

NAVIGATING MULTIPLE CHEMICAL SENSITIVITIES (MCS) & ELECTROHYPERSENSITIVITY (EHS)



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ONROUTE

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Foreword

Electrohypersensitivity (EHS) is so prevalent in today's society, yet few people know that it even exists, or would even be willing to acknowledge that EMF can cause harm.

The convenience of having Wireless and Bluetooth enabled technology on hand are clouding the judgement of millions of very intelligent people.

It is my hope that if you are suffering with EHS, that this guide will be a lifeline for you. When I was overprescribed Eltroxin, I developed debilitating EHS symptoms. No Doctor was able to help me. The content of this guide is a summary of what I could pick up through online research, and a lot of experimentation with different strategies. Do note that I am not a doctor, I am an Industrial Psychologist and life coach who got thrown in the deep end with EHS and has committed herself to solving this puzzle and gaining her health back.

I want to acknowledge researchers and educators and activists, that have committed their lives to raising awareness on this issue and actively doing research in this arena:

- Prof Olle Johansson
- Dr Magda Havas
- Dr Martin Pall
- Devra Davies
- Martin Blank
- Lloyd Burrell
- Nick Pineault

Their work and activism have helped many people around the world.

**"The alive human body
is an electromagnetic instrument,
not just a bag of chemicals.**

**Information is transported electrically,
the body chemistry is controlled
by electrical signals."**

- Gerald Hyland

Disclaimer - We are not Building Biologists, nor Medical Doctors. We are individuals passionate about health and wellness and driven to help persons with MCS and EHS to navigate their lives through the chemical smog and electrosmog of modern life. These recommendations in this report are done in good faith.

The application of recommendations in this report is your responsibility to implement and done solely at own risk. Under no circumstance shall the On Route Health, our suppliers or the agents have any liability to you.

1. INTRODUCTION

Many people experience a variety of vague symptoms for many years, without realising the root cause. Many of which are diagnosed with fibromyalgia, do not know the root cause of why they are suffering and in so much pain. Whilst in reality, a person has developed an intolerance to environmental contaminants or toxins. This is as a result of being exposed to various food and environmental toxins. At some point the body has just had enough. Following a series of smaller triggers or perhaps a significant trigger, these vague and general symptoms increase rapidly and become debilitating. These triggers could be anything from emotional trauma to chemical exposures, or excessive electromagnetic field (EMF) exposure.

For most people it starts with multiple chemical sensitivities (MCS) and later it progresses to electrohypersensitivity (EHS). MCS and EHS are included in the broader definition of idiopathic environmental intolerance (IEI). These are complex conditions, multisystem disorders that manifests as a result of exposure to various environmental contaminants (solvents, hydrocarbons, organophosphates, heavy metals, EMF) at concentrations below the "Threshold Limit value" (TLV) that are considered toxic doses for the general population. *What this means in practice is that the symptoms are very varied as the impact on the body affects multiple systems.*

Grant Randolph Theron (July 7, 1906 – September 29, 1995) was a physician, allergist, and researcher from the United States. Randolph was a member of numerous professional organisations over the course of his career, including the American College of Allergists, the Chicago Allergy Society, and the American Ophthalmologic and Otolaryngologic Society of Allergy, and was a founding member of the Society for Clinical Ecology in 1965 (now called the American Academy of Environmental Medicine). He studied food allergies, chemical sensitivities, and preventive care. At the beginning of the 1950s, he was the first to note that some patients became sick after exposures to a wide range of substances in concentrations below those considered toxic for most individuals.

The National Institute of Environmental Health Science's definition of MCS as a "chronic, recurring disease caused by a person's inability to tolerate an environmental chemical or class of foreign chemicals" is consistent with Dr Randolph's writings. The general prevalence of MCS in the U.S. is considered to be approximately 15% of the population. However, the 2008 Research Advisory Committee on Gulf War Veterans' Illnesses confirmed that at least 25% of previously healthy young soldiers suffered from MCS, having become sensitized during their tours of duty. Demonstrating that Dr Randolph was a man before his time, the committee wrote, "It is well established that some people are more vulnerable to adverse effects of certain chemicals than others, due to variability in biological processes that neutralize those chemicals and clear them from the body."

As for EHS, [Per Sagabeck](#), a senior electronics engineer for Ericsson, indicates that he has been sensitized to electrical fields, and is handicapped to the point that he must wear a stainless steel mesh suit to even go outside. The reason why he wears a stainless steel mesh suite, is because stainless steel can block radiofrequency fields from equipment such as WiFi, Cellphones etc. We will later explore shielding, as it is crucial to use it correctly. If used incorrectly, can cause more harm.

According to Sagabeck, between 80-90% of employees from all over the world employed in his building developing electrical technology were diagnosed with electrohypersensitivity within one year. He states that "up to two percent of the Swedish population, or 180,000 people, may be electrosensitive" (Public Exposure 2001).

Dr Ko, another doctor who diagnoses and treats MCS, **equates multiple chemical sensitivity to fibromyalgia**. He says you have to go beyond standard medical pain treatment and find **underlying root causes** before forming a treatment plan. Due to lack of understanding of these complex conditions, many medical practitioners turn a blind eye or prefer to brush it off as psychological, or just treat it with radical synthetic medical treatments.

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In Sweden, MCS and EHS are legally classified as diseases. Luckily functional medicine practitioners and integrative medicine practitioners make an effort to understand, diagnose and treat MCS and EHS.

What is my interest in all of this?

In 2015, after receiving radioiodine (radiation treatment) for an autoimmune condition of the thyroid (Grave's Disease), I developed severe MCS. It was debilitating. It took me years to figure out what was going on and how to remedy it. For months I walked around, my body inflamed head to toe, my eyes feeling like there is sand in them, constipated, swollen face and feet, severe fatigue, and just generally feeling unwell. When I woke up, my face was swollen like a soccer ball. After a lot of research, I figured out that I had MCS. At that stage I realised it was my washing detergent on my pillows and my clothes that caused these severe allergy-like symptoms. Amongst others such as perfume, air freshener and pesticides. (I love gardening). My body developed an intolerance to chemicals. As radiation is an environmental toxin, today I realise that my body just could not cope with the radiation load from the radioactive iodine. It tipped my bucket and exceeded my threshold.

After spending a lot of time to learn about integrative or functional medicine, and applying these principles in my life, I managed to reverse all the symptoms.



And then a curve ball!

And then one very sad day in 2021, my GP overprescribed my Eltroxin, which is a thyroid hormone. I need to take it because of the radiation treatment that annihilated my thyroid. The doctor mistakenly overprescribed me by 100%. This is when I developed severe EHS. At first, I got severe full body rashes, my body felt like I was in a microwave, my body was on fire, I felt electrical shocks, I was exhausted, had severe headaches and severe food intolerances. Not to mention insomnia, nausea and vomiting. All followed by depression and anxiety. It has been a tough journey to date, to get to a point of navigating these conditions to a point where I can live a normal life. I have to share this with you. I have a responsibility. This is my purpose.

I hate sharing this photo of myself, but it serves as a motivation to others to see where I have come from, and how the guidelines described in this guide can transform your life. The photo on the left shows what I looked like after receiving radioiodine for Grave's Disease. The photo on the right is me climbing a mountain, after claiming my life back.

In this guide I tried to summarise everything I have learned to date on MCS and EHS. I have started writing a book, but in the meantime, I need to condense what I have learned and share this to those in need. There is no time to waste. Too many people are suffering from multiple chemical sensitivities and/or electrohypersensitivity and do not know it. They go from doctor to doctor, and one medication to the next, without any success.

May this guide give you hope!

I want to start by emphasizing just how important it is that you do something about your symptoms, addressing the root cause. If you do not, it has certain consequences I want you to understand.

NAVIGATING MULTIPLE CHEMICAL SENSITIVITIES (MCS) AND ELECTROHYPERSENSITIVITY (EHS)

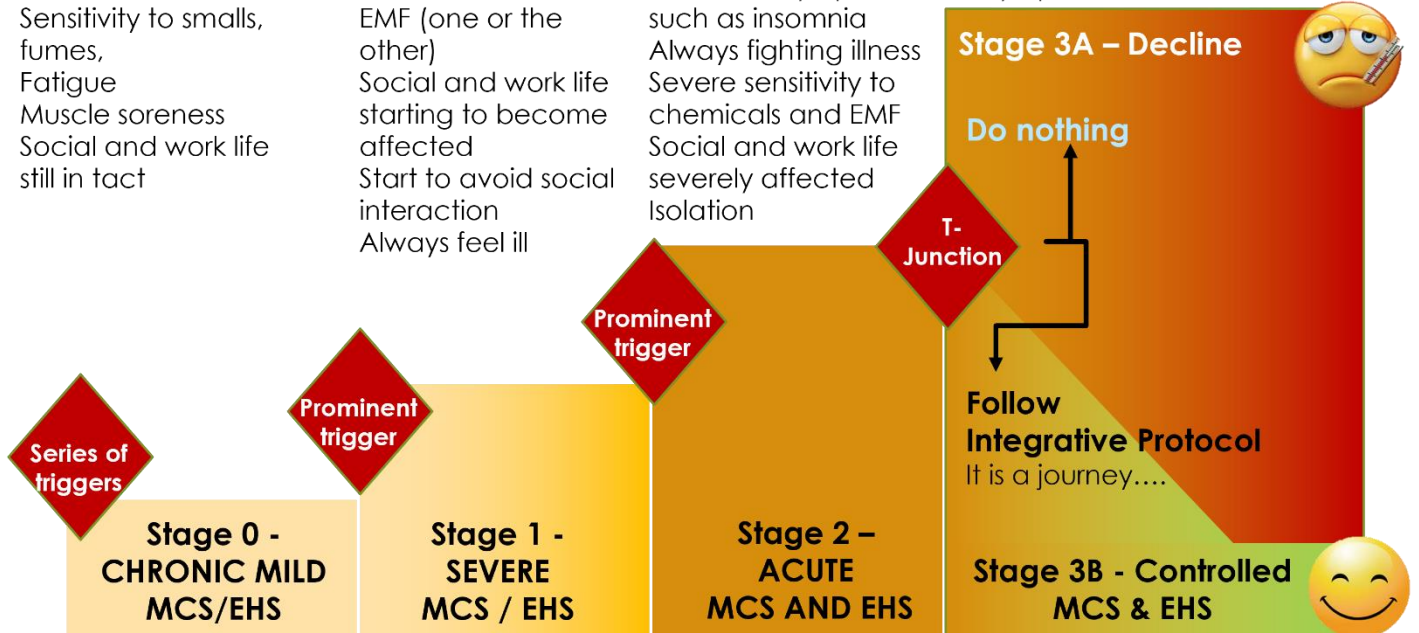
Below is the On Route Model on MCS/EHS Progression, that attempts to describe this process. I have built on the stages published in Bill N in Italy during 1922. (Italia. Disegno di legge N 1922). Many people follow these steps in sequence, but some may respond differently because of interventions taken to limit symptoms.

Variety of Vague symptoms
Low grade food intolerances
Sensitivity to smells, fumes,
Fatigue
Muscle soreness
Social and work life still in tact

Increased food intolerances
Increased sensitivity to chemicals or EMF (one or the other)
Social and work life starting to become affected
Start to avoid social interaction
Always feel ill

Inflammation takes over
Severe food intolerances, fatigue and other symptoms such as insomnia
Always fighting illness
Severe sensitivity to chemicals and EMF
Social and work life severely affected
Isolation

3A: If nothing done - Severe physical and cognitive decline
3B: If actively managed, symptoms are under control



These phases should not be considered as rigid, but rather as a typical sequence of events. Every person is different and the symptoms and sequence of symptoms, and even the recovery can vary from person to person.

Some people have EHS symptoms first and others MCS symptoms first. In some, these symptoms are merged into a sea of vague symptoms, as most of the symptoms are very similar, but only the triggers differ.

What must be noted is that these are serious conditions and should be treated as such. **ZERO INTERVENTION is not an option.** This guide is aimed at providing MCS and EHS sufferers with a practical guide on how to navigate and reduce the symptoms. Reality is that once a person gets to stage 2, it is very difficult to completely reverse the condition, as the body tends to overreact to most chemicals and EMF. But what must also be said, is that if you take the steps necessary to reduce your exposure, detox your body and strengthen your immune system, MCS and EHS need not be a life sentence. **Symptoms can be radically reduced and even eliminated, provided exposure to the triggers are limited, and the necessary steps are taken to support detoxification and overall strengthening of health and the immune system, which includes stimulating the parasympathetic nervous system.**

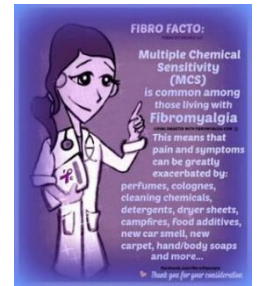
NAVIGATING MULTIPLE CHEMICAL SENSITIVITIES (MCS) AND ELECTROHYPERSENSITIVITY (EHS)

2. MCS / EHS SYMPTOMS

MCS and EHS symptoms are similar in the sense that both are a response to toxins in the environment, MCS being a response to chemicals and EHS a response to electromagnetic fields (EMF).

(Source: <https://seriouslysensitivetopollution.org/2016/05/11/mcses-symptoms/>)

Electrohypersensitivity (EHS) symptoms are extremely varied, as can be noted below:



<p>Nervous system Heightened sense of smell Difficulty concentrating Difficulty remembering Apparent variability in mental processes Feeling dull or groggy Feeling “spacey” Headaches Restlessness, hyperactivity, agitation, insomnia Depression Lack of coordination or balance Anxiety Seizures Tinnitus (ringing in the ears / hearing dull vibrational sounds that no one else hears)</p> <p>Upper respiratory system Stuffy nose, itchy nose (flu-like symptoms) Blocked ears Sinus stuffiness, pain, infections (ears / sinuses)</p> <p>Lower respiratory system Cough Wheezing, shortness of breath, heavy chest Asthma Frequent bronchitis or pneumonia</p> <p>Eyes Red, watery eyes Dark circles under eyes Pain in eyes Blurred, disturbed vision</p>	<p>Gastrointestinal system Heartburn Nausea and vomiting Bloating Constipation Diarrhoea Abdominal pain</p> <p>Endocrine system Fatigue, lethargy Blood sugar fluctuations</p> <p>Musculoskeletal system Joint and muscle pain in the extremities and/or back Muscle twitching or spasms Muscle weakness</p> <p>Cardiovascular system Rapid or irregular heartbeat Cold extremities High or low blood pressure</p> <p>Skin (dermatological system) Flushing (whole body, or isolated, such as ears, nose or cheeks) Hives Eczema Other rashes Itching Burning skin</p> <p>Genitourinary system Increased frequency and urgency to urinate Painful bladder spasms</p>
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It can be seen from these symptoms, as said before, that both MCS and EHS must be taken seriously.

Research has shown that persons with MCS tend to be more susceptible to EHS.

Some risk factors that have been identified by research include:

1. A genetic predisposition to inflammation
2. ANY form of toxicity, but in particular metals, or excess hormones
3. Amalgam fillings (mercury release in the body)
4. Hormone imbalances
5. Poor lifestyle/eating habits
6. Stress
7. Being female

8. Routine or single large exposure to chemicals or EMF because of working or home conditions
9. The body's inability to detoxify properly
10. A genetic predisposition, especially when it comes to lack of detoxification.

What are alarm bells that you may be suffering from MCS or EHS?

1. MCS/EHS - Are you intolerant to strong smells or fumes? Do they cause any of these symptoms?:
 - i. Headaches
 - ii. Waking up the next day feeling intoxicated
 - iii. Facial or eye swelling
 - iv. Swelling of the legs and especially ankles
 - v. Irritated eyes, feels like it is filled with sand (extreme dry eyes)
2. MCS/EHS – Do you wake up feeling sick? Symptoms being worse in the morning. This is likely because you are using conventional washing detergent with strong fragrances that are toxic. Or you were sleeping with the WiFi on or a cell next to your bed.
3. EHS – Do feel tired especially after working at your computer, having extended calls, taking calls in your car or watching television?
4. EHS – Do you get severe migraine like headaches?
5. EHS – Do you get sudden skin rashes, sometimes always at the same place, but you can't figure out why? Your skin may also burn like fire?
6. EHS – Do you feel sudden pain in the muscles between your shoulder blades, or lower back, and then it just stays there as low-grade pain?
7. EHS – Does your scalp itch for no reason?
8. EHS – Do you get severe stomach upsets and food intolerances which often results in nausea and vomiting. You have tried everything to find out what triggers it, but there is no link to a specific food or drink.
9. EHS – Do you suffer with severe insomnia, not being able to fall asleep at all?
10. EHS – Do you battle to concentrate, and tend to forget things?
11. MCS/EHS - All or any of the above just exhausts you. You are tired and irritated, and very easily angered.
12. EHS – Do you hear dull white / vibrational noises or ringing in the ears that no-one else does?

The few symptoms I highlighted above are not all inclusive, but often the ones that first appear and are signs that you need to investigate the impact of chemicals and EMF on your health. If you are interested in doing a self-assessment, contact me as we provide a survey for free use by anyone.

Prof Olle Johannsson, one of the world leaders on EHS Research, says those that are Electrohypersensitive is actually lucky to feel the impact of EMF on their bodies. It puts them in a position to take it seriously enough and to do something about it.

What are some the key learnings about the harmful effects of EMF to a person's health?

EMF exposure, that can lead to electrohypersensitivity, means that a person develops and extreme sensitivity to electrical fields, magnetic fields, radio frequency and dirty electricity. This is explained in more detail in section 3.1.2 of this guide. Once this happens, you manifest one or more of the symptoms listed above. In my experience, EHS develops over time. One has vague symptoms as a result of exposure to EMF, but these are not debilitating at the time. Most people simply attribute it to the aging process. And then one day, because your threshold has been reached, and you might have had a significant EMF exposure. It could just be that you started using a Smart Watch, or perhaps you started sleeping close to a router. And then all of a sudden, the symptoms get so bad that it becomes debilitating overnight. It might be your skin burning like fire, or severe headaches, or seizures, or your cell phone might hurt you so much that you can't touch it. According to Dr Magda Havas, a study looking at people's symptoms living close to a cell phone tower showed that "People who lived closest to the [cell phone] antennas experience the following symptoms more often than those who lived further away: fatigue, sleep disturbance, headaches, feeling of discomfort, difficulty concentrating, depression, memory loss, visual

disruptions, irritability, hearing disruptions, skin problems, cardiovascular problems, dizziness, loss of appetite, movement difficulties, and nausea

What have researchers like Prof Olle Johansson, Dr Magda Havas, Dr Martin Pall and others found?

Exposure to EMF can cause:

1. Inflammation;
2. Oxidative stress - Increase free radical concentration;
3. DNA damage;
4. Tumours / cancer - A lot of the research on EMFs is focused on cancer. Brain cancer, mostly, and increasingly there are links between cell phone use and thyroid cancer, breast cancer and cancers of the pelvic region (ovarian, testicular, bladder, prostate);
5. Cardiovascular effects - Pain or pressure in the chest area, heart palpitations or irregular heart beat;
6. Nutrient deficiencies;
7. Sleep disturbances – Melatonin deficiency;
8. Allergies - Mast cell activation;
9. Infertility.

It all boils down to early aging as a result of immune suppression. Magda Havas calls it Rapid Aging Syndrome. From research done, it shows that the damage of EMF applies to all persons, regardless if they are hypersensitive or not.

I am quoting an abstract by Prof Olle Johansson:

“EMFs disturb immune function through stimulation of various allergic and inflammatory responses, as well as effects on tissue repair processes. Such disturbances increase the risks for various diseases, including cancer. These and the EMF effects on other biological processes (e.g. DNA damage, neurological effects, etc.) are now widely reported to occur at exposure levels significantly below most current national and international safety limits. Obviously, biologically based exposure standards are needed to prevent disruption of normal body processes and potential adverse health effects of chronic exposure. Based on this review, as well as the reviews in the recent Bioinitiative Report [<http://www.bioinitiative.org/>], it must be concluded that the existing public safety limits are inadequate to protect public health, and that new public safety limits, as well as limits on further deployment of untested technologies, are warranted.”

Our aim is to provide you with practical tips and guidance on how to navigate these potentially debilitating symptoms. Apply all these measures, and you will see a marked improvement in your health.

Before we kick off, do note that this document is loaded with links to more research articles and guidelines that will unpack some of the concepts in more detail. We tried to keep this guide concise, but behind the scenes there are thousands of articles and research studies.

3. REVERSING EHS – THE ON ROUTE EHS PROTOCOL

This protocol I am about to share with you has taken more than 18 months to develop and is still being developed as we speak. Every day I come across new research and feel compelled to test the theories on myself and add it to the protocol if it works.

NATURE

Grounding
EMF Reduction
Energy Harmonising
Nature Therapy
Posture

NURTURE

Detox as a Lifestyle
Breathing
Sleep
Exercise
Amalgams & metals



NUTRIENTS

Essential Oils
Herbs
Supplements
Minerals

NEURO-HACKING

Brain re-programming

The model is depicted a four-legged stool, the legs representing:

1. Nature
2. Nurture
3. Nutrients, and
4. Neuro-hacking

It is crucial to realise that a single intervention will not reverse your symptoms. A multi-faceted approach is needed. The more you apply of these strategies, and your level of consistency in applying these will determine how quickly you improve. These should become daily habits.

To continue reading this guide, go to www.on-route.co.za or to the [On Route Health Order Form](#), and order your copy now.