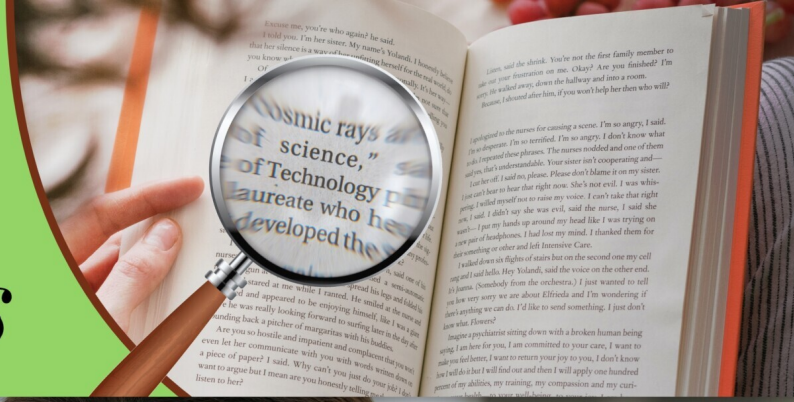


BaronE Health Reviews



Allergic to Electricity?

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Holistic Natural Health Experts

About Us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Allergic to electricity?

Original article

<https://www.healthline.com/health/allergic-to-electricity>

Is It Possible to Be Allergic to Electricity?

Electrohypersensitivity (EHS) is believed to be triggered by electronic devices but has no scientific proof. Symptoms may happen due to other disorders or beliefs about electromagnetic fields. Treatment may include therapy, environmental changes, or treating underlying conditions.

In this analysis, we'll try to use science, common sense and knowledge of natural medicine to show just how a potentially interesting article ends up being a load of garbage.

The first blunder is the title: "Is it possible to be allergic to electricity?"

What is allergy? Allergy is an abnormal IMMUNITY reaction to an allergen.

Scientifically, abnormal immune system reactions are classified into four types:

- Type I (immediate hypersensitivity): the immune system produces antibodies called IgE which, by binding to certain immune cells and through cascading effects, cause the release of molecules responsible for allergy symptoms (inflammatory mediators such as histamine, leukotrienes and prostaglandins).
- Type II (cytotoxic hypersensitivity): the immune system produces antibodies called IgG or IgM. These antibodies are produced when the immune system detects changes on the cell or extracellular surface as antigens. Cells recognized by this reaction will be destroyed.
- Type III (immune complex hypersensitivity): through complex mechanisms, antibodies produced by the immune system bind to antigens and form immune complexes. Their deposition in tissues leads to a chronic inflammatory response with severe tissue damage.
- Type IV (delayed hypersensitivity): immune system cells called T lymphocytes are activated after contact with an antigen. In this case, there is no antibody production, but a direct attack on the tissues and organs concerned.

When we speak of allergy, we're talking about type I hypersensitivity. IgE antibodies directed against an antigen can therefore be identified. Here are some examples of common antigens:

- Food antigens (milk, eggs, sesame, peanuts, shellfish, etc.)
- Airborne antigens (pollens, mites, molds, animal hair, etc.)
- Venom antigens (bees, wasps, etc.)
- Chemical molecule antigens (drugs, cosmetics, etc.)

It's ridiculous to talk about electricity as an antigen. Antigens in the case of allergy are mainly of protein origin, like the examples of antigens cited above.

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In reality, this misnomer of allergy is linked to the release of histamine triggered by the non-thermal effects of electromagnetic fields (EMFs).

These fields induce oxidative stress and disrupt the cell membranes of mast cells, which contain histamine, leading to its release.

Of course, in the case of allergy, histamine is also released, but in the case of EMFs, the mechanism is quite different.

Histamine can cause all kinds of symptoms, from pruritus and headaches to fatigue and abdominal pain.

Secondly, and to be precise, the electrohypersensitivity referred to in this article is actually more accurately called electromagnetic hypersensitivity. Why is this? Because the person reacts to the electromagnetic fields (EMF) produced by electronic devices and wireless technologies (wifi, 3,4,5G cell phone antennas, Bluetooth, etc.).

The third assertion is simply radical misinformation: "there is no scientific proof". In fact, evidence of the harmful effects of EMFs has been widely available for many years.

A report compiling and analyzing hundreds of scientific studies has been published by the BioInitiative group, the first version of which dates back to 2007.

<https://bioinitiative.org/table-of-contents/>

BioInitiative brings together scientists, researchers and experts in fields such as medicine, epidemiology, biology, biochemistry, neuroscience, toxicology and environmental science. This report is therefore a serious piece of work on which governments could have legislated far more strictly than they did to protect living beings and limit EMF exposure.

For many people, electronic devices are a convenient part of everyday life. They allow you to do things like browse the internet or microwave food.

Some people, however, believe they're allergic to radiation that's emitted from electronics. This perceived condition is called electromagnetic hypersensitivity or EHS.

It happens when someone feels that they're extra-sensitive to electromagnetic fields (EMFs). Often just referred to as radiation, EMFs are released by electronic devices like Wi-Fi routers, computers, microwave ovens, and other home appliances.

According to people who say they have EHS, exposure to EMFs causes symptoms like:

- dizziness
- headaches
- tingling

It's thought that the first reports of EHS occurred in the mid-1900s. The former Soviet Union said that radar technicians and military technicians working with radio experienced EHS, then known as "microwave syndrome."

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No one denies that electronic devices are part of our daily lives. Some are useful, like smartphones, while others are useless and harmful, like microwave ovens.

Once again, the article insists on the idea of a belief, as if EMFs had no impact on our bodies, while pointing out that health problems in people subjected to EMFs had already been reported since the Second World War. A paradox that doesn't seem to arouse the slightest reflection! In fact, the "microwave syndrome" was identified as early as 1960 by Zinaida Gordon and Maria Sadchikova of the Russian Institute of Hygiene and Occupational Diseases.

The increase in illnesses associated with the widespread use of electricity was already apparent at the beginning of the 20th century. Samuel Milham, an American epidemiologist, wrote a book entitled " Dirty Electricity: Electrification and the Diseases of Civilization ", in which he explored the link between electrification and the increase in chronic diseases:

« When Thomas Edison began wiring New York City with a direct current electricity distribution system in the 1880s, he gave humankind the magic of electric light, heat, and power; in the process, though, he inadvertently opened a Pandora's Box of unimaginable illness and death. Dirty Electricity tells the story of Dr. Samuel Milham, the scientist who first alerted the world about the frightening link between occupational exposure to electromagnetic fields and human disease. Milham takes readers through his early years and education, following the twisting path that led to his discovery that most of the twentieth century diseases of civilization, including cancer, cardiovascular disease, diabetes, and suicide, are caused by electromagnetic field exposure. In the second edition, he explains how electrical exposure does its damage, and how electricity is causing our current epidemics of asthma, diabetes and obesity. Dr. Milham warns that because of the recent proliferation of radio frequency radiation from cell phones and towers, terrestrial antennas, Wi-Fi and Wi-max systems, broadband internet over power lines, and personal electronic equipment, we may be facing a looming epidemic of morbidity and mortality. In Dirty Electricity, he reveals the steps we must take, personally and as a society, to coexist with this marvelous but dangerous technology ».

<https://www.amazon.com/Dirty-Electricity-Electrification-Diseases-Civilization/dp/193890818X>

The name "electromagnetic hypersensitivity" first appeared in 1991. Since then, many people have said they have EHS, especially as electronics have become more popular.

Despite these reports, EHS is not a recognized illness in the medical field. Studies have failed to find a strong clinical relationship between EMFs and the reported symptoms. Additionally, objective criteria for diagnosing EHS is lacking.

As a result, EHS is a self-diagnosed condition. Let's look at what the science says about the condition and how it's treated.

Once again, this article shows great incompetence, for how can one point to microwave syndrome but ignore all the scientific research demonstrating it, to finally assert that EHS is without objective criteria?

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What the science says about electromagnetic sensitivity

EHS is a controversial topic in the medical field. Currently, there's no evidence that links EMFs and the perceived symptoms of EHS. There's also no reliable research explaining how EMFs may cause such symptoms.

In a 2019 review Trusted Source, researchers analyzed 28 blinded experimental studies that examined the connections between EMFs and EHS symptoms. They analyzed each study's strengths and limitations, along with the reliability of the data.

According to the researchers, studies suggesting that EMFs may cause negative symptoms had various limitations. This included issues like failing to screen participants for conditions that may cause EHS symptoms or unreliable statistical analyses.

Additionally, recent studies have found that people are unable to identify actual EMF exposure.

Here we come to the main bias of this article. The real, biological effects of EMFs on living beings are carefully set aside in favor of possible "subjective" effects, such as dizziness, headaches and tingling.

EMFs affect the functioning of our cells and, of course, our nervous system, our endocrine glands (which produce our hormones) and our organs in general.

The degree of effect depends on the type of frequency, the power of the transmitters and the time of exposure. That's why emissions are regulated to some extent!

This article misleads the reader by ridiculing the issue, discrediting the real scientific evidence - because, let's face it, the majority of studies with mixed results are funded by the multinationals themselves!

In the end, the most effective approach is to sow doubt, as the tobacco industry has done for decades. A study that doesn't completely deny the effects of electromagnetic waves on living beings, but ends up asserting that the results are dubious, is the best of all studies.

Even so, emissions are regulated, so what's the problem?

Well, the regulations only take into account the thermal effects of EMFs, leaving out the non-thermal effects. If we were to limit public exposure to non-thermal effects, which have been proven and exposed in dozens of studies, this would harm the interests of multinationals closely or remotely linked to the business of electricity and wireless technologies. The financial stakes here run into hundreds of billions of dollars. We're not kidding.

Thermal effects are easy to understand. EMFs absorbed by tissues generate heat. The more heat, the more damage to tissues and organs. Regulations therefore limit heat generation. Period.

Non-thermal effects, however, are very real and affect us in different ways by disrupting cellular metabolism. We can see an increase in oxidative stress, intestinal permeability and the blood-brain barrier. The immune system and the synthesis of our hormones and neurotransmitters are unbalanced, impacting the overall functioning of our organism.

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The BioInitiative report highlights the concern of these effects on the health of living beings, as animals are not spared by EMFs.

Anyone who has studied basic biology knows that biological processes are disrupted before a significant rise in body temperature is reached.

In a 2018 study, people with self-diagnosed EHS were exposed to EMFs from mobile and radio systems, as well as sham (fake) signals. The participants reported more symptoms when they thought each station was on — which suggests they were unable to tell when they were exposed to EMFs.

Another 2017 study Trusted Source found similar results. Participants with self-reported EHS were exposed to EMFs and fake frequencies in a random pattern. None of the participants could indicate when they were being exposed to real EMFs.

According to a 2020 review Trusted Source, the belief that EMFs are harmful might cause a placebo effect. This occurs when a person experiences negative symptoms from a treatment due to negative beliefs about that treatment.

Some scientists also think that people cope with preexisting underlying conditions by believing they have EHS.

When non-thermal effects disrupt the body's biological functions over the short, medium and long term, there's no point in conducting studies like those described in this article.

In fact, exposing a person to EMFs or not, and asking them if they experience any symptoms, is already a bias in itself. It's like exposing a blind person to a room with or without light and asking them if they can see it.

The placebo effect exists and can work in people who are suggestible or ignorant of the problem in question. Once again, knowledge is, as always, fundamental.

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Can some people be allergic to Wi-Fi?

Some people report being hypersensitive to EMFs from Wi-Fi. However, Wi-Fi allergies are not real. There's no strong evidence that proves people can be allergic to Wi-Fi signals.

What's more, research hasn't found a clinically sound relationship between EHS symptoms and Wi-Fi.

Reported electrosensitivity symptoms

The purported symptoms of EHS are nonspecific and range in type and severity. They may include:

- headaches
- skin issues
- musculoskeletal pain
- sleep disorders
- mood issues
- dizziness
- memory difficulties
- trouble concentrating
- feeling hot in the face

Some people who say they have EHS say these symptoms are caused by specific objects, like smartphones or computers.

Symptoms due to EHS have been ruled out by research, though. Studies haven't found a connection between EMF exposure and the symptoms above. Instead, scientists speculate that symptoms of EHS may be due to undiagnosed physical or psychological conditions.

Perceived electromagnetic sensitivity treatment

Because EHS isn't an official diagnosis, there's no standard treatment for the condition. Still, a doctor can do several things to ease your symptoms.

According to the World Health Organization Trusted Source (WHO), treatment should include the following measures:

Treatment of underlying conditions

A doctor will likely start with a medical evaluation to learn more about your symptoms. The goal is to detect and treat any disorders that might be causing your symptoms.

In addition to asking you questions, the doctor will do a physical exam and record your medical history. They might also order blood tests or refer you to a specialist.

The biological effects of EMF exposure are so wide-ranging and varied in intensity that it's tempting to point to them as the sole cause of the symptoms described. And therein lies the rub.

You can't, logically, attribute all the ailments a person presents to EMFs alone. But it's very tempting. Why is that?

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Because that way, other questions are avoided. What about diet, medication, movement, lifestyle, conflicts and other problems?

And by blaming everything on EMFs, we come to the crucial point of underlying conditions or other causes that could explain the symptoms described above.

Today, very few people are in perfect health - very few! Lost in their symptoms, they try to suppress them with all kinds of drugs.

They also try to find a single cause. Unfortunately, none of this works. Health is holistic, and when one or more symptoms appear, a health check-up is necessary to assess the most likely causes and implement the appropriate treatments.

This is the most serious approach, and we advise against self-diagnosis, which is discredited in this article.

Therapy

You may be asked to meet with a mental health professional. They can identify and treat underlying psychological conditions that may be contributing to your symptoms.

A mental health expert can also provide the following to help you manage your thoughts about EMFs:

- cognitive behavioral therapy
- exposure therapy
- self-help groups

Before referring people who complain of hypersensitivity to a psychologist or psychiatrist, a holistic health check-up is essential.

Most psychological disorders have a real biological cause. As a general rule, biological imbalances lead to psychological disorders. Once the causes have been identified, there's no need to think about EMF, and the real therapy can begin.

Environmental changes

Environmental factors in your home and workplace may lead to perceived EHS symptoms. Consequently, you might be asked to modify your environment in these areas.

Examples include:

- reducing indoor air pollution by getting a dehumidifier, cutting back on smoking, or something else
- decreasing excess noise
- improving poor lighting
- adding ergonomic elements

Here, we oscillate between the obvious and the ridiculous.

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Takeaway

EHS is a self-reported condition that hasn't been proven by science. It's defined by unpleasant symptoms, like headaches and pain, triggered by exposure to electronic devices.

Recent research has found no evidence that EHS exists. Some scientists think people have negative symptoms because they believe electromagnetic fields are harmful.

It's likely that such symptoms are due to underlying physical or psychological disorders. Treatment for perceived EHS may include treatment of underlying conditions, therapy, or environmental changes.

In the final analysis, this article ends in initial denial, without providing the reader with a solution. And yet, solutions? We have them!

Firstly, and although there's little chance of the regulations changing for the better, we must continue to support the organizations fighting against electromagnetic pollution, and they are present in every country.

If you are exposed to a major source of electromagnetic pollution, you can ask a qualified geobiologist to take concrete measurements and assess the situation - and we stress the word "qualified"! In the event of a serious situation (high-voltage power line, 4G/5G antenna) causing unavoidable disturbance, it would be wise to think about moving.

Secondly, inside your home, wired installations should be preferred wherever possible. The increasing power of wireless networks is a major source of electromagnetic pollution inside the home.

Avoid all non-essential, connected electronic devices, cleverly marketed as practical tools to make your life easier. In reality, they're often useless gadgets which, in addition to polluting you, spy on you and collect data on you, which can easily be hacked.

Don't fall into the trap of home automation, a real aberration that turns your living space into one big electronic box.

Thirdly, everyone today should protect themselves from EMF. EMFs are harmful and, unfortunately, we're exposed to them day and night. Effective protection systems are available for installation in living spaces or for carrying around with you. We are happy to advise our patients.

Ignorance is the mother of all evils. This article is an excellent demonstration of this. When faced with a problem, the most sensible approach is to get informed, try to avoid the problem and, if possible, learn how to protect yourself from it.

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