My symptoms related to electromagnetic fields and radio waves

When I am in a low-radiation environment, free from exposure to electromagnetic fields and radio waves, I am completely healthy, energetic, quick-witted, creative, humorous, and sociable. I am mentally stable and have no other allergies.

Radiofrequency radiation from wireless technology such as cell phones, cordless DECT phones, Wi-Fi networks, Bluetooth, and wireless electricity meters (smart meters) etc., quickly causes me to experience a combination of several of the symptoms listed below. If the exposure has been moderate and brief, the symptoms often subside within a quarter of an hour, but the new “smart” electricity meters have a very strong effect on my heart that lingers for hours.

I react the same way regardless of whether I am aware that I am exposed or not. If I think I am exposed without actually being so, the symptoms do not occur.

My reactions to a wireless Wi-Fi router have been documented in a scientific double-blind stress test in which heart rhythm (HRV) was clearly disrupted at a level as low as one millionth (0.000001) of the swedish reference value (limit value) established by the Swedish Radiation Safety Authority.

Experienced symptoms (varying combinations depending on signal type, frequency, and duration)

- Headaches
- Tinnitus (high-pitched tone); with prolonged exposure, also a humming sound
- Dry eyes
- Blurred vision, floaters in the field of vision
- Bloodshot whites of the eyes
- Difficulty tolerating flickering lights and loud noises
- Burning sensation and stabbing nerve pain in the face
- Skin is tender to the touch
- Skin redness
- Sunburn-like skin damage
- Pain in the skin similar to sandblasting
- Nasal congestion, swollen and burning nasal mucous membranes
- Nosebleeds
- Toothache, sensation that the teeth are about to fall out
- Numbness/tingling in the tongue, which feels rough
- Red spots on the tongue
- Pale tongue (worst for several days after exposure)
- Pressure across the throat
- Rapid pulse
- Pressure across the chest, cardiac arrhythmia
- Burning/pressure/pain in the chest area
- Feeling that the heart can’t keep beating
- Belching
- Nausea (especially from Wi-Fi)
- Frequent urination
- Dry mucous membranes (problems with the eyes, nose, genital area, and rectum)
- Inflamed colon

- Stomach cramps (especially from magnetic fields)
- Acute diarrhea (especially from ”smart” electric meters)
- Dizziness, tendency to faint
- Sensation of a subtle vibration throughout the body
- Sensation of a strong and very specific discomfort in every cell of the body
- Physical feeling of stress without a corresponding mental one
- Fatigue, lack of energy, exhaustion
- Shortness of breath and lactic acid buildup in the muscles with the slightest exertion
- Sweating
- Chills
- Muscle tension in the shoulders and neck
- Motor disturbances, clumsiness, dropping things, muscles not responding as intended
- Difficulty concentrating
- Impaired sense of direction (sometimes total loss)
- Problems with short-term memory, temporarily forgetting names (sometimes even those of close friends)
- Difficulty making decisions (sometimes a total inability)
- Loss of the ability to multitask
- Losing my words, losing my train of thought
- Dyslexia (suddenly making spelling mistakes, difficulty understanding what I’m reading)
- Confusion
- Depression, listlessness
- Withdrawal from social interactions
- Unprovoked crying spells
- Irritability, anger
- Sleep disturbances
- Excessive thirst
- Insatiable hunger, feeling like I’m starving to death
- Sometimes, instead, loss of appetite
- Hair loss

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