



6 SIGNS

YOU MIGHT BE

ELECTRO-SENSITIVE

BY NICK "THE EMF GUY" PINEAULT

Note to the Reader

Electro hypersensitivity is a real physical condition that has nothing to do with some paranoia about the dangers of cell towers or other sources (this is not the “nocebo effect”¹).

In the last two decades, top environmental medicine doctors all around the world have been gradually publishing guidelines and best practices to diagnose and treat this novel condition.²

This report is not meant to replace the guidance you can get from a properly trained environmental medicine or functional medicine doctor. It’s a way to help you think about electro-sensitivity in a new way that is free of the usual medical gaslighting you’ll still tragically find in the mainstream these days.

This document was medically reviewed by Dr. Stephanie McCarter, an environmental medicine doctor who specializes in treating environmental sensitivities, including electro hypersensitivity.



Stephanie McCarter, M.D. is board certified in Internal Medicine and currently practices Internal Medicine and Environmental Medicine. She worked alongside the world renowned environmental medicine physician, Dr. William Rea and helped Dr. Rea write the book, Reversibility of Chronic Degenerative Disease and Hypersensitivity, Vol 1 and EMF Effects from Power Sources and Electrosmog.

Dr. McCarter is an expert in many aspects of Environmental Medicine including house building, electromagnetic field sensitivity (EMFs), mold illness and allergies, avoidance of pollutants in air, food and water, implant syndrome, and provocation/neutralization immunotherapy. She believes treatment should encompass the whole body, mind, and spirit.

Dr. McCarter currently works at Deeper Healing, in Charleston, South Carolina (USA). You can find more about this clinic at <https://deeperhealing.com>

Could You Be Electro-Sensitive?

In their 2006 Letter to the Editor published in *Electromagnetic Biology and Medicine*, researchers Hallberg and Oberfeld expressed their growing concern.³

The number of people who claimed they were getting sick from everyday sources of electromagnetic pollution ("EMFs") such as cell phones or cell towers was rapidly increasing. Their dire prediction was that by 2017, one out of every two people (50%) reading this report would already be suffering from electro-sensitivity.



The worst part is that — as EMF scientist Dr. Magda Havas explains⁴ — most electro-sensitives are not aware of their conditions and “are living a life compromised by increasingly poor health as a consequence of their exposure.”

In this report, I'll help you to:

- 1) Figure out how sensitive to EMFs you might personally be.
- 2) Start taking measures to minimize your EMF exposure, with the hope of reducing some of your everyday symptoms and help you move towards better wellness.

Keep in mind that MOST people who may at first think they are “not sensitive at all”... end up realizing how much their energy levels and sleep quality were affected by EMFs — but only once they start reducing their exposure.

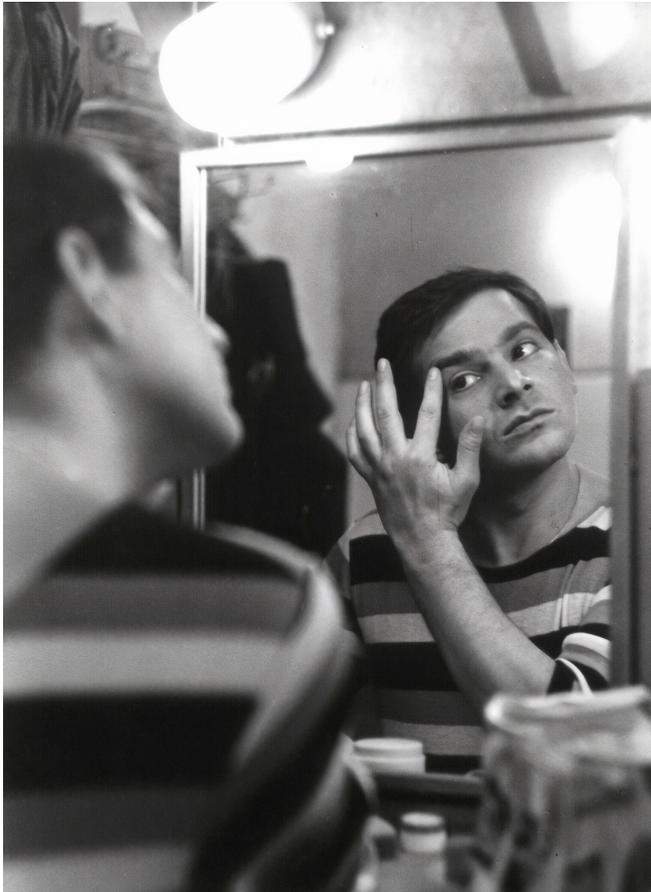
Enjoy the read,

Nick “The EMF Guy” Pineault

Could You Be Electro-Sensitive? Here Are 6 Important Tell-Signs.

Sign #1: You feel older than your real biological age.

Let's face it: A *lot* of people feel this way.



If you feel older than you should, it could be because you have been exposed to multiple stressors throughout your life, including sources of electromagnetic (“EMF”) radiation such as cell phones, Bluetooth-enabled gadgets, Wi-Fi routers or cellphone towers (“base stations”).

These EMFs are known sources of oxidative stress⁵, which can literally age you prematurely.

Dr. Magda Havas explains:⁶

I prefer to call [Electro Hypersensitivity], rapid aging syndrome (RAS). The difference between real aging and RAS experienced by those who are electrically hypersensitive is that when these people go into an electromagnetically clean environment, many of their symptoms diminish or disappear. Obviously, this does not happen with real aging.

Sign #2: You regularly experience these common EMF-related symptoms.⁷

While most medical doctors completely ignore electro hypersensitivity (EHS) or even ridicule those who claim to be suffering from this condition, top environmental medicine doctors in Europe and North America⁸ are busy publishing thorough reports⁹ clearly documenting how to properly prevent, diagnose and treat EMF-related health problems.

Here are the top 7 symptoms that are commonly seen among those who are electro-sensitive:

- Fatigue/weakness: “wired but tired”
- Sleep disturbance/insomnia
- Headaches/migraines
- Brain fog/difficulty concentrating
- Depression/anxiety
- Memory loss
- Tinnitus (ears ringing)
 - Dr. McCarter explains that “tinnitus is **one of the top earliest symptoms** she sees in her electro-sensitive patients”

Of course, many different stressors can cause and/or worsen these symptoms.

All sources of stress (including psychological stress, toxic exposures, etc.) need to be investigated in order to find the root cause of your health issues. Word of caution, though: Electro-magnetic stress is usually ignored (or even ridiculed) by most medical doctors.

If you regularly experience any of the 7 symptoms above, **you owe it to yourself to at least start preventatively reducing your EMF exposure** (see the last page for quick action steps), and see if any of them improve over time.

Sign #3: Your symptoms get dramatically better when you are away from home, or from work.

Think about some of your everyday complaints. Are they more frequent when you spend a lot of time at home, or at work? Are they triggered by specific exposures?

Some triggers are easier to identify than others:

- Some people experience headaches or migraines when they use a phone next to their head, or often notice skin burning or numbness/tingling in their arm, hand or on their face or ear. These symptoms might be intermittent, and may even disappear for extended periods of time as the body is trying to adapt.
- Some people experience skin rashes if they wear a Bluetooth-enabled watch, or other “wearable”. Several articles have been written on these so-called “mysterious” rashes.¹⁰ All of them have missed the fact that EMFs are thought to cause a sort of allergic skin reaction for some people.¹¹
- Some people experience poor sleep quality if they forget to put their phone on “Airplane Mode” at night. After all, some studies have shown that cellphone radiation can stimulate someone as much as half a cup of coffee!¹²

Other triggers are more difficult to pinpoint.

For example, someone may feel more depressed, less energetic or more sleepy at work compared to anywhere else... but it may be because of the work environment, not necessarily because of the constant EMF bombardment they are getting from their computer!

When in doubt, many environmental medicine doctors recommend taking an “EMF vacation”.



Spend at least 5 days away from your home or work, without your everyday wireless gadgets, including phones, tablets, desktop or laptop computer, “wearables”, Bluetooth-enabled headphones, etc. Ideally, you should go camping in a remote location where the ambient “electro-pollution” is very low.

Monitor your everyday symptoms closely. **If you feel substantially better during this “EMF vacation”, this is a tell-sign**

that *something* in your home or workplace environments is keeping you sick. The culprit *may* be EMFs, but may also be other toxic exposures like mold, air pollution, and everyday stressors related to your work or lifestyle.

Sign #4: You have been exposed to toxic chemicals at work or home, or have been diagnosed with Lyme disease or mold toxicity.

Environmental medicine expert Dr. Neil Nathan¹³, who is one of the speakers on the [2024 EMF Hazards Summit](#), explains that people who have been diagnosed with the following conditions or have the following history of toxic exposures are much more likely to experience symptoms of electro-sensitivity:

- Mold toxicity
- Lyme disease (specifically the co-infection Bartonella)
- High chemical exposure, especially from pesticides and herbicides
- Heavy metal exposure: from metal implants, occupational exposure, or mercury leaching from dental amalgams (so-called “silver fillings”)

In many cases, electro-sensitivity sufferers simultaneously experience other types of environmental sensitivities.

While building a large database of more than 2,000 electrohypersensitivity (EHS) and/or multiple chemical sensitivity (MCS) self-reported cases, researchers Belpomme and Irigaray¹⁴ found that in 37% of the cases, people suffered from chemical sensitivities first, and developed a sensitivity to EMFs later on.

Sign #5: You live within 500 meters (approx. 1,600 ft.) of a cell phone tower.

I know that this part will be a cause of concern for many people, but please stick with me here.

The unfortunate truth is that an increasing base of scientific knowledge shows that living within 500 meters of a cell phone tower is increasing your likelihood of developing “Radiofrequency Sickness” (RS — a term equivalent to “electro-sensitivity”).¹⁵

Out of 23 studies analyzed by researcher Balmori in 2022, 17 showed that living too close to a cellphone tower increased risks of developing RS.

More recently, the Hardell group published several case studies where otherwise healthy people developed “microwave syndrome” (yet another term which is closely linked to electro-sensitivity) after a 5G cell phone antenna was installed on the roof of their office.¹⁶

They explained:



After the deployment of 5G, both men developed symptoms typical for the microwave syndrome, e.g., headache, tinnitus, dizziness, balance disorder, concentration and attention deficiency, and fatigue.

The symptoms disappeared in both men within a couple of weeks (case 1) or immediately (case 2) after leaving the office for other offices with much lower maximum peak RFR emissions [...]

We conclude that the guidelines for RFR exposure based only on tissue heating by ICNIRP are inadequate to protect human health and that 5G appears to provoke symptoms of microwave syndrome in previously healthy people.

Several researchers have confirmed that the “fear of cellphone towers” alone cannot explain the poor sleep quality that people who live close to them experience.¹⁷ The closer you live to a cell tower, the more problematic these EMF exposures can be.

To identify cell towers that are close to your home, you can visit

<https://www.antennasearch.com/>.

Warning: I do have to stress the importance of considering having an EMF mitigation professional survey your home. Many people worry over sources of EMFs that are not a huge contributor to their everyday exposures, and miss sources that are much more problematic.

I trust the following organizations and professionals when it comes to EMF surveys:

- [Shielded Healing](#) [#ad] (USA)
- [The Building Biology Institute](#) (USA and international)
- [Safe Living Technologies](#) (Canada)

Sign #6: You experience any of these less common, but more concerning EMF-related symptoms.

Most health practitioners are not aware that everyday sources of EMFs can trigger strong negative reactions in some people.

Anecdotally, a lot of doctors who start asking their patients about their EMF exposures find that some of them are clearly debilitated by specific sources of radiation.

Some of the less common symptoms related to electro-sensitivity include:

- Visual disruption/light sensitivity
- Heart palpitations/Dizziness
- Neurological disease such as Multiple Sclerosis (MS)¹⁸

If you suffer from any of the symptoms above, there's a chance that some of them may be triggered, or worsened by specific EMF exposures.

For example, triple-board certified doctor Zach Bush told me, in a personal interview:

I see EMF-related symptoms very frequently in my clinic even though the first few times I heard it from patients, I didn't believe it at all...¹⁹

He told me that one of his patients experienced bouts of heart palpitations. Needless to say, the situation was very concerning to both the patient and his doctor.

After asking this patient about his everyday EMF exposure, **Dr. Bush found out that these palpitations were triggered every single morning when the man passed by a cellphone tower near the highway during his daily commute.**

The good news is that these symptoms diminished and eventually disappeared once the patient's overall health status improved.

Dr. Dietrich Klinghardt, widely recognized as an expert in treating "untreatable cases" of chronic illness, also clearly states that "patients who get better are the ones who follow my recommendations to reduce exposure to electrosmog ["EMFs"]".²⁰

What Now? Steps To Reduce EMF Exposure.

I know this report may be hard to digest. But I also know that if you read this far, you probably prefer being concerned and informed, rather than “blissfully” unaware and sick.

Why has no one bothered telling you about these dangers? Why are symptoms of electro-sensitivity widely ignored by medical professionals, or even ridiculed?

Researcher Balmori concluded his 2022 review with the following warning:²¹

[...] The media, the responsible organizations (World Health Organization, 2015) and the governments are not transmitting this crucial information to the population, who remain uninformed.

For these reasons, the current situation will probably end in a crisis not only for health but also for this technology itself, as it is unsustainable and harmful to the environment and the people.

The reality is that it's up to you to:

- Tell everyone you know about this research by sharing this report with them
- Minimize your EMF exposure the best you can using simple habit changes
- Seek the help of an EMF-aware health practitioner if you suffer from electro-sensitivity

Action Step #1: Share this report and tune in for the 2024 EMF Hazards Summit.

Please share this report with those you care about. Their health might depend on it.

Make sure to tune in for the EMF Hazards Summit. If you have received this report from a friend and are not registered yet to watch the free summit, please register at <https://emfhazards.com/>



Action Step #2: Start reducing your EMF exposure now, even if you do not “feel electro-sensitive”.

Everyone is affected by EMFs, even those who do not “feel it”. Over time, these cumulative EMF exposure will reduce your ability to feel your best, will age you at a faster rate, and might increase your risks of long-term chronic diseases.

Here are the top action steps you can take to start minimizing your EMF exposure:

1. Do NOT keep your phone near your body for extended periods. Instead, hit “Airplane Mode” while you carry your phone, or carry it in a handbag, backpack or use a properly designed EMF-blocking case (such as [Shield Your Body](#) [#ad]).
2. Create distance between yourself and your phone if you take a call. Use speaker phone whenever possible, or use a pair of wired earbuds.
3. Avoid “wearables” or other Bluetooth-enabled electronics such as AirPods.
4. Consider using a wired connection (Ethernet cable) to connect your computer and other devices to the Internet.
5. If you still use Wi-Fi, turn the router off when not in use, especially during the night. You can use a simple outlet timer (that some people use for their Christmas lights) to automate this process.
6. Strongly consider hiring a competent EMF mitigation specialist (see page 8 for my recommendations) to survey your home or workplace, especially if you already know you are electro-sensitive.



Action Step #3: If you suffer from electro-sensitivity, seek the help of a properly trained health practitioner.

Unfortunately, the vast majority of health practitioners do NOT understand how to diagnose or treat electro-sensitivity. The practitioners below have been trained to understand this condition:

- Dr. Stephanie McCarter and the team from DeeperHealing (South Carolina): <https://deeperhealing.com/>
- Dr. Neil Nathan (offers online consultations): <https://neilnathanmd.com/>
- List of other practitioners recommended by Dr. Neil Nathan: <https://neilnathanmd.com/books/>
- Members of the American Academy of Environmental Medicine (AAEM): <https://www.aaemonline.org/find-a-practitioner/>
- National Association of Environmental Medicine (where they are updating emf guidelines for Members): <https://envmedicine.com/>
- Physicians' Health Initiative for Radiation and Environment (PHIRE Organization): www.phiremedical.org
- Physicians for Safe Technology (have doctors who can treat EHS): <https://mdsafetech.org>

If you live outside of North America, look for doctors trained in environmental medicine. Drs. McCarter & Nathan might also be able to refer you to colleagues overseas.

Sources

1. <https://pubmed.ncbi.nlm.nih.gov/26369906/>
2. For example, <https://europaem.eu/en/library/articles/europaem-emf-guideline-2016>
3. https://www.researchgate.net/publication/6836231_Letter_to_the_Editor_Will_We_All_Become_Electrosensitive
4. <https://www.degruyter.com/document/doi/10.1515/reveh-2013-0004/html>
5. EMF scientist Dimitris J. Panagopoulos publishes an extremely extensive book (<https://www.taylorfrancis.com/books/edit/10.1201/9781003201052/electromagnetic-fields-wireless-communications-biological-health-effects-dimitris-panagopoulos>) on the biological effects of EMFs. One of the chapters on EMFs & oxidative stress concludes that “among 131 analyzed peer-reviewed studies dealing with oxidative effects of non-thermal Radio Frequency (RF) EMFs, mostly pulsed/modulated by Extremely Low Frequencies (ELF), 124 (95%) confirmed statistically significant oxidative effects on various types of biological systems.”
6. <https://www.degruyter.com/document/doi/10.1515/reveh-2013-0004/html>
7. Compiled from various scientific papers or guidelines on the management of electrohypersensitivity (EHS), including The European Association for Environmental Medicine's EMF Guideline 2016 for the prevention, diagnosis and treatment of EMF-related health problems (<https://www.degruyter.com/document/doi/10.1515/reveh-2016-0011/html>)
8. <https://www.aeonline.org/electromagnetic-and-radiofrequency-fields-effect-on-human-health/>
9. The European Association for Environmental Medicine's EMF Guideline 2016 for the prevention, diagnosis and treatment of EMF-related health problems (<https://www.degruyter.com/document/doi/10.1515/reveh-2016-0011/html>)
10. <https://www.ibtimes.com/yes-your-apple-watch-giving-you-rash-heres-what-do-about-it-1909867>
11. <https://www.sciencedirect.com/science/article/abs/pii/S0306987799909234> and more recently these comments by Beth O'Hara <https://mastcell360.com/are-your-cell-phone-wifi-router-and-other-emfs-hurting-your-mast-cell-activation-syndrome-and-histamine-intolerance/>
12. <https://www.scientificamerican.com/article/mind-control-by-cell/#> - Stunningly, the researchers argued that being stimulated with the equivalent of half a cup of coffee during the night is “not damaging”.
13. <https://neilnathanmd.com/>
14. <https://pubmed.ncbi.nlm.nih.gov/32168876/>
15. <https://www.sciencedirect.com/science/article/abs/pii/S0013935122011781?via%3Dihub>
16. <https://www.anncaserep.com/open-access/development-of-the-microwave-syndrome-in-two-men-shortly-after-9589.pdf>
17. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3885815/>
18. <https://pubmed.ncbi.nlm.nih.gov/17178585/>
19. Personal interview during the creation of the Electrosmog Rx Professional-Level Course, 2018.
20. Personal interview during the creation of the Electrosmog Rx Professional-Level Course, 2018.
21. <https://www.sciencedirect.com/science/article/abs/pii/S0013935122011781?via%3Dihub>