

# Are you Electrically Sensitive?

This is an interactive test which you can fill out using your computer. Select the checkboxes for all the symptoms that you experience.

Your Results	
<input type="checkbox"/>	<input type="checkbox"/>

Those who suffer from electro-hyper-sensitivity (EHS) have the following reactions to...

## 1) Shopping in large box stores

- confusion and poor short-term memory, also called "brain fog", so they go shopping with list in hand and spend as little time in the store as possible. Some can't recall where they parked their car.
- headache that becomes progressively worse the more time they spend in the store
- some combination of dizziness, nausea, feeling unwell, fatigue, weakness, tremors, numbness and/or other neurological disorders
- problems with vision and/or hearing (buzzing in ears)
- depression, anxiety, and/or other mood disorders

## 3) Mobile Phones (both cell phones & cordless phones)

- feeling of warmth and/or facial flushing on the side of the head where the phone is held
- numbness or tingling in fingers
- headaches that become progressively worse and last longer with continued phone use
- eventually some cannot be in the same room when others are talking on a cell phone

## 2) Compact Fluorescent Lights (CFL)

- headaches and other body aches
- confusion and memory loss, "brain fog", fatigue, dizziness, nausea, feeling unwell
- eye problems including eye strain leading to dry eyes or watery eyes, problems with vision, tired eyes
- ringing in the ears (similar to tinnitus)
- skin problems including any combination of rashes, itchiness, blotchiness
- depression, anxiety, and other mood disorders

## 4) Computers with wired or wireless internet connection

- fatigue that becomes progressively worse near a computer
- confusion and memory loss, "brain fog"
- blurred vision, tired/dry/watery eyes
- skin problems including any combination of rashes, itchiness, blotchiness
- pain, numbness or tingling in arms/hands or legs/feet

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Currently there are no definitive tests for EHS. This questionnaire is intended as a guide to electro-hyper-sensitivity. If you think you are sensitive minimize your exposure, build up your immune system, and detoxify your body with the help of a qualified medical professional.