

My own personal journey with EHS

‘Down to rock bottom and up again’

I have been troubled by EMF's (Electro Magnetic Frequencies) for 12 years and counting.

For the first few years I really did not know why I was unwell. I had intense migraine like attacks which kept me bed bound for 2 – 3 days at a time, I became very light and noise sensitive during those times in particular. I owned an old Nokia mobile phone which was always switched off as I kept it for emergencies only and we had no wi-fi in our home. However, there was a phone mast along the edge of our horse's field, but when I enquired as to health issues, I was told there was nothing to worry about...Initially it used to be 2G and over time it turned to 3G with more and more providers joining the mast, before eventually it was upgraded to 4G.

At some point, I was asked to do jury duty in Winchester Crown Court and I found out for definite that day that wireless technology was my body's issue.

About 100 people in very close proximity with everyone on either a phone, tablet or laptop sent my already sensitised body (from phone mast) into a complete melt down. This all happened within less than 1 hour of me being there. They made me stay all day however as rules must be obeyed...and of course they had my passport...

It seemed like the longest day of my life! I felt like a zombie, lost in brain fog and almost unable to communicate with anyone. I remember a man asking me for directions to the town centre in the elevator at lunchtime. I barely managed to formulate the words with my brain in a 'freeze'. I myself could not eat a thing and went straight to hug a tree in the Winchester Cathedral's gardens for some small respite. Luckily I was able to catch the bus home at the end of the day, as there was no way I could have driven a car safely. Needless to

say I did not return and spent the next 4 days in bed with yet another storm brewing inside my head, curtains closed all the time, not being able to eat and the kids on strict instructions not to make any noise whatsoever. The only good thing about it was, that I was left in no doubt as to what made me ill!

I went to task with my husbands help (and to his horror!) to find out about what my newly discovered condition was called and what it entailed. As you can imagine there was not an awful lot of information out there, as the government was not keen on people finding out the negative drawbacks involved in all this newfangled technology which was making them billions in taxes every year. It was a painstakingly slow progress and eventually we found ES UK and went to one of their yearly gatherings in Brighton, where we found out a whole load more information.

We bought some special measure meters which picked up the radio frequencies in question and set about making our house as EMF/RF proof as possible. From a new hairdryer to cabling all computers & accessories, throwing out the DECT phones and the Play Station as well as a few more wireless enabled items we had accrued.

Reality was cruel however, as I had to brave the outside world every day, to go and see to the horses, shopping, school events, etc. Just life in general had become poison to me. My daily trip to my little herd of rescue horses - all 6 of them, was a double edged sword. Especially as my sensitivity got worse! On the one hand, they were a huge support to me and a big reason to keep going. Every single one of them had arrived with me, after experiencing more than their fair share of trouble. My promise to them never to have to leave our herd ever again would stand until I had to depart this world myself! On the other hand, spending time in the proximity of the phone mast became more and more challenging for me. Some people suggested, I should let them go for health reasons, little did they know they

were one of my biggest motivations to find a way out of my predicament!

They regularly helped me to be in a 'zone' where outside influences could not touch me. This is what some people refer to as being in an 'alpha state.' This is how I was able to keep teaching with the horses until I finally moved to Mid Wales. Likewise teaching accordion lessons had a similar effect on me. I often spent hours in bed feeling completely fatigued and out of it, then dragged myself up to teach a lesson; yet within a few minutes of teaching, I used to start feeling much better and people would not have known the state I was in just prior to the lesson. I believe it was my love and passion for what I was doing that enabled me to put myself in a zone seemingly untouchable by outside influences.

Unfortunately for me, wireless technology got more and more overwhelming everywhere. Shops, Schools, Hospitals, Libraries, Restaurants and people with mobile phones EVERYWHERE...and of course the mast by the field where the horses were kept! I did not twig initially that the mast was a problem, because until 4G arrived I did not have any major symptoms when I spent time there. Little did I know that it was the mast that had initially sensitised me over many years. At the time of moving to Wales I had spent daily between 2 and 5 hours for 17 years looking after my horses, riding & teaching on this 7 acre patch of land.

My world shrank at a tremendous rate when 4G arrived on the mast. It pushed my body from Sensitive to a Hyper Sensitive mode called EHS (Electromagnetic Hyper Sensitivity).

Friends dried up as I could not go and visit anymore. I fought high levels of fatigue on and off. I often had trouble communicating and

expressing myself clearly, having difficulty remembering what I or people around me had said just a few moments ago. I frequently experienced a maddening pain in my head, which felt like my brain was stuck in a vice done up tight. Life was slipping out of my grasp, more often than not.

At about the same time both our neighbour's technology entered our home due to routers becoming more and more powerful and more and more wireless gadgets accrued in their properties. My home 'shrank', as now I was only able to inhabit the middle of our property. This was necessary to avoid being irradiated and in turn incapacitated 24/7! My Saddlery was in the garage along one side of the house, which meant I had to stop working. I even had to move out of the main bedroom and slept in the central guest room. Despite restricting myself in this way, the level of fatigue which descended on me became almost unbearable, and the only thing which kept me going were my children and my animals.

I had started looking for a place to move to - all over the UK about a year prior to this. Just to get away from what appeared to be inevitable decline until there was nothing left of me. But I had found nothing... by now I could only afford to spend 10 minutes at a time on the computer due to my ever increasing sensitivity. It seemed like everything was working against me.

I was in tears when I did see the occasional friend, a cry for help really, as I did not know what to do. But most so called 'friends' just felt uncomfortable and distanced themselves not understanding the situation at all. They had never heard of ES / EHS or any such thing and must have thought I was 'loosing it'. They only knew me cheerful and focused, coping with a myriad of things going on at any one time.

Feeling abandoned and alone took on a new dimension for me and I just knew that if I did not get myself out of this hole - nobody else would.

Looking for a property for me in my condition was like looking for a needle in the haystack. Where will you find a property uncontaminated by EMF's, whilst having real issues travelling??? Getting in a car meant driving past dozens of phone masts, especially along motorways and staying overnight in 99% of places involved Wi-fi, mobile phones, routers... Not an easy task! After much time spent searching, I did find the odd place to stay. I sometimes found them advertised under 'unusual places to stay' like an underground house or a converted horse stable....

Alas I found very few properties which even made the grade to view as I had the whole country mapped out for areas which would be unsuitable for me to live in – i.e. most of it.

This at least gave me a heads up of where it would be possible for me to find a place which might be suitable for me to live and recover in.

I was looking for a place with as much land as we could afford to keep future problems with possible neighbouring tech issues at bay. And of course I had to accommodate my string of rescue horses. The silver lining was, I could pursue my lifelong dream of a small farm. The prospect of having a place to teach from home with my horses once well again, gave me the strength and motivation I required to push through the fog around me.

I had two A4 pages of pre-requisites listed down to narrow the search, so I only booked a viewing when there was an extremely high chance of success and all the boxes were ticked! All in all, it took me 2 years to find what seemed the right property as invariably there were unforeseen issues with most of them, e.g. damp, extremely wet land surrounding the property, which made it unsuitable for the horses or unhealthy geopathic stress areas, etc. All in all only 15

properties qualified for me to visit during my 2 year search and all of them 4+ hours drive away. In the end, I found 2 suitable properties and one of them got majorly flooded before the sale was done (strike of luck?...). Just after that I found Bryn Y Garreg!!!

My kids although in their teens were still too young to even grasp the magnitude of my predicament and had no wish to move to a different part of the country, let alone one where people spoke a different language. My husband felt he could not move away due to his job, which tied him to London and kept him working all the hours God sent. This left no time or interest for finding a new place to live in his quarter. In fact, it was the last thing on his mind, as he was comfortable where we lived and could only see trouble emerging, moving away further from his job in London.

So eventually, getting past breaking point with living in an environment so poisonous to me, I felt the only option for me was to decide to go it alone. I said "Fine - you all stay here with Dad and I leave, seeing it is me who has the problem. I will take the animals with me that's all."

Luckily after a while, one by one they all came along, as life has a funny way of working out, at least in the ways that matter.

Bryn Y Garreg was a project in many ways, especially the yard. Everything was literally falling down around us and it soon dawned on me, just how much I had taken on. But faced with the scenario of possibly never being able to leave my property, if I did not find a way to cope with modern life, I welcomed the work!

I was going to get through this, come out the other side and realise my dream! The speed I was going, however felt like a tortoise's attempting to climb mount Everest.

The initial move is a blur, I don't quite know how, but I organised it. Four 7.5t lorries and one big horse transporter later I started my new life. The rest of the move took almost 3 years in drips and drabs and brought its own depressive energetics with it.

The place I now lived in was and still is to me the most beautiful spot on Earth. The thought of spending the rest of my life here was comforting to say the least. The demands of the place kept my brain from asking too many questions and grounded me. After all, my path was opening up in front of me and all I had to do was to take one step at the time.

I did work when I could and as and when my energy returned for a bit. The recovery was slow, as I had been hampered by EMF's for too long and it turned out my body had many other 'issues' acquired along the way. Although I now lived in a very 'clean' and uncontaminated environment I was actually not getting better past a certain point. It was kind of unexpected and disappointing. I still suffered from a great deal of fatigue at times. Really, I should have gone to a GP and got myself checked out. But to tell the truth, I had never found much support via the 'system' before and considered such appointments just more unnecessary exposure to EMF's I really did not need...

I really should have gone!!!

Eventually, after 3 years of trying healthy diet, exercise, fresh air and letting time heal wounds, I had a massive breakdown.

My body physically said 'no more'.

Just climbing the stairs to the bedroom sent me into heart palpitations, racing heartbeat, and I actually had to pull myself up the stairs along the banister to even make the climb!

I RANG THE GP.

They rushed me in for a blood test and sure enough I had no iron in my body i.e. I was extremely anaemic and my haemoglobin level was 52%!!!

When I went to see the GP they were very accommodating to my plight. I had struck it lucky and the GP actually was informed about my condition, so I was able to wait outside in the car park until it was my turn to be called and they put me in a side room where EMF's were lowest and had no mobiles in the room during my consultation. I can't tell you what a relief that was! It helped bring down anxiety levels for me and I could concentrate on talking about my issues.

The initial diagnosis was so bad that the GP wanted me to be blue lighted into hospital there and then. Luckily she was aware that sending me to hospital in my precarious state was going to be really bad for me due to the huge amounts of EMF's flying around in hospitals. We agreed blood transfusions and intravenous iron drip of sorts (also hospital based) was out of the question at this point and I had to settle for a very slow recovery via high doses of iron preparation taken at home on a daily basis for 6+ months. Little did we know, it would take nearly 3 years to re-build my iron levels and iron stores to normal.

In addition to my GP care, I enlisted a Functional Doctor who was extremely supportive. She had excellent nutritional knowledge and she did all her support via Zoom! Brilliant for me, as I could not go anywhere!!!

With all of that support it took 3 long months for me to feel able to walk and carry things without utter exhaustion setting in. We also had to address various other shortfalls in my body's overall workings. This became apparent through intensive testing on what was happening inside my own 'chemical and hormonal factory'.

If you are EHS and reading this, do not underestimate other additional shortfalls inside your body which can quite possibly be caused over time through your body not coping with EMF's / RF's very well. Addressing diet alone is not always enough, when things have got out way out of balance inside your body.

After 1 year of treatment I was feeling better than ever and even felt well enough to start venturing into shops again – for the first time in 2 years I should add.

Of course, I kept exposure to necessities in the beginning and after a while I managed to spend a little more time in the shops, which was a big milestone for me!

While this is not necessarily going to work for everyone, I found some foods which helped me cope better with exposure levels whilst being out and about. In particular fresh cherries, blueberries and raw cauliflower where my ready helpers and still are! I also found it useful to eat and drink whilst out and the use of certain breathing techniques are most helpful to keep my anxiety levels in check. We are actually able through these techniques to stop our nervous system from spilling over into fight and flight. Correct breathing induces calmness and counteracts stress, on all levels. I personally found this an excellent way forward.

The breathing technique (slow, deep breathing through the nose) was a game changer! Practised daily and especially when in an EMF/RF high environment, it allowed me to rebuild my life entering the 'outside world.'

Back to Bryn Y Garreg:

My vision to make the world a better place for horses and people, slowly turned into reality with every part of the yard rejuvenated bit by bit.

Sadly, a year before the finish line, another massive challenge came my way in the form of separation. I finally understood I had to stand up for myself despite financial insecurity, the feeling of failure and the 'what next'. My own journey of personal growth demanded change and authentication as well as trust in myself and the universe.

To move forward with my future, I created **Lake Vyrnwy Animals and Crafts**.

My health was much improved but still precarious at times. The separation took its toll, but I also unexpectedly teamed up with someone who filled my void of life-long lack of emotional support. He shares my efforts to make the business into something really special and also my love for animals in a big way.

I will always be mindful of limiting my exposure to EMF's because I know what can happen if I don't! Going back to that is not an option for me. At times I am still struggling with exposure, as I now have to spend considerable amounts of time in front of a computer to set up whatever is necessary to help the business move forward. But I am coping and enjoying the journey.

My vision for Lake Vyrnwy Animals & Crafts is as much for people with RF Sensitivities / EHS issues, as it is for anyone else.

We offer ES friendly holiday and respite accommodation for sensitive people and also for everyone else who would like to enjoy a wireless tech free environment for their own well being. You can even bring your own horse on holiday with us having equine facilities and 6000 acres of woodland to ride in on the doorstep.

I am proud to say I am back teaching Equine Facilitated Harmony courses which I love to do! The aim is to further Horse/ Human relationships as well as people's personal growth tailored uniquely to

each person on the course. Everyone can participate, you don't have to bring or own your own horse.

We also offer mindful sheep experiences and picnics with our wonderfully friendly sheep. Just give it a try and find out how our sheep can make you feel amazing as they work on your soul.

For people who like to enjoy a bit of live music I can oblige with accordion entertainment. I have been teaching this instrument for 12 years by now and love the joy it brings to people.

I would like to give people which suffer from ES/EHS the opportunity to have a place to go on holiday and not be afraid to socialise. A place which offers things to do in a healthy wireless tech free environment without problems with phone masts and other external contamination. I wished that a place like this existed when I needed it, because although we could afford to go on holiday, I ended up having to send my family on holiday by themselves, as I was unable to participate! This condition makes socialising extremely difficult, I lost almost all my friends and had to embrace a very solitary lifestyle in order to survive. You can easily feel an outcast and get very down over having to lead a life in seclusion. Our wireless tech free environment here at BYG can be readily enjoyed by sensitive people. No one needs to feel left out because of their need for a healthy, uncontaminated environment by EMF's/RF's. This is my contribution to make the world a better place for people in this position.

It is time people knew more about the daily plight people sensitive to Electro Magnetic Frequencies regularly suffer; and understand that some of us have to completely change our lives in order to survive unbeknown to the vast majority of people. I am happy to supply 'non sensitive' people with information helpful for them to protect

themselves and their own from turning sensitive themselves. Sadly, more and more unfortunate people join our ranks on a daily basis.

Let's all put our concerns aside for just a little while and make the concessions necessary for us all to share this amazingly beautiful and harmonious place here at Bryn Y Garreg, by coming together in this wireless tech free environment!

Join us here at Bryn Y Garreg where many life journey's meet.



Here is our logo, the zen sign for 'Your life's journey' in the background.

Looking forward to welcoming you!

Sincerely

Iris