

Hello!

I live in the northern part of Sweden outside a town called Skellefteå. Since 2003, I am affected by EMR/EHS, Electrohypersensitivity. I would like to contribute my story to the project on the pollution of our environment with EMF-radiation. It destroys many people's lives, both in the short and long term.

Now to my story: At the time of my birth, my mother was sickly and that probably meant a bad start for me in terms of the vitamin and mineral status that I got from her.

During my teenage years, I had problems with the fungus Candida, which meant recurring urinary tract infections, allergies, etc. I also had major problems from amalgam and gold in my teeth.

From the age of 30, I developed pain problems and with migraines, fibromyalgia and thus extensive intake of painkillers. As a result of this medication, stomach ulcers then appeared.

At an emergency visit to the hospital in 2003 very low blood and iron values were found. I then spent a night in the hospital with **a blood transfusion** (two bags of blood).

On my return home the following day I had become **acutely electrohypersensitive**. It gave symptoms with cramps in the feet and calves, numbness in the neck muscles, etc., but above all an incredible pressure over the chest with difficulty (deeply) breathing.

I have interpreted these breathing difficulties as my diaphragm cramping. I could also get cramps in my abdominal muscles near electric fields. The stronger the field, the harder my abdominal muscles spasmed. And when I walked into our kitchen (with a lot of electric fields) it felt like I was forcing a wall of "cotton candy".

At the same time as the acute electrical hypersensitivity started (during the blood transfusion) I also had major problems with RestLessLegs (RLS). Since then (2003) I have had to medicate with Parkinson's medication (Sifrol-Pramipexole) in the evening to give my legs peace for the night.

During the first months, EHS was so severe that my husband and I had to live in a barracks in the woods without electricity for a few months. Even at home in our house, all electricity had to be disconnected except for the heating of the house and fridge-freezer.

Around 2020, our electricity meters, and also our neighbors' meters, were replaced with so-called smartmeters. I then became so acutely much worse in my electrical hypersensitivity. Even though I was sitting in an armchair with double safety nets with a canopy (Faraday's cage), I felt really bad. Thankfully, thankfully, I quickly got a collaboration between the electricity company and our local association for people with EHS/EMR. This meant that the electricity company reprogrammed our smart meters (also the closest neighbors' meters) to be an "end point". This meant that the meters did not communicate with other meters around in a "mesh system" as they first did but only

sent their own meter value to the electricity company, which meant a huge difference in the amount of radio waves in the air. It was an incredible improvement in my well-being. Of course, it would have been best if we had been able to deny the change of electricity meters. But since that was not possible, this was still so much better than if we had not had this cooperation.

Since about 20 years back, my health has improved significantly even though I still have a lot of problems, from time to time, including from electric car chargers (the neighbor's), military exercises (which give symptoms with a hold in the side and tingling in the torso). In addition, today's smartphones and routers are really troublesome and give strong pressure in my chest (diaphragm cramps?).

In 2006 I began to sleep in a shielding canopy (faraday's cage). At that time (2006) I also managed to get gold crowns and amalgam repairs in my teeth removed, at a slow pace.

We have also screened off walls (with carbon fiber paint) and windows (with window film) to the north where most of the radiation from neighbors comes in. We have also drilled for geothermal heating and at the same time got our own earth roof. This means that we have been able to disconnect from the common earth that others have in our neighborhood. This has given us less dirty electricity in our house.

I have achieved my improved general condition through decontamination of dental material, dietary change to a Paleolithic diet (without gluten) where the stomach/intestines have recovered. I have also had significantly better sleep in the shielding canopy. I take some dietary supplements (including magnesium) and have increased my knowledge significantly about how to avoid radiation. This means the radiation that I can influence. Unfortunately, most of the radiation is impossible to avoid.

But to have to be exposed to this radiation from 5G masts etc. as well as from neighbors' wifi, chargers for electric cars, solar cells and so on without being able to have a safe haven in one's own home, IT IS AN ABUSE THAT I USUALLY LIKEN TO RAPE. An irradiation in our homes that we have never asked for and that we have to pay dearly to get some protection. It is high time to bring about a change that gives our group accessibility on the same terms as other people in society already have.

Wish you good luck with this project that is so valuable and hugely important!

Best regards from EHS sufferers