

From: "Paul Doyon"
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It's the Microwaves

Hello,

My name is Paul Raymond Doyon. I am 45 years old. I have been married for 14 years and have a six-year-old son. I have a BA in Psychology, an MA in Teaching, and an MA in Advanced Japanese Studies. I taught EFL in Japan for over 18 years and now live in Yunnan Province, China where I teach both EFL and Japanese at Yunnan Normal University.

In November of 2004 I started working at Kyushu University in the city of Fukuoka, Japan as an Associate Professor teaching English as a Foreign Language (EFL). Within six months of moving into a new apartment and starting my new job I started to become ill. I gradually developed more and more adverse symptoms. First, I found myself suddenly waking up earlier and earlier until I got to the point where I could barely sleep anymore. I progressively developed the following symptoms: (1) excessive thirst, (2) night sweats, (3) brain fog, (4) swollen lymph glands, (5) fatigue (6) insomnia, (7) a weakened immune system, (8) nausea, (9) heart pain, (10) back pain, (11) unexplained anxiety, (12) neurological symptoms, (13) vision problems (14) testicular pain, (15) loss of appetite, (16) rapid weight loss, (17) frequent urination, (18) dry eyes and mouth, (19) impaired memory, (20) inability to concentrate, (21) body temperature regulation problems (i.e. chills), (22) bone pain, and so on.

After searching on the Internet, I determined that I had the symptoms of what was most likely prematurely and misleadingly dubbed Chronic Fatigue Syndrome (CFS) by the Center of Disease Control (CDC) in 1988, four years after droves of people in the USA started complaining of the same symptoms in 1984. 1984 is ominously also the same year that a commercial 1st generation (1G) cell phone system spread across the United States.

I went to see several specialist doctors in Japan who confirmed my suspicions and also gave me the common diagnosis in Japan of Autonomic Nervous System Disorder. Blood and other tests revealed high titers of Epstein Barr Virus, Cytomegalo Virus, Coxsackie Virus, Mycoplasma, Toxoplasma, Candida and so on.

As I progressively became sicker and sicker, I was no longer able to work. After searching on the Internet, I read one horror story after another of people who had contracted this strange syndrome and who had never recovered. Even the CDC states on their Website that it is an incurable disease. And even after over two decades they still say they do not know what causes this condition. There have been a number of theories put forth as to what causes CFS stemming from

viruses, mycoplasma, mercury toxicity, candida, mold, chemical toxicity, free radicals, depletion of the body's store of antioxidants, allergic reactions to genetics. Certainly, many of these are secondary factors contributing to the symptomology of this disease, which I firmly believe hence stem originally from a massive increase in ambient EMR (especially microwave) permeating our environment.

After being ill for about six months and searching for answers about what causes this condition, I started to suspect electromagnetic radiation (EMR) especially microwave radiation emitted by cell phones and cell phone towers as being the culprit. I had read of one person who had been ill for years with CFS and Crohn's Disease who claimed all his symptoms disappeared when he moved out from an apartment in a big city and into his parent's home out in the French countryside. I also noticed that I always felt better at night (as most people with CFS do) when most people are not using their cell phones - in spite of the fact that I was suffering from insomnia. Moreover, I would get anxiety attacks at specific times of the day, which I later correlated with peak cell phone usage times in Japan where I was living at the time. Furthermore, I noticed that I would feel much better if I went to certain places, which I was later able to ascertain had less of this electrosmog permeating the planet. Finally, I went to see an alternative doctor in Japan who stated very clearly in his brochure that disease is caused by a combination of factors: genetics, pathogens, chemical toxicity, metal toxicity, and - yes - exposure to Electromagnetic Radiation (EMR).

A little more research on the Internet revealed that the symptoms found in CFS are practically identical to what the Russians termed Microwave Sickness in the early seventies:

"In 1971, Zinaida V. Gordan and Maria N. Sadchikova of the USSR Institute of Labor Hygiene and Occupational Diseases described a comprehensive succession of symptoms, which they identified as Microwave Sickness. The initial symptoms are low blood pressure and slow pulse. The second stage includes headaches, dizziness, eye pain, sleeplessness, irritability, anxiety, stomach pain, nervous tension, inability to concentrate, hair loss, which are eventually followed by adrenal exhaustion and ischemic heart disease." (Becker, 1985, pp. 314-315)

Dr. Henry Lai, of the University of Washington, has postulated that the effects of exposure to long-term non-ionizing radiation could very well be similar to the effects of short-term exposure to ionizing radiation. In fact, this seems to be exactly what we are seeing in the symptoms in a number of disease states, which appeared or vastly increased in number with the advent of the mobile phone and WiFi and a drastic increase in ambient EMR in our environment. For example, the following symptoms are found in Radiation Sickness, CFS, and what is known as Microwave Sickness:

Fatigue
Swollen Lymph Nodes
Nausea

Weakness
Intestinal Problems
Impaired Memory
Impaired Concentration
Insomnia
Loss of Appetite
Weight Loss
Skin Rash
Weakened Immunity
Night sweats
Heart Problems
Visual Disturbances
Chills
Headaches
Flu-like Symptoms

Dr. Robert O. Becker wrote 21 years ago in his book *The Body Electric* the following regarding dangers EMR are posing:

"The dangers of electropollution are real and well documented. It changes, often pathologically, every biological system. What we don't know is exactly how serious these changes are, for how many people. The longer we as a society, put off a search for that knowledge, the greater the damage is likely to be and the harder it will be to correct." p. 304

After looking around in my immediate environment, I was able to ascertain that there were four 3rd generation (3G) cell phone towers within a kilometer of my apartment, two of which were within 300 meters.

I finally found and decided to rent a log house up in the mountains of Saga Prefecture, Japan - out of cell phone range (one of the very few places) - and immediately started to feel better with the immediate (within 24 hours) disappearance of many symptoms and with most of the rest of these symptoms gradually disappearing over a two month period. I stayed in this log house for a total of four months.

As my body started to heal, I started to become extremely sensitive to the EMR emitted by cell phone towers and cell phones. Whenever I got into range of a cell phone tower or people with cell phones, I would start to feel sick with nausea, pressure in my skull, and pain in the lymph nodes. If someone were to make a cell phone call near me, these symptoms would become extremely intensified.

Fortunately, a number of treatment modalities have alleviated and helped me to cope with this electrosensitivity more effectively. One has been heavy-metal chelation therapy where the use of a number of sulfur compounds are able to bind with and draw the metals out of the body. Another has been the removal of all metal fillings from the mouth. And finally the daily use of a large variety of antioxidants has helped tremendously.

I decided to leave Japan - one of the most electropolluted countries in the world - to look for a new place to live. After traveling through Thailand, India, Myanmar, and Laos, I finally decided to make Yunnan Province in China my new home. I decided against going to any advanced Western countries, since these also seem to have the most advanced microwave communication systems (3G and WiMax) and I seem to fare better with the 2nd generation systems now still prevalent in most developing countries. Also, I have - I believe due to microwave exposure - developed a number of sensitivities. One of these is to mold so I seem to also fare better in a dry climate which the area of Yunnan that I live provides.

However, I believe this is only a temporary solution for me at this time and I (and many like myself) urgently seek a place - a refuge - in this world where there is no or little EMR emitted by cell phone towers.

The Freiburger Appeal (a document originally signed by a number of German doctors making a connection between the increase in electrosmog and a number of symptoms and disease states) as well as Arthur Firstenberg - in his article "Electromagnetic Fields: Killing Fields" have called for EMR-free zones. As more and more people are affected or made ill by this technology, there is an increasing demand for such EMR-free zones - and it should be a natural-born right for people to have such places to which they can escape.

I was excited to initially read that Slocan Valley was going to try to reject cell phone towers and market the town of New Denver as a cell-phone free zone.

I encourage the people in the Slocan Valley area to reject both the cell phones and the WiFi systems in order to (1) protect the health of those that presently live there and (2) to make it a refuge for people who are being made seriously ill by this invasive technology and need a place to go to escape from it.

Sincerely,

Paul Raymond Doyon