

The Scientific Details and Links to Research

Commonly reported symptoms following microwave EMF exposure. Dr. Martin Pall 2015

<https://www.sciencedirect.com/science/article/pii/S0891061815000599?via%3Dihub#tbl0015>

| Symptom(s) | Numbers of studies reporting |
|---|------------------------------|
| Sleep disturbance/insomnia | 17 |
| Headache | 14 |
| Fatigue/tiredness | 11 |
| Depression/depressive symptoms | 10 |
| Dysesthesia (vision/hearing/olfactory dysfunction) | 10 |
| Concentration/attention/cognitive dysfunction – ADD/ADHD | 10 |
| Dizziness/vertigo | 9 |
| Memory changes | 8 |
| Restlessness/tension/anxiety/stress/agitation/feeling of discomfort | 8 |
| Irritability | 7 |
| Loss of appetite/body weight | 6 |
| Skin tingling/burning/inflammation/dermographism | 6 |
| Nausea | 5 |

Microwave frequency electromagnetic fields (EMFs) produce widespread neuropsychiatric effects including depression, Dr. Martin Pall **Journal of Chemical Neuroanatomy**

Volume 75, Part B, September 2016, Pages 43-51

<https://www.sciencedirect.com/journal/journal-of-chemical-neuroanatomy/vol/75/part/PB>

“ [Havas et al.](#)

[\(2010\)](#) <https://www.sciencedirect.com/science/article/pii/S0891061815000599?via%3Dihub#bi>

b0160 have reported a similar list of neuropsychiatric symptoms

in [electromagnetic](#) hypersensitivity (EHS) patients. They found that each of the following symptoms were common in EHS: poor [short term memory](#); difficulty of concentration; eye problems; [sleep disorder](#); feeling unwell; headache; dizziness; [tinnitus](#); chronic fatigue; tremors; body pain; difficulty speaking; tingling sensation in feet or hands; difficulty writing; difficulty walking; migraine.”

More quotes and links to recent articles about EMF Sensitivity

Quote from Newsweek article: *Science Says Wi-Fi Allergies Are Fake—But People Are Still Sick*

<https://www.newsweek.com/2016/07/08/electromagnetic-hypersensitivity-wifi-allergies-474404.html>

“... EHS today is in the same position as illnesses like chronic fatigue syndrome, fibromyalgia and Gulf War sickness were before being accepted by science. "For none of those diseases do you have a blood test that will allow you to diagnose definitively what is wrong. In the meanwhile, the people who have this syndrome are really abused by society," he says. "Are we going to accommodate people that have this rather unusual syndrome, or is it just up to them to find a remote place they can survive without being ill all the time?"”

The Environmental Health Trust has a [Patient Questionnaire on Electrical Sensitivity](https://ehtrust.org/wp-content/uploads/patient-questionnaire-electrohypersensitivity-print-pdf-2.pdf) <https://ehtrust.org/wp-content/uploads/patient-questionnaire-electrohypersensitivity-print-pdf-2.pdf> provided by Physicians for Safe Technology <https://mdsafetech.org/> for an assessment tool to understand EMF exposures.

Physicians for Safe Technology state “Widespread use of digital media and near constant exposure to wireless devices has caused increasing concern among scientists, health care professionals, psychologists, educators and the public who are now considering this is not only a public health issue but a looming public health crisis. (11,108) It appears that we are at the same point of emerging science similar to early recognition of health impacts associated with tobacco, asbestos, coal dust and lead. (119) These concerns are amplified by industry proposals for a massive expansion of wireless infrastructure and connectivity.”

“We are exposed currently to 2G(phasing out), 3G and 4 G wireless telecommunications technologies. As new immersive interconnected wireless technologies are developed for 5G application, proposed new cellular antennas will proliferate on the ground and in the air, and we would see an increase in the complexity of EMR frequencies, pulsations and density which have not been shown safe for humans. Respected researchers have given us a much better understanding that this increased EMR exposure is a decisive threat to our health and the environment.”

EUROPAEM EMF Guideline 2016 for the prevention, diagnosis and treatment of EMF-related health problems and illnesses.

<https://www.ncbi.nlm.nih.gov/pubmed/27454111> “We recommend treating EHS clinically as part of the group of chronic multisystem illnesses (CMI), but still recognizing that the underlying cause remains the environment. In the beginning, EHS symptoms occur only occasionally, but

over time they may increase in frequency and severity. Common EHS symptoms include headaches, concentration difficulties, sleep problems, depression, a lack of energy, fatigue, and flu-like symptoms. “

Electromagnetic hypersensitivity – an increasing challenge to the medical profession

<https://www.degruyter.com/view/j/reveh.2015.30.issue-4/reveh-2015-0012/reveh-2015-0012.xml?format=INT&intcmp=trendmd>

“It seems necessary to give an International Classification of Diseases to EHS to get it accepted as EMF-related health problems. The increasing exposure to RF-EMF in schools is of great concern and needs better attention. Longer-term health effects are unknown. Parents, teachers, and school boards have the responsibility to protect children from unnecessary exposure.”

The microwave syndrome or electro-hypersensitivity: historical background

<https://www.degruyter.com/view/j/reveh.2015.30.issue-4/reveh-2015-0016/reveh-2015-0016.xml?format=INT&intcmp=trendmd>

There is increasing evidence that the “microwave syndrome” or “electro-hypersensitivity” (EHS) is a real disease that is caused by exposure to EMFs, especially those in the microwave range. The reported incidence of the syndrome is increasing along with increasing exposure to EMFs from electricity, WiFi, mobile phones and towers, smart meters and many other wireless devices. Why some individuals are more sensitive is unclear. While most individuals who report having EHS do not have a specific history of an acute exposure, excessive exposure to EMFs, even for a brief period of time, can induce the syndrome.

Psychosocial and Environmental Pregnancy Risks

<https://emedicine.medscape.com/article/259346-overview#a2>

...a 2014 meta-analysis that examined pregnancy outcomes in the high-risk populations of physiotherapists who regularly use short-wave diathermy and microwave therapy reported significantly higher rates of infertility, spontaneous abortion, altered gender ratio, congenital malformations, and low birth weight. ^[18] These findings suggest that some groups frequently and regularly exposed to short-wave or long-wave electromagnetic fields may have worsened pregnancy outcomes when compared to control subjects.