

I am writing this letter in the hope of spreading awareness concerning my experiences in what I now know to be a hyper-sensitivity to EMF radiation. So far as I can tell some of what I have experienced is fairly new territory in terms of medical knowledge and the effects new technology can have on the public. I hope that this letter will help others to realise similar problems and get on the bandwagon to prevent what will inevitably be (in my mind at least) perhaps the equivalent of a 21st century plague.

I am 23 years old, up until this experience I was a fairly ordinary young male but after what I have been through, I honestly don't think I will ever be the same again.

Last year I was involved in installing smart meters throughout the outer eastern suburbs of Melbourne, specifically my job was installing the "communications cards" and aerials on already installed, live meters. After working there for maybe two months I began suffering problems with concentration, memory and general fatigue. Not to mention a sort of creeping anxiety that I hadn't really experienced anything like before. Subsequently I lost the job, due to slowly finding it more difficult to get up in the morning and generally function. At the time I believed the problem must have been something personal i.e.; dietary or psychological. The problem with what I have been suffering it seems is that my mind tends to go in loops and I get extremely anxious and fearful, this has made it impossibly hard to figure out the problem or look for help.

So, for the last year now I have been driving myself up the wall trying to get healthy again and regain the life I had before. I have been through believing it was allergies, metabolic syndrome, a brain tumour, needing to eat organic food or some sort of unknown psychological disorder. No doctors have been able to help, I haven't been able to work and it has basically gotten worse, then better and then far worse again. The symptoms I have experienced in that time have been everything from poor bladder control, psychosis and heart palpitations to extreme anxiety, altered perception, loss of eyesight, headaches and when it gets bad my left pupil becomes far smaller than the other, sometimes for a few days. I have had constant tinnitus and an increasing cramp in my neck that I can only attribute to a problem with my adrenal gland or some kind of growth; I haven't had scans so I do not know for sure.

Throughout the duration of this I was also living in a cramped, high density apartment block in Hawthorn, with a new and very powerful wireless router right near my room. It seemed to reach a peak when I got a new "HTC smart phone" on a Vodafone contract. At the time, through removing all sugar, gluten and only eating organic produce I was feeling fairly healthy and was convinced I had fixed the problem. However, this was actually just the beginning. With the addition of the new and powerful smart phone I added to the list of symptoms; arthritis, increased headaches and my brain essentially began "resetting" every time I went to sleep. I would lose most memory of the day before and my past experiences began to seem like a strange dream, actual dreams I stopped having altogether. It all pointed to some kind of slow brain damage. The anxiety still remained, I couldn't stop going

through the motions of being convinced I was going to die (a fairly regular occurrence by this point) and constantly questioning my mind state. I kept attributing it to slip ups in diet and my life basically became a constant state of being in fear of just about everything. Traumatizing to say the least.

I have to mention at this point, what it is to believe you are going to die. I'm not talking about feeling a bit sick and maybe having it cross your mind this particular ailment is going to kill you, or being of an age where it is a real possibility you may just not wake up. I'm talking about being young, previously quite healthy but suddenly not and having no idea why. Lying in bed, watching the world around you distort with your mind telling you that you are dying, this is it and you are not going to wake up tomorrow. The only thing you can do is accept your mortality, write a letter to your family and wait for it. This may sound crazy, believe me I would have said the same thing but in honesty I have now done that countless times. Be it a symptom of persistent radiation poisoning or just my mind giving up, it was a big part of this experience. You may think that to be exaggerated or far-fetched but again, in honesty; I only wish it was.

So, I noticed at some point, a few months ago, that turning my phone onto flight mode seemed to remove part of the anxiety almost instantly. While it took a long time to make myself believe that could be the problem, eventually I began just removing RF sources from around me and the results were quite surprising. However, by this point I had come to the conclusion my problem was celiac disease and a glucose intolerant/insulin resistant problem as it seemed to go haywire every time I ingested even the smallest amount of sugar. So I just kept using my phone a few times a day and didn't put much research toward radiation actually being the bulk of it.

I ended up moving out of the hawthorn apartment and out to my girlfriend's house in Maribyrnong, this helped a lot and it started to become a little clearer as to what was actually going on. Since then I have slowly moved further and further from the radiation pool I was living in before and slowly got better. I determined that being around any source of RF waves be it 3g, wifi, mobile or really anything with a bit of EMF radiation would spike my condition and push me back into that horrible state and so we did our best to remove it and continue on. The problem was though that even after getting rid of my phone, having my girlfriend keep hers on flight mode around me and minimalizing the use of electronic devices I still didn't feel myself again, so again I went back to questioning everything and being generally anxious, until last week.

By chance we made the choice to go visit my family in Newcastle and pretty much as soon as we arrived I felt better. After two days of being there; my anxiety was gone, I had regular bladder control again, I could just sit happily and enjoy myself for the first time in ages and the persistent ringing in my ears slowly subsided. On top of this I had gluten in my system almost the entire time I was there but unlike in Melbourne it barely affected me at all, I also tried eating sugar containing products and again it was fine. It was at this point it all became

very clear; it all began with the smart meter job and NSW, or at least my family's neighbourhood, does not have smart meters. Thus, Newcastle is not the radioactive pool that I assume Melbourne has now become. My suspicions were confirmed as soon as we arrived at Sydney airport to return. Instantly my head was throbbing, my ears started ringing again and I started to become anxious; I have been made extremely sensitive to EMF.

I have now been back in Melbourne for only a day and I'm back to feeling pretty much the same. It's more bearable however because at least now I know without a doubt what is wrong. It is my plan now to relocate as it seems I simply can't live in a high density metropolis anymore, however before doing so I would like to find a doctor or somebody who can diagnose if there is any life threatening issues I need to have sorted out. The possibility of proving it was that job that did it to me would also be nice as it seems rather unfair I should have my life ruined for an infrastructure upgrade with no repercussion.

The shining light in all of this is that I have been studying everything the entire time, a sort of "self-research project" if you will. Through correlating my experiences with previously existing research and scientific evidence; I have begun putting together a manifesto of sorts describing an array of conditions suffered by the majority of the populous and I hope to publish this as soon as I can attain a good level of health. We should not have to suffer for the mistakes made by our government and the corporate interest that seems to make all of our decisions for us, I believe it is a time to start taking things in our hands and spreading word however we can. I only hope my experiences will not have been in vain and that some good or some hope can come from my telling of it.

J. O.

September 2012