Dear all,

Welcome to the Winter 2012/13 issue of the ES Directory. Thank you to everyone who has sent in suggestions for useful products and services. New entries this issue include:
- An ES physicist who used to work in the car industry offering car shielding (see section A – Beneficial Environment).
- Lightbulb heaven discovered in the Maplin catalogue.
- Metal-free, chemical-free mattresses (see Misc section).
- A reasonably-priced secretarial service for people who can’t use computers (see Misc section)

Please keep them coming – either email ruth@esdirectory.org.uk or send to BM Box ES-UK, London WC1N 3XX, marking the envelope ES Directory. Please include postal addresses and telephone numbers for suppliers. **Do not just send me web links!** I do not have the resources to follow these up. Please note – we are interested in products and services that measurably reduce the amount of EMF exposure, or enable people to avoid places which have high EMF levels – no pendants or herbs please.

A new approach to good locations

We are looking to establish an informal list of places with a suitable environment for people with ES to stay. The list will not be put online, emailed or published and will be held by a limited number of ES – UK volunteers. Locations in specific areas may be disclosed at their discretion to people in serious need with a proven history of engagement with the charity. If you know of any such locations and would be prepared to share them on the limited basis described above, please contact Geoff Simmonds on 01888 560047 or geoff_simmonds@btinternet.com.

**PRODUCTS & SERVICES WHICH DON’T EXIST (as far as we know) BUT OUGHT TO!**

**Number 3:** A small proportion of people with ES cannot tolerate shielding materials. Some have never been able to use them, others develop a reaction after using them for a period of time.

There needs to be greater awareness of this problem among everyone in the ES community, including people offering shielding solutions, and medical professionals. This should result in more curiosity and investigations into:
- why this might be happening – subsidiary frequencies produced when EMR meets shielding?
- what are the alternatives – for example:
  - basement rooms
  - eco buildings with earth-covered walls & roofs
  - very thick stone walls
  - shielding the outside of buildings
  - easily removable shielding that can be installed on an experimental basis, to see if the person can tolerate it
  - ‘Test houses’ - people who have shielded their house on the outside allowing others to stay there to test it out

If anyone is already doing things to help this vulnerable group, let me know at ruth@esdirectory.org.uk

There but for the grace of God go all of us…..

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B – Lighting
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E – Telephones
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Please mention the ES Directory when contacting suppliers

I – Products for people with severe cutaneous photosensitivity as part of their ES.

The information on this list is as accurate as possible but we cannot accept any liability for errors or omissions.

A. SUPPLIERS OF SHIELDING PRODUCTS, SURVEYS AND/OR DETECTION EQUIPMENT

**Beneficial Environment**
3 Chancery House, 73 High St, Hurstpierpoint, Sussex BN6 9RE
Tel: 01273 833 956 or 07985 157 532  [www.stetzer.co.uk](http://www.stetzer.co.uk)  guy@guyhudson.co.uk
Detailed EM Surveys and recommendations for low-EMR environments Vehicles also surveyed and adaptations installed. UK agent for stetzer filters.

**Biologa**
c/o Bodewigs Egan Associates (UK agent)
Fabric, wallpaper, building materials, paint, window film, shielded cable for house rewiring and rewiring appliances; wall, ceiling, table and standard lamps.

NB: If you buy Biologa table or standard lamps they come with a German plug. This will need to be replaced with a UK plug and the appliance properly earthed. If in doubt consult a qualified electrician. Alternatively you can purchase a special adaptor which will earth the appliance correctly, NB Normal Continental/UK adapters WILL NOT WORK AND WILL CREATE VERY HIGH FIELDS. Contact Samuel Andersson at AMAK (see computer section) or try the Schuko to UK mains Adapter from Maplins Code TZ55K

**Block EMF**
2335 Camino Vida Roble Building B Carlsbad, CA 92009, USA
Tel: 001 (800) 578 5939 Fax: 001 (760) 431 0126  [www.blockemf.com](http://www.blockemf.com)  customerservice@healthstores.com

**Electric Forester.**
Tel: 0845 3451892 or 01932 829395  [www.electricforester.co.uk](http://www.electricforester.co.uk)
EMF Surveys.

**EMF Clothing Ltd**
Garden Cottage, Forfgen Estate, Turriff, Aberdeenshire, AB53 4JP. Tel: 01888 560047
Email: sales@emfclothing.com  Website: [www.emfclothing.com](http://www.emfclothing.com)
EMF-shielded clothing (including children’s clothing), shielding materials, canopies, meters and detection equipment, earthing products.

**EMFields Ltd**
2 Tower Road, Sutton, Ely, Cambridgeshire, CB6 2QA. Tel: 01353 778814  [www.emfields.com](http://www.emfields.com)  enquiries@emfields.com
Shielding paint, materials, headnets, bednets, clothing, demand switches, hire and purchase of radio-frequency and power frequency EMF meters, EMF surveys.

**EMF Safety Superstore**
776B Watervliet Shaker Road, Latham, NY 12110, USA. Tel: 001-518-608-6479.
Fax: 001-309-422-4355  [www.lessemf.com](http://www.lessemf.com)  lessemf@lessemf.com
Wide range of products for the home and office, including a low-EMF hairdryer and clear plastic shielding.

**Geoffrey Harris Lighting Limited**
537 Battersea Park Rd, London, SW11 3BL. Tel: 0207 228 6101/0808 149 4368. Fax 020 7228 6102.  lighting@geoffreyharris.co.uk
Please mention the ES Directory when contacting suppliers

http://www.geoffreyharris.co.uk/catalogue/14
Metal ceiling roses and metal bulb holders so you can construct your own earthed and shielded pendants. The only thing you will need to improvise is a wire spiral to absorb emissions from the bulb itself.

Hamilton & Co Ltd
Quarry Industrial Estate, Mere, Wiltshire, BA12 6LA. Tel: 01747 860088 Fax: 01747 861 032
www.hamilton-litestat.com
Large “Cheriton” range of metal sockets and light-switches, including all-metal “dolly” light switches. Useful if aiming to reduce power-frequency fields by rewiring – the metal is earthed when installed so EMFs much lower than with plastic light switches.

“Cheriton” range available through The Lightbulb Shop. Tel: 020 8205 9995. Fax: 020 8205 6884. Unit B, Colindale Business Park. 2 / 10 Carlise Rd, London, NW9 0HN. info@thelightbulbshop.co.uk

Holland Shielding Systems BV
Jacobus, Lipsweg, 124 3316 BP, Dordrecht, The Netherlands. Tel: 0031 78 6131366 Fax: 0031 78 6149585
www.hollandshielding.com  info@hollandshielding.com
Shielding tents, metallic spray for earthing plastics, coatings for glass, cable shielding.

Screwfix and TLC Direct
Metal light switches + metal sockets also available from:
www.screwfix.com  Tel: 0500 41 41 41 plus many useful DIY items including aluminium foil tape.
www.tlc-direct.co.uk  Tel: 01293 565630  Tel: 01295 420 000 for a catalogue.
sales@tlc-direct.co.uk
metal pendant fittings.

Both of these companies also do shielded wiring for house re-wiring.

HI-TEK Electronic Materials
15 Wentworth Road, South Park Industrial Estate, Scunthorpe, Lincs DN17 2AX
Tel: 01724 851678  www.hitek-ltd.co.uk/ sales@hitek-ltd.co.uk
Variety of shielding fabrics including “Nora Dell”. Also sells “The E-smog suit” – socks, leggings, top, gloves and balaclava.

Mummywraps
3 Gilmour Street, Raglan, 3225, New Zealand  Tel: 00 64 7 825 7255  nabullock@xtra.co.nz
Tunics made of Swiss Shield fabric from www.mummywraps.com

Equilibra
Tel: 01642 872 610
Demand switches.

The Healthy House
The Old Co-op, Lower Street, Ruscombe, Stroud, Glos GL6 6BU.
Tel: 0845 450 5950  info@healthy-house.co.uk
Hire and purchase of meters.

Select Fabricators Inc
5310 North Street, Building 5, P.O.Box 119, Canandaigua, NY 14424-0119, USA
Tel: 001 585 393 0650  www.selectfabricatorsinc.com
Faraday cage tents.

Sensory Perspective Ltd
61 Greys Inn Road, London, WC1X 8TH  Tel: 0207 404 7850
www.detect-protect.com  info@sensoryperspective.com
EMF detection equipment and shielding materials.
Please mention the ES Directory when contacting suppliers

**Tom’s Gadgets**
74 Upper Green Road, Tewin, Hertfordshire AL6 0LH
Tel: 0845 456 2370  [www.tomsgadgets.com](http://www.tomsgadgets.com)
Measuring & shielding equipment, electrocloth, books.

**B. LIGHTING**

**Biologa**
c/o Bodewigs Egan Associates (UK agent)
The Healthbuild Consultancy, 20 John Street, Sligo, Ireland. Tel: 00353 719150095
[http://www.biologa.de/uk/index.php](http://www.biologa.de/uk/index.php)
Low-EMF wall, ceiling, table and standard lamps.

**Lightbulbs**
Maplins, PO Box 534, Manvers, Rotherham. S6 33H. Tel: 0844 557 6000
[www.maplin.co.uk](http://www.maplin.co.uk)
Maplins offers a comprehensive range of those incandescent bulbs that can still be sold, including ‘Rough Service’ bulbs, red ‘fire glow’ bulbs, clear glass golfball and candle bulbs, and reflectors. They also sell non-transformer halogen bulbs and non-transformer LED bulbs, if you can tolerate these.

They supply earthable brass lamp holders if you want to construct your own earthed and shielded lamps, plus converters to convert bayonet cap fittings to Edison screw fittings, and vice versa.

How exciting is that?!
These items are available from other companies. I’m featuring Maplins because of the breadth of their range and their lovely mail order catalogue, available for £2.

**C. ELECTRICIANS** – who have knowledge and experience of carrying out electrical rewiring for people with ES.

**Coulson & Son Ltd**
William James House, Cowley Road, Cambridge. CB4 0WX.
Tel: 01223 423800  Fax: 01223 420550  [www.coulson.co.uk](http://www.coulson.co.uk)  [jobbing@coulson.co.uk](mailto:jobbing@coulson.co.uk)

**Russell Kerr**
Unit 20, 820a Harrow Road, London, NW10 5JU. Tel: 07956 372758  [Russell.kerr@hotmail.com](mailto:Russell.kerr@hotmail.com)

**Chris King** (Cambridgeshire only, limited experience.)
25 Lincoln Close, Buckden, St. Neots, Cambridgeshire. PE19 5UE
Tel.: 01480 810133.  07717 172100.  [cpk-king@supanet.com](mailto:cpk-king@supanet.com)

**Chris Stannard**
Tel: 01920 467745  [Stannards_tower@ntlworld.com](mailto:Stannards_tower@ntlworld.com)
Do you know a good electrician whom we could add to this list? Maybe you “tamed” one yourself, who would now be happy to carry out work for others.

**D. COMPUTER EQUIPMENT & TELEVISION**

**BEMI**
Törnevalla Gamla Skola, 590 62 LINGHEM, Sweden
Tel: 0046 013-74 000. Fax: 0046 013-13 47 00  [http://www.bemi.se](http://www.bemi.se)  [tegan@bemi.se](mailto:tegan@bemi.se)
Shielded computer equipment.

**Nuance**
Nuance Communications Ltd, Marlow Wethered House, Pound Lane, Marlow, SL7 2AF
Tel: 01628 491 600.  [http://www.nuance.co.uk](http://www.nuance.co.uk)
Dragon Naturally Speaking, voice recognition software.

**Optoaoustics Ltd.**
Please mention the ES Directory when contacting suppliers

17 Hata'asia Street, Or – Yehuda, 60212 Israel. Tel: 00972 3-63-4488 www.optoacoustics.com
Contact Dr Yuvi Kahana. yuvi@optoacoustics.com

Their MEG Optical Microphone is a totally EMF-free microphone which can be used with voice-dictation software. The sound is converted directly to light and travels up a fibre-optic cable. The product is expensive but there is a possibility of group discounts. If you are interested in waiting for a group order, contact us.

Safelevel.com
Technology Alternatives Corp. 1950 NE 208 Terrace, Miami, Fl. 33179
Tel: 001 800 222 3003 or 001 305 933 2026 after 2pm. www.safelevel.com
Shielded computers offgassed prior to sale, designed for people with ES/MCS including light free displays.

Digital TV
Many people are reporting problems with digital TVs. One way round this might be to use the smallest possible digital decoder and put it in the back of an analogue TV, or if this still causes problems, in the back of a video recorder and stay in another room whilst it is on. You can then watch videos of TV programmes on an analogue TV. Not ideal, but better than nothing.

E. TELEPHONES

Digital Cordless (DECT) phones which do not emit microwaves when not in use, unlike standard DECT phones which emit microwaves constantly.

Siemens Gigaset range
www.gigaset.com. Service Hotline 0845 3670812
Available in the Argos Catalogue! If put wholly in ECO mode, these DECT phones are radiation-free when not in use, and transmit less when being used.

Swissvoice
www.swissvoice.net Tel: 0800 1217330 DECT phones which do not emit microwaves when not in use.

Some people with ES have bought these low radiation phones for their neighbours as a substitute for their standard DECT phone.

Teloray Systems
Box 290, SE-780 40, MOCKFJÄRD, Sweden. Tel: +46 (0)241 - 216 00 http://www.teloray.se
Phones designed for people with ES. The handset is at the end of a long plastic tube.

EMF Safety Superstore (details in section A) sell a Panasonic telephone which (uniquely we think) has a socket for a headset with microphone which can be used at the end of an extension cord (or several joined together).

However, many people simply use hands-free phones. Some people have problems with the small LCD displays on some makes of phone. It is worth trying a hands-free phone without a display if you are very sensitive, eg. The BT Big Button phone, available from Argos, and earthing it with wire from one of the metal screws on its base to the earth pin of a socket.

NOTE: If you have broadband, make sure you have ADSL microfilters on all your telephone sockets, or the broadband signal comes up the phone line and can cause people to react when using the phone. Available from Maplins.

F. FOOD SHOPPING

Sainsbury’s
Tel: 0800 328 1700
The only major supermarket (as far as we know) to offer a telephone ordering service for home delivery, as well as an internet one. Long may it continue!

**Goodness Direct**  
Tel: 0871 871 6611  [www.goodnessdirect.co.uk](http://www.goodnessdirect.co.uk)  
Home delivery service for health foods and special diet products e.g. gluten-free and dairy-free.

**Abel & Cole Limited**  
16 Waterside Way, Plough Lane, Wimbledon, SW17 0HB  
Tel: 08452 62 62 62  Fax: 020 8947 6662  [organics@abelandcole.co.uk](mailto:organics@abelandcole.co.uk)  
Able & Cole sell a range of organic fruit, veg, meat and pantry items delivered to your door.

**Farm around**  
Tel: 01748 821 116 (London area, parts of the North, parts of the South)  
[http://www.farmaround.co.uk/](http://www.farmaround.co.uk/)  
Organic fruit and veg home delivery service.

**Riverfords**  
Wash Barn, Buckfastleigh, Devon, TQ11 0LD. Tel: 0845 600 2311  [http://www.riverford.co.uk/](http://www.riverford.co.uk/)  
Riverfords sell organic fruit, veg, meat and pantry items, delivered to your door.

**G. OPTICIANS AND DENTISTS**

**The Outside Clinic**  
Tel: 0500 295 245  
This company offers an eye test and spectacle service in your own home.

**Noviche Phlebotomy Services**  
Private home-visiting blood collection service (most of North of Thames.)  
Tel: 08715 262424  info@drug-tests.biz

**Phlebotomy Services**  
Private home-visiting blood collection.  
Janey Scott Jones  
Tel: 07837 024 988  
[info@phlebotomyservices.co.uk](mailto:info@phlebotomyservices.co.uk)  
[www.phlebotomyservices.co.uk](http://www.phlebotomyservices.co.uk)  
Hants, Berks, Wilts, elsewhere by arrangement.

**H. MISCELLANEOUS**

**Argos**  
Will deliver a catalogue if you phone **0845 640 2020** and explain that you are disabled and housebound.

**Plastic no-metal spectacles.**  
The Eyewear Company offer the range Swiss Flex.  
[www.theyewearcompany.co.uk](http://www.theyewearcompany.co.uk)  
Tel: 01453 791600  
5 Priory Court, Leonard Stanley, Stonehouse, Glos. GL10 3HB.  
Ask your local optician – if they don’t stock them a one – off order could be arranged.

**Secretarial Service**  
Letters, internet research + general admin £8 per hour plus materials at cost.  
Anne-Marie Gomersall Tel: 01208 816 145 and Katherine Austen Tel: 01208 814 514  
c/o David’s House, Chapel Amble, Cornwall  PL27 6GU

**Sign**  
A brass sign which says “Please switch off mobile phones” is available from [http://www.labelsourceonline.co.uk/scripts/prodView.asp?idproduct=13235](http://www.labelsourceonline.co.uk/scripts/prodView.asp?idproduct=13235)  
Signs with your own wording available from the House Nameplate Company.  
Unit 16, Vauxhall Industrial Estate, Ruabon, Wrexham.  
LL14 6HA.  
Tel: 01978 822772  [www.housenameplate.co.uk](http://www.housenameplate.co.uk)  
These are sold through B & Q.
Vacuum Cleaner Extension Hose.
Can be attached to the hose of a cylinder vacuum cleaner to enable the user to get far away from the motor – even into another room. NB. Smells plasticky when it first arrives but this does wear off. You may need to stick one end to your cleaner with duct tape to stop it slipping out.
From Coopers of Stortford. 11 Bridge Street, Bishops Stortford. CM23 2JX Tel: 0844 482 4400 www.coopersofstortford.co.uk

Plastic Bra Underwires
To replace metal ones. Available from www.bramakerssupply.com
219 – 1104 Fennell Avenue East, Hamilton, ON LST 1R9 Canada. Tel: 00111 905538 1396

Metal-Free Chemical-Free Mattresses
The Little Green Sheep, Unit 9, Stockwood Business Park, Stockwood, Redditch B96 6SX.
Tel: 01386 791 498 www.littlegreensheep.com
Mattresses from coconut fibre, minimal latex, natural wool + organic cotton. Material samples available.

Information

Powerwatch
www.powerwatch.org.uk
2 Tower Road, Sutton, Ely, Cambs, CB6 2QA
Useful information for electrical sensitivity. Links to EMFields online shop.

I. PRODUCTS FOR PEOPLE WITH SEVERE CUTANEOUS PHOTOSENSITIVITY AS PART OF THEIR ES

Severe sensitivity to all forms of visible light is the most disabling ES symptom. People who develop this symptom experience a painful burning sensation on their skin, which can affect all parts of their body, even through several layers of clothing. Some have to black out windows of their home and live in total darkness.

An important article describing this condition is “A Case of extreme and general cutaneous light sensitivity in combination with so-called “screen dermatitis” and electro-sensitivity - successful rehabilitation after Vitamin A treatment” by Olle Johansson, Peng-Yue Liu, Anders Enhamre and Lennart Wetterberg, in the Journal of the Australasian College of Nutritional and Environmental Medicine, Vol.18, No. 1, April 1999, pages 13-16. Available online at www.esdirectory.org.uk


Please note: references to “Vitamin A” in these contexts are references to Beta-Carotene, a precursor to Vitamin A which the body converts into Vitamin A. Beta-carotene is currently prescribed by doctors for the treatment of light sensitivity arising from the condition Erythropoietic Protoporphyria (EPP)

There are no reports yet of UK doctors prescribing Beta-carotene for non-EPP photosensitivity of the type described above. STOP PRESS: We now know one GP who has prescribed this.

However photosensitivity is a recognized medical condition. It is possible to obtain NHS referrals to Photobiology departments and consultants have been prepared to write medical reports. Some people have chosen to self-medicate with beta-carotene. There are clinics in Guys and St Thomas Hospital in Buckinghamshire and London.

FIRST CALL PHOTOGRAPHIC
Cherry Grove Rise, West Monkton, Taunton, Somerset, TA2 8LW
Tel: 01823-413007 Fax: 01823-413103
www.firstcall-photographic.co.uk sales@firstcall-photographic.co.uk
Sells blackout material + velcro.
Please mention the ES Directory when contacting suppliers

ANGLO FELT INDUSTRIES
Tong Lane, Whitworth, Rochdale, Lancs, OL12 8BG
Tel: 01706 853513 Fax: 01706 853625 www.shop.woolfelt.co.uk info@anglofelt.com
Sells thick black felt. Black felt is a very light-protective material. It can be used to make a light-protective shelter for car journeys, or a portable protective blanket for other times when the person must leave their blacked out environment. Note: some of their felts have fire-resistant chemicals in them.

According to the Photobiology Department at St. Thomas’ Hospital, London, heavy denim is the most light-protective fabric for clothing. Woven fabrics are better than knitted ones.

SUNSIBILITY
Tel: 020 8224 2299
88 Jasmin Road, Epsom, Surrey, KT19 9GA www.sunsibility.co.uk info@sunsibility.co.uk
A range of UV-protective umbrellas, and UV protective clothing. These are not light-protective for visible light frequencies but may help some people by cutting out UV – i.e. the highest frequencies / shortest wavelengths which can be the most powerful and penetrative.

BONWYKE WINDOW FILMS
Unit 3, Salterns Lane Industrial Estate, Salterns Lane, Fareham, Hampshire, PO16 0SU. Tel: 01329 289621 Fax: 01329 822768 www.bonwyke.co.uk sales@bonwyke.co.uk
Supply and install Dermagard, UV-protective film

PHOTOGRAPHIC LIGHT METERS
If you can tolerate a limited level of visible light, you may find a light meter very useful for checking light levels to make sure you do not expose yourself to more than you know you can tolerate. It can be difficult to judge light levels accurately with the human eye.

There is a wide range available from photographic suppliers with a wide range of prices. A good basic meter is the POLARIS flash meter.

THE ECLIPSE SUPPORT GROUP
The Vicarage, Godshill, Isle of Wight, PO38 3HY http://eclipse.lupusuk.org.uk/
Part of Lupus UK. Mainly aimed at people with light sensitivity as a result of lupus, but other light-sensitive people can become members.

Provides:– a list of members willing to be contacted for mutual support
• a product list – including window-darkening films which cut out most but not all visible light. Some products on this list are e.g. sunscreen are not relevant to people who do not have lupus-type light-sensitivity.
• for a small charge, a “Made ill by light” badge.