Imagine living your life without your television, computer, cell phone, or microwave. Diane Schou, a scientist from Sweden, has learned how to live this way.

Schou, avoiding these objects is a life long burden. Schou suffers from electromagnetic hypersensitivity, a condition in which sufferers experience medical symptoms caused by exposure to electromagnetic fields. The illness is not recognized as a disease because the diagnosis relies mainly on self-reported symptoms. There is no specific test that can verify if someone is affected.

Sensitivities to electromagnetic fields – is found in many household objects, such as television, microwave, and computer screens. The cause of the disorder – electromagnetic hypersensitivity (EHS) – is not completely understood. It is believed the described symptoms appear to be caused by systemic or emotional difficulties such as depression, concentration and memory problems with sleep. The cause of the disorder – electromagnetic radiation appears to cause symptoms.

A simple test is to move the clock radio away from the bed to the other side of the room and see if you sleep better.

No, the observatory is not the safest, but why am I here? Because I believe it’s protecting me from cell towers and other things that could come in here.

Fortunately, I had a bunch of books to read from the library so I didn’t feel lost. My husband would read them, too. It’s tough living in the remote area,” Schou explained.

Suzanne Stewart

What is Electromagnetic Hypersensitivity?

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Schou moved into an RV on her farm. As a result of the RV, she had something to do. After Schou remembered, "I used to read a bunch of books to read, but because there was nothing to read, I didn't read." Schou said that she was living at that time, in the RV. Even though it was primitive, she had a mattress to sleep on. "I never knew I was sleeping all the time and depressed. It's because I know other people are living in much worse conditions," Schou explained. "I was living at that time, in the RV. Even though it was primitive, I had a mattress to sleep on."

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What is Electromagnetic Hypersensitivity?

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Staff Writer

I t's no secret that many of us are spending a lot of our time on electronic devices. The use of these devices has increased significantly in recent years, with people using smartphones, tablets, computers, and other electronic devices for work, entertainment, and communication. However, the rapid increase in the use of electronic devices has raised concerns about the potential health risks associated with electromagnetic fields (EMFs).

Electromagnetic fields are a type of radiation that surrounds electronic devices, including computers, cell phones, and electric appliances. EMFs are a type of non-ionizing radiation, meaning that they do not have enough energy to remove electrons from atoms and molecules. Despite this, some people report experiencing symptoms that appear to be caused by exposure to EMFs.

Although there are proven cases of electromagnetic hypersensitivity, there is no consensus on the definition of this condition. The term "electromagnetic hypersensitivity" (EMH) is used to describe a range of symptoms that appear to be caused by exposure to EMFs. These symptoms can include mild to severe headaches, varying degrees of fatigue, irritations in one or both eyes, skin rashes, ringing in the ears, and difficulty falling asleep.

Some people report that their symptoms are not caused by stress. In these cases, the symptoms are often described as "electromagnetic sensitivity." The cause of the disorder – electromagnetic sensitivity or hypersensitivity – is not known. Some people believe that EMFs cause health problems, while others believe that they do not.

No, the observatory is not the safest, but why am I here? Because I believe it’s protecting me from cell towers and other things that could come in here.

Suzanne Stewart

Electromagnetic hypersensitivity? Perhaps remove from their homes all the things that might cause them pain and try to find an "electrically neutral" place to live. If you can’t do that, try to keep yourself protected. The "faraday cage" is an enclosure made out of conducting material, or a mesh of such material. The cage blocks out external static electrical fields. It was named after Michael Faraday, a physicist who built one in 1836.

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Comfortable, one attendee turned a set of lights off to give her a safe place to sit and community center where the couple took a spin on the dance floor. To make Schou more Schou and her husband Bert recently attended a square dance at the Dunmore Com-

Cell phone towers. The closest towers are in Marlinton and "When we found the park, I felt good, but we couldn't stay "back and forth trips to Europe, she heard about Green Bank, "leaving the RV Schou suffers from electromagnetic hypersensitivity, a "for Green Bank resident Diane "One or any of the other cell phone companies. It was only "that can verify if someone is affected. Also, many of the "she was staying at a national park. After returning from a national park in South Carolina I think. My "I started living in national parks and state parks. My "symptoms that appear to be caused by ex- "my day consists of sitting in front "I went to a food co-op meeting because that's a way of "The only cure for EHS is total avoid- "my head was hurting so much, I felt I "No, the observatory is not the safest, but why am I "Because of the National Astronomy Radio Observatory 

Eventually, Schou left the farm and traveled "I started living in national parks and state parks. My "Electromagnetic hypersensitivity? What is "A simple test is, move the clock radio away from the "put people into a laboratory and expose them to fre- "they can't even use blankets, so they're sleep- "Suzanne Stewart photo "primarily, make notice where you feel better and where "towers, she still feels "As she moved away from the RV the tropics, she started seeing light, turning on the lights. "My head was hurting so much, I felt I "Primarily, make notice where you feel better and where ""I had to leave and leave my pets, the music, the white light. That helped a little but, it wasn't "The senior center has fluorescent lights, the community "Eventually, Schou left the farm and traveled "In order to live in Green Bank, Schou had to turn the lights off for me, "comfortable, one attendee turned a set of lights off to give her a safe place to sit and socialize with other members of the community. S. Stewart photo
Electricity
from page 1B

you don’t feel better,” she concluded.

Although Schou will never be cured of her illness, she has found a place that subdues her reaction to electromagnetic fields.

“I came to Green Bank because that gives me a future,” she said, “living in your car is not a future.”

> A response/letter to the editor for paper article in The Pocahontas Times February 19, 2009 on pages 3 and 12:

In The Pocahontas Times, Wellness Section 1B on February 12, 2009 "Allergic to Electricity in an Electronic Age," by Suzanne Stewart. This article asked what is EHS or electromagnetic hypersensitivity and perhaps readers may have wondered where could one learn more about symptoms and effects on health. I suggest:

http://www.feb.se/index.htm  www.electricalpollution.com
www.wavr.org/blackonwhite and the book The Invisible Disease by Gunni Nordstrom, 2004. These web links to the most current scientific database, to informative websites, and to additional documents for further reading.

Bert Schou

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• The Pocahontas Times located at 810 2nd Avenue, Marlinton, WV 24954 U.S.A.  Author: Suzanne Stewart.

• A request by Diane:  We would like to report experiences of more people.  Please identify both exposure/trigger sources and repeatable responses/symptoms. How have needs, wants, dreams and life changed? WAVR-electricity  PO Box 99  Green Bank, WV 24944-0099 U.S.A.  email to: Electricity@WAVR.org  Names will be kept confidential.