

Being an EHS person

My EHS Story, Daily limitations and
urgent needs of EHS people

Amir Borenstein 01-2017

norad4u@gmail.com www.norad4u.com

- Name - Amir Borenstein (amirb)
- 1994 - Practical Engineer in Electronic
– Computer Controlled Systems
- 1994-1997 IDF (IAF) – Technical
- 1997-2013 Software Quality Engineer
and Team Leader in the High Tech industry
- Self diagnosed EHS since 2004
- EMF and EHS Activist since 2006
- Since 2010 www.norad4u.com - info site
- Since 2012 www.4EHSByEHS.com - store



My EHS Condition

1996 – First pain caused by cellphone (pressure in the head and then cutting pain 20 seconds into use).



1996-2004 – **Low severity EHS:**
Headaches, heat sensation when using RFR.
Did not notice cell phone's mast.

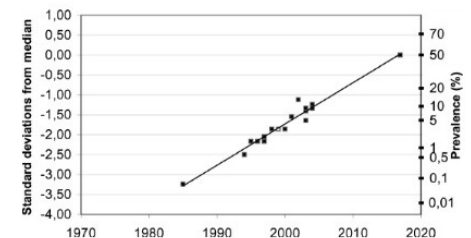
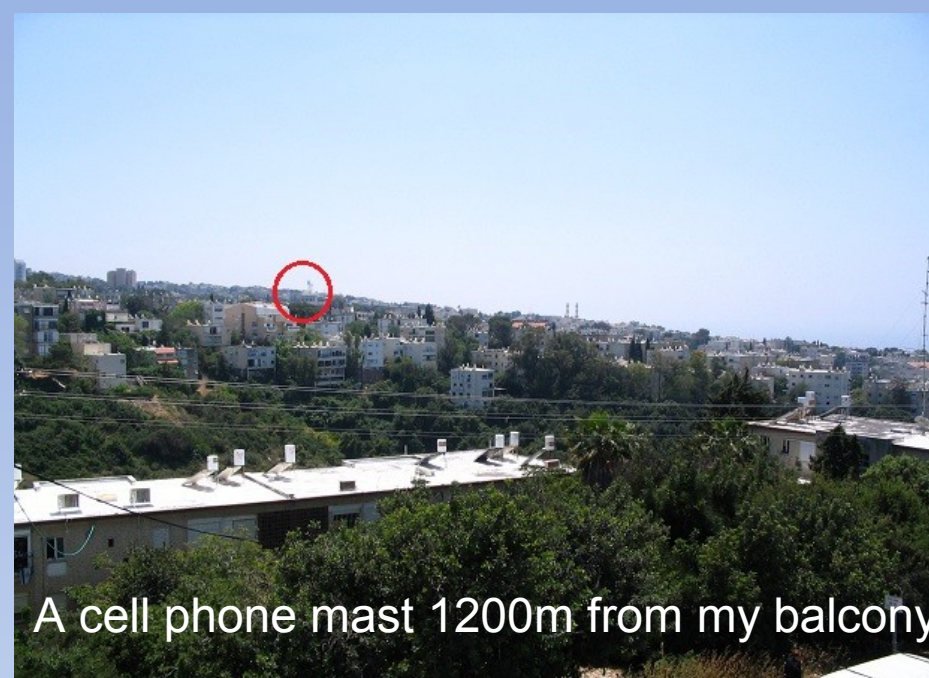


Figure 1. The prevalence (%) of people around the world who consider themselves to be electrosensitive, plotted over time in a normal distribution graph. The endpoint at 50% is an extrapolated value. Variation explained is 91%, the endpoint not included.

"Will We All Become Electrosensitive?" by ÖRJAN HALLBERG AND GERD OBERFELD



My Old ELF rich lab



A cell phone mast 1200m from my balcony



ELF sources on my bedroom wall

Possible reasons for condition change:

- New apartment with RF and ELF
- 20mG on the bed for a year
- ELF in the labs
- More and more people with cellphones
- 3G cellular Antenna deployment
- WIFI router above the lab
- 3 days in an hotel 100M from a cellphone masts + scuba diving

My EHS Condition

- **2004 – Becoming High severity EHS.** More pain, starting to feel cellphone masts, WIFI & others' people equipment.
- **2004-2006 - Constant severe** headaches for 18 months, rush of blood to the head, pressure on the head temples, fatigue, memory problems, immune system less effective, ringing in the ears, poor function in general.



The way I helped myself and others



NO RADIATION

● — **4 STEPS PLAN** — ●

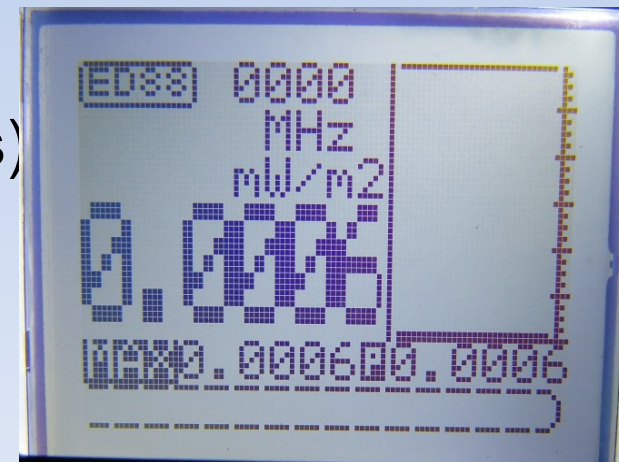
More...But Hi I am not an expert!

- Medical tests
- Amalgam Filling removal
- Alternative medicine
- Magic devices(cost a lot and did not helped as much)
- Tring to live a healty life
- Vitamin C(AsterC), Gaba, B12...
- Other

My EHS Condition

2006-Today - Mid Severity EHS

- Symptoms are bearable , for several hours, at 0.004 uW/cm^2 and about 3-4 mG, or a bit more.
- Home level less than 0.00005 uW/cm^2 no symptoms.
- Since 2013 -Working from home, using EMF Protection (Hats + Clothes) House protected, Car protected.
- Current status - Managing with difficulties, but not going out a lot.



Daily limitation of EHS people

- Finding a place to live (no RF, No WIFI, No ELF, no Smart meters, no view to a cellphone tower, as few neighbors as possible).

In the picture – RF protection paint over my house.



- Working in an office/building/workshop full of WIFI , smart phones and wireless devices.



Daily limitation of EHS people

- Driving in an EMF rich car, on roads with cell towers on the sides.

In the picture – My low ELF, RF Protected car



- Using public transportation when everyone uses their cell/tablet/laptop.

In the picture – a sign hanged by an EHS bus driver in In Israel asking not to use cell phones



Daily limitation of EHS people

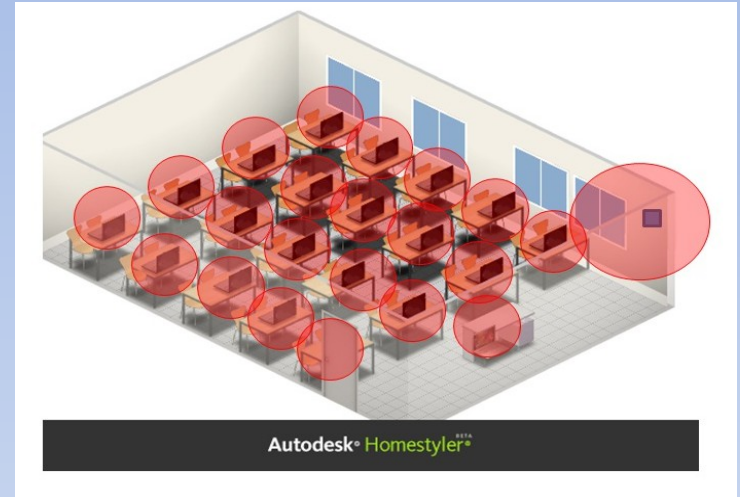
- Walking down the streets (cellphone, cellphone must, smart meters, smart cities).
- Being in public spaces, government offices, bank, post office. Cinema, restaurants, hotels, vacations, elevators, shopping, standing in lines.



Daily limitation of EHS people

- Helping and supporting our EHS kids in the WIFI/tablet/cellphone embedded education system.
- Socializing, feeling along, can't go to family and friends.

In the picture – EHS people gathering in my house.



Daily limitation of EHS people

- Going to a hospital, health clinic, an MD office, dentist, all full of WIFI, cellphone and RF.

In the picture – micro cell antenna in hospitals



- Finding a MD who believes you, willing to turn off his cell and wireless devices and is willing to help.



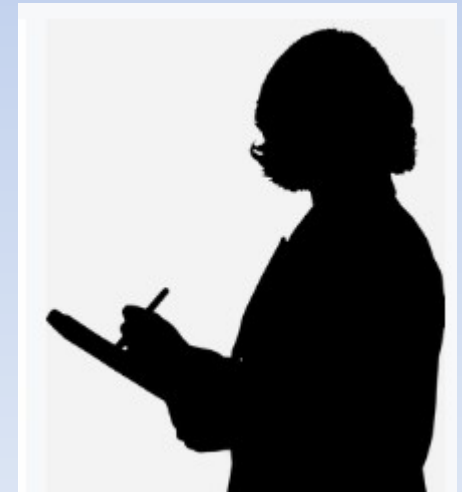
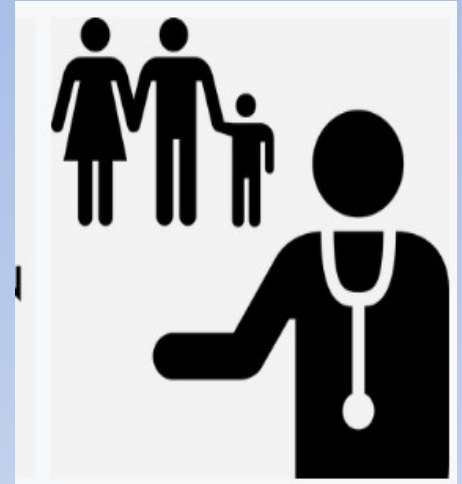
Urgent steps needed

- Acknowledgement of EHS as an Occupational disability
- Allowing EHS people to use public services and places by creating “white zones/rooms” and bureaucracy support for EHS people



Urgent steps needed

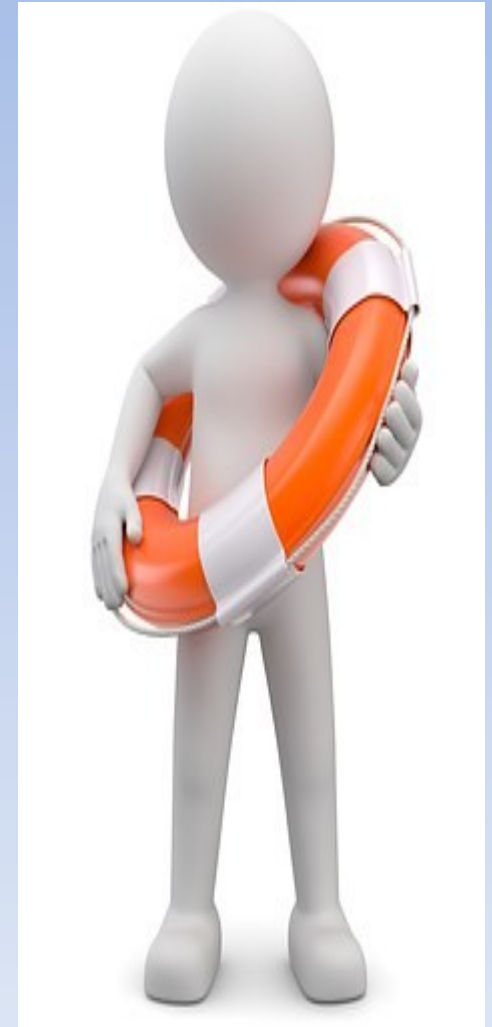
- Inform medical professional about EHS symptoms and the need for exposure reduction.
- Instruct medical professionals and MD to document patients' complaints of EHS in the medical file.



Urgent steps needed

Medical Support and treatment
according to the Austrian protocol,
European EMF Guideline 2016 and
others.

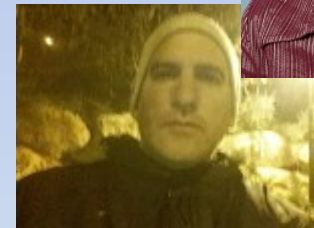
- EMF knowledge, measuring,
protection & exposure reduction
support for EHS people



Urgent steps needed

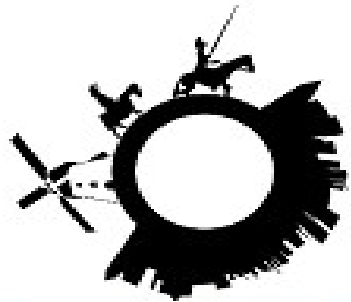
- No forced exposure:
 - Smart meters
 - WIFI In Schools
 - Wireless and cellphone mandatory use at work





In the big pictures EHS people that have appeared on Israel TV, In the small pictures EHS peoples in our Facebook group

THANK YOU!



www.norad4u.com

No Radiation For You

"Know, Monitor, Reduce, Protect"

