



# Smart Meters

## Information for Electro-Sensitivity

[SmartMeterPetition.org](http://SmartMeterPetition.org)

This is an issue for everyone with Environmental Illness.  
Please Help – Read page 1.



## Smart Meters: Information for Electro-Sensitivity

[www.SmartMeterPetition.org](http://www.SmartMeterPetition.org)

The Government are planning to install Smart Meters in every home, school and business in the UK to provide real-time monitoring of your gas and electricity. The new network will help integrate solar and wind power, and improve the efficiency of the country's energy supplies.

The proposed Smart Grid is WIRELESS. The whole country will be networked with compulsory Wireless Smart Meters in every property by 2019. The new Wi-Fi meters will replace your existing analog ones. The readings from your meters will be broadcast every 30 minutes to a hub in the street which will pass the information on to a new central Data and Communications Company. There is concern that some meters may act as relays to boost the signal. If so, individual meters may be broadcasting information much more often with a stronger signal. Some areas have already started the rollout.

In March 2011 the Government's response to the Smart Meter consultation did not include any reference to health effects or mention any form of 'opt out'. This is a big concern for anyone affected by ES since apart from reacting to meters on their own property, they are also likely to be affected by their neighbours' meters and the local hubs.

The Government are finalising designs for the Smart Meters now (October 2011) so MCS-AWARE and ES-UK are joining with the Radiation Research Trust and WiredChild.org to petition the Government for a wired fibre optic network with optional wired Home Area Networks (HAN). We will request that people with ES are allowed to keep their analog meters and are provided with shielding materials at no extra cost.

**This is a great opportunity to raise awareness of Electro-Sensitivity. More people with MCS developed ES this year than ever before, so it is an issue for everyone with Environmental Illness.**

- Please help. We need 100,000 signatures on the petition to get this matter debated in the House of Commons. Please put up posters and hand round fliers to neighbours, schools and community groups wherever you can. If you can tolerate a computer use email, Twitter, Facebook or blog a link to our petition. We need as many people to know about this as possible. You can sign online at [SmartMeterPetition.org](http://SmartMeterPetition.org), or send us the paper petition attached by 18<sup>th</sup> November 2011.
- Write letters or email the Department of Energy and Climate Change, Ofgem, the Department of Health and the Minister of Disabilities. Every letter counts – see page 4.



### What You Can Do

1. Sign the petition.
2. Write a letter to the DECC.
3. Record your experiences on the ES forum at [www.MCS-Aware.org](http://www.MCS-Aware.org).
4. Share this information with as many people as possible.



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## Contact Us

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Smart Meter petition, posters, information and research:  
[www.SmartMeterPetition.org](http://www.SmartMeterPetition.org)

**MCS-AWARE** - The Charity for Environmental Illness  
[www.MCS-Aware.org](http://www.MCS-Aware.org) Email: [mcsaware@gmail.com](mailto:mcsaware@gmail.com)  
 56 Gaping Lane, Hitchin, Herts. SG5 2JE

**Electro-Sensitivity UK** – Charity for Electro-Sensitivity  
[www.ES-UK.info](http://www.ES-UK.info) Email: [enquirers@es-uk.info](mailto:enquirers@es-uk.info)  
 BM Box ES-UK, London, WC1N 3XX  
 Telephone: 0845 643 9748

**WiredChild** - Charity raising awareness of the risks to children from exposure to wireless radiation  
[www.wiredchild.org](http://www.wiredchild.org) Email: [contact@wiredchild.org](mailto:contact@wiredchild.org)  
 Tel. 0844 443 6606 (Helpline)

More information about health and security/privacy issues as well as a summary of research are available at [www.SmartMeterPetition.org](http://www.SmartMeterPetition.org). If you don't have access to the internet ES-UK may be able to provide paper copies of some articles for members. Please enquire and send a donation to cover printing and postage.



# Electro-Sensitivity

## Who does it affect?

For those people already suffering from Electro-Sensitivity (ES) (2-4% of the population), the prospect of a country-wide wireless super grid is a daunting prospect. In their own consultation literature the Department of Energy and Climate Change (DECC) state they intend to make provision for 'vulnerable' people. However this seems to refer only to those in financial hardship.

Installing a wireless meter in every home, business and school, with relay hubs in every street will effectively mean people with Electro-Sensitivity lose their freedom. Even if they keep their own analog meter, ES people living in apartments or dense neighbourhoods are likely to be affected by other meters. It may not be possible to sufficiently shield a building from the radiation created by the wireless Smart Meter network; people with severe ES will be unable to live in any area covered by the wireless network (all of the UK by 2019). This means they will **lose their homes, jobs and their freedom**. This is a clear breach of the European Convention of Human Rights, and the Equality Act 2010 which requires provision to be made to support people with a functional impairment. The Electricity Act 1989 (amended 2010) states "...the Secretary of State or the Authority shall have regard to the interests of individuals who are disabled or chronically sick."

Note: The Equality Act 2010 was introduced by the UK Government last year:

- The EA introduced the principle of indirect discrimination for disability. Indirect discrimination occurs when something applies in the same way to everybody but has an effect which particularly disadvantages, for example, disabled people. Indirect discrimination may be justified if it can be shown to be a proportionate means of achieving a legitimate aim.
- The EA applies one trigger point at which there is a duty to make reasonable adjustments for disabled people. This trigger point is where a disabled person would be at a substantial disadvantage compared to non-disabled people if the adjustment was not made.

## What is the legal definition of disability?

- The EA generally defines a disabled person as someone who has a mental or physical impairment that has a substantial and long-term adverse effect on the person's ability to carry out normal day-to-day activities.

## What's the answer?

As alternatives, 'powered down' meters (Smart Meters that appear to have the Wi-Fi switched off) or a network that uses existing powerlines would not be suitable for ES sufferers or the health of the general population as they create further sources of radiation. The solution is to adopt a wired fibre optic network for Smart Meters in the UK with the option of wired Home Area Networks. The minority of sufferers who are not able to tolerate DSL/ADSL or fibre optic equipment in their homes, may be able to use a telephone landline and a simple dialup modem, or should be allowed to keep their analog meters without additional costs. Shielding materials should be provided free by the utility companies/ energy industry for people with ES. Sweden already supplies shielding materials for ES sufferers via government grants.

## Resources

ES: Overview of Smart Meters [http://www.eiwellspring.org/smartmeter/Smart\\_Meter\\_overview.htm](http://www.eiwellspring.org/smartmeter/Smart_Meter_overview.htm)

ES-UK evidence, and microwave radiation research available to download at [www.SmartMeterPetition.org](http://www.SmartMeterPetition.org)

More information about the issues of health and security of Smart Meters as well as posters, petitions and other copies of this help pack can be downloaded from [www.SmartMeterPetition.org](http://www.SmartMeterPetition.org)



## How to Write Letters and Emails

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Writing your own letter will have more impact than sending a copy of ours, but if you don't have much energy we've included a sample letter where you can simply fill in a paragraph with your own experience of ES eg. how the new Smart Meter wireless network would affect you or someone you know with ES.

You can send the same letter to MPs, DECC etc. Please get as many people to write letters as you can. This is the first step to getting official recognition for ES.

### **Points to Remember:**

Keep it short and polite; aim for 1 side of A4 or less. Keep a copy of the letter for your records and send / email one to us: ES-UK BM Box ES-UK, London, WC1N 3XX. Email: [enquirers@es-uk.info](mailto:enquirers@es-uk.info)

1. Say why you're writing – what are you concerned about?
2. Say how this issue affects you. Remember the reader knows nothing about ES and has never met you, so explain clearly. Make it clear how the Smart Meter wireless network would affect you and your family or someone you know with ES. Explain how it affects your daily life and impacts your health. If you already have a Smart Meter and have been suffering health problems, include details. (Where possible include a doctor's note as evidence of your symptoms.)
3. State your argument and solution. Eg: "A fibre-optic network does not emit radiation and would be a safe solution for all vulnerable citizens – including children and people with ES."
4. Include evidence:  
"For your convenience there is a clear summary of scientific research at [www.SmartMeterPetition.org/research](http://www.SmartMeterPetition.org/research)."
5. Finish by clearly stating your point: Tell the reader that you oppose the installation of wireless Smart Meters in your home or business because of health concerns. As a practical solution request that the government adopt:  
"a wired fibre-optic network for Smart Meters. Consumers should have the option of wired Home Area Networks at no additional cost. Provision must also be made for people with Electro-Sensitivity to keep their analog meters and be supplied with shielding materials where necessary."
6. End with a reason for them to contact you e.g.  
"I would be grateful if you could let me know if you support me in this urgent matter. I look forward to your early reply."

### **No energy?**

**Use the sample letter on page 16. Just fill in your details and post. Every letter counts.**

## Write to:

(No energy? Starting your letter 'Dear Sir' means you can copy the letter to everyone except the Minister for Disabled People – Maria Miller).

1. Email the DECC directly at [smartmetering@decc.gsi.gov.uk](mailto:smartmetering@decc.gsi.gov.uk)
  2. Rt. Hon. Chris Huhne, MP  
Secretary of State, Department of Energy and Climate Change  
3 Whitehall Place, London, SW1A 2AW  
**Email:** [chris.huhne@decc.gsi.gov.uk](mailto:chris.huhne@decc.gsi.gov.uk)
  3. Rt. Hon. Charles Hendry MP  
Minister of State for Energy and Climate Change,  
DECC, 3 Whitehall Place, London SW1A 2AW  
**Email:** [correspondence@decc.gsi.gov.uk](mailto:correspondence@decc.gsi.gov.uk)
  4. Lord Mogg  
Chairman, Office of Gas and Electricity Markets (Ofgem),  
9 Millbank, Westminster, London, SW1T 3GE  
**Email:** [consumeraffairs@ofgem.gov.uk](mailto:consumeraffairs@ofgem.gov.uk)
  5. Ed Richards  
Chief Executive, Office of Communications (Ofcom\*),  
Riverside House, 2a Southwark Bridge Road, London, SE1 9HA
- \*Ofcom is the independent regulator and competition authority for the UK communications industries. No email available.
6. Rt. Hon. Maria Miller MP  
Minister for Disabled People, Department for Work and Pensions,  
Caxton House, Tothill Street, London, SW1H 9DA  
**Email:** [ministers@dwpgsi.gov.uk](mailto:ministers@dwpgsi.gov.uk)
  7. Rt. Hon. Andrew Lansley, CBE, MP  
Secretary of State for Health, Department of Health,  
Richmond House, 79 Whitehall, London, SW1A 2NS – see note below\*  
**Email here:** [www.info.doh.gov.uk/contactus.nsf/memo?openform](http://www.info.doh.gov.uk/contactus.nsf/memo?openform)

**\*Note:** If you write directly to the Secretary of State for Health you will receive a response on their behalf from the Customer Service Centre. Instead, you could contact your MP and ask him/her to raise an issue directly with the Health Ministers. Should your MP do so, he/she can expect a written response from one of the Department's Ministers within 20 working days. Your MP may provide you with a copy of the Minister's response.

Write to your MP at: House of Commons, London SW1A 0AA

Find out who your MP is here: <http://findyourmp.parliament.uk/>

Or phone the House of Commons Information Office on 020 7219 4272.

If you have more energy consider contacting local and national newspapers – keep it short, tell your story/ concerns, repeat our aims: a fibre-optic network for Smart Meters with the option of wired Home area Networks (HANs).



**Petition: To protect the long term health and security of UK citizens**, and particularly the health of our children, we the undersigned demand the Government adopt a wired fibre-optic network for Smart Meters. Consumers should have the option of wired Home Area Networks at no additional cost. Provision must also be made for people with Electro-Sensitivity to keep their analog meters and be supplied with shielding materials where necessary.

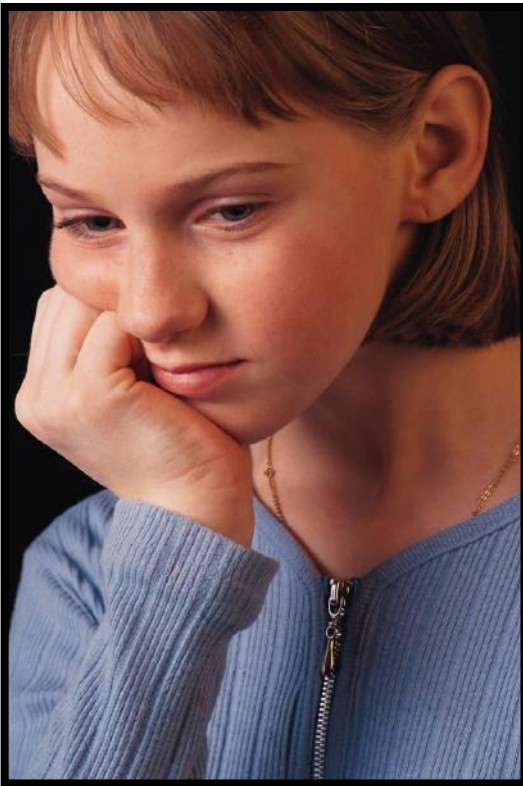
*This petition will be presented to Government for debate in the House of Commons.*

*You can read more information and sign online at [SmartMeterPetition.org](http://SmartMeterPetition.org)*

Name	Address	Email (optional)	Signature

20 signatures per page. Please send to BM Box ES-UK, London, WC1N 3XX **BY 18<sup>th</sup> NOVEMBER 2011**

## ACT NOW to Protect Your Child's Health!



UK energy companies are choosing financial profit over health by installing a wireless network to measure gas and electricity. These compulsory Smart Meters will continuously emit pulsed microwave radiation in every home, business and school in the UK. The radiation is likely to affect the health of babies, children, and anyone with a compromised immune system.

### How will it affect children's health?

This year the World Health Organisation (WHO) confirmed radiofrequent radiation (Wireless Smart Meters) may cause **cancer**. Read the research at [SmartMeterPetition.org](http://SmartMeterPetition.org).

- Worldwide research also links this type of radiation to **sleep problems, behavioural difficulties, heart disease, decreased fertility, diabetes, and birth defects**. To set safety levels, government and industry use guidelines that relate only to the heating effects of radiation. They know it's the non-heating effects that make people ill but **they're hoping we won't notice!** The solution is easy. Demand a **wired fibre optic network** for Smart Meters that won't emit pulsed radiation.

### Do you have a mobile phone?

- Do you or your neighbours have a mobile phone, DECT cordless phone, Wi-Fi, Blackberry, Wi-Max, or any other wireless gadgets, baby monitors or games consoles? Do you live or work near a phone mast? When the Smart Meter network is installed the **combined** exposure is likely to **exceed the recommended safety levels** for non-thermal radiation. **Nobody will check the levels in your home or your child's school**. No research has been done on the cumulative effects of pulsed microwave radiation over a child's lifetime.



**Protect the long term health of our children:  
Demand a wired fibre optic network for smart meters**

**Sign the petition at [SmartMeterPetition.org](http://SmartMeterPetition.org)**

*Help us reach 100,000 signatures by 18<sup>th</sup> November 2011*

- Share this information** with neighbours, colleagues, schools, communities and other parents.
- Email your MP and utility company** - Read the facts at [SmartMeterPetition.org](http://SmartMeterPetition.org)





**I know when you go to the loo at night.**  
**I know when you're on holiday and no one's at home.**  
**I know how often you put your central heating on.**  
**I know when you spend all day watching TV.**

The Government are planning to install Smart Meters in every home and workplace in the UK to provide real-time monitoring of your gas and electricity. The meters will transmit your information (how and what you're using) every 30 minutes to a hub in the street which will pass the information on to a new central Data and Communications Company. Some areas have already started installation. **This raises concerns about privacy, security and health:** Why does your information have to be broadcast so often? Who will have access to your personal information? Can the wireless network be hacked into?

#### **Smart Meters are convenient?**

You will be able to turn your central heating on and off remotely using your mobile phone, but are the Wi-Fi frequencies secure? Who else can turn your appliances on and off remotely? Will it interfere with other wireless networks? A fibre-optic network would be a safer option.

#### **Tired, headaches, can't concentrate?**

The continual exposure of pulsed microwave radiation from the new Smart Meter network as well as existing phone/ TETRA/ Wi-Fi networks will mean your home or workplace may exceed the recommended safety levels for non-thermal radiation exposure. Children and those that are vulnerable are likely to see increasing levels of ill health. A wired fibre optic network would not emit pulsed radiation and is a much safer option.

**A wireless network is a cheap option for the suppliers, not the consumer.** A fibre-optic network is a better long term solution for future technology, a safer option for our health *and* could **ensure the privacy and the security of our personal information**. Find out more at [www.SmartMeterPetition.org](http://www.SmartMeterPetition.org)



**PRIVACY, SECURITY, HEALTH?**  
**If you want the government to ensure energy companies  
use a wired fibre-optic network for smart meters you must act NOW.**  
**Sign the petition at [www.SmartMeterPetition.org](http://www.SmartMeterPetition.org)**

- *Email your concerns to DECC and Ofgem – read the facts at [SmartMeterPetition.org](http://SmartMeterPetition.org)*
- *Please share this information*



# Protect Your Health

## 1. Tell your utility you don't want a wireless Smart Meter or AMR\*

Do this now then implied consent cannot be assumed. Tell them that you insist on retaining your analog meter at no additional cost. Send the letter by recorded post. Keep a copy for your own records. *You could adapt a copy of the doctor's letter on page 13 if necessary.*

"Due an existing medical condition, I do not consent to the installation of a Smart Meter on my premises. [Utility company] may not install a Smart Meter or any other surveillance device on my house. I will hold [Utility company] legally responsible if my health is further impaired by a Smart Meter."

*\*AMR: Automated Meter Reading – a unit is installed on, or next to, the existing gas meter to record the volume of gas passing through and regularly transmits its recordings by way of SMS (Short Messaging Service) technology.*

## 2. Put up a 'No Smart Meter' poster

See page 15. Place one on **both** your electric and your gas meter. You can download more copies free at [www.SmartMeterPetition.org](http://www.SmartMeterPetition.org) or contact ES-UK.

## 3. Defend your analog meter!

Unfortunately utility companies cannot always be trusted to respect your wishes so consider locking up your analog meter. There are examples of how to do this on the web. The simplest design uses chicken wire or a metal bar across the meter. Alternatively fit a simple chain and padlock. The meter should still be easy to read, but impossible to remove. Remember if the meter belongs to the utility provider, but the box it's in belongs to you, make sure the design doesn't touch the meter. You must ensure access to the main fuse is still possible so the emergency services can turn off the power supply in an emergency.

## 4. If your supplier makes an appointment to change your meter

Sometimes when people call their providers to ask what sort of meter is going to be installed the customer service team have no idea or say, "We're replacing your meter like for like". What they actually mean is the company will be replace an electric meter for electric, or gas for gas. It **WILL** be a wireless Smart Meter. If your meter is accessible outside the house, the utility company may fit the meter while you are out, so consider taking the precautions below.

Add a sign to the meter clearly stating you do not give permission for the meter to be changed because of a medical condition (ES) – see page 15. If the utility company or their agents come around to install, ask them to leave - you have a right to a radiation free home!

Smart Meters are not compulsory yet so insist on retaining your analog meter. Don't take no for an answer! If you are threatened with electricity disconnection, let the utility company know you will be filing a written complaint with Ofgem or Ofcom. If the company still insists on installing a Smart Meter let them know you will switch to another supplier. Declaring, "I'm disabled\*", this won't look good in your PR" (*if you have ES you are classed as disabled see page 3*), or mentioning you will tell your story to the press, has also worked well for some people.

Smaller companies are likely to install Smart Meters later, so if Smart Meters are already being installed in your neighbourhood you could consider changing your supplier to delay things. Try contacting:

**Green Energy:** Tel. 0800 783 8851

**Ecotricity:** Tel. 08000 326 100

**Good Energy:** Tel. 0845 456 1640

## 5. If you already have a Smart Meter

Contact your supplier and demand that it be removed. Document in writing exactly what symptoms you have been having and exactly what date they started. If you can, get a doctor to write a note for you – see page 13. Send a copy to the Department of Energy and Climate Change (DECC) – see page 5. Talk to your friends and neighbours - it's possible that they may have been experiencing similar symptoms and may also be persuaded to take action.

Read the Overview of Smart Meters for ES at [www.eiwellspring.org/smartmeter/Smart\\_Meter\\_overview.htm](http://www.eiwellspring.org/smartmeter/Smart_Meter_overview.htm)

and help to educate the people around you. Encourage those around you to switch off or use their mobile phone less. They can swap cordless phones for landlines or at least change DECT phones for the orchid type which emit less radiation. Wi-Fi internet can be swapped for broadband cable e.g. fibre optic connections. Limit your use or proximity to microwave ovens, baby monitors, compact fluorescent lightbulbs etc. Investigate the levels of 'dirty electricity' in your home and whether your home or workplace is geopathically stressed. If you already have a Smart Meter you can measure the radiation and install shielding equipment to minimize exposure. See information overleaf.

People who already have Electrical Sensitivity (ES) can download an excellent booklet by Susan Parsons called *LIVING WITH ELECTROHYPERSENSITIVITY A Survival Guide* at: <http://www.weepinitiative.org/livingwithEHS.html> or contact ES-UK or MCS-AWARE for paper copies (please include a donation).

An excellent summary of Smart Meters in relation to Electrical Sensitivity can be downloaded from [http://www.eiwellspring.org/smartmeter/Smart\\_Meter\\_overview.htm](http://www.eiwellspring.org/smartmeter/Smart_Meter_overview.htm)

For more suggestions about Smart Meters try <http://emfsafetynetwork.org> or <http://stopsmartmeters.wordpress.com/how-you-can-stop-smart-meters/> and [www.CitizensForSafeTechnology.org](http://www.CitizensForSafeTechnology.org) or [www.stopSmartMeters.org](http://www.stopSmartMeters.org)

## 6. Shielding a Smart Meter

If your meter is inside your home, it should be possible to relocate it outside which will make it easier to shield. Ask your utility company how much it would cost.

Some people have reported a reduction in emissions by using heavy aluminium foil, grounded, on the interior wall behind the meter. (It must be earthed.) In contrast wrapping the meter completely in aluminium foil is ***not*** advised. When the meter is unable to send its signal, it "ramps up" and may emit higher levels of radiation that are reflected back inside the walls of the home. The following information is from LESS EMF.com which also sells the materials mentioned.

### How can I shield my Smart Meter?

A Smart Meter is a radiofrequency (RF) emitting device that the utility company has installed on your gas or electric meter. The RF signal emitted [pulsed microwave] transmits information back to the utility company about your gas or electric usage. The signal is intermittent, but operates 24/7. Usually, the utility company will not permit you to completely block this transmission. However, you can shield your living space to minimize the amount of RF exposure you receive.

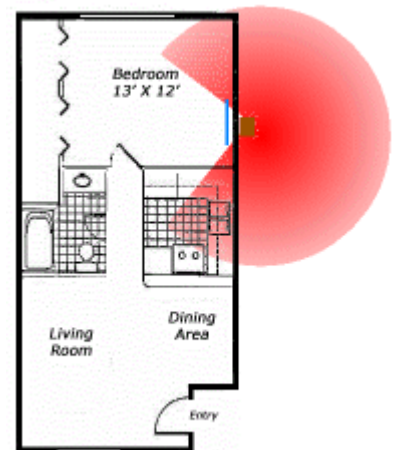
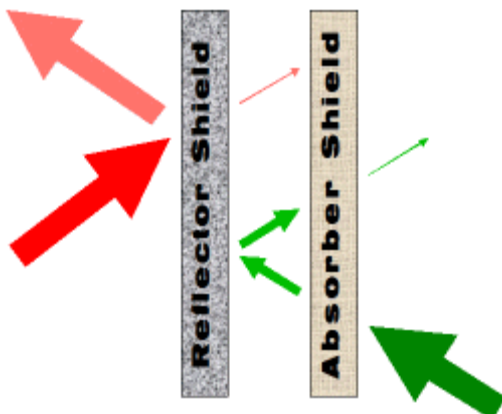
There are two main categories of shielding materials that can be used: RF reflectors and RF absorbers

**RF reflectors** cause the majority of the signal to bounce off, somewhat like a mirror reflects light. They can have very high shielding performance, and in general should be grounded for peak efficiency. They will usually offer better shielding (less RF transmission) than absorbing materials. RF absorbers will absorb the majority of the signal, with very little reflection. The energy absorbed is released as a tiny, almost unmeasurable amount of heat. Grounding is usually not needed. In both cases, **SOME** amount of RF does get through the shield, as no shield is 100% effective. You can use double or triple layers of shielding to improve performance.

**Where should I put the shield?** And how much area do I need to cover? First, the shield must be positioned **BETWEEN** you and the source of the radiation. Generally, this means that the shield will be placed on the interior surface of the wall adjacent to the Smart Meter. Think about the Smart Meter emissions as coming from a light bulb located at the meter, and the shield casting a shadow.

Cover enough wall so that the people would be in the protective "shadow" cast by the shield.

So which one is right for your situation? In a hypothetical world where your Smart Meter is the only source of RF radiation, either type of shield would work well. However, in the real world, there will be multiple sources of RF radiation. Some of them might be right inside your own home. Some might be coming from other



directions. In such a situation if you use a reflecting material, it will reflect on BOTH sides, and you could end up increasing the amount of RF in your living space. On the other hand, if you use an absorber, it will absorb on BOTH on both sides, so you cannot increase your exposure. If, you use both materials, a reflector on the side closest to the RF source, and an absorber on the side closest to the living space, you get the best of both materials... and the absolute lowest RF transmission. Any small amount of Smart Meter signal penetrating the reflector will be absorbed by the absorber. Any signal coming from the opposite direction will have to pass through the absorber, then reflect off the reflector, and finally pass through the absorber again before it re-enters the living space. This would be a very small amount indeed.

## Which materials are recommended?

You can cover over your shielding materials with almost any decorative medium that you like. The shielding should be protected from abrasion, excessive flexing, and moisture.

### Reflectors:

Fabrics such as [RipStop Silver](#) and [Ni/Cu Ripstop](#) are good choices.

### Absorbers:

[Laminated MW Absorber](#) is a convenient, 48 inch wide film that is very low cost and easy to install.

**CAUTION:** Anyone suffering from Chemical Sensitivity should try a sample of the materials before using.

## Suppliers:

**EMF Safety Superstore** [www.lessemf.com](http://www.lessemf.com)

809 Madison Ave, Albany, NY 12208, USA. Tel: 001-518-432-1550.

Fax: 001-309-422-4355 [lessemf@lessemf.com](mailto:lessemf@lessemf.com)

**Biologa** [www.biologa.de/uk/index.php](http://www.biologa.de/uk/index.php)

c/o Bodewigs Egan Associates (UK agent)

The Healthbuild Consultancy, 20 John Street, Sligo, Ireland. Tel: 00353 719150095

**ElectroSmog Shielding** [www.electrosmogshielding.co.uk](http://www.electrosmogshielding.co.uk)

Unit 68A Ethel Street, Smethwick B67 5AJ

mobile: 07787305769 Office: 0121 439 3005 [sales@electrosmogshielding.co.uk](mailto:sales@electrosmogshielding.co.uk)

**EMfields** [www.emfields.org](http://www.emfields.org)

2 Tower Road, Sutton, Ely, Cambridgeshire, CB6 2QA. Tel: 01353 778814 [info@emfields.org](mailto:info@emfields.org)

**Wireless-Protection** [www.wireless-protection.org](http://www.wireless-protection.org)

Bank Top, Kiln Lane, Paythorne, Lancashire, BB7 4JD Tel. 01200 445475

[info@wireless-protection.org](mailto:info@wireless-protection.org)



## Doctor's Letter

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This is a letter that EMF sensitive individuals can give to their doctor to sign in order to ask for accommodation from the effects of smart meters. It is particularly useful for people who have already got a smart meter and need it removed. With some slight changes, it could also be used to ask for accommodation from other forms of EMF exposures i.e. Wi-Fi in schools. Patients would need to get Heart Rate Variability testing for proof, unless this line is removed from the letter. Proof would be a good idea though! Patients will need to get their doctor to sign the letter and then present it to their utility, school etc. and ask for exemption because of medical reasons. This form letter was originally written for Canadians; please feel free to make any changes necessary for your country/situation and use it widely. This letter can also be downloaded at [SmartMeterPetition.org](http://SmartMeterPetition.org)

Address:

Date:

To whom it may concern,

My Patient ..... suffers from Environmental Sensitivities, including sensitivities to Extremely Low Frequencies (ELF) and Radio Frequencies (RF) together called Electro Magnetic Frequencies (EMF). Exposure to EMF makes my patient quite ill. Heart rate variability testing indicates that it interferes with their heart rhythm in a negative, objectively measurable and reproducible way.

EMFs can cause a wide variety of health effects to the general public. Since the FDA and Health Canada have approved some "Therapeutic Uses" for specific forms of EMF treatments proven to heal at energy levels far below current public exposure standards, the biological activity of EMFs cannot be denied.

The National Institutes of Health (NIH) found chemical changes in the brain from cell phone exposure that demonstrates a clear non-thermal effect. <http://well.blogs.nytimes.com/2011/02/22/cellphone-use-tied-to-changes-in-brain-activity>.

On Sept. 5, 2011 the International Journal of Neuroscience reported that "EMF hypersensitivity can occur as a bona fide environmentally inducible neurological syndrome." <http://www.ncbi.nlm.nih.gov/pubmed/21793784>

Smart Meter radiation is significantly stronger than from cell phones. See:

<http://www.stopsmartmeters.org/2011/09/04/comparing-cell-phone-and-smart-meter-radiation>

On May 31, 2011 the World Health Organisation (WHO) classified Smart Meter radiation as a Class 2B carcinogen. See [http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208\\_E.pdf](http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf)

The "BioInitiative Report: A Rationale for a Biologically-based Public Exposure Standard for Electromagnetic Fields (ELF and RF)" <http://www.bioinitiative.org/freeaccess/report/docs/report.pdf> was written in 1997 by fourteen scientists, public health and public policy experts, to document the scientific evidence on electromagnetic fields. Another dozen outside reviewers have looked at and refined the Report. The purpose of this report is to assess scientific evidence on health impacts from electromagnetic radiation below current public exposure limits and evaluate what changes in these limits are warranted now to reduce possible public health risks in the future. According to this report, it appears it is the INFORMATION conveyed by electromagnetic radiation (rather than heat) that causes biological changes - some of these biological changes may lead to loss of wellbeing, disease and even death. Here are some of their findings: Evidence for Cancer (Childhood Leukemia and Adult Cancers), Changes in the Nervous System and Brain Function, Effect on Genes (DNA), Effects on Stress Proteins (Heat Shock Proteins), Effects on the Immune System, Plausible Biological Mechanisms.

For hypersensitive individuals, the effects are immediate and intense. 'EMF Symptoms include: depression anxiety, difficulty concentrating, difficulty finding words, episodic hypertension, eye inflammation, fatigue, forgetfulness, frequent infections, headaches, heart palpitations, hormonal disturbance, impaired balance, irritability, joint and limb pain, learning difficulties, loss of appetite, lymph node swelling, nausea, nerve and soft tissue pain, night sweats, numbness or tingling, restlessness, skin complaints, sleep disturbance, thyroid problems, tinnitus, visual disturbance' *Dr. Magda Havas*. For patients with heart problems, pacemakers or metal implants, a short exposure to strong EMF can be deadly! For infants and small children, whose blood brain barrier is not yet fully formed, exposures can lead to devastating health problems.

As you know the Electricity Act 1989 (amended 2010) states "...the Authority shall have regard to the interests of individuals who are disabled or chronically sick." The Equality Act 2010 requires provision to be made to support people with a functional impairment. Installation of a wireless meter in the home of this patient is a clear breach of The Human Rights Act 1998. Therefore please accommodate the above named patient by changing the meter back to a non-transmitting model.

Sincerely,

# NOTICE

**Do not install wireless  
Smart Meters at this  
location.**



**One or more of the following conditions exists in this dwelling:**

- **Critical care medical equipment in use at this location.**
- **Occupants have medical conditions that will be adversely affected.**
- **Occupants have sensitive medical and/or metal implants.**
- **Electronic interference at this location will disrupt use of premises.**



Address:

Date:

Dear

I object very strongly to the proposed blanket installation of wireless Smart Meters by utility companies in the UK, because of health concerns for children and those with Electro-Sensitivity. A fibre optic network would better safeguard the long term health of vulnerable people including children.

The Government plans to spend a very large sum of money (currently estimated at £11.3 bn) on the installation of wireless Smart Meters, the long-term health effects of which have not been tested, and which the National Audit Office does not consider justified. A fibre-optic network would be a much safer option for health, privacy and security.

Wireless devices emit radio frequency radiation. The World Health Organisation recently classified electro-magnetic radiation as “possibly carcinogenic” (Group 2B), yet the UK Government is planning to expose the entire population to it 24/7. In the Government response to the Smart Meter consultation, it stated that “consumers, and in particular vulnerable consumers, should continue to be protected in a Smart world”. In addition the Electricity Act 1989 (amended 2010) states “..the Secretary of State or the Authority shall have regard to the interests of individuals who are disabled or chronically sick.”

A wireless network would affect me:

As Smart Meters will be compulsory, this makes them different from other wireless devices which can be switched off or not installed in the first place. The constant transmission of data will mean that people will be continually subjected to non-voluntary radiation in every home and street in the UK. It is the cumulative effect we are concerned with. Pulsed microwave radiation from the proposed Smart Grid, together with that from the various sources already present in and outside our homes - WiFi, blackberries, baby monitors, cordless phones, TETRA, mobile phones etc. may well exceed safety levels for non-thermal radiation in individual homes, schools and workplaces. Who will be responsible for checking this? Children and those that are vulnerable are likely to see increasing levels of ill health. A wired fibre optic network would not emit pulsed radiation and is a much safer option.

The current "safe" levels adopted by the UK Government are those set by ICNIRP but many European countries now consider these to be too high. The ICNIRP Guidelines were established for the effects of thermal heating on *healthy adult males*. Most people are affected by the non-thermal effects. Children and babies are especially vulnerable as they have a smaller body mass, thinner skulls, and their immune systems are still developing. No research has been done on the cumulative effects of pulsed microwave radiation over a child's lifetime. There is a clear summary of relevant research at SmartMeterPetition.org.

A wireless network is a cheap option for the suppliers, not the consumer. While installation costs may be higher, in the long term a fibre optic network is likely to save the taxpayer millions of pounds in future increased NHS and social services costs which are likely to result from adverse health effects. It could also help to ensure privacy and the security of our personal information.

The Equality Act 2010 requires provision to be made to support people with a functional impairment. Installation of a wireless meter in the home of someone with Electro-Sensitivity would be a clear breach of The Human Rights Act 1998. I would therefore urge you to consider a wired fibre-optic network for Smart Meters. Consumers should have the option of wired Home Area Networks at no additional cost. Provision must also be made for vulnerable individuals with Electro-Sensitivity to keep their analog meters and be supplied with appropriate shielding materials. Sweden already supplies shielding materials for ES sufferers via government grants very successfully.

The UK Government should take this opportunity to learn from the costly mistakes of countries overseas who have already rolled out Smart Meters to the growing dissent of their citizens. The UK energy sector is in a position to lead the way in a successful rollout of Smart Meters by opting for a fibre optic network with the option of wired HANs. A fibre optic network would protect the long term health of our children and those with Electro-Sensitivity as well as significantly contributing towards privacy and security.

I would be grateful if you could let me know if you support me in this urgent matter. I look forward to your early reply.

Yours sincerely,