

RA EHS history summary 2024 version

Please see below a summary of the history and details that outlines my current situation, with some explanations.

2008 is the year that my nightmare began when new neighbours moved into the block of 4 flats: 2 up and 2 down, which I had resided in since July 1993. They are situated in Cove Bay – a quiet leafy suburb 4 miles south of Aberdeen city centre.

In March 2008 I resigned from my full-time permanent position of employment to concentrate on finally completing my professional accountancy qualification. This was because, at that time, I was able to self-finance myself and support myself during throughout the time it took to successfully complete the qualification.

At this same time, new neighbours were moving into each of the three other properties within the building (during January, March and May 2008) that I lived in.

I lived in one of the upper – quite spacious, especially the living room – flats (maisonettes) in a block of four consisting of two up and two down, which I had resided in since July 1993. The upper-floor properties have a loft each and a previous neighbour on the other upper-floor property had converted their loft into an additional living room space.

The new neighbours brought with them, for the first time to the property, relatively new technology now available for domestic and business use: wireless technology (wi-fi, DECT phones etc). I knew the previous neighbours and they, like I, did not have this technology – not even microwave ovens or satellite dishes. The previous neighbour below me, like I, did not even have a mobile phone.

The effect on me from the neighbours' equipment (especially the one who had moved in next to me in the other upper flat during May 2008) was instant and by mid-June 2008 the first symptoms had appeared.

This man-made digitally pulsed electromagnetic microwave radiation emissions from the neighbours' electrical equipment were rapidly severe on me and the effect was / is cumulative, and the worst main debilitating symptom effect is severe burning pain especially to my head and across my scalp that penetrates so deeply into me. This, plus other severe symptoms described below.

As described above, the worst main debilitating symptoms include severe burning pain – especially to my head and across my scalp that penetrates deeply into my brain. Other burning includes clusters of hot sharp needles going through me at lightning speeds with my head, again, being the most sensitive area. Plus, also a heavy penetrating unnatural pressure on to my head, very prolonged sleep deprivation and nose bleeds amongst other symptoms.

The effect on me from the neighbour's equipment (who had moved in next to me in the other upper flat during May 2008) was instant and by mid-June 2008 the first symptom had appeared which was, and still is, a high pitched whine noise emanating from across the central area of my brain and not tinnitus as doctors and so-called hearing specialists so-easily concluded in their diagnosis. The `whine` becomes elevated and louder when exposed to strong signals.

The other effects and symptoms appeared soon after and during Sep / Oct 2008, I did look at moving to a property that would help me. But the only reasonably affordable properties that I could find was in the north of England (somewhere in Yorkshire) and I could not make up my mind and hesitated. Ultimately, after much thought and research, I chose to stay where I was and find a different solution to remedy my growing serious problem.

As conflict with the neighbours grew over my increasingly serious problem and situation, I spent a lot of money having the property that I lived in shielded (at around £10,000 approx.). But this was not enough and had a very short-lived effect as the technology was increasing in power output and stronger signals as the

neighbours kept updating their equipment and new neighbours brought the upgraded equipment in 2010, 2011 and 2016.

My life started spiralling downwards rapidly as the debilitating and painful effect of being electro-sensitive (ES) (or electro-hypersensitive (EHS)) completely derailed my life. There was no help available back then – and currently there is still no help available to sufferers who are affected by wireless technology, like me.

The deteriorating and disintegrating effect on every area of my life increased rapidly over time and by 2016 it was disastrous. This “condition” has ruined my career, finances, credibility, health, hygiene, teeth, family and friends’ relationships, and social life. It has also cost me dearly having lost out on a lot of potentially earned income.

The main and most frequent items that affect me are: wi-fi, DECT phones, Sky satellite dishes, microwave ovens, mobile phones and other hand-held types like android (but not all types and it depends on what it is being used for), base-station transmitter masts, wireless controllers (such as heating thermostats), smart meters, police TETRA phones and some types of wireless alarm systems (again, not all types). It is an ever-growing long list, and it is frightening and worrying.

My life is in total ruins because of this, as the debilitating and painful effect of being electro-sensitive (ES) or electro-hypersensitive (EHS) has completely derailed my life.

Over the years, I have mostly suffered in silence – over 90% of the time but when I did bring the matter up with the neighbours, I was mostly met with resistance to help and hostility.

A new neighbour that moved into the property directly below me in July 2011 was determined to not only be unhelpful, considerate or understanding – she decided that she wanted me out of the property block – my home of 24½ years.

She became callous, malicious, and nasty with increasingly exaggerated tails and lies that increasing became worse – especially when she found out that I no longer owned the property that I was staying in.

She was vile, selfish, and cruel and this eventually ended up in three separate sinister court cases.

To cut a long story short, I had to eventually flee my home of 24½ years – permanently.

All that has happened to me since 2008 is very much understated when described in writing. But what happened and the suffering, with no help or support, is a disgrace and disgusting. Should my financial misfortune ever change around for the better (unlikely), and I am able to afford professional legal services, I would then attempt to sue the corrupt UK Westminster government, the corrupt Scottish government, a nasty ex-neighbour, a x-GP, the NHS, one lawyer who made absolutely no attempt at defending me and, in actual fact, deliberately set me up to fail, the police and my previous landlord who removed / threw out / stole half of my belongings before I had properly moved out.

Two different politicians that I had made an appointment with and spoke to them about my seriously disastrous situation just did not want to know – nor did they care about it. (One was a Labour MP and the other was an SNP MP.)

The roll-out of the new 5G wireless service with its digitally pulsed phased array mm wavelengths sweeping radiation beams that are up to 15 times more powerful (another untested advancement in new technology) compared to previous versions that are bad enough themselves, means it is only going to get much worse [for every living being / creature and especially for people like me].

I cannot emphasise enough that the debilitating `condition` of electro-sensitivity exists and that this has been known for an exceedingly long time and is being covered-up and ignored by the corrupt and evil UK government(s). (And by other governments – but not all.)

They (the government) are in denial of it because of the potential economic costs and pressures from the wireless industries. They also employ (contract) “*agencies*” such as the 77th Brigade of the British army to censor people as much and as often as they can on such ‘sensitive’ subjects.

I am currently writing out my complete horror story, as I would like the whole wide world to know what happened to me and please also try to understand that it is difficult for me to conceal now, and hold-back and not show / express my distress, stress, upset, and frustration over what has happened to me since 2008.

Information that other sufferers are calling and petitioning for “white zones” to be created where people can live and there is no electromagnetic radiation present is now available. GP doctors can now officially record ES / EHS as a diagnosed condition. There are charities that give advice and help sufferers. HMRC recognise these charities (for charity status). Unbeknown to me, since 2012 the DWP has recognised it as a genuine condition for disability benefits (unbeknown to me at that time back then). The general public are waking up and becoming much more aware of the serious adverse effects of wireless technology. Currently, there are two big legal cases proceeding in court against the UK government. People are beginning to fight back.

This detached property that I am currently renting has considerably lower levels of radiation being beamed into it from all the surrounding neighbours and from the nearest mobile phone base station transmitter mast which is, thankfully, facing away from the property – and it is not omni-directional.

Although the property has not been adapted in any way special for my needs, it does go a long way in meeting my needs. It is not perfect as there are times when I am affected quite badly but at least I do get some relief and sleep compared to none previously.

This property is not perfect, but it does give me considerable / some relief to varying degrees.

Renting private accommodation is expensive and beyond my current financial circumstances / status, but I simply just could not go back to suffering what I did (severe burning pain, etc) from June 2008 to December 2017, again.

Ending up homeless has never been far from my thoughts for a very long time – nor is the fact that should the current surrounding environment change for the worse for me, I will then have to move again, as I would not be allowed to shield it (the current property).

To summarise the above: I have severe electro-sensitivity (ES) that is also referred to as electro-hypersensitivity (EHS) or electro-traumatic hyper-sensitivity. This was caused by neighbours (now ex-neighbours) wireless electrical equipment that uses digitally pulsed high frequency electromagnetic radiation to operate.

Raymond Adams
