

What to think, what to do re electrosensitivity?

-- By Dr. Connie



Environmental medicine can be overwhelming and anxiety provoking. People are suffering from chemosensitivity, electrosensitivity, gluten sensitivity, mold sensitivity, Lyme Disease. All of these can create constellations of worrisome symptoms. A significant number of people now limit their lifestyle choices to the point of anxiety syndromes and other sickness due to the very idea that they themselves have these conditions. Indeed, people with extreme sensitivities must go to extreme measures to be well.

But, as I pointed out in musings, some people are not ostensibly sensitive or reactive, others have moderate sensitivity, and some have extreme sensitivity to environmental and dietary factors. A person with severe asthma set off by forest fire smoke may be literally housebound for days, while others might suffer a cough or headache, but are able to venture forth. Severe mold sensitivity genetically afflicts about a quarter of the population and necessitates truly drastic avoidance and treatment, while other people may simply have various irksome symptoms.

As another example, celiac patients MUST avoid gluten even in the most micro amounts. Many more choose to avoid gluten as it can be particularly problematic in autoimmune, neurologic, and gastro intestinal disease. On the other hand, occasional general symptoms of possible gluten sensitivity is good reason to avoid gluten if one can, to use specific enzymes for incidental or accidental consumption if one cant, and to not stress about it.

And so... with the electromagnetic fields we are discussing. The extremely sensitive may need a completely natural or shielded environment in which to recover.

For the others of us, the awareness that we are living in a field of electromagnetic vibrations, parts of which have had a myriad of demonstrable clinically proven adverse impacts on human physiology,

gives us an opportunity to protect ourselves in certain ways and make some choices.

There are many relatively easy steps to take. Protect yourself by not carrying your smart phone on your body. Use airbuds. Get a corded landline. Don't sleep with your phone. Turn your smart phone off in airplanes, vehicles and elevators. Hard wire your computer. Turn off the WiFi when you're not using it. Keep laptops off your lap. Turn off the router at night. Turn off the electricity in your bedroom. Avoid your microwave oven. Don't give your toddlers tablets and don't park them in front of screens. Shield those Smart Meters.

There are not so easy choices. Do you want to protect the natural environment by driving an energy saving hybrid, realizing that you are sitting inside a computer, being bombarded with multiple electromagnetic frequencies as you cruise along? Do you really need to make phone calls from your car? Must you depend on all those wearable electronics to instruct you, connect you, record your life for you? Need you stay wired 24/7?

There are also very difficult choices, cases in which benefit outweighs risk. What do we do, for example, with an electro sensitive patient who needs a medical monitoring device? Should one use a baby monitor?

This is new territory, this environment in which we now reside. Just as we must inform ourselves and do our best in choosing non chemicalized organic food, realizing that we must accept that we do not have and cannot have total control, we must inform ourselves and do our best to choose how and when we will engage with electromagnetic technologies.

