

EHS Discovery

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I bought property in Rockvale, Colorado in 2012 and 2014 as a place for me to get away from cell phones, WiFi, and other electromagnetic fields (EMFs), and also to do research on how to build healthy housing for us sensitives. I get inquiries on a regular basis as to the availability of safe housing. I assume most are looking for a house, or perhaps an apartment, which I do not have. I do have a research building, however, steel roof and exterior walls, steel ceiling and interior walls, with quite low fields inside. This is called a double wall Faraday cage. Inside this building is an 8' × 8' × 10' commercial copper double wall Faraday cage. The fields inside this Faraday cage are too low to be measured.

I am willing to rent this Faraday cage as a sleeping room for \$100 per night for periods up to a few weeks. This includes access to the 60 acres I own and food (so you do not need to travel to town and be exposed to cell phones). It also includes daily conversations with me regarding diet, supplements, EMF avoidance, and training on how to use EMF meters. If you prefer, you can sleep in a 12' by 14' room in the research building with a full extra long bed, table, chair, refrigerator, and Ethernet connection. Or stay in one of the two empty bedrooms in the house if you prefer being closer to a flush toilet.

I have no medical training. (The Dr. in front of my name is for a Ph.D. in Electrical Engineering.) I have dealt with my environmental illnesses (EI) for 75 of my 82 years (intolerance to foods, drinks, smells, pollens, EMFs, etc.) and firmly believe I know more about EI than most medical doctors. You can read more about my EI in the EMS section of this website.

You may have been environmentally sensitive your entire life, or something may have triggered electromagnetic hypersensitivity (EHS) in you more recently. You have reason to believe that electric and/or magnetic fields are making you ill. You may experience brain fog and perhaps paranoia. You may be angry with society for treating you like a leper. You may be angry with the medical system for failing you. You may be worried about finances, not being able to work with this disorder. Perhaps you have been to several medical doctors who have performed many expensive and disgusting tests, and pronounced you crazy. Perhaps you have been to several holistic practitioners who loaded you up with supplements, but you are still sick. Maybe you have had all the mercury removed from your mouth. Perhaps you drink only water from an ancient glacier (a high school buddy of mine tried this before he died of prostate cancer). Perhaps you have tried what seems like every detox procedure known to man.

You want to be in a place where you feel better. You want to learn how to manage your environment so you continue to feel better. Being in this facility should help you feel better if your problem is mostly or entirely electromagnetic fields. I think I can give you some advice on how to manage your disorder.

There are at least four classes or types of fields that you can be intolerant to: electromagnetic fields in the GHz range (cell phones, WiFi, 5G), 60 Hz magnetic fields, 60 Hz electric fields, and dirty electricity (perhaps 100 Hz to 100 MHz). I have known of my intolerance to the first two for at least 30 years. The fields in my modern engineering building at Kansas State University were part of my decision to take early retirement from a really good job at age 55. I am still unsure about my level of intolerance to the last two classes. I will try to help you discover which classes you are intolerant to, and if there is some threshold level that you really do not want to exceed. We start by reducing your exposure as much as possible.

We start by eliminating all use of radiating devices. Lock your cell phone and lap top in the trunk of your car. If temptation is difficult to resist, I will lock them in my trunk. You will use my land line phone and wired computer. My shop has two computers in opposite corners, so we both have one to use. If your vehicle contains radiating devices (most vehicles built in the last 15 years have such devices) you will not use it. If it is absolutely essential to go to town, you can drive my 1991 Jeep Cherokee. We need to eliminate as much exposure to fields as possible. If you are still sick after a few days then we can be fairly certain that electric fields are not the entire problem and start looking for other culprits.

I have had considerable experience with food and drink intolerances, including milk (low grade fever, stomach ache), gluten (gut issues), coffee (heart attack symptoms), bananas (neck pain), Vitamin C ('wired' feeling all night long), chocolate, soda pop, ice cream, etc. The list is long! Like most of you, I have tried many different supplements. Regardless of the recommended dosage, I will take half of one capsule in the morning, to check out side effects. I have never met a supplement, vitamin, OTC, or prescription drug that I could take at normal dosage for an extended period of time. The worst example was a prescription drug where one eighth of the prescribed dosage was way too much from the start.

I feel good when I eliminate problem foods, drinks, and fields. I had a good 28 year career teaching at Kansas State University, followed by a decade as a wind farm consultant. I have been able to travel extensively (all 50 states, 25 countries). Whenever a new symptom appears, I start eliminating foods to see which no longer work. Once or twice I went to a minimum set of foods (white rice, pears, chicken breast, white potatoes) for a few days, then started adding back foods about one per day until I found the culprit. That is a long and unpleasant experience that you can do at home,

assuming you can reduce fields to an acceptable level.

It is always possible that you can be fully healed of your disorder by prayer, meditation, diet, exercise, supplements, etc. But if you have given Western medicine, Eastern medicine, etc. a good try but are still sick and getting worse, you might consider spending a few days here. We will need to spend some time on the phone during which I will try to discern if a visit has a real hope of being productive, in particular if you are *really* willing to give up what is bothering you (cell phone, coffee, chocolate, etc.). I cannot promise these adjustments will be easy.

There is a 1500 sq. ft., three bedroom, two bath, house on the property as well as the shop (10 feet uphill from the house). The master bedroom in the house is occupied by Dave, my daughter's 66 year old boy friend. He is not sensitive to EMFs (that he knows of), but has learned to keep his cell phone off when I am on the property. He and I will try to accommodate your other environmental illnesses, within reason. We will change detergents, for example, but will not replace all light bulbs with the 10 or 15 W variety for those extremely photosensitive. You will have access codes to the doors of the house and shop and can use the second bath in the house as desired.

Dave will buy and prepare food for you per your dietary constraints, as much as possible for a non chef. (He eats eggs, hash browns, and rice puff cereal for breakfast, meat, potatoes, and veggies for the other meals, plus a nice kale salad in season). He will prepare amounts adequate for both of you and eat with you unless you prefer otherwise. You will usually eat in the house if you are not intolerant to something in the house. He will stock the refrigerator with yogurt, fruit, etc. for the meals he does not prepare. If you require specialty items available from Natural Grocers, he can take you there so you can supervise the purchase.

I am at the facility from about 8:30 am to 4:30 pm, six days a week. While I am there (and not outside working on some project) we will be sharing the space in the shop. We will spend some time discussing your options regarding your health. The remainder of the time you are free to take a walk around the property, to read (I have a large library in the shop), to use the computer in the room in the opposite corner of the shop, or to watch TV in the house.

The fact that the fields are low enough for you to heal does not mean that you will be able to tolerate the facility. The shop has minimal man-made chemicals used during construction. The floor is plain concrete, no sealer. The metal walls and ceiling are powder coated steel. The wood walls and cabinets are knotty aspen, no urethane coating. Most people staying here feel better, but I have had extremely sensitive folk walk in and walk right back out because of some other problem. One time I think the problem was a metal funnel used to pour diesel fuel into my excavator that happened

to be in the building. So if you come in, feel an immediate negative reaction, and leave, or if something negative appears during the first night, there is no charge. You pay when you leave, for a stay of multiple nights, by check or cash (I have no capability to accept a credit or debit card). Be sure to discuss any major environmental sensitivities with me before you come, so we might avoid a major issue.

There are certain features of the facility that might pose a problem for some. We are in a dry climate (12 inches of rain per year) and it is sometimes windy. There will be dust in the house and more in the shop. There will be smoke in the air when wildfires are burning to the west. The street to the facility has about a 10% grade just before the driveway, making a four wheel drive vehicle very convenient on the six or so days per year when the street is covered with snow. Both the shop and house use LED bulbs, the ones without dirty electricity or a 120 Hz flicker. If you have had a bad experience with LED bulbs, perhaps believing that that one bad experience means that all LED bulbs are bad, then you should not come. If you don't improve quickly in this low emf environment, then I will start asking about other possibilities (foods, drinks, supplements, etc.). If the very thought of eliminating foods or supplements from your diet for a few days gives you nightmares, then our interaction may get awkward. I have had several visitors that were quite ill, that were taking supplements by the handful, that I am convinced they would enjoy much better health without the supplements. If you really want to get well, you need to be willing to give up *all* the bad stuff. The process of discovering what does not work for you may take months, longer than you can spend at my facility. I like to think I can help you in this discovery process, having been through it many times. But if your idea of a successful visit is restricted to finding a better canopy for your bed and more supplements to take, you may be disappointed. Come visit only if you are willing to make the tough decisions necessary to have decent health.