EHS in Italy

# Living with Electromagnetic Hypersensitivity: A Personal Testimony from Italy

My experience with severe electromagnetic hypersensitivity (EHS) began in 2016.

Following a serious fall, three large metal screws, approximately 10 cm long and 0.7 cm in diameter, were implanted in my femur.

Before this incident, I had experienced moderate electromagnetic hypersensitivity, but my condition subsequently became much more severe.

The screws were made of a titanium alloy containing 6% aluminum and 7% niobium.

Shortly after the operation, I noticed a significant change in my sensitivity to electromagnetic fields.

## HEAT COST ALLOCATORS

Not long after my surgery, the administrator of the apartment building where I live arranged for heat cost allocators to be installed on the radiators in every apartment.

I immediately began experiencing severe symptoms, including nausea, an upset stomach, and an inability to sleep because my body was trembling.

Above all, I could no longer touch metal objects without frequently experiencing painful electric shocks. This happened when I touched door handles, faucets, cooking pots, supermarket shopping carts (when touching their metal parts), and car doors.

After two full months of suffering and severe sleep disruption, I began to suspect that the heat cost allocator installed on the radiator near my bed might be responsible.

I tried to remove it, but the technician had attached it firmly. Eventually, using a hammer and a scalpel, I managed to detach it.

I became convinced that this device had been causing my symptoms. For the first time in two months, I was finally able to sleep. The electric shocks I experienced when touching metal objects also became much less frequent, occurring only occasionally rather than approximately 20 times a day.

I called the building administrator and the company responsible for the heat cost allocators to inform them of what I had done. Naturally, they were furious. They treated me as though I were mentally unstable and told me that my heating consumption would always be calculated at the maximum rate.

Nevertheless, I was feeling somewhat better.

All the other heat cost allocators remained active, however, not only those in my apartment but also those belonging to my neighbors above, below, and across from me. At least I had managed to remove the one closest to my bed.

Following this experience, I also faced enormous difficulties dealing with household utility meters, fearing that the installation of new devices would cause me further suffering.

I subsequently underwent another orthopedic operation, during which the surgeon decided to remove one of the three screws from my femur. Although only two screws remained, my electromagnetic hypersensitivity did not improve.

Returning to the issue of heat cost allocators, two years ago the devices had to be replaced because they were malfunctioning.

After considerable investigation and discussion, I reached an agreement with the company responsible for the devices. They allowed me to enclose each allocator in a double layer of metal mesh, secured around the radiator with clips.

Whenever the meter reader needs to collect the readings, I receive a telephone call and must remove all the metal mesh coverings. As soon as the readings have been taken, I put them back in place.

# THE HYBRID CAR

When I purchased a hybrid car, I was initially delighted. It was a secondhand vehicle and therefore did not have the strong new-car odors that I find particularly troublesome because I also suffer from chemical sensitivity.

Unfortunately, I began experiencing symptoms that I associated with electromagnetic exposure inside the vehicle, possibly because of the battery located beneath the rear seats.

I did not know what to do, as I felt unwell whenever I was in the car.

After considerable research, I decided to try using shungite stones. I regarded this as an experiment, having been told that not everyone experienced benefits from them.

I placed several stones on the seat where I sit and along the backrest.

In my experience, they appeared to improve the situation and reduce my suffering, although they did not completely resolve the problem.

I also attached a shungite stone to my mobile phone.

# EVERYDAY LIFE WITH ELECTROMAGNETIC HYPERSENSITIVITY

My entire daily life is profoundly affected by electromagnetic hypersensitivity.

I also experience difficulties undergoing medical imaging examinations, including X-rays and magnetic resonance imaging (MRI).

The number of 5G antennas has increased enormously, and Wi-Fi is now present almost everywhere.

Simply installing an electromagnetic field detection application on a mobile phone gives an impression of how extensively our environment is permeated by invisible electromagnetic waves.

It seems impossible to find a place where one can experience only the Earth's natural magnetic field.

Sometimes I wish I could put on a protective suit capable of preventing all these waves from passing through my body.

The symptoms I experience are numerous: internal trembling, nausea, stomach discomfort, palpitations, disorientation, difficulty concentrating, confusion, and an inability to think clearly.

Ultimately, this is not the life I would wish to live. It feels more like surviving than truly living.

My life is also marked by constant misunderstanding.

People with electromagnetic hypersensitivity experience suffering that most other people do not experience and, consequently, often cannot understand.

What is tolerable for almost everyone else can be a source of profound suffering for someone with electromagnetic hypersensitivity.

As has happened with other illnesses before they became widely understood and recognized, our symptoms are too often attributed primarily to psychological problems.

For those of us living with this condition, the suffering is real, persistent, and deeply disabling.