



ELECTROHYPERSENSITIVITY (EHS)

Curse to Blessing



Written by Davida van der Walt

Jul 2023 (Rev 2)

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May 2023

Dedicated to Prof Olle Johansson, who changed my life by collaborating with me to educate the world on electrohypersensitivity (EHS). He took a leap of faith, and I truly believe our cooperation is changing lives all over the world. Thank you, Prof!

The most important person during my journey with EHS has been my husband. He has been my rock throughout. He always supported me and still does. Joe, thank you for giving me a safe place to run to.

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FOREWORD

Buckle up

I am lying on my back. My feet feel cramped. My car is parked at an angle, and I am sliding to the back. I need to kick myself up. My legs feel stiff. I am too tall to lie straight in the back of my car. I hear the jackal howling. My Jack Russel, Gutsy, is lying close to me, her breath on my neck. I hear something in the bushes. I quickly sit upright. But I see nothing. My heart is pounding.

We are renting a house in a nature reserve on a game farm. Sounds so romantic! Yet here I am lying in my car because I can't be at home. My husband took my back seat out of my car so that I can sleep in my car. I know he is going to be very angry at me when he wakes up. He gets up early to go to work. When he wakes and finds that I am gone, he will be very worried.

I just could not take it anymore. I was lying in my bed, wide awake, my skin on fire, my head hurting, my chest feeling like someone dropped a solid piece of rock on it, my ears were ringing, my hands were tingling, my body ached, and my earlobes were on fire. I just could not take it anymore. I felt disoriented and nauseous. It feels like torture.

I just got up quietly without waking my husband, pulled my car out of the garage, called Gutsy, and drove out into the bush, away from any house where someone can have their Wi-Fi blasting my brains and body to pieces. It was pitch dark. Being cloudy and with no streetlights, the farm can be quite eerie at night. I had to choose; fear of being alone out in the bush, or feeling like my body had to fight this invisible enemy that was draining every ounce of energy out of me.

Do we know what we are doing?

We are so addicted to our cell phones, Wi-Fi, Bluetooth, and all wireless technologies. But do we know what we are doing to ourselves, to our children and to our loved ones? To our beautiful world? Is comfort more important than health? Let's explore...

PROF OLLE JOHANSSON'S VIEW OF THIS BOOK

"I am shaken by my roots, dear Davida, your book definitely rocks the world ... and definitely also me! You are a brilliant writer, and amidst your terrible hardship, you light up many, many strong beacons of hope." Prof Olle Johansson

Prof Olle has been doing research on EHS since the early 1980s and has not stopped his selfless work in this area.

WE NEED YOUR HELP!

Please support Prof Olle's research on EHS by going to <https://research.radiation.dk/>

Every single penny makes a difference

PREFACE

Introduction

The purpose of this book is to open the world's eyes to electrohypersensitivity (EHS). So many people suffer from EHS, but they hide away from the world. Others have it and they don't know it. Yet, they are always sick. I also hid away from the world for some time. But I decided to stand up and educate the world. Our families, friends, and colleagues need to know what we go through. If I can help prevent one person from developing EHS, I would have made a real difference. And if I can help those with EHS cope with the process and reduce their symptoms to a place where they can live a normal life, then I am living my purpose. It is one of the most debilitating conditions you can imagine. It is pure torture. And no one can see the torture, so they do not believe it.

We are exposed to so much electro-smog, electro-pollution, EMF – call it what you want. Man-made electromagnetic fields. Our bodies are not designed to cope with all the synthetic foods we eat, chemicals we bathe in, or electro-smog we are exposed to. Our bodies are designed to heal though, this is how God created us. We need to create an environment for our bodies to heal.

Today many people suffer from a sensitivity to technology that manifests in allergic reactions. Professor Olle Johansson says he has met thousands over the years who suffer from electrohypersensitivity. He says the person who feels nothing is hypo-sensitive (in other words, under-sensitive), and those who do feel something are classified as hypersensitive. Yet, as Prof Olle says, maybe these hypersensitive people are normal. For some of us, like myself, electrohypersensitivity is real. Oddly enough, those closest to us are the ones who often resist the most to see the truth.

My first health-related book, *No More Stress*, was aimed at guiding you on how to proactively manage the impact of stress on your life.

The next one, *No More Illness, Life after Autoimmune Disease* was focused on how you can prevent illness through lifestyle changes. If you have been diagnosed with an autoimmune disease, this book will change your life forever. Even if you do not have an autoimmune disease, but just can't remember when last you felt well, this book will help you change your lifestyle so that you can claim your health and your life back.

After I learned the secrets of health, I was so incredibly well and vibrant. Then I hit a curve ball. My GP overprescribed my Eltroxin (thyroid hormone), and I got very sick in the next few weeks. Initially, I did not know what was wrong with me. I soon realised that it was due to the overprescription, and associated toxicity in my body, I developed severe EHS.

In this book, I will share with you the trials and tribulations associated with EHS. I hope this book will give you some perspective on what it is, how it affects a person, the impact it has on relationships, and what you can do if you know someone who has EHS. They are not crazy! They have not lost their marbles. Their struggle is real and extremely challenging.

If you have EHS, I hope this book will give you comfort that you are not alone. But also HOPE. Hope that you can live a normal life. That said, there are a few things you must do to achieve that status.

I want every person I meet and engage with through my books or online coaching, to feel so vibrant that they would want to jump out of bed in the morning and embrace their day.

For whom is the book intended?

This book is for you, regardless if you have EHS, if you suspect you have EHS or if you know someone who has EHS, or if you are a health practitioner that wants to support those with EHS. If you do not believe in EHS, then this book is especially for you. If you are always

sick, but no doctor can tell you why, this is the most important book you will ever read.

If you can't understand something, it does not mean it is not real!

Open your mind to learn.

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ABOUT THE AUTHOR

Dauida van der Walt



I am an industrial psychologist with a passion for wellness. Besides my experience in project management and addressing the softer issues on projects, I am passionate about health coaching.

I have climbed many mountains, literally and figuratively. EHS has been one of the most difficult mountains I have had to climb.

No longer will I hide it. I want you to have an appreciation of what I am going through. There are so many of “us”, and so many that think we are crazy. Hopefully, once you have read this book, you may change your mind.

May this book be a blessing to those who suffer from electrohypersensitivity (EHS)?

My thoughts are with you,

Dauida van der Walt

April 2023

Section 1

Introduction

A RUDE AWAKENING

“How can the actions of one absent-minded doctor affect my whole life so much? Why me? I can’t do this again. I can’t”

How did I get here...

In my book *No More Illness, Life after Autoimmune Disease*, I told you about my journey from being very ill to feeling so great that I wanted to jump out of bed every day.

I was diagnosed with Graves’ Disease in 2015. Graves’ is an autoimmune disease that attacks the thyroid gland. I received radioactive iodine and was very sick for a long time. In the first year I could not work full-time. I was barely able to work 2-3 hours a day. But after learning the simple secrets of great health (described in my book *No*



Jun 2015 - At my worst

More Illness), I felt great. Energy was my middle name. Whenever I would be around youngsters 15-20 years younger than me, I would think, but I have far more energy than they do. In these photographs you can see my improvement from June 2015 to November 2017. As the years progressed,

I got even stronger and healthier. Besides getting COVID-19, and rapidly healing from it, I have not even had a cold since then.

In 2018 I started doing health coaching. Loving every minute of it. I kept up my research on integrative health and functional



Nov 2017 - Healthy and energised!

medicine. I attended as many online summits as I could, and still do on a continuous basis. In my research, I learned about the health effects of EMF – Electromagnetic fields. The research on this topic is fascinating. And as a health coach, I believe in preventive medicine. Around 2020, I decided to heed these warnings and I went ahead and wired my internet using ethernet cables. I was a bit naïve though, and did not do my homework properly. Just wiring is not enough. You need to also disable the Wi-Fi on your computer, amongst others.

As a member of the South African Society for Integrative Medicine (SASIM), I also learned from great medical practitioners that practice integrative health. I offered my services to the society by editing all their training webinars, as I am lucky enough to have video editing skills and software.

In the process, I learned a lot, as I would have access to all training material presented every month. In 2020, Dr Russel Cooper from Australia, presented a week-long course on Electrohypersensitivity (EHS). It was fascinating. I learnt so much. Even though the lectures were focused on medical doctors and diagnosing and treating EHS, I soaked up the information.

Having had radio-iodine treatment, my thyroid gland by then had completely shrunk. The last scan I had showed that there was barely anything left of my thyroid. Inevitably, I have to use thyroid hormone. One's thyroid hormone regulates every organ and system in your body. It took me at least 2-3 years to get to a stable thyroid hormone level, using synthetic hormone (Eltroxin).

When radio-iodine is administered to you, the challenge is that your thyroid gland shrinks over time. As its size reduces, you need more synthetic hormones. My thyroid stabilised around 2018. I stabilised on 0,15mg Eltroxin. The Doctors do not explain this to you. It is a painstaking process to get your thyroid stabilised, and in the process, you feel awful. Either tired and lethargic or hyperactive and anxious.

I was treated by a functional medicine practitioner, but seeing that my health also stabilised, I decided to start going to a GP for my chronic scripts. Functional medicine practitioners are far more expensive than a GP, because of their extensive training, often obtained overseas.

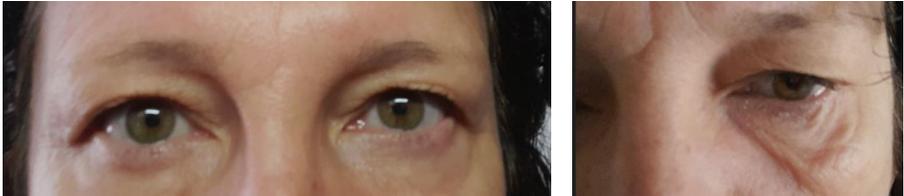
What on earth just happened?

In April 2021, I started feeling ill very quickly. In a matter of 3 weeks, I got severely ill. I could not understand why. All of a sudden I got tired, yet I felt ‘wired’. I developed severe insomnia. If I say severe, I mean SEVERE. It is difficult to explain just how bad it is. You are so wide awake, yet you can’t fall asleep at all, regardless of how tired you are.

I love nature, and hiking or walking in nature is my happy place. At the time we stayed in Roodekrans, close to a nature reserve where I would hike every afternoon. All of a sudden, my whole body would erupt in a rash when I went hiking.



It would burn like fire. I would rush home and get into a bath of Epsom salt and pray that the burning sensation would seize. My limbs and my eyes and face started swelling.



I overnight looked 10 years older. You can see the bags under my eyes.

I next started losing my hair.



Soon there after, I started feeling electrical shocks in my body. It is the weirdest sensation. It felt just like touching an open wire that is electrified. And all of a sudden I could not touch my laptop or my cell phone. When I touched either or even got close to it, the electrical shocks ran through my body.

My vegetable garden was close to the front fence of the house, when I would get close to the garden, my skin would erupt in a red rash, similar to when I was hiking. This just did not make sense. I later

realised it was the electrical supply to the property and the street lights that affected me.

The insomnia got so bad, that I tried setting up a tent in the backyard to see if I could sleep there. I just could not be in the house. When I walked into the house, my head (brain) felt like it was seizing. I imagined my head being inside a microwave oven, switched on.

By now I thought I was going crazy.

I recalled the training done by Dr. Russel Cooper, and just too many of my symptoms sounded like EHS. I phoned one of the Doctors who attended the course by Dr. Cooper and explained to him that I was desperate. This was right in the middle of the COVID-19 pandemic. I begged him to meet with me online. I also contacted another colleague who had training in building biology and experience in assessing electromagnetic fields (EMF) in homes.

The Doctor was kind enough to squeeze me in and he saw me virtually. I explained my symptoms and sent him photos of my rashes. I explained that I suspected it was EHS. I could not carry on like this. He sent me for laboratory blood tests the very next day.

Ordered:	Full Blood Count and ESR, Interleukin 6, Homocysteine, High Sensitive CRP, Ferritin, TSH, Thyroid Antibodies, Cortisol 08h00-10h00, DHEAS, S100, Vitamin D 25-OH (D2+D3), IgE, Total Glutathione
Comments:	Yes Thyroid Therapv: Eltroxin

We made a follow-up appointment to discuss the results. The morning of my consult, I had a 'light bulb' moment. I went and looked at the script that the GP gave me for my thyroid hormone three weeks earlier, and I realised he overdosed me. He doubled my dose. The irony is that he told me when I saw him the first time, that the 0,15mg Eltroxin is too high. He suggested I try 0,1mg Eltroxin and 0,02 mg Tertroxin, which is what I did for 6 months. It seemed to work fine. He then made a finger error and prescribed me 0,2mg of Eltroxin.

The Functional Medicine Doctor whom I saw was also a medical doctor. A well-respected medical professional. He immediately told me that my thyroid hormones were the problem. I explained to him what had happened.

ORDERED: CRP, Interleukin 6, Thyroid Function, Free T3
 SAMPLE: S01 SST

PATIENT INFORMATION:
 Thyroid Therapy: Unknown
 ICD:

Test	ABN	Result	Reference
INFLAMMATORY MARKERS			
=> C-Reactive Protein			
=> Interleukin 6 (Beckman)	#	1	< 5
		1.5	< 6.4
Delta: 84.9 on 16/03/21-0815			

TSH	*L	< 0.01	0.27-4.20	mIU/L
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The results indicate thyroid hormone over-replacement.

Goals for thyroid hormone replacement:

 * Ideal TSH: 0.50-2.00 mIU/l (1.50-3.00 mIU/l with underlying CVD)
 * Eltroxin: FT4: high normal - mildly increased
 * Tertroxin: FT3: high normal - mildly increased

Test	Reference Range	2011-02-09 07:30	2021-03-16 08:15
TSH	0.27-4.20 mIU/L	0.74	< 0.01 *L
Free T4	12-22 pmol/L	17	

INFLAMMATORY MARKERS			
Interleukin 6 (Beckman)	*H	84.9	< 6.4 pg/ml

BIOTRANSFORMATION AND OXIDATIVE STRESS STATUS			
=> Total Glutathione	L	668.6	874.9-1025.9 uM
Commentary:			

Above are the test results. There was no doubt that my sudden overdose of Eltroxin caused a major imbalance in my thyroid hormone which triggered EHS. My inflammatory markers went through the roof. The Doctor was so concerned that we took

immediate action to get the inflammation down in my body. This was to prevent other severe diseases from infiltrating my body. Above are actual copies of my blood results.

In hast, I was put on multiple strong antioxidants, thousands of Rands later.

This is a copy of the script I received at first.

2021/03/04	Lipo C	Liposomal Vitamin C 1000mg ICD10: E27.9
2021/03/04	700370001	Greentea Extract ICD10: E27.9
2021/03/04	709278001	Resveratrol 500MG ICD10: E27.9
2021/03/04	713407001	N-Acetyl L-Cysteine 500MG 60s ICD10: E27.9
2021/03/04	702367003	Melatonin 3MG ICD10: E27.9

They also tested me for oxidative stress, and my levels were very high,

Test	ABN	Result	Reference	Units
Test(s) referred to external Laboratory:				
BIOTRANSFORMATION AND OXIDATIVE STRESS STATUS				
=> Total Glutathione	L	668.6	874.9-1025.9	uM
Commentary:				

which is typical of EHS. Next, I developed severe food intolerances. A hugely expensive food intolerance test was done, which confirmed that I was all of a sudden intolerant to almost everything. I was so taken aback. Over the years I had worked so hard on my health. The only real food that I was intolerant to was gluten, which I already had removed from my diet in 2018.

This is a little-known fact, EHS and food intolerance closely relate. Most people who suffer from Multiple Chemical Sensitivities (MCS) and EHS develop food intolerances¹, until they learn how to manage these conditions and avoid chemicals and reduce EMF exposure.

After being diagnosed with Grave's Disease in 2015, it took me 2-3 years to claim my life back. I was so healthy! I did not know anyone with the energy levels I had at the time. I hiked mountains every day, for at least an hour.

This is my favourite photo; me, Lucky, Gutsy and Bokka (from right to left), hiking on top of the mountain range overseeing the Walter Sisulu Botanical Gardens.

The dogs loved it as much as I did. These were my happiest times, tackling the mountains with my fur babies.



Suddenly, all of that was gone! I was not able to hike or walk anymore. The moment my pulse would go up, my body would erupt in a full rash.

So many times I considered taking my life. This was unreal. How on earth could this happen to me? It can't be!

¹ http://www.ehs-mcs.org/en/intolerance-susceptibility-hypersensitivity_114.html

I remember that I could not be in our home. Sadly, it was not a home anymore, it was a house that was killing me. I went from loving our home to hating the place.

Sadly, when you have EHS, you are not only sensitive to radiofrequency from cell towers, cell phones, Wi-Fi, 2-way radios, and alarm systems, but also to electrical fields and magnetic fields.

What does this mean?

It means your body reacts to any electrical or electronic devices. And I mean ANY!

When I walked into our home, my body would feel like it was on fire and like I was physically in a microwave. I was sizzling. Unreal! As said before, I tried pitching a tent outside. Regardless of where I would pitch it or move it, my body would retaliate. I could not sleep at all. I suffered from severe insomnia. You want to go mad when you feel like this. All you end up doing is thinking about how you can humanely end your own life without having a devastating effect on those you are leaving behind. But bear in mind, at that time my inflammatory markers were through the roof. As soon as I started reducing exposure, my inflammation came down and my tolerance increased.

What is EHS?

EHS is also known as an environmental illness. Your body becomes sensitive to the environment.

As Professor Olle Johansson says: “You are not the problem, the environment is the problem. You are not ill; the environment is ill “

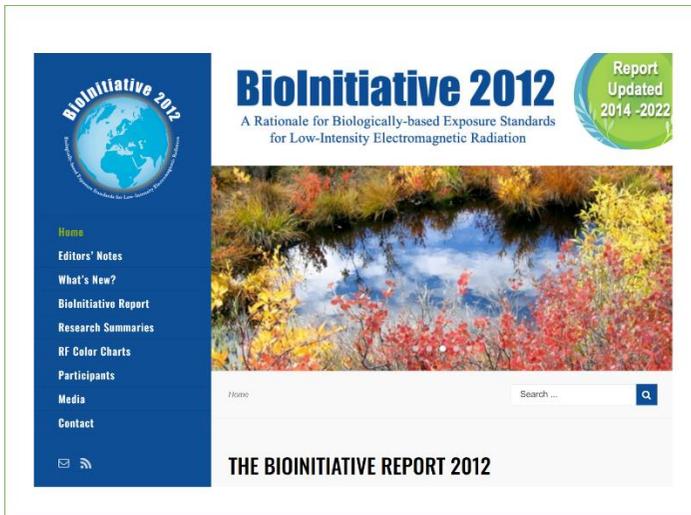
If you are sensitive to synthetic chemicals, it is a red flag. A direct link has been found between what is called multiple chemical sensitivities

(MCS) and electrohypersensitivity (EHS)². Since 2009, Dominique Belpomme and Philippe Irigaray built up a database that presently includes more than 2000 electrohypersensitivity (EHS) and/or multiple chemical sensitivity (MCS) self-reported cases.

Just in case you are one of the sceptics, I will include free resources at the end of each chapter, which you can read in your own time. Each article or book I refer to will have a footnote. Simply click on the links to get access to the information.

Useful Resources

BioInitiative Report - If you want to learn more about the health impacts of EMF, the best place to start is the Bio-Initiative Report ³. This report was written by 30 different scientists from around the world. Professor Olle Johansson was one of the original authors. It summarises all research relevant to the topic and is regularly updated.



² <https://pubmed.ncbi.nlm.nih.gov/26613326/>

³ https://bioinitiative.org/wp-content/uploads/pdfs/sec01_2007_summary_for_public.pdf

Section 2

How on earth will I beat this?

PANIC SETS IN

“I can’t do this anymore. My head feels like it is a microwave, it sizzles. My skin burns like fire. My heart is pounding. I am nauseous. I can’t keep any food in, I need to run for the loo, there we go again. When will this stop? What can I do? Why me? This is so unfair. This is not my life. I don’t want it. There is no more reason for me to live. God, please take me”.

Just how did I feel back then?

Panic is an ugly thing. Panic truly set in. Cell phones, cell towers, Bluetooth and Wireless are everywhere...you can’t hide from them.

If you are hypersensitive to EMF, you feel trapped in your skin. No matter where you are, you feel trapped.

How on earth can you even consider escaping it?

Let me tell you how my symptoms at the time progressed. None of what I am about to tell you is bogus, it all happened.

The symptoms developed gradually. As I got more intoxicated by the excess thyroid hormone, it then escalated rapidly. Sores appeared on my head. My head continuously itched and formed little sores. I constantly scratched my head, trying to get rid of the dry skin. It felt like I had worms under scalp. It is the most awful feeling.

I developed strange nausea and vomiting symptoms. I could not find any relation or pattern. As a health coach, I was very aware of how certain foods, especially processed foods affect my body. I am always very aware to note if things affect me soon after eating, or perhaps hours later, even days after. Food allergies manifest very quickly, but food intolerances can take up to 5 days to manifest the actual

symptoms. With nausea and vomiting, I had severe stomach discomfort, pain and swelling. I was never able to find a pattern linking these symptoms to any food type.

One of the worst symptoms was severe insomnia. I just would not get tired, yet my body was exhausted. My brain was always wide awake. I am a really good sleeper. I know how to calm my body and mind after a busy day. I apply all the good tricks in the book, managing my circadian rhythm, limiting blue light at night, not exposing myself to electronics for 2 hours before bedtime, my internet is wired with an ethernet cable, not eating after 6 pm, deep breathing, etc. Yet, none of these strategies worked. I would lie in bed looking at the ceiling, feeling totally “wired”.

As it worsened, I was not able to touch my computer or my cell phone. Shocks would physically shoot through my body. I know this sounds unreal, but it was real. My cell phone would burn my hand. I had to learn to use a wired keyboard and mouse. My laptop had a metal touchpad and keys. I could not touch these.

Once I got a wired keyboard and mouse, I was at least able to work. You can imagine the panic I went through. I work for myself, and at the time the COVID-19 pandemic hit. No work, no pay. I went into severe panic, stress and anxiety. Fear took over my life.

Next, I developed chest pains. It would feel like someone had dropped a heavy metal object on my chest. I felt trapped and anxious.

I already mentioned the rash. I tried to continue to go for hikes. I remember one day telling my sister, “No one will keep me off that mountain. This is part of my health regimen”. But, I could not continue. It got so bad that my whole body felt like it was on fire. I would cut my hikes short and rush home to get into a bath filled with Epsom salts. It was the only remedy that would offer almost instant relief.

I remember walking in the Walter Sisulu Botanical Gardens one early crisp morning. I loved hiking to the waterfall, and then just standing there for a few minutes feeling the freshwater spray on my face, thanking God for this blessing he bestowed on us. But this morning,

as I was standing at my usual spot, my skin burnt so much I just wanted to cry. How on earth will I escape this thing? Ironically, there is a Cell tower erected right at the entrance of the gardens. My safe haven became a place of fear. How can this be? Why should we screw up God's gift to us? Soon thereafter, I stopped hiking. The one thing I loved more than anything else in my life. Hiking has always been my escape, but also a fundamental part of retaining my sanity and maintaining my health.

My body was riddled with inflammation. My eyes and face would swell, as would all my body parts, my breasts, my legs, my knees, my ankles. I got very angry. Anger and fear took over my life at that time. I was reading about electrohypersensitivity day and night. Looking for answers. Feeling overwhelmed and terrified as no one would help me.

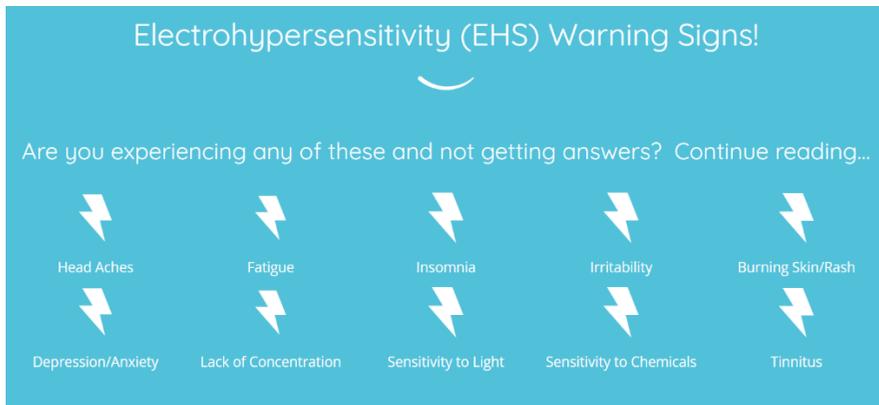
I could not be around any EMF. We started switching off all power to our home at night. This provided some relief. But my neighbour's Wi-Fi still blasted through the walls. I tried speaking to them. But they refused to wire their Wi-Fi or to at least switch it off at night. I even bought them a timer, which they also refused to use.

I started gaining weight. It was just inflammation that riddled my body and manifested in weight gain. This is not something I wish upon anyone.

If you know someone who claims they are affected by EMF, please do not turn your back on them. It is the most terrifying place to be. It is worse if you do not know what is happening and why.

Most medical doctors have no idea that electrohypersensitivity even exists. If you try to tell them about it, they think you are nuts.

Most people develop these symptoms in a very gradual manner. I developed these very quickly because of the severe thyroid toxicity.



Long before I developed EHS, I approached a health spa to run my Claim Your Life Back Programme through them. This is a 7-week online programme aimed at helping people with autoimmune diseases to reverse their symptoms by identifying the root cause, removing those triggers, and giving the body what it needs to heal.

This spa had a medical doctor on staff. At that stage I read a lot about the damaging effects of EMF and was convinced that people are starting to display symptoms and not knowing the cause. That is why I also implemented preventive measures years before I developed EHS.

Interestingly, many people buy a smartwatch to track their fitness, and the moment they put it on, they feel discomfort, and often electrical shocks.

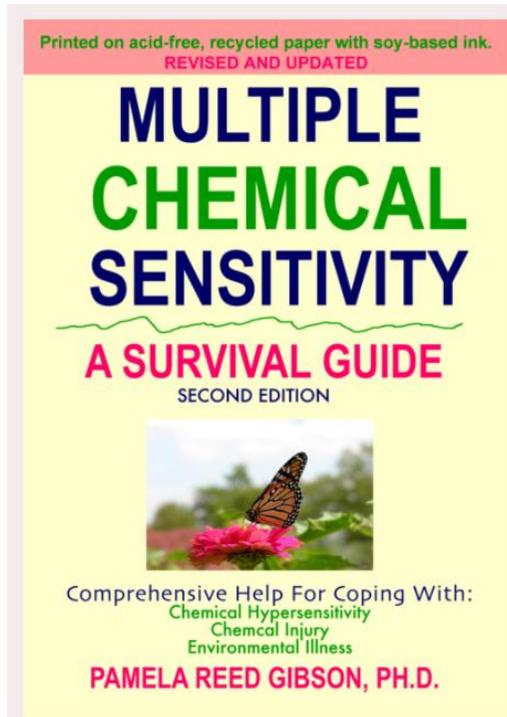
Things looked great until I spoke to the Spa doctor about EHS. He immediately dismissed it, and they never contacted me again. What more could I expect? Medical doctors are not trained in nutrition, nor the physiological effects of EMF on the human body. Most especially not in removing the root cause. Their training is centered around treating the symptoms. To no fault of their own.

I was so desperate and so sick, I decided as before, after being diagnosed with Grave's Disease, to throw myself into the research on the subject, and to find answers.

It was either that or I would give up. Sadly, many people with EHS take their own lives. It becomes too much and not receiving support from those closest to you, with zero support from the medical fraternity, one feels hopeless. And so, my journey continued.

Useful Resources

Another great resource is a book you can find online, is called Multiple Chemical Sensitivities, a survival guide⁴



⁴ <https://www.mcsresearch.net/take-action>

Section 3

If no one else can help you, help yourself

GROUNDING TO THE RESCUE

As I would walk on the beach, I would send my doctor messages, begging for help and guidance. I felt so alone in this. He always responded but was not able to give me any comfort. This is one of the reasons I do what I do today, consulting on EHS. I have made it my mission to help others get through EHS alive. I make great effort to be there for my clients to support them and give them the guidance they need to beat this invisible evil. No one was there for me. I know what it feels like. It feels like you are walking through a dark, scary forest. You have no idea where you are going. And there is no one to help you. You trip and fall. You can't see where you are going. You bump into logs and step into drift sand. And still, you are on your own.

Many nights and mornings of research

Besides the fact that I did not sleep well at all, my most productive hours were, and still are early in the morning, before the phone starts ringing and emails start pouring in.

Our bedroom was set up with a television wired to the internet. I was able to watch YouTube videos whilst still lying in bed. When I could not sleep, and early every single morning, I would open YouTube and start to soak myself in any material on electrohypersensitivity.

There is a lot of research on EHS and the related symptoms, but when you start looking for solutions, it is very hard to find. If you do not know where to look, it is even harder.

Today I know what to search for and whom to search for to find quality information on how to manage EHS. But it took 2 years. Once you know what to look for and where you will find hope. People like Professor Olle Johansson, Martin Pall, Dr Magda Havas, and others do continuous research on EHS for many years now, even as far back as the 70s.

Then there are people like Lloyd Burrell and Nick Pinault who both developed EHS, looked for solutions, and like me, decided to make it their life's mission to educate the masses.

Grounding – God's gift

Getting back to those days...I would lie in bed, wide awake, watching the clock move from one minute to the next, one hour to the next. As a health coach grounded (excuse the pun) in functional medicine, I knew about grounding or earthing. Grounding is simply God's gift to us. God made the earth to contain millions and millions of electrons. He also made our bodies such that when we have oxidative stress, our bodies become electron deficient, as one cell steals electrons from the next. All grounding, or walking barefoot on the ground or grass does, it allows your body to absorb some electrons from the earth to naturally fight inflammation.

Clint Ober started the earthing movement in the late '90s and early 2000s. This man is phenomenal. Do yourself a favour and watch the movie Earthing. The link is provided at the end of this section. It is a documentary on how he stumbled on earthing, the research that was done to confirm the benefits, and his whole journey with earthing. By the way, I will use the terms earthing and grounding interchangeably.

Clint also has an interview series where he talks about grounding and answers user questions. On his website, earthinginstitute.com, his followers can pose questions about grounding products and grounding in general. I spent hours and days watching the videos. Every waking hour I went back into his historical material and started watching every new interview that was released weekly.⁵ I watched every single YouTube video I could find on Clint Ober talking about grounding, Gaetan Chevalier talking about the science and physics side of EMF, Dr. Oschman talking about the research they did on blood viscosity and grounding, and his insights on that, and the legendary Dr. Sinatra, who has since passed away, talking about heart health and grounding. All their research is published on the Earthing Institute Website⁶.

⁵ <https://www.youtube.com/@Earthing>

⁶ Earthinginstitute.org

My logic told me that if I am sensitive to energy (electrical, magnetic and radiofrequency, and dirty electricity), then grounding must have an impact. When you ground, your body takes on a negative charge. Meaning zero voltage. Perhaps this was the answer, I thought.

Grounding to the rescue

In my panic state, I started looking at manufacturing a grounding mat using the little knowledge I had at the time. My husband and I soon realised that I needed a break from the bombardment of neighbouring cell phone towers and Wi-Fi. Just become observant and see just how many cell phone towers there are around you. We normally see the one or two that are positioned such that it is obvious to see. If you stay in a densely populated town or city, and you use a cell tower location app, you will find that there might be easily 50 towers within a 100m radius from where you stay.

Take it one step further, use your phone or computer to see how many Wi-Fi signals reach your home. You will be shocked once again. The scary part is that the older generation routers had roughly a 40m range. The newer models have a 90-100m range. No matter where you go, these radio frequency signals bombard your body.

Remember that your body is bioelectrical. This means that every function in your body works with electrical pulses. If you are exposed to manmade EMF, the natural rhythm in your body is disturbed. I hope this book gives you but a tiny glimpse of what that means.

Research ⁷ that was done on grounding shows that it helps people with EHS reduce their symptoms, amongst many other benefits. I also wrote an article⁸ which I published on my website if you wish to learn more. This article is worth reading as it summarises all the health benefits. After using thousands of rands worth of supplements and antioxidants that did not have any immediate effect on my symptoms, I was desperate. Everything I used was backed by research, your body becomes nutrient deficient if you suffer from

⁷ <https://www.sciencedirect.com/science/article/pii/S1550830719305476>

⁸ https://www.on-route.co.za/wp-content/uploads/2022/12/Grounding-and-EHS_RESEARCH.pdf

EHS. The Functional doctor I saw at the time gave me the textbook treatment. However, anyone with EHS will tell you that these may help long term, but you feel no different in the moment or the next few weeks. It is such a desperate place to be in, you do not want to wait weeks or months to get better. You can't. The thoughts that run through your mind are scary. You contemplate how you can end it all. What is the best way to least traumatise those you leave behind? The number of times these thoughts went through my mind is scary. It is only by God's grace that I did not act on it.

I got side-tracked again 😊. Let me get back to grounding.

To break away from all the towers and Wi-Fis, we took all our grounding mat materials and went to a camping site outside a small town where there was only one tower in sight, approximately a kilometre away. There was also no Wi-Fi at the time. When we arrived, we put all the pieces together, and I started grounding using an earthing pole. This was simply a metal rod that we hit into the ground. My grounding mat looked terrible, looking back at it. It was made from aluminium mesh and was everything but comfortable. But it worked.

I also learned how to measure body voltage. So, I made sure that my grounding mat worked and earthed my body.

That weekend, I grounded every second. By the time we went home, I felt so much better. When your body reacts so severely, you do not think straight. I was able to start to think straight again. Pushing these suicidal thoughts to one side.

A Road Trip

Soon after, my Mother-in-law invited us to join them for a timeshare in Durban. I was extremely anxious about going. I did not have a handle on this thing yet, trying to figure out how to navigate this. How do I even tell people what is going on with me? No one will believe me anyway! Even my husband at the time had a really difficult time believing me. Today he tells everyone, that if it was not for him living with me, and seeing what happened when I was exposed to EMF, he would not believe it. He had no choice. It took a while. So many times he asked me: "Are you sure you do not have some other illness causing

all of this?”. It would drive me nuts. I am very in touch with my body and trust myself implicitly. Over the years I have learned to listen to my body. We eat stuff, do stuff, and think stuff that affects our health, and it is crucial to see the link so that you can do something about it.

So, off we went to Durban. I left my homemade grounding pad at home, too embarrassed to take it with me. As we drove to Durban, I noticed that every few minutes I felt an electrical shock in my body. At first, I did not say anything, but my husband could see that I was experiencing discomfort. I started looking around to try and figure out why I was feeling this way. I very soon realised that as we were approaching cell towers next to the highway, I would feel these shocks. I would feel it and then wait and see what comes up ahead. And low and behold, there was a tower. We experimented and as soon as I would feel the shock, I told my husband, at which time he would look at the kilometre gauge of his car. We would then jointly look for the next tower, and every single time, we would see the cell tower ahead. Now wait for this! Measuring it all the way to Durban, from Pietermaritzburg, I consistently felt the towers between 2,3 to 2 kilometres away. I know what you are thinking right now. This lady is nuts! That is exactly how I felt at the time. I assure you, I am sane. Today this distance has been reduced to about 200 meters. And if a tower does not have too many masts, I might not even feel it.

We got to Durban and as we drove towards the timeshare, I noticed all the masts on the adjoining buildings next to the timeshare. I never noticed this before. High-rise buildings are used as cell phone towers. Masts are fitted to the top of these buildings, and needless to say, they radiate everything around them. I still can't believe this is even allowed.

Living in a block of flats is the worst place for any person with EHS. Besides the fact that the higher you go, the stronger the cell tower signals are, the more Wi-Fis you are exposed to from all sides, top and bottom.

I battled to be there. I could not sleep.

I would get up very early in the morning and walk on the beach. I just needed to get out and walk with my bare feet on the wet sand. Even

then, I was exposed to so many cell towers along the beachfront. How is this possible?

As I said when I started this chapter, as I would walk on the beach, I would send my doctor messages. I felt so alone in this. He always responded but was not able to give me any comfort. This is one of the reasons I do what I do today, consulting on EHS. I have made it my mission to help others get through EHS alive. I make a great effort to be there for my clients and to truly support them and give them the guidance they need to beat this invisible evil. No one was there for me. I know what it feels like. It feels like you are walking through a dark, scary forest. You have no idea where you are going. And there is no one to help you. You trip and fall. You bump into logs and step into drift sand. And still, you are on your own.

After the first night of not being able to sleep at all, we went to the nearest hardware store, and I manufactured my first grounding device using an electrical socket. We were on the tenth floor, so I was not able to use a ground rod. This helped me cope throughout the week. Still, every chance I got, I went to the beach, swam, and took long walks barefoot. Everyone was frustrated, as I did not want to be indoors. Rather, I could not be indoors. How do I explain this to anyone? I just wanted to be normal.

Every time I would sit in the living room, I would be on fire. The living rooms and kitchen are open-plan. What I realised later is that I was sitting in a circle of EMF. The kitchen appliances, microwave, etc. on the one side, and the wiring goes all around to the other side of the wall where a big screen television was mounted to the wall. This was recipe for disaster.

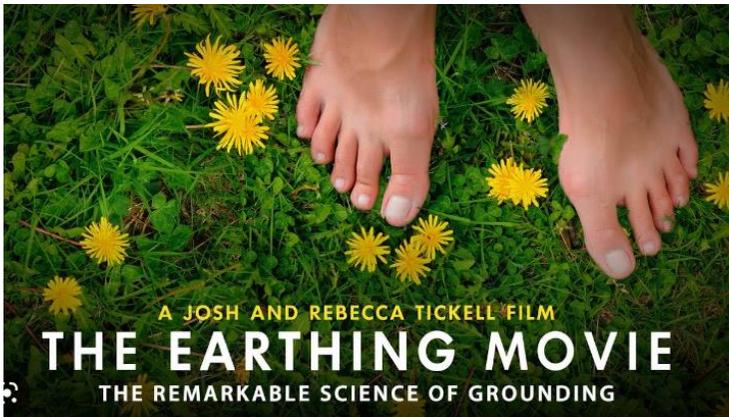
That week I decided I needed to fully understand grounding and make myself a proper grounding device. Since then, I have not stopped grounding. I sleep grounded every night and I ground as much as I can during the day.

I studied grounding in depth and even presented the topic at the South African Society of Integrative Medicine's Annual Conference.

Grounding is truly God's gift to man.

Useful Resources

Earthing the Movie, the incredible science of grounding. This is a documentary that Clint Ober developed on his journey with grounding. It is a must-watch.



Section 4

Finding a new home

LIVING IN THE BUSH

Gotta Move

We very soon decided that staying in the city in a densely populated area will kill me. Literally. I work for myself, and all my savings have gone into property. I lost my first property after developing Grave's Disease and was not able to work at full capacity for years. That was quite a loss at the time. This was worse. We had a nice home in a great suburb. We reluctantly sold it. I had to let go.

Anger welled up

Anger welled up inside me. I tried contacting the doctor who overprescribed my Eltroxin, but he was not very forthcoming. I just wanted to explain the consequences of his actions and how severely it had affected me, but also what he could do to help others if he came across someone with EHS.

I tried setting up an appointment and eventually got one in October 2021. Once I got there, I had to wait more than an hour to see him. They had a fatal emergency earlier in the morning. I sat and waited patiently. When I eventually saw him, he told me, you have 5 minutes. I was so upset and so hurt. This is what I wrote him later:

"I just want to say that I am saddened and disappointed by our meeting this afternoon. I really liked you as a doctor, especially your approach. But the way you treated me since you overprescribed me with Eltroxin is disappointing. I have never blamed you, but thought it was an honest mistake. I could have gone to the HPCSA but did not.

I was hoping to get some sort of response that you are sorry for what happened to me. I have been through hell and back after taking too much Eltroxin. And I am still not stabilised.

All I wanted out of the meeting today was to tell you what I went through so that you can help others that may go through the same. But once again it has been proven to me that the medical fraternity is not interested in truly helping people. If three minutes was all you could give me, then I guess that is it.

I am sad and disappointed. I do not have more to say at this point."

His response was:

"Good morning, I am really sorry for the way things have turned out... yesterday was horrific... I spent 45 minutes doing CPR ..etc. to try and save a dear patient.... Then dealing with the extended family and their unexpected tragedy.... I am really sorry I was not focused... I was running 1 hour behind... I never meant to do you any harm... never have.. never will

Sorry"

That was it, not "come see me again". "I really want to hear what you have to say". NOTHING!

The house is sold

It amazes me that if you are caused so much pain and discomfort in what was once your home, how this home quickly turns into just a house. By the time we moved at the end of 2021, I did not care about the house anymore. I just wanted to get away from it.

Finding a new home posed a massive challenge. We looked at the outskirts of Johannesburg. We eventually found a house on a farm, where we were still close to other homes, but far enough not to be in range of multiple Wi-Fi signals, and we were 1 kilometer away from the closet cell tower. Besides that, I was so much further from my family now, my husband was also further away from work. And this house was very expensive, more than double what we paid on our old bond. Yet, we had no choice. If I wanted to stay alive, this is what we had to do.

In the first month of living on the farm, we had two break-ins. Both in the middle of the night and whilst I was home alone. My hubby had COVID-19 at the time and was isolating in his flat in a different town in South Africa. Welcome to the reality of farm living. We quickly learned to improve our security. We also learned that the farm community look out for one another. I received amazing support from my neighbours.

In March 2022 I wrote the doctor an update:

"I just want to give you an update. So, I had to sell my house in December because I would not live in town anymore given the severity of the EHS symptoms, following your overprescription of Eltroxin.

We now rent on a farm. Every single day is a battle...besides being sensitive to cell radiation, my body also reacts to electrical fields and magnetic fields..which are everything in one's house. I do not know what to say...I am sad, angry, etc. It is very difficult to live like this..my phone should always be far from me, I can only use WhatsApp on my computer, and provided my phone is at least 10m away. I can't drive with my phone on in the car..it must be on flight mode. I can't sleep if any electricity or lights in the house are on at the DB box...you have no idea what I am going through.

It severely affects my social life as you can think...no one understands why they should switch their phones off near me.

I hope this gives you food for thought"

I got no response. No surprise!

It took quite a few months for us to figure out this invisible thing. This house had dirty electricity, in other words, poor wiring, which worsened my symptoms. What they do on farmhouses, is relay multiple extension cords, without proper insulation, along the walls, and in the roofs. This creates terrible electric and magnetic fields.

Eventually we just permanently switched off the lights at the DB Box. This made a huge difference. We also switched off all electricity to my bedroom at night. As before, I wired my internet and started using my cell phone as little as possible. For the first time in months, I had a good night's sleep.

You are nuts

The biggest challenge was explaining to family and friends what was going on. At first, I did not tell anyone. If you socialize with people, and they all sit around the table with their cell phones, it becomes impossible. I started telling close friends and family. My friends were amazing. None of them made me feel that I am crazy. You could see that they were baffled, but they knew me and knew that I would not dream up something like this. All my teachings in health coaching are based on science.

My family was and is a different story. We invited everyone to come to see our new home. I asked everyone to just be kind enough to place their phones under EMF shields. I started making these to help myself. No one even considered placing their phones under the shields. Although it causes me physical harm. I had to put up a smile but felt uncomfortable the whole time. I could feel my limbs swelling, my head retaliated, and the odd shock or two.

After that, we had not invited the whole family over, except for one Christmas gathering. I must warn you; this was the toughest part. I could see the judgment in their eyes. So many times, when I tried to educate them, I was told: "Not that again, please!". Total disregard. All of a sudden, you are a different person who has lost your marbles. I know what I know, and I know what is true.

My Mom tries very hard. She might get frustrated with me, but always switches her phone off in my car. She is the only one, except my husband, that I allow to drive with me in my car. I do not drive in anyone else's car. With all the new cars having built-in Wi-Fi and Bluetooth, it is an excruciating experience. My sister and I used to hike in the Walter Sisulu Gardens. When I started feeling ill, she

picked me up one morning to go hiking. At that stage, I did not know why, but I did not feel well at all in her car. Today, it all makes sense. She also came around after some time, and she tries when we meet for coffee by placing her phone in a shielded bag or even putting it on flight mode when she visits.

If I am honest, family gatherings for us are now limited to the essential few. Which is heartbreaking. I miss my family.

I used to love going to the spa. When our sister from New Zealand visited, we went for a sister spa day. The crazy thing is that the spa is situated where there is no signal. So ideal for a real digital detox. They have Wi-Fi on in the spa. It was still great to spend time with both of them, but tough.

The interesting thing about EHS and feeling Wi-Fi signals, is that the intensity of the signal is different in different places.

When we, for instance, sit in a restaurant, I will sometimes go and sit at a table, and then will experience such great discomfort that we would move to another table where I will be OK. At this stage, my brain is affected the most. My head gets sore and I start feeling disoriented. It feels like my brain is expanding in my skull, and the pressure hurts. I also develop lower back pain, especially on the left side. But these symptoms change and develop throughout one's journey with EHS. There are times that I feel nothing (Meaning no EMF). Especially when I had a few good nights' sleep with no EMF.

Then the curve ball

I felt so much better as I continued to ground, used my shielding devices which I started manufacturing, and switched off the power at the DB Box. I started feeling excited about life again. I would take the dogs for daily walks in the nature reserve. I can go as far as saying, I felt normal.

Another house opened up on the farm, that was much nicer than the one we lived in at the time. In considering moving, we tested to see if we could pick up any Wi-Fi on the property. The only one we could

pick up came to about the fence in the front yard. The farm owner knew that I experience EHS symptoms, and I asked him if I could sleep in the house for one evening to see how I feel. I tried sleeping in the one bedroom but had such severe insomnia, that I tried the bedroom on the other side of the house. Here I was able to sleep.

It is the weirdest thing when EMF affects your sleep, you are wide awake and alert. So much so that sleep is not an option.

We took a leap of faith and moved. I loved the new home. Especially the garden. What I did not know was that some neighbours had Wi-Fi, but it was mobile Wi-Fi, so they would not keep it on all the time. It went well for a few months, even though at times I could feel something, but never knew what it was. As before, we permanently switched off the lights at the DB and switched off the power to the bedroom at night.

In the back of the garden, there is a patch that is just bush. There live a million little bugs (cicadas) that can make incredible noise. Tinnitus is one of those symptoms that most people with EHS experience. When I am heavily exposed to EMF, the noise in my ears is so bad it drives me crazy, especially at night when it becomes quiet. Professor Johansson did some research in Sweden, where they found that self-reported, every person who had EHS reported experiencing tinnitus.

In a matter of one week, I started hearing ringing in my ears. It sounded like the bugs in the garden were in my head. My skin started burning, my head started hurting, and I was back there where I just wanted to run away, trapped in my skin. This can't be happening. My lower back was in pain, I felt that incredible heaviness in my chest that feels just like a heart attack.

Then I learned that my neighbour got a new Wi-Fi contract, with a new router. I started researching routers and soon found that the older generation technology had a reach of about 40 meters whilst the newer technology easily reaches 90-100 meters. I started switching

on the Wi-Fi on my laptop to see what it picks up. Lo and behold, her Wi-Fi reaches every inch of our property. Not just the house, the whole garden too.

Again, I was in a panic state. I can't go down this road again.

On the 1st of March 2023, in my frustration, I sent my ex-Doctor another note:

I think it is time for an update, what do you think?!

Do you even care?

So, end of 2021 we had to sell our home in Roodekrans and move to the country for me to be able to cope. We were lucky enough to rent a house 10km past Lanseria on a farm. 1km from a tower and no neighbours at the time with Wi-Fi. I managed to be fine as long as I kept my exposure to a minimum, going into town once a week, en switching the DB box off at night so that I have no EMF exposure whilst sleeping. This severely affected my work as I am not able to consult in person anymore.

But guess what, a month ago my neighbour, who is about 70m away got a new router...the new routers now reach 100m...I got severely ill within a week. If that was not enough, the neighbour's on the other side also got a router...nowhere in our house we have not exposure. So guess what, I am back to square one. My chest is so sore I can't breathe, my breasts are so swollen they are sore all the time, my glands are swollen such that I can't swallow. My skin is on fire and my whole body is in pain. And worst of all, my head does not want to function. I forget and can't concentrate. My kidneys are in pain the whole day.

I could not help but think about you today – not once have you sent a message saying: Hi Davida, how are you? Let me do some research

and see how I can help you...nothing, just nothing. I did not want to give you up at HPCSA, but given your response, or lack thereof, I think I will.

Can you guess what was his response?

Your emails dated 1 March 2023, 23 July 2022, 30 March 2022, 12 October 2021, 11 October 2021, your meeting with me on 11 October 2021 and my email dated 11 October 2021 refer.

As a matter of fact and record, I managed your thyroid disorder according to standard medical practice.

Eltroxin is the standard drug of choice in the management of underactive thyroid disease. There was no overdosing.

I am not an expert in the field of EMF toxicity, nor have I ever claimed to be an expert. This is not even a discipline that is recognized by mainstream medicine. I have recommended that you engage with the American blogger Nick Pineault who claims to have solutions to EMF problems.

It is unrealistic of you to expect me to treat you as a special interest patient and research this uncharted territory on your behalf.

Your repeated emails to me are unwarranted and now constitute harassment. I now ask you to please desist from harassing me as you have or I will be forced to take legal action.

If you believe that I am guilty of something that the HPCSA has jurisdiction over, you are entitled to lay a complaint with it.

However I have conducted myself as is expected of me and refute all your unjustified allegations.

Should your complaint be found to be malicious, my right to sue you for the costs of defending myself or any other damages are reserved.

Can you believe the arrogance! This was the first time he even mentioned Nick Pineault. If only he knew just how much research and work, I have done to get better. Nick is a great resource, but merely a drop in the ocean. I will talk more about that in the next section of this guide.

Now I am stuck with Wi-Fi from all directions, some coming and going, and others blasting 24/7. Knowing my neighbour very well, and her being aware of EHS, I engaged with her to see if we could do something to minimise my exposure.

Our first option was to move the router further away. She had it in the living room which is the closest to us. I asked her if we could try moving it to her garage, which is the furthest point. She does not have a power connection in her garage. I went and bought an extension, and we moved it. This helped some. I also gave her a router shield which I manufacture, which fits all around the router and reduces the direct exposure but does not limit the signal. I also added a piece of shielding to the wall where the router stood, as this wall is between us and them. These interventions certainly helped. But at the times when the neighbour behind us switched his router on, I would be severely affected.

The dynamic of being trapped between different signals is not well understood. For someone like me who can feel it, we can attest to it, but I am not sure the scientists fully understand it. When these Wi-Fi signals are on, I can't sleep, not even a minute. It is so uncomfortable, that I can't even be in the house or anywhere in the garden. For weeks I moved around from one room to the next to be

in a place where I can just breathe. I laid ethernet cables to every room in the house, so that I would have the flexibility to move around and work where I can cope. My cousin stayed over in December for the holidays, and we put up the camping trailer for him. We decided to leave it there in case we have visitors again and did not have enough room for everyone. This meant I could sleep there as well. When the neighbour at the back had his router off, I managed to sleep there, as I would only get exposure from one side. When he switched his router on, it was a different ball game. My bedroom had been off-limits since my neighbour installed her new router. I have not been able to sleep or work there at all. As has my office, as it is closest to her home.

I can not tell you the frustration if you have to move around with your laptop trying to work, and not feeling well at all, no matter where you end up. The camping trailer is on the one end of the property.



We pitched a tent on the other end too. I moved around like a chameleon on a Smartie box.



I would even drive into the bush and just go and sit there and work for a bit.

Sleeping was a literal nightmare. Not being able to sleep anywhere when more than one Wi-Fi is on, I started getting in my car, driving into the bush at night, and trying to sleep there.

I started this book off with these words:

I am lying on my back. My feet feel cramped. My car is parked at an angle, and I am sliding to the back. I need to kick myself up. My legs feel stiff. I am too tall to lie straight in the back of my car. I hear the jackal howling. My Jack Russel, Gutsy, is lying close to me, her

breath on my neck. I hear something in the bushes. I quickly sit upright. But I see nothing. My heart pounding.

We are renting a house in a nature reserve on a game farm. Sounds so romantic! Yet here I am lying in my car, because I can't be at home. My husband took my back seat out of my car so that I can sleep in my car. I know he is going to be very angry at me when he wakes up. He gets up early to go to work. When he wakes and finds that I am gone, he will be very worried.

I just could not take it anymore. I was lying in my bed, wide awake, my skin on fire, my head hurting, my chest feeling like someone dropped a solid piece of rock on it, my ears were ringing, my hands were tingling, my body ached, my earlobes were on fire. I just could not take it anymore. I felt disoriented and nauseous. It feels like torture.

I just got up quietly without waking my husband, pulled my car out of the garage, called Gutsy, and drove out into the bush, away from any house where someone can have their Wi-Fi blasting my brains and body to pieces. It was pitch dark. Being cloudy and with no streetlights, the farm can be quite eerie at night. I had to choose; fear of being alone out in the bush or feeling like my body must fight this invisible enemy that is draining every ounce of energy out of me.



My husband was really upset with me. After that, he would force me to wake him up when I could not sleep, and he would go with me, park in the bushes, and sleep there with me. Living on a game farm has 2 implications. One there are no lights, and two, it is not safe. Farm attacks are rampant, and living on a farm, you lock your doors before dark and stay indoors until the sun comes up the next morning.

But I just could not take it anymore. One evening my husband wrote off a tyre driving over a sharp rock. During March and April 2023, I went through a really bad patch. I started having suicidal thoughts again. This is no life. No one should live like this. I could not even be in the house long enough to clean the house. Being in this lovely home

again turned into a house of horror that you just want to flee from. And I get idle threats from a so-called doctor. He has no idea what I lost, personally, professionally, and financially. During this time, I had to continue to work, but avoided in-person contact as far as I could.

Luckily this period fell in between health coaching groups. That said, I also have a maintenance group that meets weekly online. The nice part about this group, is, that I could be honest about what I was going through. We have developed an incredible trust relationship over the years.

I eventually begged my neighbours to just switch off their Wi-Fi signals at night. I even sent them the educational videos Professor Olle Johansson and myself have developed. Some were kind and tried. My neighbour with the new Wi-Fi simply told me she can't. My husband who often gave her a lift to work, said she streams movies at night using her phone. I was blown away. She has been going through a tough time, and both my husband and I have been there for her. At this point, we cut ties. She knew more than anyone else what I was going through. We almost spoke daily. This is the reality of EHS. Once you develop EHS, you will learn who your real friends are.

After weeks of looking for a new home and not finding anything, I gave up. The moment you find a home without Wi-Fi, it is directly underneath a cell tower. Finding a home that is more than 100 meters from the closest Wi-Fi is impossible. We found one home we liked. We explained my position to the landlord and asked him if we could spend a few hours at the home to see how I felt. My body is by far the best electrosmog measuring instrument. We were there for an hour, and I told my husband: "This will not work". It was fairly close to the airport, and as you may know, airport radar emits a lot of EMF. And upon further investigation, we were surrounded by cell towers within about a 200-300 meter distance. My body felt it within minutes. We eventually gave up. I was so sick and tired of driving from place to place and being disappointed.

We started going away for long weekends to rural towns where there is no signal. I had to get my body to reset. I knew that if I would sleep well for a few nights, my body would recover, and my tolerance will increase. I would leave during the week and my husband would join me over the weekend. We found a lovely place in Groot Marico on the river, with zero cell tower signal. We switched off the power at night, and my body got time to heal.

Currently, we are looking at buying a piece of land in Groot Marico, hoping to start a retreat that is off the grid. As we progress with our plans, I will update this book and let you know what is happening.

In the meantime, while we were away, one of our neighbours moved and the house is currently empty. The other neighbour has not come home yet for weeks. Now I only have to contend with one neighbour's Wi-Fi. I now moved into the bedroom on the other side of the house and also moved my office there. This seems to work quite well. Currently, this is the lowest EMF spot in the house. At least I can sleep!! And yes, my tolerance has greatly increased because of it.

We are also now on stage 6 load shedding. For those not living in South Africa, this means our power gets cut every day for 4 and a half hours, and again twice for 2 and a half hours. This is another saving grace. My neighbours do not all have inverters or generators. That means no Wi-Fi during load shedding. Who would think that such an inconvenience would be such a blessing?

I have even worked in another remote town where my bedroom in the guesthouse was literally underneath a tower. How crazy is that! I am sure this chapter will grow as my story continues....

Useful Resources

Medical doctors are the first to frown upon the reality of EHS. If you are sceptic, medical doctor or not, first read the science, then start applying your mind before you make a call. Just because you were not taught at medical school about EMF, does not mean it is not real. The body is bio-electrical, which by default should imply that it will respond to EMF.

Here is a list of amazing doctors, scientists, and ordinary people, who have studied the subject:

.Professor Olle Johansson

<https://www.youtube.com/watch?v=vli49N45klw>

He has written so many articles, if you go to research gate and search for Prof Olle Johansson, you will be pleasantly surprised. <https://www.researchgate.net/>. Pubmed is also loaded with articles

<https://pubmed.ncbi.nlm.nih.gov/17178584/>

Please support Prof Olle's research on EHS by going to <https://research.radiation.dk/>

Martin Pall

<https://www.researchgate.net/profile/Martin-Pall>

Dr Magda Havas

<https://www.researchgate.net/profile/Magda-Havas>

Devra Davies

<https://ehtrust.org/about/dr-devra-davis/>

These are but a handful of people that have worked on the health effects of electromog over many years, as early as the 80s.

Can we as a society afford to ignore the work they do?

Pushing your head into the sand won't make it go away.

Please educate yourself for the sake of your own health, that of your children and the generations to follow.

Section 5

Trial and error, and research

NAVIGATING EHS

Time to heal

You noted the title of this book that includes the words curse to blessing. One of the most significant positives that came out of my nightmare of a journey is that through what I have learned about EHS, through months and years of trial and error, and days and nights of research, I developed a grounding mechanism for South African conditions, I started manufacturing EMF shielding products, I developed an integrative holistic protocol for beating EHS, and now I can help others who feel the way I did when this thing came over my life. I have always focused on turning my pain into my purpose.

I have written a guide called Navigating Multiple Chemical Sensitivities (MCS) and Electrohypersensitivity (EHS), which I sell at

NATURE

Grounding
EMF Reduction
Energy Harmonising
Nature Therapy
Posture

NURTURE

Detox as a Lifestyle
Breathing
Sleep
Exercise
Amalgams & metals



NUTRIENTS

Essential Oils
Herbs
Supplements
Minerals

NEURO-HACKING

Brain re-programming

a ridiculously low cost. This guide unpacks the protocol in great detail.

The satisfaction I get when helping someone with EHS overcome their fears, remove their triggers, and help them heal from the inside out, is something I cannot describe. This is my purpose.

Now, every time I feel overwhelmed and suicidal, I focus my mind and tell myself that I must learn from this, so that I may help others to avoid getting to that point of even contemplating taking their own lives. The worst example I came across was a young girl, Jenny Fry⁹, who took her own life after developing allergic symptoms to electropollution at school, and the school not taking it seriously. Interestingly, one of my first clients I supported, was a teacher who developed EHS symptoms after installing Wi-Fi at her own home, and only a few months later, the school where she teaches installed Wi-Fi.

Feel free to look at my website www.on-route.co.za to find out more about what I do.

Up to now, it has been doom and gloom, now I want to give you hope! From day 1 when I knew what was going on with me, and I felt the connection with EMF, I made a decision. This invisible thing won't get me down. I will get well, and I will beat this thing!

Having a positive outlook and keeping your mind focused on healing is part of the success.

I gave grounding a whole chapter, seeing that it played such a big role in my overall health. I mentioned before that I started doing research. At first, I mainly focused on people like Loydd Burrell and Nick Pineault who have had similar experiences to mine. They both suddenly started experiencing symptoms because of electro-pollution

⁹ <https://www.dailymail.co.uk/news/article-3339511/Schoolgirl-15-hanged-developing-allergic-reaction-Wi-Fi-school.html>

(EMFs), and both made it their mission to educate others. I am forever grateful for people like them who set the example. As most people with EHS only disappear. They hide from the world and their families and friends. I do not believe that is the answer.

The magnitude of electro-pollution or electro-smog is getting so significant, that very soon many people will start to make the link between their symptoms and exposure to electrosmog.

Currently, many people experience symptoms but have no idea why. Older people think it is because they are aging. The young ones have no idea what is going on. Nor do the medical doctors.

Reduce EMF

My very first intervention besides grounding, was reducing my EMF exposure. I very quickly felt the positive impacts on my health when I reduced my electrosmog exposure. It is almost instantaneous. If you read Jenny Fry's story, you will note she also said she felt immediately better after not being exposed to EMF.

I firmly believe the quickest way to find out if you may be sensitive to electro-pollution, is to switch off your cell phone and router for one night, as well as the power and lights to your bedroom (at your DB Box). If you feel better and sleep better, you will know.

I have always instinctively tried to stay close to nature. Hiking has always been my favourite exercise. Through all my research I learned that getting in touch with nature is very important. Hence my term nature therapy.

Once you delve into EHS treatment, you will soon realize that energy harmonising in the body is crucial. Our body's energy field becomes distorted through all the manmade electrosmog. For those non-believers, your body has a bio-electrical field. If you think about it, it

is a no-brainer. Everything in our bodies works with electrical pulses. Today some technologies can measure a person's bio-electrical field. I will not go into all the solutions in detail in this chapter, as my aim with this book was to create awareness of the health impacts of electrosmog and to encourage people to open their minds to electrohypersensitivity (EHS). I want you to start listening to your body. Be aware of what you feel under what circumstances. Start making the links. And yes, EMF is only one variable. Food is another culprit, as are chemicals, and trauma. Negative thinking can severely affect your health.

Neuro-hacking

We need to take extra caution when it comes to what thoughts we allow to float around in our minds. There is so much research on this topic. The reality is that when you have negative thoughts, your brain discharges chemicals that are harmful to your immune system, and it discharges hormones that upset your hormone balance.

Fear of EMF is your worst enemy as an EHS sufferer.

As part of my protocol, I teach people not to fear EMF. The moment you stop fearing EMF, your symptoms will reduce, because your body won't have a reason to overreact.

Nutrients

Lack of nutrients can be the cause of EHS symptoms, but at the same time, exposure to EMF can cause nutrient deficiencies. It becomes a vicious circle. Working with an integrative health practitioner is vital to establish your nutrient deficiencies and supplementing these in a safe way.

Over many months I researched nutrients and tried and tested everything on myself. Herbs, essential oils, supplements, and minerals. I do not recommend you do this. If you try something and it does not work, it can make you feel far worse. Trust me, I was there. Everything I propagate in my book has been tested and I also provide information on when not to use what. Herbs, essential oils and certain supplements are far stronger than people realise. They should be used with caution.

Nurture

A huge challenge with sensitivity to electrosmog is fear. When you fear something, your sympathetic nervous system is activated. This is your fight-and-flight response. You certainly must have heard the term somewhere. That is when your body goes into a state of survival, and all your bodily functions are negatively affected. Stress management thus becomes extremely important. Simple things like exercise and breathing, amongst others. You need to nurture your body and mind.

Toxicity is a big issue for everyone who suffers from EHS, it becomes crucial to detox on a daily basis. Practices such as breathing, quality sleep, and exercise are fundamental to detox. As said before, I unpack all these in much detail in my book Navigating MCS and EHS. To get a copy within seconds, just got to my website.

A significant link has also been found between metal toxicity and EHS. Having amalgams (silver fillings) in your teeth can worsen your symptoms. But do note, these must be removed by a trained and certified Biological Dentist ¹⁰.

A holistic, integrative approach

My biggest lesson over the last 2 years has been that there is not a single thing you can do to navigate EHS. Yes, I use the term navigate, because that is exactly what it is. EMF will always be present, to a lesser or greater level, depending on if you can control your environment. Hence, one always needs to be aware of what is going on around you and navigate the circumstances. Using a holistic, integrative approach, supports your body and mind to develop tolerance for the days when you will need it.

The one non-negotiable variable is sleeping in an EMF-free or very low EMF environment.

¹⁰ <https://web.facebook.com/campsbaydentalstudio/>

In my experience that is the single biggest factor that builds my tolerance and allows me to even work in very high EMF environments for a few days at a time.

The good news is that if you apply all these strategies, your symptoms will disappear completely. But should you be exposed to EMF, your tolerance will be reduced, and symptoms can return. It all depends on how far you are willing to go to feel better, and even vibrant!

Useful Resources

Two of the world's biggest activists that have dedicated their time to educating people on EMF health effects are

Loydd Burrell

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

and

Nick Pineault

<https://theemfguy.com/>

The biggest challenge if you live in South Africa is that these resources from America and abroad are very expensive. That is why I make sure to service the local South African market at affordable prices.

Davida van der Walt

On Route Health (this is my website)

www.on-route.co.za

Section 6

The way forward

CREATING A SAFE PLACE

My journey continues, I am sure that in the future I will update this guide many times, with ups and downs.

To get where I am today was not easy. I had to throw myself into research to try and find answers to something which some people do not believe in. Yet, we have so much research behind us, and doctors and scientists who make it their life's work to understand the health impacts of EMF and how to treat EHS. I must remind you what Professor Olle Johansson says, we need to treat the environment, not the person. What a wise man! It has been such a privilege to get to know him.

I won't stop. My research continues. I hope that one day we will find all the answers and be able to better understand why certain people get EHS and others do not. Also, how one can fully reverse the condition. For now, we have more than enough information to effectively navigate EHS.

What is next for me?

I have a dream! I want to create a safe place for people with EHS where they can heal. A nature retreat. I am working hard, every single day to get closer to this vision. I am so fortunate that my husband shares this dream with me. We will make it happen.

Secondly, I want to create awareness of the health impacts of man-made EMF and help those who suffer from EHS. Especially by creating understanding with those who scrutinize us. If someone you love claims that they are affected by EMF, please listen to them without judgment, read this with great care, take the time to do research, and do not just believe what you want to. EHS sufferers need your love and respect, and most of all your consideration.

Open your mind to the truth.



If you are desperate and need someone to talk to that will believe you, feel free to contact me. Go to my website and invest in the Guide: Navigating MCS and EHS.

www.on-route.co.za

You will find all the guidance and answers you are looking for. You can beat EHS!

DISCLAIMER - The information provided in this Guide: Electrohypersensitivity: Curse to Blessing, is for general information purposes and educational purposes only, aimed at creating awareness on electrohypersensitivity (EHS). It is provided in good faith; however, we make no representation or warranty of any kind, express or implied, regarding accuracy, adequacy, validity, availability, or completeness of any information.

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