



IS YOUR TECHNOLOGY MAKING YOU ILL?

WHAT EVERY **CANADIAN** SHOULD KNOW ABOUT **ELECTROSENSITIVITY.**

As technology advances and becomes a bigger part of our lives, Canadians' exposure to electromagnetic radiation (EMR) from sources like cell phones, Wi-Fi, cordless phones and cell towers is growing exponentially. More and more studies are emerging that suggest non-ionizing radiation is actually biologically harmful and that chronic long-term exposure can lead to cumulative damage.

COMMON SYMPTOMS:

- Memory, or concentration problems
- Headache, or pressure in the head
- Tinnitus (buzzing/ringing in the ears)
- Difficulty sleeping, low quality of sleep, melatonin reduction
- Fatigue
- Nausea
- Digestive problems
- Tingling sensations, or tremors
- Adrenal fatigue, thyroid problems
- Hormone changes, menopause-like symptoms
- Multiple Chemical Sensitivity
- Dizziness, or vertigo
- Heart Palpitations, low or high blood pressure
- Numbness, or pain in joints, muscles (fibromyalgia)
- Eye irritation, deteriorating vision, floaters
- Red skin blotches, eczema
- Depression, anxiety
- Poor blood sugar regulation
- Immune abnormalities
- Asthma, or shortness of breath
- Seizures
- Dry eyes, lack of saliva, nosebleeds

Usually some symptom relief is reported after voluntary EMR exposures have been reduced or eliminated for a few weeks.

Prefer wired connectivity and devices.

Make wired connectivity and devices available for others.

Refer to our EMR Fact Sheet for simple things you can do to reduce first-hand and second-hand exposure.

Suggestions for family members and friends of those experiencing ES.

Although it may be difficult to understand what your family member is going through, he or she needs your support. Please make sure proper medical treatment is provided and it's most helpful if you go along at doctors' appointments. Also offer support by having wireless technology removed and shielded in his/her environment. It's possible to recover substantially if exposures are avoided and healthy lifestyle practices are followed. Even when recovery is substantial, many people remain at least somewhat electrosensitive. For more information on ES and advice on how to support someone who suffers from this condition, visit www.c4st.org.

5 STEPS TO TAKE ON THE PATH TO REDUCE ELECTROSENSITIVITY IN CANADA.

1. Encourage your doctor to learn more about ES.

You'll find information at our website formatted for presentation to doctors. Ask them to educate their staff and to contact info@C4ST.org to connect with experts for further learning and collaboration. Ask your doctor for a referral to the Environmental Health Clinic at Women's College Hospital in Toronto:

<http://www.womenscollegehospital.ca/programs-and-services/environmental-health-clinic469/>

2. Raise awareness in your community.

Have a discussion with the people who impact everyday voluntary and involuntary exposures: family members, building managers, employers, school and healthcare facility administrators, libraries, café and restaurant managers, retailers, recreation facilities, public transit authorities, etc. Share information about ES and encourage them to play an active role in reducing exposure to EMR from various forms of technology.

3. Report ES symptoms.

Contact your elected government representatives and public health agencies: municipal, provincial, and federal. They need to know how many people are affected.

4. Share your story.

If you're comfortable being mentioned in media, encourage your local newspaper and TV and radio stations to tell your story. This is an important individual and public health issue and you can be a big influence in raising awareness and improving lives.

5. Visit www.C4ST.org.

Tap our website and facebook page resources often. There will be ongoing updates, and questions are welcome there. Share these resources with your networks, friends and family.

Get informed. Reduce electrosensitivity.

C4ST is a not-for-profit, volunteer-based coalition of parents, citizens and experts whose mission is to educate and inform Canadians and their policy makers about the dangers of exposure to unsafe levels of radiation from technology, and to work with all levels of government to create healthier communities for children and families from coast to coast.

Join C4ST in calling for changes to Canada's outdated regulations.

www.c4st.org www.facebook.com/c4st.org