

# Where to live with ES

*Sandi contributes some of her own experiences. It is a poignant example of being forced by electromagnetic pollution to move out of your own home.*

May 2008: My husband and I are about to move for the fifth time since September 2003, if we can find somewhere safer! Why? Because I am tortured by pulsed microwave radiation going through my home day and night. At times I have to leave my home, day or night, because I can collapse and have really debilitating symptoms when I am in an environment where TETRA and WiFi emissions are mixing together.

When we moved into this flat in March 2007 there were only DECT (cordless) phones either side of me, ham radio and the occasional mobile phone signal. It felt wonderful after our previous flat and within a few months I healed and became like my old self.

During the early summer of 2007 I began to feel WiFi in my home. It was not too powerful but I reacted to it. Later there were several changes to TETRA and the line of emissions moved to the flat next door to me (I can feel TETRA with great sensitivity so I can find all the lines of emissions between masts unless I have healed). I began to experience the collapses as I had done in the Bognor area before we moved to Selsey. I became sensitised again and life took a downturn once more.

Within a short space of time I was uncomfortable in my garden and while shopping in the village. This got steadily worse until I had to try to avoid both as much as possible. I was sleeping badly, felt drained and tired all the time and then the memory and concentration lapses kicked in. I was devastated.

After I had increased my protection it eased off and I felt a lot better until one day in late September 2007, when the BT man came to fix the faulty phone line. This was his second call and he forgot the 'no mobile phones' rule. He made a mobile call and, as I tried to say 'No', I found that I could not speak. My hand, which I was frantically trying to wave, dropped to my side and I just knew I was going to collapse, and I did. The poor man was so remorseful that I felt sorry for him. He just kept on apologising. I felt too ill to be embarrassed about collapsing and being unable to talk straight. Normally I am embarrassed afterwards, but that 3G phone must have added a punch to the mixing TETRA and WiFi. There were changes to TETRA again after that and I was up and down but I didn't ever recover properly again.

Sometime in early 2008 I began to feel even more unwell but I knew this wasn't the TETRA. I eventually discovered that two 3Gs to the east were now reaching my home. In other words they had been upgraded with more power.



The path near Sandi's flat which she helped renovate as a thank-you to her neighbours. I shield my home with paint and curtaining, but this WiFi blew the whole concept out of the water because the WiFi was coming from the flat below. There was no way we could paint all the floors and the stair-well. We could have created a hotspot and we were low on savings with the expense of so many moves.

This flat is now a nightmare, like the two previous ones. The TETRA line reaches 3 to 4 feet into the bedroom and living room; two 3G signals cross in the bedroom and one extends to the living room; and the WiFi downstairs covers every room in the flat and the stair-well and hall. Oh, and we still have the ham radio and the DECT phones either side!

*'My body and mind fighting an 'alien invader''*

The only safer room is the kitchen. There isn't room to sleep there and I can't handle even the lower emissions for long. I can't go in any of the other rooms when the WiFi is on because I have trouble breathing, chest pain, pains in my head and neck, the circulation slows in my left foot and I can collapse.

To put it briefly, I am unable to live in my home and certainly can't enjoy it or any pastime or activity in it. I can't even do the ironing, have a bath, turn on a radio, watch a video or use the phone, when WiFi is on. We now have to move again and leave this flat that we were so happy in for a while, until the technology took over.

For a while we both cried and hugged each other and then I said, 'Looks like we will have to get a gypsy caravan and a horse then.' We both burst out laughing until tears ran down our cheeks again and then the sadness was gone.

August 2008: Later in May 2008 we gained another 3G signal through the flat. I found the upgraded 3G signals unbearable because I felt burning sensations for the first time. I am now also sensitized to 3G phones. Living in a flat became the worst experience I ever had. I was trying to sleep on the kitchen floor but the pain and symptoms were unbearable even there. I felt scared and desperate to find relief. Even the safer car park was flooded with 3 mobile phone and mast signals.

We moved in mid June. The new flat wasn't ideal, with WiFi next door and a nest of cordless phones, but it

uncomfortable for me, but I spoke to my neighbours who had the WiFi on almost 24/7, and they now only have it on for an hour or two each day.

As the summer progressed the car park opposite our flat became busier as holiday-makers and windsurfers massed to enjoy the beach. The microwave signals seemed to be everywhere. I had to devise times to go out to the safer areas and when to retreat to the back room in the flat and the communal garden.

On Friday 1st August I felt unwell and slept terribly, and I had to sit in the car or walk around the grounds every hour. I found out on Saturday that the owner of the flat above ours had installed WiFi. I wrote them a letter asking for compassion and saying I knew I had no right to ask but I had no choice with my condition. The WiFi stayed on, then was turned off when they went out, but came back on and stayed on all night. On Sunday morning the left side of my neck was a solid mass of pain, so stiff I could hardly move it, with a blinding headache, right chest pain and eyes hurting. All my left side was hurting. I walked to the paper shop at 7.00am. At the check-out I realised that I was going to collapse – I could hear but not move or talk. They phoned for an ambulance; I later asked them not to, because of the TETRA. The ambulance crew gave me tests and all seemed correct. On Monday morning I felt sick, with my whole neck hurting as if I had a heavy yoke on my shoulders, and pain in the left side of my body, but not as

bad. We went out at 9.00 am, came back at 11.00 am to no WiFi, so I felt recovered and my mood lightened a lot. I had some chest pain and discomfort in the head when the WiFi went on again. It

eased when the WiFi went off but I had a terrible night - weird sensations and pain in the head, pain in the left side of my body from shoulder to foot, my ears hurt inside, my eyes felt like out on stoppers, and I had a band of pain above my eyes. There was a slight burning in my left foot or a more severe burning pain to the tips of my toes, my throat hurt and felt restricted, and I had occasional chest pains - right and left sides. My teeth and left neck hurt. My non-sensitive husband is dozy and looks unwell.

I can't cope with this WiFi 24/7, even with going out and sitting in the car. I feel so ill and nauseous and can't function properly. Nevertheless that evening I realised that, if we think and act negatively or fill our thoughts with anxiety and panic, we get worse. We have to think positively. I remind myself that I am still healthy and feel grateful for it. It is only my body and mind fighting an 'alien invader'.

