

Thursday August 25, 2022

Letter to the Editor Regarding:
Tin Foil Hats: Tired Trope or Sign of the Times, by Joe Pierre, M.D.

The article mentioned above was brought to my attention earlier today and I am deeply disturbed that *Psychology Today* would post such an article and that a Psychiatrist would refer to patients as “Tin Foil Hats”. My objection, in addition to *name calling*—which is a form of *bullying*—is based on science as I have been working with people who have an intolerance to electromagnetic frequencies for decades. We have also done studies with plants and, presumably, their response isn’t psychosomatic either.

My research is focused on identifying objective biophysical markers of EHS (Electrohypersensitivity) and I give lectures for Continuing Medical Education (CME) credit to doctors and health care providers on this topic.

Here is some of the evidence that EHS is a real biophysical/biochemical response to the stress brought on by (blinded) exposure to EMF/EMR. Some of my own publications have shown that:

- (1) **diabetics** who are also EHS (electrically hyper sensitive) have difficulty controlling their blood sugar. *I provide links to my publications and to my educational videos at the end of this Letter to the Editor.*
- (2) people with **Multiple Sclerosis (MS)** who are also EHS have fewer symptoms and greater physical control and fewer tremors when in a clean electromagnetic environment.
- (3) Double blind studies indicate that some individuals with EHS have a “**fight or flight**” response within seconds of radio frequency (RF) exposure and recover just as quickly when it is stopped. This is based on **heart rate variability (HRV)**.
- (4) **Live blood analysis** shows that some individuals with EHS develop rouleau (coin-like stacking of red blood cell) and have impaired cardiovascular circulation. Exposure to pulsed electromagnetic field (PEMF) therapy can reverse this within a matter of minutes.

Note that individuals, by-and-large, are unable intentionally to control blood sugar, MS tremors, blood viscosity, or heart rate variability. These are all objective markers that let us know when the body is not functioning properly.

While I recognize that “Tin Foil Hat” may have been used as a gimmick to entice readers, it is unfair to those who have develop EHS and are suffering greatly because exposure to RFR is virtually ubiquitous. These people are unable to go shopping, to visit restaurants, movie theatres and, in some cases, they

can't even visit friends and family who are unsupportive and don't understand what their loved-ones are going through. To be discounted or to be mock is upsetting especially if that mocking comes from a doctor/psychiatrist or from loved ones.

EHS is recognized as a **disability** in several countries including the USA and is identified with an **International Diseases Code** (ICD-10) for injury attributed to radio frequency radiation (W90). Note: exposures causing adverse health effects are at levels well below international guidelines.

I've been invited to present to the National Institute for Environmental Health Sciences (NIEHS) and to the National Council on Disabilities (NCD) in the U.S. Links to these presentations is below.

I would encourage the Editors of *Psychology Today* to not dismiss this illness but rather to ask for people with EHS or their doctors to share what it is like living with this illness. What they need is support and not disparaging remarks.

Here are the links to references/videos as promised:

1. Diabetes reference: <https://pubmed.ncbi.nlm.nih.gov/18568931/>
2. Diabetes video: <https://magdahavas.com/havas-video-presentations/diabetes-and-electrosensitivity/>
3. MS reference: <https://pubmed.ncbi.nlm.nih.gov/17178585/>
4. MS video: <https://magdahavas.com/electrosmog-exposure/multiple-sclerosis-and-dirty-electricity/>
5. HRV reference (provocation study): <https://www.magdahavas.com/wp-content/uploads/2012/01/Havas-HRV-Ramazzini.pdf>
https://www.researchgate.net/publication/228993615_Provocation_study_using_heart_rate_variability_shows_microwave_radiation_from_24_GHz_cordless_phone_affects_autonomic_nervous_system
6. HRV video: <https://magdahavas.com/electrosmog-exposure/mobile-phones-electrosmog-exposure/dect-phones-affect-the-heart/>
7. Live blood reference: <https://pubmed.ncbi.nlm.nih.gov/24192494/>
8. Live blood video: <https://magdahavas.com/electrosmog-exposure/mobile-phones-electrosmog-exposure/live-blood-cells-and-electrosmog/>
9. NIEHS presentation (2016): <https://www.youtube.com/watch?app=desktop&v=fqMCjEs9oxE>
10. NCD presentation (2022): <https://www.electrosensitivesociety.com/national-council-on-disability-ncd-ehs-mcs-presentation-may-12-2022/>
11. Plants Exposed to WiFi reference: https://www.researchgate.net/publication/305691264_Effects_of_Wi-Fi_Radiation_on_Germination_and_Growth_of_Broccoli_Pea_Red_Clover_and_Garden_Cress_Seedlings_A_Partial_Replication_Study

Please confirm receipt of this submission and please let me know if indeed you will print it in *Psychology Today*.

Sincerely,



Magda Havas, B.Sc., Ph.D., Professor Emerita