My Swedish Contribution to Research at HHS in the USA

My sensitivity to electromagnetic fields (EHS) began over twenty years ago, following two bouts of stomach illness that occurred six months apart. Subsequently, I began to experience a stinging sensation in my face, which would also turn red; the whites of my eyes would become bloodshot when I worked near computer monitors, fluorescent lights, computers, or even low-energy light bulbs. Small muscles began to twitch—much like tics. I could not tolerate the magnetic fields present in cars where the battery is located in the rear. I experienced a form of "brain fog" after riding in a BMW, where high magnetic fields were measured on the passenger side.

At my workplace—a university in northern Sweden—there was already an electromagnetically shielded office (built as a pilot project by the university's Department of Electric Power Engineering). I was able to move into this space, and several shielded computer peripherals—such as a mouse, monitor, and keyboard—were acquired for my use. For the first six months, I worked only half-time, using my accumulated overtime to take frequent walks in the fresh air of the forest.

At home, I continued to use computers, but only via a "wired" connection—using Ethernet cables with all Wi-Fi disabled. I made several modifications at home: replacing electrical wiring for lighting, installing shielded cables, moving the microwave oven to an adjacent room, rerouting the wiring for the variable-speed kitchen exhaust fan away from the kitchen area, and purchasing a specially built television. Furthermore, by exercising general caution—specifically by avoiding any attempts to provoke or test my sensitivity, I allowed my body to calm down.

Gradually, the heat and redness in my face subsided. Because so many different measures were taken—both in the workplace and at home—it remains unclear exactly why I regained a significant portion of my health. It is possible that the replacement of all my amalgam fillings (of which there were many) back in the 1990s played a role; by now, the half-life of those substances has passed. However, the sensitivity to scents that emerged early on still persists.

Since Swedish homes were rarely built with grounding—a requirement not introduced into Swedish law until 1998—we carried out renovations to allow the utility company to install a grounding system, which included equipotential bonding for the foundation and the structure itself. This change could be measured, and the difference before and after is highly noticeable, something that tradespeople and other interested parties can see for themselves. There are now various apps available that measure the quality of Wi-Fi access; for these apps, a "worse" reading indicates a better environment for me. Being able to show others the charts generated on my mobile phone makes the situation easier to demonstrate and more credible.

Furthermore, even with my improved health, I have always made a point of choosing the least exposed spots in any room where I plan to spend an hour or more. For instance, I check for things like fluorescent lights and sometimes ask for some of them to be turned off. For many years, I avoided areas equipped with hearing loops (which generate strong magnetic fields); nowadays, these systems are wireless, and if I don't sit too close to either the transmitter or the receiver, it works fine for me. Following another bout of a stomach bug in early 2022, I soon discovered that sensitivity to a neighbor's router—specifically the 5 GHz band—had a major impact on my well-being, even though their wooden house stands five meters away from our own. We provided the neighbors with a router that uses only the 2.4 GHz band to further minimize radiation inside our home, and we replaced a Chromecast with a wired Apple TV. After that, the headaches and nausea in our home disappeared—though only as long as I didn't find

myself in other "5 GHz zones." That winter, additional signal boosters for the neighborhood's smart electricity meters had been installed. Since several other people in our region who are hypersensitive to electricity experienced an improvement in their living conditions after their homes were designated as "endpoints," our house was also converted into such a "node."

Hospitals present a particular challenge. During one hospital stay, I asked the staff to unplug the adjustable bed to avoid "dirty electricity." I also use a canopy woven with silver threads—like a mosquito net, acting like a Faraday cage—to minimize radiation exposure.

I struggle to spend more than an hour in environments where strong Wi-Fi is expected, such as restaurants, hotels, or lecture halls. When the radiation load becomes too high, the most important thing is to get away and spend many hours in an environment as free from radiation as possible—ideally out in the fresh air. Staying overnight in an unsuitable environment has proven to affect me for many, many hours afterward. Nowadays, Wi-Fi has been "installed" in buses, trains, and even airplanes, which has made all forms of travel more difficult for me. In our bedrooms—both at home and at our holiday house—no lamps or other electrical appliances are left on during the night; instead, we unplug them or switch them off when we go to bed. We do not have an induction cooktop, as I am significantly affected by its strong magnetic field; we use a standard cooktop or conventional electric hotplates. When the time came for the utility company to replace our old electricity meter—which we used to read ourselves—with a "smart" meter, we were able to arrange for it to be installed in a new, better location, further away from...

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At my workplace—a university in northern Sweden—there was already an electromagnetically remediated office (built as a pilot project by the university's Department of Electric Power Engineering). I was able to move into this space, and several shielded computer peripherals—such as a mouse, monitor, and keyboard—were purchased for my use. For the first six months, I worked only half-time, using my accrued overtime to take frequent walks in the fresh air of the forest.

At home, I continued to use computers, but only via a "wired" connection (using Ethernet cables) with all Wi-Fi disabled. I replaced many electrical wires connected to lighting, installed shielded cabling, moved the microwave oven to an adjacent room, and rerouted the wiring for the variable-speed kitchen exhaust fan away from the kitchen area. I also purchased a specially built television. By exercising general caution and avoiding exposure triggers during those first six months, I allowed my body to calm down. Gradually, the heat and redness in my face subsided. Because so many different measures were taken, it is impossible to pinpoint exactly why I was able to regain a significant portion of my health. It may also be relevant that, back in the 1990s, I had all my amalgam fillings (of which there were many) replaced. However, the sensitivity to scents that emerged early on has persisted.

Since then—despite an improvement in my overall health—I have always made a point of choosing the least exposed spots in any room where I plan to spend an hour or more. For instance, I check for things like fluorescent lights and sometimes ask for some of them to be turned off. For many years, I avoided places equipped with hearing loops (which generate strong

magnetic fields); nowadays, such systems are often wireless, and as long as I don't sit too close to either the transmitter or the receiver, it works fine for me.

Following another bout of stomach flu in early 2022, I soon discovered that my neighbor's router—specifically the 5 GHz band—had a significant negative impact on my well-being, even though their wooden house was located five meters away from ours. We provided the neighbors with a router that operates only on the 2.4 GHz band, and we further minimize radiation inside our own home, for example, by replacing a device like a Chromecast with a wired Apple TV. After that, the headaches and nausea disappeared—provided I didn't end up in other "5 GHz zones." Hospitals present a particular challenge; I have asked staff to unplug the power cord for my adjustable bed, but a canopy woven with silver threads is still necessary to minimize radiation exposure. (Like a mosquito net)

I find it difficult to spend more than an hour in environments with high levels of electromagnetic radiation—places where good Wi-Fi access is expected, such as restaurants, hotels, lecture halls, etc. When the exposure becomes too intense, the most important thing is to get away and spend many hours in an environment as free from radiation as possible. Staying overnight in unsuitable environments has been shown to affect me for many hours afterward.

In our bedrooms, both at home and at our holiday and summer house, there are no electrical appliances; everything is switched off once we have finished reading. We do not have an induction cooktop, as I am significantly affected by its strong magnetic field. Instead, we use standard cooktops or conventional electric hotplates.

The cars we have used and owned for the last twenty years run on fossil fuels and contain only a single battery, located at the front of the vehicle. Unfortunately, this will become a problem as such cars become increasingly scarce, they usually need two batteries. Hybrid vehicles, which charge primarily while being driven, are not recommended.