial damage to the brain, the fight or flight centers of the brain become over activated to toxicants in the environment, causing sufferers to have heightened sensory perception and react to toxicants at levels far below normal. A process of sensitization often occurs where the sufferer will find himself reacting to more and more classes of substances (e.g., synthetic fragrances, smoke, pesticides, etc.), which increasingly limits the quality of life of the individual.

The patient finds himself falling further and further into illness where multi-organ symptoms mysteriously increase, pushing many towards total disability.

The training is home based and includes DVDs and manual, in part computer based. One hour a day for six months is recommended, although many of the testimonials report immediate benefit. There are options for a class room scenario and “one on one” assistance.



8.0 Family Constellation Approach to Mental Illness

An email note to MS xxx in September 2013

Hi MS xxx... I asked my Family Constellation therapist and mentor Gerda Swearengen about her perception of the causes of mental illness and schizophrenia: “unresolved, unhealed secret violence and trauma in the ancestry, and not being grounded and fully embodied and committed to this life.....” I believe that unresolved ancestral trauma effects the genetic expression of the lineage and this is why there are family tendencies to cancer, shoulder injuries, depression, psychic ability, cardiac disease, genetic detox weakness, et al. And further, I believe that the family constellation work modifies the expression for greater health in this life.

I went to the web for info. I found the usual cultural paradigms. And I found truly compassionate understandings in family constellation. Here are some links.

Cultural Paradigms

<http://www.schizophrenia.com/hypo.php#>

<http://medical-dictionary.thefreedictionary.com/schizophrenia>

Excellent papers, ancestry affecting emotional and mental health of following generations in family constellation literature

[http://www.awakening.com.au/download/diploma_library/ENERGY401%20Physically%20Speaking/Psychosis and Schz Franz Ruppert.pdf](http://www.awakening.com.au/download/diploma_library/ENERGY401%20Physically%20Speaking/Psychosis%20and%20Schz%20Franz%20Ruppert.pdf)

<http://www.familyconstellationwork.net/1/post/2012/01/the-systemic-perspective-on-schizophrenia-bi-polar-and-autism.html>

Psychic ability, on the edge of.....

<http://weilerpsiblog.wordpress.com/2011/03/26/the-link-between-psychic-ability-schizophrenia-and-psychosis/>

My work in Family Constellation has been very beneficial for me and my intention in sharing this information is for opening the probable future to MS xxx’s family and ancestral healing.

I see that MS xxx is just the tip of the iceberg for her family and the Spring Lake community. She is the “being” that is acting out all of the family/ancestral and community unconsciousness. Healing starts with acknowledgement that “this” is more than MS xxx, as she is the messenger for the family. Acknowledgement can be as simple as the willingness to see that there is an unconscious part of me and us that is like MS xxx, which opens the space for healing.



9.0 Ho'oponopono Healing Mental Illness, example of Hew Len

Simply put, Ho'oponopono is based on the knowledge that anything that happens to you or that you perceive, the entire world where you live is your own creation and thus, it is entirely your responsibility, a hundred percent, no exceptions.

Your boss is a tyrant? It's your responsibility. Your children are not good students? It's your responsibility. There are wars and you feel bad because you are a good person, a pacifist? The war is your responsibility. You see that children around the world are hungry and malnourished if not starving? Their want is your responsibility. No exceptions. Literally, the world is your world, it is your creation. As Dr. Hew Len points out: didn't you notice that whenever you experience a problem you are there?

It's your responsibility doesn't mean it's your fault, it means that you are responsible for healing yourself in order to heal whatever or whoever it is that appears to you as a problem.

It might sound crazy, or just plain metaphorical, that the world is your creation. But if you look carefully, you will realize that whatever you call the world and perceive as the world is your world, it is the projection of your own mind. If you go to a party you can see how in the same place, with the same light, the same people, the same food, drink, music and atmosphere, some will enjoy themselves while others will be bored, some will be over enthusiastic and some depressed, some will be talkative and others will be silent. The "out there" for every one of them seems the same, but if one were to connect their brains to machines immediately it would show how different areas of the brain would come alive, how different perceptions there are from one person to the next. So even if they apparently share it, the "out there" is not the same for them, let alone their inner world, their emotions.

How do you heal yourself with Ho'oponopono? Three steps: by recognizing that whatever comes to you is your creation, the outcome of bad memories buried in your mind; by regretting whatever errors of body, speech and mind caused those bad memories, and by requesting Divine Intelligence within yourself to release those memories, to set you free. Then, of course, you say thank You.

Ho'oponopono Links (training and literature is available)

[How Dr. Hew Len healed a ward of mentally ill criminals ...](http://rosariomontenegro.hubpages.com)
rosariomontenegro.hubpages.com › ... › [Exploring Religious Options](#)

He only tried to **heal** himself, applying an old, traditional community problem-solving system from Hawaii, called **Ho'oponopono**, adapted to individuals by his ...

[The World's Most Unusual Therapist - Joe Vitale](http://www.mrfire.com/article-archives/.../worlds-most-unusual-therapist.html)
www.mrfire.com/article-archives/.../worlds-most-unusual-therapist.html



The Hawaiian therapist who **healed** those **mentally ill** people would teach me an ... to realize that **healing** for him and in **ho 'oponopono** means loving yourself.

[Interview with Dr Hew Len on Ho'oponopono](#)

www.whatisshooponopono.com/Interview_with_Dr_Hew_Len.htm

... of criminally **mentally ill** patients using the simple ancient Hawaiian **healing** ... When Dr Hew Len did **Ho'oponopono** in the hospital, he would ask himself: ...

[The Art of Healing through Conscious Loving - Noetic Now ...](#)

www.noetic.org/noetic/.../the-art-of-healing/

Institute of Noetic Sciences Jun 10, 2011 - Over the years, she has taught the Ho'oponopono method ... to love, love, love, as Dr. Hew Len did when he healed a ward of mentally ill ...

Ho'oponopono can be practiced by saying these phrases inwardly whenever there are disruptive disharmonious behaviors in MS xxx and family members and the community and the world..... Practicing Ho'oponopono is form of prayer and a powerful acknowledgement.

I am sorry

Please forgive me

Thank you

I love you

My personal experience with Ho'oponopono is that the practice softens and gradually releases the charge and emotions around specific people, events and feelings, and brings me closer to my own divinity.



10.0 Other Resources

RAYMON GRACE, TECHNIQUES FOR CLEARING NEGATIVE ENERGIES (My experience is that these techniques invoke the beneficent beings and powers around us that provide assistance under grace and miraculous ways.)

Raymon says that communities, jails, hospitals, schools, homes and people feel bad because negative energies get stuck on them. He presents this in DVDs with examples and simple protocols to clear the negative energies. Healing occurs in the process of intention while watching the DVDs. See these links for information and specific DVDs and materials. Once learned, the techniques can be applied to life situations either directly or in the form of prayer.

About Raymon Grace <http://raymongracefoundation.org/>

Raymon Grace products <http://www.raymongrace.us/products.html>

Healthy body & mind

Change the Energy - Change Your Life

Techniques that Work for Me (booklet)

HOMEOPATHY

Homeopathic Medicine for Mental Health Paperback – April 1, 1984 Trevor Smith MD

A physician and psychiatrist, Trevor Smith shows how homeopathy can be used effectively to treat a wide range of emotional and mental problems, including anxiety; depression and withdrawal; insecurity, shyness, and immaturity; fears and phobias; schizophrenia; and obsessional disorder.

(NLP) Neuro linguistic programming example for schizophrenia

<http://nlp-wiki.wikispaces.com/NLP+and+Schizophrenia>

[NAMBUDRIPAD'S ALLERGY ELIMINATION TECHNIQUES https://www.naet.com/](https://www.naet.com/)

NAET is a holistic treatment for the permanent elimination of food and environmental allergies (including EMR), which may be the cause of a wide range of illness.

I practice the NAET as needed for allergies and sensitivities and reactions to environments and people. I have made the “challenge” vials for my own treatments for allergens in my home environment including EMR from computer and geopathic energies. And I have used NAET before bedtime to quiet my body for sleep.



Appendix A Electromagnetic Hyper Sensitivity (EHS) Symptoms

Neurological: headaches, dizziness, nausea, difficulty concentrating, memory loss, irritability, depression, anxiety, insomnia, fatigue, weakness, tremors, muscle spasms, numbness, tingling, altered reflexes, muscle and joint pain, leg/foot pain, “Flu-like” symptoms, fever. More severe reactions can include seizures, paralysis, psychosis and stroke.

Cardiac: palpitations, arrhythmias, pain or pressure in the chest, low or high blood pressure, slow or fast heart rate, shortness of breath.

Respiratory: sinusitis, bronchitis, pneumonia, asthma.

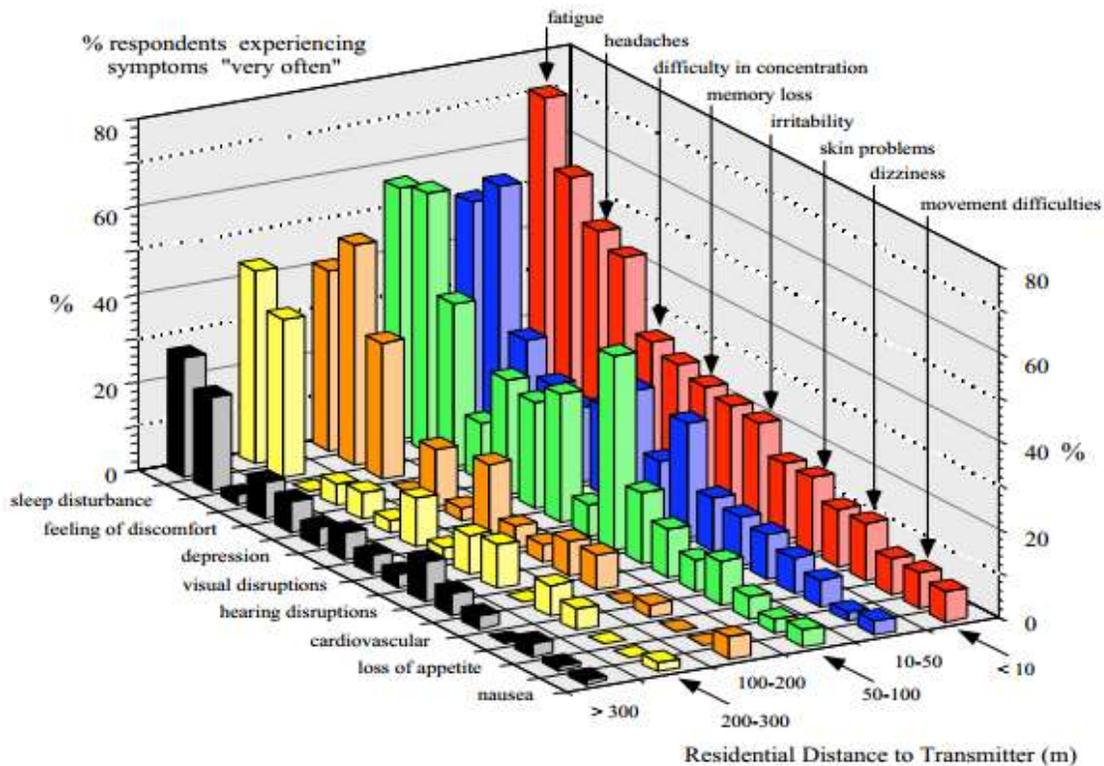
Dermatology: skin rash, itching, burning, facial flushing.

Ophthalmologic: pain or burning in the eyes, pressure in/behind the eyes, deteriorating vision, floaters, cataracts.

Others: digestive problems, abdominal pain, enlarged thyroid, testicular/ovarian pain, dryness of lips, tongue, mouth, eyes, great thirst, dehydration, nosebleeds, internal bleeding, altered sugar metabolism, immune abnormalities, redistribution of metals within the body, hair loss, pain in the teeth, deteriorating fillings, impaired sense of smell, tinnitus and ringing in the ears, sensitivity to sounds and light, and infertility.

Prognosis: The severity of the symptom usually indicates the degree or stage of EHS. The stages vary from slight discomfort to debilitating long term effects. Recovery is a multi-step process unique to each individual, typically requiring assistance from medical professional and electrically clean environment.





Frequency of Electromagnetic Hypersensitivity Symptoms Based on Distance to Cell Phone Base Station (Santini et al, 2002). These become significant at RFR levels $> 0.1 \mu\text{W}/\text{cm}^2$. This figure is from page 8 of Magda Havas' San Francisco Wi-Fi Environmental Report. See this link for her full report: http://www.powerwatch.org.uk/pdfs/20061232_havas.pdf.

Websites with EHS info

<http://emfsafetynetwork.org/safety-precautions/electrical-sensitivity/>

<http://www.electricsense.com/4043/electrical-sensitivity-research-diagnosis-and-treatment/>

http://www.science20.com/florilegium/what_are_symptoms_electromagnetic_hypersensitivity

http://www.landandspirit.net/html/geopathic_stress.html at this site: what is GEOPATHIC STRESS and health effects

http://www.bugsweeps.com/info/electronic_harassment.html Real world examples of EMR as a weapon to hurt people



Appendix B References for Health Effects of EMR exposure

http://www.magdahavas.com/wordpress/wp-content/uploads/2010/11/Blake_Levit-Henry_Lai.pdf “Biological effects from exposure to electromagnetic radiation emitted by cell tower base stations and other antenna arrays”, B. Blake Levitt and Henry Lai, a mega review of current research that lists the research references and includes a table of RF frequency, power density and biological effects. This reference is found on many websites.

http://microondes.files.wordpress.com/2010/03/robert_c_kane_cellular_telephone_russian_roulette.pdf Download the complete e-book **Cellular Telephone Russian Roulette** by Robert C. Kane. This book, written by a telecommunications scientist, documents the early research on microwave communication and illustrates that this form of radiation has been known to have biological effects including cancer from the very beginning.

http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf The World Health Organization classifies radiofrequency electromagnetic fields as a class 2B possible carcinogen.

<http://antennasearch.com> this site is a database of mobile antennas. Enter any address and follow the instructions for a map and list of towers and antennas within 4 miles of that location. Please note that the antenna site at the church is not listed in this database.

http://wildmonkeysects.com/data/20050207_israel.pdf Wolf et al (2004) found that within 350 meters of cell phone antennas there was a 300% increased incidence of cancer among men and women and a 900% cancer increase among women alone.

<http://www.ncbi.nlm.nih.gov/pubmed/16621850> Hutter et al (2006) found symptoms such as headaches, cold hands or feet, difficulty concentrating, tremors, loss of appetite and feelings of exhaustion experienced from exposure to cell phone base station emissions

<http://www.gezondheidsraad.nl/sites/default/files/GSMenUMTSengels.pdf> TNO Study (2003) found significant effects on wellbeing, such as headaches, muscle fatigue/pain, and dizziness from exposure to cell phone base station emissions.

<http://www.tetrawatch.net/papers/naila.pdf> H. Eger et al. (2004) found that the proportion of newly developing cancer cases is significantly higher among patients who live within 400 meters of a cell phone transmitter. The relative risk of getting cancer in the study increased by 200% after 5 years operation of the transmitter.



Websites with extensive information on this subject:

The epidemiologist Dr. Magda Havas, <http://www.magdahavas.com>, has a wealth of current news, links to research and reports and health effects, BRAG antenna report for schools.

<http://electromagnetichealth.org> Interviews with doctors and scientists, news, links to research, EMF safety tips.

<http://www.bioinitiative.org> The BioInitiative Report is a mega analysis of hundreds and hundreds of EMF studies worldwide. There are RF color charts that illustrate 8 categories of health effects with reference citations and RF radiation power density and SAR levels.

<http://www.powerwatch.org.uk> Compelling EMF news and research in the UK.

<http://www.icems.eu> a non-profit, international institution with information on news and resolutions of different organizations for RF safety.

<http://hbelc.org/about/objectives.html> Current news and research citations.

http://www.baubiologie.de/downloads/english/richtwerte_2008_englisch.pdf
Building Biology "Guidelines for Sleeping Areas SBM-2008"

<http://www.wifiinschools.com/uploads/3/0/4/2/3042232/kelley.pdf> a letter informing the LA school district about RFR hazards to children from Wi-Fi

<http://www.icems.eu/> extensive bibliography

<http://www.electronicssilentspring.com/> Health effects of EMR

<http://buildingbiology.ca/wd/wp-content/uploads/2012/09/2012-Health-Effects-and-Cell-Phone-Base-Stations.pdf> numerous scientific abstracts on how RFR affects long term health

<http://www.takebackourhills.com/is-microwave-radiation-harmful/> excellent current information on harmful effects of RFR (website by Oceanside CA group)

<http://www.magdahavas.com/> much information on EMR effects on people, reference links

http://www.landandspirit.net/html/geopathic_stress.html Many articles at this site about GEOPATHIC STRESS

http://www.bugsweeps.com/info/electronic_harassment.html Real world examples of EMR as a weapon to hurt people

