

**RE: To everyone wise enough to be concerned.**

By ***Zoumpoulia Petraki***

The description below refers to the symptoms I have been experiencing since January 2020 and up to July 1st when I managed to quit London UK, a European city proud enough for its advanced 5<sup>th</sup> generation wireless connectivity. When the symptoms started, I did not have the faintest idea what “electrical hypersensitivity” was, nor was I ever worried about the health effects from EMFs around me. Initially, I did not know what to expect and certainly I could never assume any connections of my symptoms to EMFs.

**Facts:**

- I am a school teacher and my working desk at the school was located only 1,5 m below a Wi-Fi booster positioned directly above my head for the last 4 years, ensuring excellent connectivity with my laptop, brain, heart and my complete nervous system.
- In 2017 I was diagnosed with Hypothyroidism (Hashimoto disease).
- In November 2019 two major telecommunication companies, upgraded their wireless network in my area to the latest 5G wireless protocol in order to provide higher communication speeds, higher data volumes plus better wireless service as they claim and I am afraid...quite a lot more. This area is Harrow in North West London
- My apartment located only 300m away from Harrow View Road (HA2) enjoyed this advanced 5G connectivity with everything else that goes along. By walking every morning to work I had to walk along this main road for a stretch of almost 500m, passing by the two new 5G antennas at least twice a day. There was a third mast in the area on Headstone Lane towards North Harrow train station and outside a Methodist Church. I had an almost daily “rendezvous” with this one too in the evenings, whenever I went shopping or visited my gym. A fourth antenna was located just outside Headstone Lane station, a terminal I often used whenever I had to travel to central London.

- After this network upgrade, it only took a short period of approximately 20 working days before I started experiencing my first symptoms.

## **My symptoms:**

### **FIRST WARNINGS:**

One morning as I was going to work, along that road bridge, passing by antenna no1 (see pics attached) I felt like fainting, I lost my balance for a split of a second and I almost tripped over. The same incident occurred twice within the first two months and following this I decided to change my route to work. I got scared that I would get run over by cars in case this is repeated. I had only fainted once before in my life and that was because of stomach fluids raised all the way up to my oesophagus and I passed out. This time I could not explain why this is happening and I attributed the cause, to fatigue and possibly due to iron deficiency, combined possibly with the strong environmental pollution persistent by the heavy London traffic I was exposed during my daily promenade to and from my work. After these incidents I asked my GP to prescribe for me iron tablets which I started taking in February but I now believe this made things even worse.

I started having unexpected nervous tics and spasms in my face. My eyelids and upper lip started twitching very noticeably and continuously for long periods during the day.

In February this year, one afternoon, just after half-term (15 - 23) I suddenly heard a sharp electric screeching noise in my ears (sounding much like connecting to a fax machine) followed by sharp pain piercing through my brain. I remember I had to stop my lesson, I stopped talking, I closed my eyes as a reaction to pain and I widened my standing position in an attempt to maintain a better balance. I actually asked my colleagues 'did you hear that?'. It felt like someone had just turned something on and I could feel a piercing beam going through between my ears. My colleagues of course did not hear any of this.

### **PEAK:**

Frequent headaches were now a new experience for me, these were the type which you feel like there's water in your head and everything goes

blurry. I felt tension in my temples and pressure behind the ears. The symptoms got gradually worse and the back of my head felt like I had been hit with a bat and I was in the process of recovering. I often felt pain whenever I made sudden head movements as if I was waking up with a hangover. I had the feeling that the inside of my skull was inflamed and my hypothalamus was filled with some kind of liquid. I started getting very sensitive to noises and became very irritable.

I started having random memory loss and my cognitive ability was severely affected. Being a teacher in a School for kids with special needs I am used to be always alert and constantly processing new incoming data during a normal working day but now I couldn't operate to my maximum ability not even close to. I started losing track of things that happened to me or around me during the day. I had strong memory gaps. I couldn't remember if I had done the shopping or not, If I had called that parent I needed to and colleagues stressed to me that I was repeating the same questions and referring to the same things over and over again.

The symptoms kind of moved from top to bottom. They started at the top, head and face and then week after week moved lower and lower affecting different parts of my body. The nerves in my teeth flared up. My neck was affected next. My glands were swollen followed with pain at the back of my throat, my mouth was dry and I used to wake up during the night with an urgent need to hydrate. At that point I thought I may have been infected with Covid19 as this was right in the early stages of the pandemic in March 2020. But I had no fever. My sensitivity and irritability to noises became worse and I often felt I could simply blow up.

Then I felt my skin burning. Starting at the back of my neck and shoulders, the burning feeling gradually spread into my arms and lower in my back. It felt like having sunburns that got itchy after few days. That was on top of all the other symptoms that were continuing day after day without any sign of improvement.

By that time, I started having restless nights and difficulty to sleep. Me(as well as my GP) thought it was stress and anxiety as not me, neither him, could explain what was the cause of these acute symptoms. I could not connect the dots until I watched a video by Dr Metsis on YouTube dealing among other things with the possible health effects caused from

Electromagnetic Radiation. His briefing just clicked and revealed some possible answers and contacted him via email after mid April 2020. The period from January till then was just a living hell for me where my skin actually felt a continuous burning and I couldn't have a single moment of rest.

After switching off my Wi-Fi and following the advice Dr Metsis gave me over our numerous emails back and forth, the dizziness and the headaches were substantially reduced. But the heart palpitations and the sleepless nights continued all the way till I completely left UK and found myself well off the grid, in the Greek country side far from any city or the so-called civilization. Even then it took me four weeks to calm down until I finally started having at last uninterrupted sleep throughout the night.

The symptom that worried me most, emerged right from the start and is still bothering me, even after having started treatment, is anger. I have sudden bursts of rage that I could not externalise and I had to bite my teeth in order to keep my self control. I would have an episode almost every day or even many times in a day. I felt like a bull provoked by a waving red flag'. Most of these episodes luckily happened at home as school was shut due to the lockdown following the Covid19 pandemic. At the peak of my symptoms these episodes would last for hours and I could even lose track of time. I still have them even now, although less frequently. I am now down to one per week and the rage lasts few minutes rather than hours as it used to be.

Now being well "off the grid" seems to be the ideal if not the best treatment possible for all my symptoms but since fast connectivity, the 5<sup>th</sup> generation communication protocol and IoT, is fiercely pushed and installed in every part of this planet there will soon be no escape not only for me but for the entire human race.