

Electro Hyper Sensitivity (EHS)

Sheena Symington is the Director of the Electrosensitive Society (www.electrosensitivesociety.com) where she helps people who are Electro Hyper Sensitive (EHS). She has a background in biological and environmental sciences and has been researching chemical and electromagnetic pollutants and their effects on natural and human ecosystems for more than 20 years. She also works as a Research Associate with Professor Emerita Dr. Magda Havas (www.theroselab.com) and gives talks related to electromagnetic hygiene to educate people on how to maintain an electromagnetically clean environment. At the Electrosensitive Society she helps people find medical specialists familiar with EHS, remediation specialists who can help reduce EMF exposure and she helps people to find and/or create low EMF zones where they can comfortably live, work and better enjoy life. She also provides email and phone consultation.

Most people can and do recover from Electro Hyper Sensitivity (EHS). Some individuals can recover quickly (within a matter of days to weeks), while others take longer (months to years) and this depends – to some extent – on the severity of the symptoms and how long a person has been affected. We use the acronym **R²ID** to describe the approach to recover from EHS.

R²ID

R² – Reduce and Reset

Reduce your EMF/EMR exposure. This is the critical first step to recovery.

Reset your limbic system. Some people with EHS seem to be in a constant state of “flight and fight” and these individuals need to “reset” their limbic system and improve its function in order to recover. This is also critical and is as important as reducing your EMF/EMR exposure.

Immune System

Work with a medical practitioner to improve the functioning of your immune system.

Detox

Determine your toxic load and attempt to reduce it with advice from your health-care provider. In some individuals the toxic load may be chemicals (like mercury, lead, PCBs, drugs, etc.) and in other cases it may be due to pathogenic microorganisms (like mould, bacteria, viruses, parasites, etc).

To help “**RESET**” the limbic system you have to first eliminate any psychological trauma. Auricular Chromotherapy developed by Dr. Daniel Asis is an effective approach. Please see the following paper for more details: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6011373/>
Dr. Asis website is: <http://www.asisdolor.com.ar/>

During my presentation I will demonstrate how to use the small LED lights in order to eliminate psychological trauma. The lights used for this treatment, can be purchased at the following link. I suggest you purchase the yellow, green and blue lights.

<https://www.photonlight.com/led-flashlights/photon-micro-light-ii-led-keychain-flashlight/>