

Hello,

Thank you for launching this questionnaire. I do not know why or how I became electro-hypersensitive. I do not have the time to list all of my symptoms related to electrosensitivity. My sensitivity depends on my current or past exposure (this can go back as far as 8 days, perhaps even longer). Some symptoms occur immediately, while others are delayed; some symptoms also create an increased vulnerability to subsequent exposures—at least, that is what I have come to understand over time. There are symptoms directly linked to a specific source of electromagnetic waves or electricity, and others linked to "cocktails" of various waves (or electrical/electromagnetic sources). In the île-de-France region (around Paris), we suffer not only from mobile phones and their antennas; the question is, do other sources contribute to the effects caused by mobile phones and antennas, or is it the mobile phones and antennas that contribute to the effects of these other sources?

I raise this question because I have noticed that in the countryside—while there are certainly mobile phones struggling to find a signal, emitting high levels of radiation as they search—I do not seem to suffer as much from the overall network presence, which is lower (I also avoid places with large crowds and many mobile phones). On the other hand, there are many high-voltage power lines, and even standard electrical lines, that cause me harm.

To me, electricity seems just as harmful as electromagnetic waves—alternating current, among other things. It is not just the waves from mobile phones that cause me suffering; there are also all the waves used for national security, the protection of the President, and the safeguarding of political institutions—even though we do not live in a city. Furthermore, there are radar systems and the new technologies found in modern vehicles. There are electrical systems, sensors, e-call systems, passengers' mobile phones, and the nature of the environment—whether open or enclosed. These waves are more intense in a narrow street than in the open countryside, due to their higher concentration. Then there is the power supply for trains, and, near the coast, radar systems from ships. For me, these waves are pro-inflammatory; they trigger intense oxidative stress that affects my organs, joints, muscles, blood, neurons, and brain. They can also exacerbate existing or past inflammatory conditions. Fortunately, this doesn't all happen at once; the specific symptoms and their severity depend on both current and past exposure. Some days are more bearable—for instance, during the work week, when mobile phones have been taken by their "slaves" to the office.

Mobile phones are not the only source of impact. There are also laptops—including their central processing units, mice, and screens (do the LEDs increase sensitivity, or do they emit waves themselves?)—as well as small electrical transformers (one for every device) that generate electromagnetic fields within the power lines (which then radiate through the baseboards). Outside, there are household electrical installations (which often form loops), Wi-Fi, Bluetooth, and induction chargers. In the kitchen, connected devices and other electrical appliances also emit radiation—especially if they use a transformer or are not properly grounded—not to mention induction cooktops.

One could also mention roofs with metallic insulation, which, while designed to keep out the cold, can cause waves from the surrounding area—or from within the house itself—to bounce around.

As for the symptoms (and I will surely forget some): my heart palpitations change depending on the mobile phones in use nearby, varying according to the technology involved and the surrounding environment. My other muscles and cartilages are also affected. This includes my internal organs—such as the intestines (and the gut flora), bladder, liver, and pancreas—as well as my ears and inner ear (leading to a loss of balance), and my brain (causing tremors in my hands). I experience symptoms resembling osteoarthritis, as well as difficulties with concentration and memory. My blood circulation has slowed, and my immune system is compromised (manifesting as bouts of rhinitis that can strike at any time). I also suffer from extreme sensitivity to odors (resembling an allergic reaction), inflammation in the mouth and other mucous membranes—triggered by chemical substances when high levels of electromagnetic waves or electricity are present—along with dry skin, profound fatigue, and eye irritation. My teeth also tend to clench, only to relax again once the stress subsides.

What keeps me going while I wait for the authorities to wake up to these harmful factors includes:

frequently avoiding electromagnetic waves; using protective gear made from technical fabrics (though these are insufficient); maintaining the healthiest diet possible; opting for natural remedies; having the ability to cut off the power supply at the electrical panel; ensuring a proper ground connection; taking frequent breaks in the countryside; and engaging in physical exercise (whenever I have the time).

—And, most importantly, I have wonderful family, neighbors, and friends who do their best to limit my exposure and help me get through this!