

Mobile Telephony Lunacy: Victims Report

Karl Trischberger

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[Translator - Margaret White]

Whilst politicians ignore the dangers of mobile telephony, the number of victims is increasing. Karl Trischberger suffers himself from the effects of the harmful radiation. He explains here the latest findings of the health effects and allows victims to speak for themselves for the first time. What those sensitive people are already noticing today may well cause stress for us tomorrow.

The battle over the dangers of mobile telephony radiation has been raging for years.

One group, led by the interests of powerful industry groups, does not tire of stressing the complete harmlessness of the high frequency technology. They repeat in prayer-like fashion that there are no studies that even show the remotest negative effect. Generally, the maximum legal permitted levels are observed. The other group argues that the danger of high frequency radiation was proven long ago and, they cite a multitude of studies.

As soon as the transmitter was turned off the values became positive again.

So the two groups are directly opposed with their arguments, and no action is taken. A phenomenon that we best understand is the relationship to other environmental scandals, such as wood preservatives, Amalgam, Lindane, Asbestos, PCP and many more. As the old proverb says, "He who pays the piper calls the tune", and large sections of politics and science are degenerating into lackeys for the big companies. Meanwhile, the largest outdoor experiment in the history of mankind is currently taking place. Incidentally, this is taking place mainly in Europe. In the USA, the less dangerous and non-pulsed frequencies are used. Furthermore, the DECT telephones are forbidden! (DECT Cordless phones are used in homes).

Radiation Victims

Mainly unnoticed by the general public and the media, we are now witnessing the first victims of mobile telephony radiation. The cases are certainly only the proverbial "tip of the iceberg". Countless people are affected by the same problem, however they frequently do not know the cause of their illnesses.

In Germany, in this respect, there exists a medical emergency. In the whole of Germany there is only one hospital that deals with the electrosensitivity problems, das Fachkrankenhaus Nordfriesland. People can download information on the theme of electrosensitivity (Diagnosis, Therapy etc.) from their home page. (www.fachkrankenhausnf.de).

Diagnosis: Mobile Telephony Damage

Anyone who seeks medical help will only find very few competent doctors who are able to help them. It actually would be relatively simple, to establish proof of Electrosmog damage and this could also be carried out by "j-u-g-e-n-d forscht". In the relevant literature, it is

known that E-Smog leads to massive reductions in melatonin levels. Melatonin is an important hormone for sound sleep and a stable immune system. Furthermore, it exercises a protective function against neuro-degenerative diseases like Alzheimer's disease and Multiple Sclerosis, it lowers blood pressure and cholesterol. It also helps with Auto-Immune Diseases such as Arthritis and others.

Altogether, it is an important hormone. In more than 19 research studies, it was demonstrated that melatonin production in humans is reduced by Electrosmog (Scheiner 2005, P.134.).

The studies by Professors Theo **Abelin** and Ekkehardt **Altpeter** (1999, 1995) are particularly alarming. At the Schwarzenburg transmitter in Switzerland, a massive melatonin level reduction was demonstrated in the victims. As soon as the transmitter was turned OFF, the levels then alter

ed and became positive. The patients were unaware of the transmitter was turned OFF and turned ON. Sensitivity and sleep disturbance altered in a significant dose-effect relationship. These unambiguous studies by Abelin and Altpeter were an important argument that contributed to the transmitter being turned OFF in 1997. Everyone who wants to know how their health is being affected by Electrosmog should have their melatonin level measured.

Dr. Hans-Christoph **Scheiner**, the Munich Environmental Medicine specialist, has begun a pilot study related to this issue. In 2001, he carried out a melatonin study in Percha, near Starnberg. The participants were examined before the study and three months after the exposure began. The average decrease in melatonin level measured in the urine for all the participants was 30%. Measurements were taken within a radius of between 150 to 500 metres (Table 1).

The results obtained by **Vogt** (2004) were more significant. This time, the melatonin was measured directly in the blood. The melatonin levels decreased by, on average, 87% after the transmitter started operation (Table 2).

In Dresden, Dr **Scheiner** carried out the first measurements on the victims just three months after the transmitter started operation. The second measurement followed 6 months after that. The melatonin values



dropped during that time between measurements by about 48 percent (Table 3).

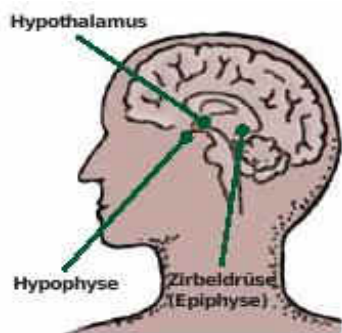
The study with the Family 'K' from Dresden is particularly interesting. They live 40 metres from the side lobes of a mobile phone base station and, at night, they sleep in the cellar, where they always have values of between 1–2 nW/cm². Building Biologists recommend a maximum value of 0.01 nW/cm² for the sleeping area and from 0.01 to 0.5 nW/cm² for the living area.

Measurements were carried out: before the holiday, 14 days after the holiday began and two days after the end of the holiday. The average levels were: before the holiday (2.02 pg/ml), during the holiday (8.32 pg/ml) and two days after the holiday (1.88 pg/ml). Melatonin levels were reduced by 77 percent within 2 days. (Table 4) This phenomenon can be repeatedly reproduced. The assertion by mobile telephony operators and politicians that negative effects cannot be proven is therefore a deliberate deception of the general public.

Treatment Options

Anyone who believes that they react to mobile telephony should therefore do two things: Firstly, they should have E-Smog measurements carried out at home and in the workplace, and secondly, they should have their melatonin levels measured. If the melatonin levels are too low there will be short-term or long-term health problems (if they are not already present).

In the meantime, environmental medicine offers various possibilities, for supporting the body and the health of people damaged by mobile telephony. Infusions have proved useful for stabilizing the viscous blood caused by radiation (the so-called Rouleaux Formation (a condition where the red blood cells become arranged like a stack of coins). And, infusions of Glutathione and Alpha Lipoic Acid help.



Zwirbeldrüse = pineal gland
Hypophyse = hypophysis
Hypothalmus = hypothalamus

In a healthy organism, melatonin forms when light falls on the pineal gland. It is important for a stabile immune system and a healthy sleep. Research proves that Electrosmog reduces the melatonin concentration in the body. This can be observed in the urine tests.

Additional administration of vitamins and mineral supplements also contribute towards the stabilization. Furthermore, melatonin replacement can be helpful. However, this should all be discussed with an environmental practitioner. Self-medication without medical advice is not advised. Those who react to electro smog with health problems have mostly had a previous exposure through Biocide, Amalgam, Aluminium and/or other environmental poisons. Food sensitivities belong to the classical profile of an electro sensitive person. The addresses of environmental medicine specialists can be requested from IGUMEN (Interdisziplinäre Gesellschaft für Umweltmedizin) or also from the Verein für Elektrosensible. Measurements in the home or workplace are undertaken by building biologists.

Many associations for electrosensitive people and environmental medicine specialists possess measuring equipment which can be borrowed or hired for small fees or no charge. Where there is uncertainty, one should consider purchasing the measuring equipment oneself.

Because, anyone who possesses their own measuring equipment is able to also check out the effectiveness of any screening measures employed. If a sleeping area is affected by Electrosmog, it can be screened cost-effectively with the help of aluminium foil. More expensive, but at the same time less visually intrusive products with screening properties, are offered by specialist firms, such as curtain materials, wall papers, paints etc.

Table 1 Increase in Melatonin Levels PERCHA 2001

No	Age	S	Distance from Transmitter	Melatonin 07.02.01 (pg/l)	Melatonin 26.09.01 (pg/l)	Change in Melatonin (pg/l)	Change in Melatonin (%)
01	39	F	200 m	44.0	81.0	37.0	+ 84 %
02	38	M	200 m	48.2	41.4	-6.8	-14 %
03	17	M	150 m	47.9	44.3	-3.6	-6 %
04	56	M	450 m	49.3	40.1	-9.2	-9 %
05	35	M	300 m	55.5	56.4	0.9	2 %
06	47	F	500 m	42.9	73.3	30.4	71 %
07	55	M	200 m	59.0	74.8	15.8	27 %
08	49	F	200 m	77.3	34.0	-43.3	-56 %
09	72	M	400 m	70.9	40.9	-30.0	-42 %
10	67	F	400 m	10.3	65.1	54.8	532 %
11	60	M	500 m	72.3	68.7	-3.6	-5 %
12	62	F	500 m	19.4	13.0	-6.4	-33 %
13	7	F	200 m	269.0	228.0	-41.0	-15 %
14	8	F	200 m	90.0	51.7	-38.3	-42 %
15	5	F	200 m	234.0	119.0	-115.0	-49 %
16	12	F	200 m	123.0	5.5	-117.5	-96 %
17	53	F	150 m	192.0	73.8	-118.2	-62 %
18	13	F	450 m	110.0	83.8	-26.2	-24 %
19	14	F	450 m	122.0	114.0	-8.0	-7 %
20	52	F	450 m	211.0	49.3	-161.7	-77 %
21	24	F	450 m	80.0	47.7	-32.3	-40 %
22	14	M	450 m	104.0	57.9	-46.1	-44 %
23	36	F	300 m	147.0	95.3	-51.7	-35 %
24	37	M	300 m	162.0	101.0	-61.0	-38 %
25	12	F	300 m	183.0	122.0	-61.0	-33 %
Total				105.0	71.3	-33.7	-32 %

(Abbreviations: M=Male, F= Female)

Analyses of melatonin present in the urine were carried out: (i) before the transmitter became operational (07.02.2001) and (ii) three months later. Following the continuous exposure, there was a significant reduction in melatonin levels (32% on average).

Table 2 Increase in Melatonin Levels VOGT 2004

No	Age	Sex	Distance from transmitter	Melatonin 10.08.04 (pg/l)	Melatonin 15.12.04 (pg/l)	Change in Melatonin (pg/l)	Change in Melatonin (%)
01	28	F	100 m	50.0	5.0	-45.0	-90 %
02	58	F	200 m	90.0	11.1	-78.9	-88 %
03	53	M	100 m	15.0	3.6	-11.4	-76 %
04	66	F	30 m	59.0	8.2	-50.8	-86 %
05	35	F	400 m	47.0	3.9	-43.1	-92 %
06	19	F	800 m	52.0	3.6	-48.4	-93 %
07	62	M	800 m	10.5	2.1	-8.4	-80 %
08	46	F	801 m	25.0	4.2	-20.8	-83 %
09	51	F	300 m	14.0	2.5	-11.5	-82 %
10	53	M	300 m	11.0	1.5	-9.5	-86 %
11	68	F	40 m	14.6	2.9	-11.7	-80 %
12	71	M	40 m	7.4	1.5	-5.9	-80 %
13	42	F	500 m	6.7	1.7	-5.0	-75 %
Total				30.9	4.0	-27.0	-87 %

The increase in the melatonin level (i) before and (ii) after the transmitter became operational in the middle of a residential area showed reduction of the level by 87% on average.

**Table 3 Increase in Melatonin Levels
DRESDEN 2004**

No	S	Distance from Transmitter	Melatonin 27.03.04 (pg/l)	Melatonin 12.06.04 (pg/l)	Change in Melatonin (pg/l)	Change in Melatonin (%)
01	M	25 m	40.9	14.2	26.7	-65 %
02	M	40	93.2	47.3	45.9	-49 %
03	F	40 m	14.7	10.0	4.7	-32 %
04	MC	40 m	103.0	57.1	45.9	-45%
05	MC	40 m	388.0	146.1	241.9	62 %
06	MC	40 m	57.5	48.1	9.4	-16 %
07	F	70 m	50.3	43.5	6.8	-14%
08	M	70 m	17.6	18.2	-0.6	-3 %
09	F	80 m	23.9	20.1	3.8	-16 %
10	M	80 m	14.8	8.2	6.6	-45 %
11	F	120 m	25.8	20.4	5.4	-21%
Total			75.4	39.4	36.0	-48 %

In Dresden, measurements were taken (i) three months after the transmitter became operational. The second measurement followed three months later. The levels were reduced during this period by 48% on average.

**Table 4 Increase in Melatonin Levels
DRESDEN 2004 FAMILY 'K'**

No.	Age	Family member	Melatonin 04.02.04 (pg/l)	Melatonin 21.02.04 (pg/l)	Melatonin 23.02.04 (pg/l)	Change in Melatonin (pg/l)	Change in Melatonin (%)
01	42	Father	2.4	11.4	2.5	-8.9	-78 %
02	38	Mother	1.9	9.7	1.1	-8.6	-89 %
03	13	Son	2.6	7.9	2.2	-5.7	-72 %
04	12	Son	2.0	6.7	2.2	-4.5	-67 %
05	9	Son	1.2	5.9	1.4	-4.5	-76 %
06	1.2	Daughter	6.6	NA	NA	NA	NA
Total			2.0	8.3	1.9	-6.4	-77 %

(Abbreviations: NA = Not Available)

Measured: at home, after 14 day's holiday, then again after 2 days exposure at home. Family 'K' live 40 metres from a transmitter. The melatonin levels were measured in the blood. The normal values for melatonin here lie between 8-18 pg/ml. The normal levels were hardly reached. After the holiday, the melatonin levels sank by around 77% on average within 2 days

The Polluted Workplace

High measured levels of radiation in the workplace can be a problem for victims. The request for screening often meets with resistance from the side of the firm's management. Here we recommended the advice to the automobile company BMW. They had recognized the problem of mobile phone technology in good time and, they had worked together with scientists to produce acceptable solutions for protecting the health of colleagues [workers]. The maximum permitted levels for DECT-telephones was established at the BMW-company at 100 nw/m2 in co-operation with Prof. Käs (German Army Radiation Protection Expert). This level is therefore lower than the permitted maximum level by a factor of 100,000, so it is altogether an exemplary model, which we wish many would desire to imitate. (Source: http://www.izgmf.de/Aktionen/Meldungen/Archiv_04/BMW_DECT/bmw_dect.html)

In politics, there must be a change towards more respect for human dignity and democracy must occur, the present situation is unbearable.

The most important thing in this country, according to the Constitution, is the citizens and not the large businesses and their henchmen. Every one of us is called upon to contribute towards the improvement of the political landscape in Germany. The Munich Environmental Medicine specialist Dr. Scheiner has made a noteworthy contribution in this regard. May many others follow this example and positively collaborate in a positive new design. **For one thing is certain: Change is urgently needed!**

CASE STUDIES

CASE STUDY 1

Karl Trischberger - 45 Years, Lenggries

Since 1996 Workplace under Mobile Phone Masts. From 2000, most severe sleep disturbances and susceptibility to infections. The employer was not prepared to agree to a transfer despite being presented with several medical certificates. In 2003 he retired early because of increasing health problems.

I am a graduate Management expert. After my studies, I joined the German Postal Service and I was employed there in the area of Cost Control. In January 1996, during a [company] centralization process, I was moved to a newly established parcel depot in Aschheim.

I cannot say exactly when these problems first began, but soon after the transfer I had to fight against an increased number of infections and sleep disturbances. In December 2000, it became so bad that I only managed to have one hour's sleep at night. An acquaintance recommended that I see the doctor urgently and that is what I did. His diagnosis was high grade E-Smog contamination. This came as a complete surprise to me. I had previously given little attention to the mobile phone transmitter on the roof of the workplace.

The doctor recommended that I apply for a transfer. He also mentioned scientific studies, amongst them were studies carried out in association with Telecom, which showed the danger of mobile telephone technology.

I then requested my employer to have a measurements carried out by a Building Biologist. This request was approved. On the 19th December 2000, the measurements were carried out. As was expected, the legal limits were maintained.

In the report it was also pointed out, that according to the knowledge of the Building Biologists, the measured areas showed strong abnormalities and health problems for personnel at all levels could be expected.

There were also protective measures recommended, mind you, that fell on deaf ears with the Branch Managers. My health situation visibly worsened. So, I applied for a transfer to Rosenheim. The mobile phone levels were more acceptable there. This request was refused, it was not even passed on by the branch management for something to be done about it.

But still the health complaints remained. A doctor, using Dark Field Microscopy, discovered 'Rouleaux Formation' where clustering of the blood cells occurs (this is considered a typical effect produced by microwave damage). He spoke in favour of my transfer and, from the medical standpoint, he viewed my employment in a place with high microwave exposure as irresponsible. Finally, I heard from my Environmental Medical Doctor, to whom I went in my hour of despair. I did not really believe that he believed in my electrosensitivity initially.

As a "Management-Type", I always had a „laid back" manner. I believed in „Will Power", and that with „positive thought" and „keep smiling" everything would soon be under control. However, the measurement protocol and my melatonin picture, which was surprisingly low, have convinced him of the seriousness of my illness. Also, he has supplied me a medical certificate and he indeed offered to speak with the Branch Management. The medical certificate was not taken into consideration, the discussion was refused.

A Doctor saw blood clumping under The Darkfield Microscope which apparently is typical for electrosmog affected people

The 'Global Player' of Deutsche Post AG did not see himself in a position to offer me another workplace, possibly from fear of setting a precedent. After my health dramatically worsened, I realized that my health was more important than the career.

I allowed myself to be pensioned off. The specialist diagnosis was 'Depressive Syndrome' and 'Frequent Infections'.

I still have health problems and I find myself repeatedly under medical treatment for that reason. I get problems with the slightest microwave exposure.

In my case, there is now the suspicion of Electro smog allergy. This is an illness profile, that was first discovered and published scientifically in Sweden. Should this suspicion become more definite then I will have a big problem. For previously recognized allergies, one could avoid the causes or they were seasonal (Pollen). There were seasons in which the body could recover. But Electrosmog ...

The Government plans to not only extend the mobile telephony network, but also to extend the 'future proof' UMTS technology, (3G) is not necessarily going to contribute to reducing these problems.

CASE STUDY 2



Monika Frielinghaus

Monika Frielinghaus - 54 Years, Neunkirchen

Occupation: Secretary with Foreign Languages.

After six months of mobile phone radiation the first health effects appeared. Now, she is retired based on the advice a

neurologist.

Karl Trischberger:

Frau Frielinghaus, you blame the mobile phone mast because you had to retire early. Can you tell me about your case?

Monika Frielinghaus:

My health problems appeared six months after a mobile phone mast was erected six metres from my workplace. I have been suffering since then from Parkinson's Syndrome of Toxic Origin, Cervical Vertebra Syndrome, Brainstem Damage and I became incapable of work.

K. T.: *Have you therefore visited a doctor?*

M. F.: I found an Environmental Medicine specialist at the time who, amongst other things, determined previous damage by amalgam and other heavy metals. My denture was covered over with 22 gold crowns after the amalgam was removed. This did not benefit my health status.

Furthermore, I discovered that my exposure in the workplace (according to measurements by the Deputy Chairman of the Association for Electrosensitives (Vereins für Elektrosensible) 250-500 nanowatts per square metre (nW/cm²). I was exposed to the level of exposure for four hours each day. In my case, that sufficed to cause long-term health damage.

My melatonin- and serotonin levels were greatly reduced. This was also confirmed by another Environmental Medicine specialist and by dozens of laboratory results. Also, in the dark field microscope, the Heilpraktiker (Naturopath) diagnosed the typical clumping of the blood platelets, the so-called "Rouleaux Formation". The employer showed little understanding despite the presented findings. The Bundesversicherungsanstalt für Angestellte (National Institute for Insurance for Employees) has pensioned me off on the advice of the neurologist. Diagnosis:

" Isolated Delusion" (Paranoia). I am now claiming against T-Mobile, which the lawyer says is not necessarily a pointless exercise. My findings, that I collected over two years, cannot be swept under the carpet.

CASE STUDY 3



Franz Feller - 23Years, Lengries, Student

Terminated course at the Technical University (TU) after two semesters because of electrosensitivity. He had to abandon his dream career (teacher) and he now studies Information Technology

with a E-University (long-distance university). Franz Fellner is very sporty, in his free time he rides into the mountains on his bike or goes rock climbing.

Karl Trischberger: *We have heard, that you gave up your studies at the TU München because of your electrosensitivity. How did that happen?*

Franz Fellner: I began a course in physics/mathematics in the Winter Semester 03/04 at the TU München (Munich). The lectures all took place in the lecture halls in Garching. My first problems arose after three weeks.

The assertion by mobile phone operators that the negative effects of mobile telephony radiation is therefore a deliberate deception of the general public.

It started with sleeping problems. Later, there were additional concentration problems (at about five weeks after the start of course). I found it incredibly difficult to understand what I had read and what I had heard in the lectures to remember it all. This process became progressively worse. When reading, I still could not manage to understand what was in a sentence, even after reading it ten times.

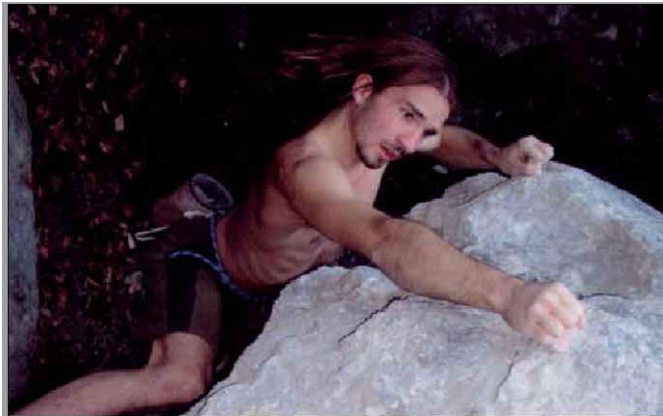
In addition, visual problems started. I could not focus sharply any more. e.g. In the lectures, it took two seconds before my eyes adapted from focusing on the black board to focusing on my papers and vice versa, so I not keep up in time and I could barely follow the lecture. With the usual lecture speed there one cannot afford such handicaps.

As a further consequence of microwave radiation, I have severe tachycardia, which comes on without warning and is in no way related to physical or mental exertion., I get them when reading, watching TV, and often at night in bed (which leads to severe sleep disturbance). The consequences of that is nervousness and anxiety.



K.T. Why do you think that the Wireless Lan that is present there could have something to do with these problems?

F.F. From the experience that I had when I attended the grammar school [Gymnasium]. At that time, I developed headaches as soon as mobile phones were used near me. Often, I did not notice the mobile phones.



Franz, an extremely sporty person, had to abandon his studies and receive medical treatment because of mobile telephony damage.

With the headaches, I already knew what was wrong. I have had many discussions with completely uncomprehending school comrades about this. On the whole, the electrosensitivity has however greatly increased because of my studies at TU. It has taken over a year for the chronic, and persistent headaches and the nervous eye blinking to die down. The extreme irritation of the bronchi has however remained.

I would like to point out that I am an extremely sporty person. My hobbies are climbing and mountain biking. I climb at Difficulty Grade 10. A short while ago, my performance capacity was confirmed in an endurance test. My constitution was designed for performance sport.

In my case, one cannot therefore say that it was caused by poor physical disposition or some similar reason. Also, my performance in the majority of school subjects was always above average. The fall-off in performance, one can really speak of stupefaction, hit me like a shock. I was sometimes stared at by other people when I stood there stammering senselessly and fought to find the simplest words.

In order to obtain objective radiation measurements, I went through the lecture halls with a measuring instrument that was recommended by the Building Biology Institute [Baubiologischen Institut] in Rosenheim. The levels were as high as 1,3000 nW/m². According to building biologists information, this represented levels between a 'High Exposure' to an 'Extreme Exposure', far above the limits that experience has shown that the human body can cope with. I therefore had an objective confirmation for my physical reactions.

There were Wireless-LAN routers in most of the lecture halls, so that cable-free internet connection was available at all time.

On one occasion, I did not notice that a router was secretly situated two metres from my head. It was hidden behind a plant. It kept on getting worse and worse. I kept on asking myself 'what was wrong with me now?' I had most extreme headaches, my brain was foggy and I could not see sharply any more.

K. T.: At this time did you go for medical treatment because of your problems?

F. F.: I went a couple of times to an Environmental Medicine specialist for treatment. He advised me, to have several problem areas (the tonsils) removed. Despite these measures, my electrosensitivity remained. The most important thing was to change my living conditions. First of all, I transferred to Ludwig-Maximilians-University in München. However, even here, the same problems started in a very short time. It is only since I decided to commence a Long Distance University course that my body recovered sufficiently, so that I do not need medical attention at present. I live in a flat far away from mobile phone masts and DECT- telephones.

K. T.: What are you studying now and how do you imagine your future career?

F. F.: I am now studying information technology, I hardly have a career with further progression in Germany. After the completion of my studies I will emigrate to New Zealand. This is what I have definitely decided to do. There they recognized the dangers of mobile telephony early. The legal maximum permitted levels there are essentially lower.

CASE STUDY 4

Stephan Rau, 40 Years, Wiesbaden.

Occupation: reinforced concrete construction worker. After a traffic accident in 2001 his head was fitted with a steel plate. This acted however as a receiver antenna for high frequency Electrosmog. Stephan Rau's tale of woe shows perfectly the contempt for mankind, cynical basic position of politicians, mobile phone lobby and scientists, the legal maximum limits for radiation are only based on healthy people.

Karl Trischberger: Herr Rau, do you have health problems with mobile telephony, please tell us about your case?

I turned to many institutions with my problems, but they always only "abgewiegelt, beschwichtigt and handlungsohnmacht signalisier".

Stephan Rau: The first health disturbances started when a T-Mobil transmitter that was erected 15 metres from our attic flat became operational in April 2004. Wiesbaden is a Pilot Town for UMTS. The main beam of one of the three sectors was directed at our house. Five days after it became operational, the first symptoms started: vomiting, continuous urge to vomit, nausea, intolerable apprehension and severe pain conditions.

Three to four hours after leaving the flat the health disturbances went away, provided that I kept away from other inner city transmitters. When I returned to the flat, it was only an hour at the most before the worrying symptoms reappeared.

In addition, headaches, burning eyes, palpitations, neurological lapses, the most severe concentration deficits and sleep disturbances started. I had never had impaired hearing, in the meantime however, I suffer from tinnitus, I hear continuous noises in my ear. My wife and myself were certain from the start that the transmitter was responsible for the health problems.

K. T.: What have you done in order to reduce the danger? Are there medical examination results available?

S. R.: My doctor has dismissed my complaints as psychological and imagined. In Wiesbaden, there are unfortunately no environmental medicine specialists. In the end, we went to a Naturheilpraktiker (Naturopath) in

Freiburg and to a doctor in Switzerland. There measurements of heart and brain activity were carried out. The measurements clearly showed impairment of heart and brain functions for myself and my wife.

After this, we started to cover the walls and ceilings with aluminium foil. We erected an aluminium cube around the bed in which we sleep. The radiation level was reduced as a result. This was indicated on the reception indicator of a normal mobile phone. The mobile phone reception in the room reduces as more of the area is sealed off with the aluminium foil and the less holes there are left.

However, these screening measures were not sufficient.

Despite all these measures, we could no longer sleep well, the whole procedure was only a partial success. We avoided the flat after eight weeks of torment. We lived for five months in a camping bus and we used the flat only for the most essential things, such as washing or cooking. Every hour too many that I remained in the flat led to massive, increase in the torment.

We had no choice but to hand in our 'Notice to Quit' to our nice landlord. In the end, we moved into a less polluted flat.

However, we cannot avoid walking or driving to and fro though the town. This always places a great strain on me. In certain parts and areas of town I get a strong spasms and very obvious pains and dizziness.

I have been suffering now for just under a year from the mobile telephony radiation and I am not certain how much longer my already severely affected health can withstand it.

K. T.: *Was nobody able to help you?*

S. R.: I have turned to many institutions with my problems, to the Health Department, the Environment Ministry, the obligatory Health Insurance association, the ombudsman of the SPD. They always only ever tried to calm me down, appease me and indicated their powerlessness to take action or deal with these types of problems.

I am again trying to educate the general public and the authorities about the mobile telephony problems, and I am certain that an increasing number of people are becoming ill as a consequence. People who suffer from the effects of mobile telephony can

of this technology. At some time, even the most stupid politician will have grasped how dangerous and irresponsible this technology is. For this day, I am waiting in the hope that I can survive to some extent until that day arrives.

We will present further case studies of mobile telephony damaged victims in the next edition

THE AUTHOR



Karl Tischberger

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main emphasis on Indian Feng Shui. e-mail: karl.trischberger@web.d

Further information:

Doctor's Register : IGUMED, Interdisziplinäre Gesellschaft für Umweltmedizin e.V., Felhören 88, 28203 Bremen, Tel.: 0421/4 98 42 51, www.igumed.de

Register of Doctors in Munich area Verein fuer Elektrosensible, Herzog-Arnulf Str 43. Tel.: 09001/10 07 92

List of Measuring Technicians, Building Biologists Institut für Baubiologie, Holzham 25, 83115 Neubeuern, Tel. 08035/20 39. www.baubiologie-ibn.de

Measuring Instruments : Gigahertz Solutions GmbH, Mühlsteig 16, 90579 Langenzem, Tel. 09101/90 93-0, www.gighertz-solutions

Important Groups Consulted:

Bürgerwelle e.V. Dachverband der Bürger und Initiativen zum Schutz vor Elektrosmog e.V., Lindenweg 10, 95643 Tirschenreuth. Tel.: 09631/79 57 36

Bundesverband Elektrosmog e.V., Am Freudenberg 4a, 42119 Wuppertal, Tel.0202/4 08 50 77, www.elektrostress.de

Literature

Scheiner, Hans Christoph: "Mobilefunk", Michels-Verlag, July 2005, ISBN 3895391700.

Maes, Wolfgang,: "Stress durch Strom und Strahlung", Institut fuer Baubiologie, Neubeuern - 2000, ISBN 3923531222.

Further Information not in the original paper that has been supplied by the Translator

I have listed alphabetically just a few of the websites that provide information about mobile telephony. The ones that I have selected are particularly relevant to the UK.

<http://www.buergerwelle.de> [click on Union Jack flag for English language version]

<http://www.electrosensitivity.org.uk/>

<http://www.electrosmog.org.uk/>

<http://www.electrosmog.com/>

<http://www.emf-solutions.org.uk/>

<http://www.mastaction.co.uk/>

<http://www.mastsanity.co.uk/>

<http://www.mast-victims.org/>

<http://omega.twoday.net/>

<http://www.powerwatch.org.uk/>

<http://www.radiationresearch.org/>

<http://www.scrum.uk.com/>

<http://www.starweave.com/>

<http://www.tetrawatch.net/>