



Green arrows point to links especially helpful for those new to the subject of EHS.



"... doctors are encountering a... growing number of people... with ... symptoms from wireless radiation, including headaches, palpitations, rashes, fatigue, sleep disturbance, allergies and memory and concentration problems." [UK doctors call for action](#)

"... 30% have elevated histamine rates, 50% have elevated rate of stress proteins, most of them have a very low rate of melatonin (anticancer hormone), and 30% have antibodies and protein rates which indicates a thermal shock and speak for brain suffering." ... half of his patients also develop hypersensitivity to man-made chemicals, both syndromes sharing common brain anomalies." [EHS physiologically explained](#)

MINIMIZE EXPOSURES

Follow instructions of a building biologist.
Apply shielding appropriately.
Turn off power at night, especially in bedroom.
Replace cordless devices with corded ones.
Use dirty electricity filters in outlets, if needed.
Unplug all appliances not in use.
Avoid fluorescent light bulbs, and CFLs.



Advice and Information

REPORTED SYMPTOMS:

Fatigue, tiredness
Headaches
Stiff neck, back
Tinnitus
Dizziness
Anxiety, Irritation
Sleeping disorder
Memory problems
Difficulty concentrating
Skin redness, eczema
Skin burning
Allergies
Heart rate anomalies
... more...

[EHS Nutrients](#)
[EMFWise: Distance](#)
[EMF Safety Network](#)
[EMFWise: Nutrition](#)
[Low EMF computing](#)
[Dove Health Alliance](#)
[EMFWise: Protection](#)
[Help for EM Sensitivity](#)
[Tips to reduce exposure](#)



[NoRad's 4-step program](#)
[More EHS Resource Links](#)
[WEEP: A Survival Guide](#)
[EIWellspring: Off-Grid Living](#)
★ [The Highly Shielded House](#)
[How to survive on campus, tips](#)
[Treating ElectroHypersensitivity](#)
[WEEP: Talking to Your Doctor](#)
[EIWellspring: Coping with EHS](#)
[Build a green-floored Hobbit home](#)
[Treat your house, G. and H. Homes](#)
★ [Signal blocking architecture, faraday home](#)

SAFE PLACES

These change and vary in level of safety. Please research them.

- [Camp Grounded, US: Adult Summer Camp](#)
- ★ [EMF Quiet Zones](#)
- [Wi-Fi-Free Hotels](#)
- ★ [Ah, Wellspring](#)
- [Etherion, NSW](#)
- [Sanctuaries](#)
- [Belize](#)
- [Haubitsen](#)
- [Olvera, Spain](#)
- [Off-Grid Safely](#)
- [Monastery Durbon](#)
- [Safe Housing Org.](#)
- [Sweden Community](#)
- [Hostel of the Mountain](#)
- [Foret de SaoO, France](#)
- [Refugium: Sanctuaries](#)
- [Seattle's low EMF homes](#)
- [EMFHousing Yahoo Group](#)
- [Zones, Drome Provencale](#)

- [Dr. William LeVelle](#) [AAEM Directory](#)
- [Bree Fisher](#) [Dr. Belpomme](#)
- [Dr. Fox](#) [Dr. Johansson](#)
- [Dr. Dowson](#) [Dr. Carlo](#) [Dr. Rau](#)
- [Dr. Herbert](#) [Dr. Mallery-Blythe](#)
- [Dr. Omura](#) [Dr. Jelter](#) [Dr. Rea](#)
- [Dr. Morgan](#) [Dr. Ockerman](#) ★ [Dr. Bray](#)
- ★ [Dr. Klinghardt](#) [Dr. Lisa Nagy](#)
- [Dr. Heuser](#)
- EHS CLINICIANS** [Dr. Clement](#)
- ★ [Electromedicine Clinic](#)
- [Dr. William LeVelle](#) ★ [Dr. Evans](#)

NO-TECH ZONE

★ **BEYOND THE VAN**

- Forums, Services**
- ★ [ESForum](#)
 - [Refugium](#)
 - [MastVictims](#)
 - [MCS America](#)
 - [EMFRefugees](#)
 - [ElectromagneticMan](#)
 - [Electrosensitive Society](#)
 - [EMS Research Institute](#)
 - [Freiburger appeal: doctors speak out](#)
 - [EHS-MCS Research Treatment Group](#)

Forums, Services



EHS THERAPIES - A SYSTEMS APPROACH
DIAGNOSIS, THERAPY, SUPPORT

Publications

- [Zapped](#)
- ★ [ES News](#)
- [EMF Store Book List](#)
- [Forced to Disconnect](#)
- [Electrosensitivity Primer](#)
- [The Electrical Sensitivity Handbook](#)
- [EM Sensitivity, EM Hypersensitivity](#)

EMS RESEARCH INSTITUTE

★ **PHIRE: PHYSICIAN'G GROUP**

DR. WILLIAM REA ON MCS AND EHS

Home: [Oscillatorium](#)
Newest version [this map](#)
Date of this update: 09-25-16

Articles

- [Salt water cure](#)
- [Screen dermatitis](#)
- [EM Intolerance Elucidated](#)
- [EHS Physiologically Explained](#)
- [Patient with burn like symptoms](#)
- [EH conference debunks "nocebo" theory](#)

Studies

- [RF, marker rhythmicity](#)
- ★ [Nursing the ES patient](#)
- [Increasing burnout due to wireless](#)
- [Odor and noise intolerance in EHS](#)
- [Hypothesis: How to measure EHS](#)
- ★ [Monochromatic red light of LED](#)
- [EHS, comparative encephaloscans](#)
- [Overview of 31 studies: mixed results](#)
- [Neuritin reverses memory effect of ELF](#)
- [Self reported hypersensitivity, California](#)
- [Blood chemistry changes, long term ELF](#)
- [Johansson, Skin, presentation, IOP 2010](#)
- [EMFs affect oxygen affinity in hemoglobin](#)
- [Metabolic and Genetic Screening for EHS](#)
- [Is impairment of HHS due to myelin damage?](#)
- [EHS, evidence for a new neurological syndrome](#)
- [NK cell activity \(part of immune system\) suppressed](#)
- [Study of Finns, EHS, sources, treatments, symptoms](#)



GOALS : SUPPORT ALL SYSTEMS

- Reduce further injury by EMF
- Reduce other insults to tissues
- Protect membranes, blood brain barrier
- Stop, reverse oxidant cascade
- Replenish depleted nutrients
- Optimize tissue, membrane voltage
- Restore, support detoxification pathways
- Safely increase metabolic rate, activities
- Restore circadian functions

RELATED MAPS:

- [Clusters of Illness](#)
- [The Multiple-Hit Model](#)
- [Methylation, Glutathione](#)
- [The Triage Hypothesis](#)
- [Nutritional Support, EMF](#)
- [Cumulative Exposure](#)
- [EHS Overviews and Stories](#)
- [Personal Use Issues](#)