

ES – a scientist's experience

This account (from the internet) shows the difficulty even a research scientist finds in recognising ES.

EXPERIENCE OF WILLIAM J. BRUNO

I'm a Ph.D. physics researcher who applies physics to biology. My research is cited in textbooks, and in 2003, I served on a committee of the World Health Organization in Geneva, Switzerland, trying to prevent epidemics.

About that time, in my early 40s, I started having dull headaches every afternoon at work. By 2005 I had trouble concentrating at the computer, when my ears would ring. I came home from work exhausted, yet had terrible trouble sleeping. By the end of 2006, my ears always rang. I had trouble remembering colleagues' names and following technical conversations. After two or three hours of sleep I'd be wide awake, but still exhausted. My face became contorted. The doctors said the ringing was caused by nerve damage, and they confirmed my memory problems, but knew of no cures. Then, I noticed that my ears rang louder upstairs. One night, approaching bed, I remembered being told that having electronics near the headboard is unhealthy. I unplugged my clock radio, hoping. The ringing didn't change, but within seconds, a muscle in my face that I had not been aware of suddenly relaxed. I began sleeping better as I unplugged more and more of our computer gear, digital surround sound and electronically enhanced appliances. Our daughter, then in pre-school, also began sleeping straight through the night! Fixing a wiring error in the house helped me further, and a sense of well-being returned.

The ear ringing was gone sometimes, but turning on a dimmer switch could start it again. Also, it would get suddenly louder seconds after I drove near certain cell-phone towers. I questioned whether this effect might be psychological, but found it could happen with towers not in view. Some towers were so well disguised that I only confirmed their presence later using a microwave meter.

The microwaves produced by cell phones, towers and WiFi networks are millions of times stronger than the microwaves emitted by the sun and stars. The visible and UV light from the sun contains more energy, but our bodies have defense and repair mechanisms to cope with that. We have no natural defenses against microwaves. I realized that the slight sensation I got in my head when using a cell phone or our cordless could be a danger sign. I decided to stop using all microwave including WiFi wireless Internet. My memory has recovered, my mind is clear, and I sleep well, with only occasional ringing in my ears. If I go somewhere far away from electricity and microwave transmitters for a day, my ears don't ring, and I feel great again. I know other people, including kids, with chronic headaches, ear ringing and sleep disturbances. Some have tried turning off their WiFi and had remarkable improvements.

As a scientist who cares about public health, I'm disturbed to realize that the regulations meant to protect us from over-exposure to microwave radiation are completely inadequate and based on faulty assumptions. Research clearly demonstrates negative health effects, from behavior changes to devastating incurable diseases, caused by microwave and other electromagnetic exposure well below the current limits. It's time we paid attention to this research, much of which has been buried in the literature for years or even decades. We must stop accepting our declining neurological health as a normal part of modern life, and we must not allow decades of harm as happened with asbestos, DDT, tobacco and trans fats. Those interested to learn more can find an index of hundreds of studies at www.electricwords.emfacts.com and other links at www.whyfry.org.

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