

**Giovanni Giannotti M.D.**

# **ELECTRO SENSITIVITY**

**Its treatment**

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[www.electrosensitivity.org](http://www.electrosensitivity.org)  
[docsorders@electrosensitivitytreatment.org](mailto:docsorders@electrosensitivitytreatment.org)

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Giovanni Giannotti M.D.

“Discovery is seeing what everyone sees and thinking what nobody has thought”.

Albert Szent Gyorgyi, Nobel Prize for Medicine

“Truth is destined to be mocked at first, but then to be recognised.”

Albert Schweitzer

Dedicated to my wife Carmen and daughters Rebecca and Micol.

## Foreword by Samuel Hahnemann

Even before explaining the thesis I wish to propose to your kind attention, about the efficacy of homeopathic medicine for curing a condition which is getting more and more widespread, known as **electrosensitivity**, I feel it is my duty to quote the opinion of the very father of homeopathy, Samuel Hahnemann, who informed the scientific world of his times of the extraordinary potential of his therapeutic method as long as it was used correctly, however.

The message launched by this German doctor and scientist almost two centuries ago could be summed up in these terms: “Convinced, as I am, that I have to perfect myself and the humanity that surrounds me by means of research and medical experimentation, I have understood the necessity not only of diffusing the general principles of homeopathy, but also of following conscientiously its clinical application by homeopathic doctors, exposed sometimes to the risk of interpreting in an arbitrary way these principles, as they could easily seem to be “incredible” to the common mentality, including that of many doctors - even those very ones who have risked verifying homeopathy as a therapy for their patients.

In fact few concepts result as difficult to accept, if we want to give an example, as the one of “**homeopathic dilution**”. The fact that the homeopathic substance can be diluted so that infinitesimal portions remain in the solvent, and that doing this, its efficacy is not lessened, but exactly the opposite....this “disconcerting data” has often induced homeopathic doctors not to trust what I had already verified and made certain, by using doses that are too high with the risk of failing to reach the cure which would otherwise have been certain!

This is because the validity of a treatment depends on the wisdom with which all the passages are carried out, passages which I had motivated and described in detail <sup>(1)</sup>, with full cognizance of the case, and then realizing, with great regret, that not all the doctors who declared themselves to be my disciples were willing to trust their master completely, he who knows, because he has demonstrated it to himself and to others, how and when a cure can be obtained with his method.

“But I trust in future times, in the scrupulous conscientiousness of those, after myself, who will not want to waste the immense opportunity this medical therapy can offer to an uncalculated number of suffering men and women.”

Samuel Hahnemann <sup>(2)</sup>, 1828

<sup>(1)</sup> “*Organon der rationellen Heilkunde*”, 1810.

<sup>(2)</sup> “*Chronischen krankheiten: ihre eigentümliche nature und homöopathische heilung*”, 1828.

## Foreword by Paolo Giovanni Vintani

When Giovanni Giannotti gave me the first draft of his book my immediate, sincere thought was that it was like a landscape seen through a looking-glass, a trip into an imaginary world like Alice in Wonderland.

Giannotti confronts, as a doctor, a disease which “DOESN'T EXIST”, that is, electromagnetic intoxication, with a medicine that “DOESN'T EXIST”, that is, homeopathy. It is useless to repeat the arguments and doubts connected with all those non-symptoms which electromagnetic waves can cause. However, very gradually, the scientific world too is recognising that interference from electromagnetic waves can act negatively on our bodies. Personally I don't think it is a direct influence but a sort of loss of physiological balance causing our organism to give way at its weakest points.

It is, therefore, useless to describe in synthesis the pathologies because, basically, they may all be connected to them.

Traditional medicine teaches us that not the disease should be considered but the state of NON HEALTH and also the psycho-physical, and emotional, state of NON WELLBEING.

But also the solution chosen by our author is a risky, and, therefore, courageous one.

Those who, like the undersigned, for professional reasons have prepared a homeopathic remedy, have had the impression that the matter was getting out of hand: that basically the result would be null.

But this is not the place to refute a controversy and reply to right doubts.

It is enough to say that the clinical answers even to serious pathologies are documented, that also official drugs are continuing to reduce their therapeutic doses (at the threshold of homeopathic dilutions).

Going back to my opening lines, I would like to remind us that Alice's father was a mathematician and that the trip of petulant little Alice hid important realities and that even illustrious physicists demonstrated that a passage behind the looking-glass was possible.

A reality exists, an objectivity, which medical science is not yet able to measure with its usual instruments and criteria and it may never be able to.

It seems “NOT TO BE”, but it exists and operates, and how! This is the case of homeopathy.

And this is why I consider the reading of this book, before being a scientific dissertation, to be an important approach to what disease is and what health is.

The means by which we pursue wellbeing become themselves primary instruments of research.

Not only a reader who is interested because of his job can find interesting material here, but also anyone with enough curiosity to confront himself and his own health will find an immense treasure.

At this point, if the therapeutic result should find confirmation, it would give a backing to this interesting journey.

But, also in this case, we are not expecting miraculous cures but just great little signs of health.

Let us learn to see in little signs great successes.

The modern world has brought us into a way of thinking with moderation and acting with excess (ideas that we don't have are shouted around everywhere!). A free man, a wise man, on the contrary, thinks to excess and acts with moderation.

Giovanni Giannotti in these pages has behaved as a FREE MAN.

I feel sure that everyone of us will find beyond the looking-glass a new, fascinating world and will be able at last to get to know the image reflected in it: HIMSELF.

Paolo Giovanni Vintani

Barlassina (Milan)

Note:

Dr. Paolo Giovanni Vintani, owner of a Pharmacy, has followed his family tradition as, in 1500, an ancestor was the first pharmacist in Gemona.

He collaborates with the chair of Legislation and Pharmaceutical Technique holding seminars on the technique of the preparation of homeopathic remedies.

He is the scientific co-ordinator of the project "Control and assessment of the quality of herbal and phytotherapeutic products" promoted by the Lombard Pharmaceutical Chemical Association between pharmacy owners and the Centre of Studies and Research into the characterisation and safety of use of the active principles of natural substances (Department of Pharmacological Science at the University of Studies in Milan).

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# Preface

## Introduction and message

This book was conceived in two volumes: in the first I wish to motivate my reasoning, disclose the “simillimum” elective remedy, highly suggestive for the treatment of those pathologies induced by electromagnetic fields, and describe the treatment of the first case of severe electrosensitivity “Reflex algoneurodystrophy”, caused by a considerable, repeated source of electromagnetic pollution.

I will be using the words “highly suggestive”, which classify therapies not yet backed up by sufficient experimentation, every time I talk about treatment; I would, however, like to point out that I, personally, have no doubts about the prescription of this remedy for the treatment of ailments caused by electromagnetic fields, which reflects both the method I apply daily and its satisfying results.

I don't wish to give the impression, by repeating this formula, that I am not convinced of what I am about to explain!

The second volume will contain the clinical cases treated of patients affected by electrosensitivity. Having read the contents of this work, I feel sure that my homeopath colleagues will experiment it, thus spreading its record of clinical cases like wildfire, enabling the necessary epidemiological studies to be carried out. I will do my best to enable this book to carry out its therapeutic purpose, without obstacles or delays of any kind hindering it.

I have come to realise, as this book was being developed, as also happened with my book “SARS, a proposition for its treatment”, that it is not an isolated fruit but it is part of a much wider project.

One day a colleague came to see me in my surgery in order to show me a wire; it was so small that I had trouble seeing it; its diameter was 20 micron; in order to understand how small it was it is enough to think that its diameter is a third of a hair's. He told me that, if it is properly inserted into tissues or glass, it is able to shield from electromagnetic waves.

As I am a dentist, before carrying out X-rays, I am used to making my patients wear leaded vests of a certain thickness, and it seemed incredible that a wire of those dimensions could create a physical barrier against electromagnetic waves and stop them from passing.

The first question I asked my colleague was the following: there are, I imagine, certifications proving the truth of what you are telling me?

So he showed me a pile of certifications drawn up by official organisations all of which testify the special qualities of this wire.

Completely baffled, I asked him: if it is true, as you claim, that this wire can shield from electromagnetic waves, which personally I didn't realise were so harmful, what contribution could I make as a homeopath?

This episode left me very perplexed because official medical science requires epidemiological, experimental studies in order to recognise the cause-effect between pathologies and what causes them.

We cordially said goodbye with the promise of getting in touch again.

Some time went by until one day I received a phone call from the patient I will be talking about who enabled me to “view” (the meaning of this expression will be clearer later on) these waves and their harmful action on people.

I know epidemiological, therapeutic protocols well, but I also know how much time is necessary for them to be born out. It is a fact that today "electrosensitivity" is a wide spread phenomenon to which traditional medicine has been unable to give adequate therapeutic solutions. In my quality as a doctor and homeopath, having made these necessary preliminary remarks, I feel it is my duty to divulge this first therapeutic result so that clinicians, be they homeopaths or not, can have the possibility of carrying out the necessary epidemiological studies, using this "suggestion-indication". This, with the idea of respecting "electrosensitive" patients so that their cure is not delayed even for one day.

## **Self-suggestion or a rapid, soft and resolute remedy?**

Not wishing to enter into the subject of physics for objective difficulties and because of the vastness of this subject, I will limit myself to giving only brief indications, giving more ample space to the clinical argumentation of my province.

Pharmacologists and chemists object to us homeopaths that, as there is no quantifiable substance, which is measurable with apparatus, in our homeopathic preparations, our therapies do not have a scientific basis. Homeopathic medicines are obtained by starting from the Basic Tinctures formed by distilled water and alcohol in which the active principle that one wishes to prepare has been dissolved.

The molecules of water (H<sub>2</sub>O) each contain two atoms of hydrogen (H<sup>+</sup>) and one of oxygen (O<sup>-</sup>); the three atoms are attracted among themselves by forces of an electric type known as "hydrogen bridge". The molecules of water are not all in the same state: some are in a *disorderly liquid* phase, whilst others are structured in "clusters", agglomerates of molecules of precarious stability, united amongst themselves by crystalline-liquid hydro-magnetic "bonds" which are similar to the structure of liquid crystals, which have the characteristic of receiving and memorising information. Electronics have exploited this suggestion given us by mother nature and have used it in the construction of "displays".

By means of the concepts of Physics described above, the information contained in a homeopathic medicine transmits to our organism that specific vibrational information which it received from the Basic Tincture (solvent), the liquid in which the pharmacological substance to be prepared (solute) was dissolved. This is the phenomenon of "resonance" by which the clusters of water enter into resonance, that is, with the vibrations of the Basic Tincture, conserving in this way the information.

In Physics, resonance is the following phenomenon: an oscillating circuit, composed of a reel of electric wire and a condenser, having the characteristic of constantly vibrating at a specific frequency. This is the physical principle of radio-television functioning and of trans-receiving with electromagnetic waves; by calibrating two oscillating circuits with the same frequency, both will vibrate simultaneously supporting, each one of them, the oscillation of the other: this is called "mutual inductance".

The principle in Physics is similar to the tuning fork, which puts a crystal or another tuning fork which vibrates at the same frequency into resonance.

In the case of mutual inductance the resonance is induced by electromagnetic waves. In the tuning fork, on the contrary, it is supported by sonorous waves. (18)

For Physics this is the reasoning which can explain the mechanism by which homeopathic remedies act.

Clinically one has a rapid, soft healing which is even more sensational in acute pathologies. Fever is an easily measurable clinical manifestation which is not open to question; if the remedy is correct it will disappear in a few hours; this is not

autosuggestion, and it certainly is not magic. The subtle energy, present in the remedy, cures by the physical principle of mutual inductance, and the patient is cured. If he is not cured, not homeopathy but a bad prescription is to blame.

This message is especially directed to those countries where great interest and delicacy towards this subject have already been shown who, because of their advanced technology, are already paying a high price in terms of health without realising it.

In the meantime I am successfully treating other electro-sensitive patients: the numerous thanks received have already repaid me for my commitment; the gravity of these cases, however, is not comparable to the seriousness of the clinical case I will be describing. If, in fact, it depended only on the above mentioned clinical cases, excluding the last one, I would not have felt it necessary to describe the therapeutic procedure adopted in a book. But the last case mentioned deserved a fully articulated and in-depth publication.

The Author

# PART ONE

## A Historical summary

**Samuel Hahnemann** (Meissen, Germany 1755 – Paris 1843).

Before becoming the father of homeopathy, as he is universally recognised, Hahnemann practised as a physician having gained a degree in Vienna in medicine.

He soon discovered how inadequate western medicine is and his disagreement grew stronger after having read the medical studies of a Scottish colleague, William Cullen. The latter came into the limelight after he had discovered the therapeutic remedy in cinchona bark for treating the gastric disturbances caused by malaria.

Hahnemann wished to try it out personally: he took strong doses of quinine, a cinchona bark extract, and he had the same symptoms as those of the disease. In fact, every day at the same time, he had attacks of fever. At the same time he noticed that, by taking moderate doses of quinine, the fever would disappear.

He intuited the great hidden principle: substances exist in nature which can produce symptoms on the one hand, but on the other they can treat those very same symptoms. Homeopathy was born from an act of intuition.

The actual formulation of the fundamental laws of homeopathy goes back to 1796 when Hahnemann published an essay entitled: “A new principle for ascertaining the curative properties of drugs”.

The key-ideas were the following: every potent medicinal substance produces a certain disease in the human body. In nature, if we look carefully, we can observe that diseases never happen by chance. In fact, the disease always appears, to a certain extent, in order to re-establish a new balance, once the old one has been disturbed. It may even happen that nature generates in an organism a certain pathology which enters into conflict with a pre-existent pathology, treating it and curing it.

This operative model is adopted by homeopathy: it causes with its specific remedies “artificial” diseases which turn out to be therapeutic regarding the ailments from which the patient suffers.

Hahnemann, who published his *Organon der rationellen Heilkunde* in 1810 (homeopathy’s basic textbook), has the merit of having introduced the “LM potency” of the homeopathic substance.

Allopathic doctors challenged him for this reason and in 1821 he was forced to abandon Leipzig where he had lived, practised medicine and taught in the University.

But this did not stop his experimentation: in fact, still in 1821 and in the sixth and last volume of the above mentioned treatise, the beneficial effects of no more than sixty-four homeopathic remedies were demonstrated!

The homeopathic doctrine had already been intuited and practised by ancient peoples. For example, a singular episode is quoted in the Old Testament: the Jews who had been bitten by poisonous snakes in the desert were treated by Moses, ordered by God, when He prescribed them to stare at a copper snake. The homeopathic intuition noticeable in this episode is evident.

However, the true development of homeopathy took place in the nineteenth century with Hahnemann and his disciples. Already in the first decades of the century they verified experimentally a bond between the morbid homeopathic substances, those capable of

causing diseases, and those same substances which were utilised as therapeutic remedies for the same pathologies.

## The philosophic concepts which inspired Hahnemann to formulate the postulates of classic homeopathy

The substantial difference between allopathic medicine and homeopathy consists in the way in which the states of health and of illness are conceived. In allopathic medicine disease is an enemy to fight against, a state regarding only one organ, or the single organs, affected by the pathology. According to homeopathy, on the contrary, the organism is a whole governed by the Vital Principle<sup>2</sup>, which keeps the Vital Force in balance.

This, by means of the VIS MEDICATRIX NATURAE and by means of the principle of NATURA MORBORUM MEDICATRIX, keeps the organism in good health and cures it when it is ill. The action of a homeopathic remedy is to re-balance the Vital Principle, so that the latter may carry out its task.

From this different way of seeing things a different approach to reaching a cure is derived. Whilst an allopathic doctor fights the symptoms by opposing them with antagonist substances, in compliance with the principle "**Contraria contrariis curantur**", a homeopathic doctor will treat his patient by availing himself of the law of similitude, "**Similia similibus curentur**", by which the symptoms which the medicine is able to cause in a healthy person must correspond to the patient's symptoms of suffering.

In other words, a homeopathic medicine intends to treat an ill person by administering substances to the organism which, during experimentation or proving, provoked similar symptoms to those present in the patient who asks us to be cured.

A homeopath wishes to bring back to health in a soft, rapid and lasting way; he considers the body and psyche to be an inseparable whole.

This refers us back to concepts which are not strictly medical, but also philosophical, such as those characteristic of the classic Aristotelian-Thomistic conception (a speculative tradition, which is also naturalistic and philosophic, which began in the fourth century BC with Aristotle and reached its climax in the thirteenth century AD with St. Thomas Aquinas).

According to this vision, not only human nature, but also that of every living species, is created from the union of two fundamental elements: matter (in Greek "ile") and form ("morfe", corresponding to "psyche", which in Greek means soul).

In this union there is the form which determines the identity and the organisation of matter, as well as its purpose and the evolutionary phases for reaching it.

In the Middle Ages they said Vegetative Soul, Sensitive or Animal Soul, Intellectual or Rational Soul, in order to indicate the principles which inspire our growth in a physical, emotional and mental sense.

The thought of Hippocrates from Cos (460 – 335 BC) was not very different as, for him, man's health or illness are the result of harmony or disharmony inside the organism, connected with the balance of the 4 humours it contains (BLOOD, PHLEGM, YELLOW

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<sup>1</sup> The concept of the Vital Principle, which cannot be demonstrated for the time being by our means of scientific research, can, however, provide an explanation for the whole epistemological and clinical meaning of homeopathic practice.

BILE, BLACK BILE), whose different proportion also determines the person's temperament (the humoral theory).

According to Hippocrates' doctrine, the humours depend on the balance-unbalance (in a dynamic sense) and equalisation (adaptation) of man to his climatic, hydrologic, geographic and political-social environment.

This theory, the humoral doctrine, exercised an unaltered influence over medical pathology up to the second half of the 1800s. The conditioning and influence of the humoral doctrine will be maintained right up to the end of the nineteenth century, that is, until Virchow and his "cellular pathology".

It was with Descartes, in the seventeenth century, that a different perspective was adopted regarding the relationship between body and soul which, from that moment onwards, were considered as two distinct, separate entities. The soul issued orders to the body (inert matter) by means of the pineal gland.

Modern science and medicine have followed this formulation denying Nature (the Fysis of the ancient Greeks) any intrinsic, autonomous principle of vitality and dynamism which was not ascribable to an "objective" measurement, according to the parameters of experimental science.

The human body, in particular, has been reduced to the role of an object to be studied for laboratory tests.

A mechanistic, positivistic conception has prevailed, according to which every vital process is the necessary result of factors which are measurable and objective, defined according to the categories and language (as well as the measuring instruments) of Experimental Science of a Galilean, Cartesian, Illuministic and positivist type.

Therapy becomes the precise application, "following the manual", of standardised, uniform procedures, taking little account of the variables connected with subjective cases.

From here onwards the patient is no longer a "whole" but he is forced to go and consult numerous specialists each of whom treats the symptoms of the "part" of his competence, without paying too much attention to the patient's personal history.

Hahnemann reverses this vision by recognising once again that the organism has its own capacity of self-curing, placing the complexity of the organism at the centre of the doctor's attention and renewing the therapeutic concept as stated by him in "Organon", where we can read:

§10:

It is wrong to consider the physical organism as capable, alone, of feeling, acting and self-preserving itself. If this happens, it depends only on the Vital Force which exists and operates inside it. (2)

§16:

Health and illness do not depend essentially on external forces but on the dynamic interaction between these external forces and the Vital Force, a spiritual, dynamic principle in whose hands we can find the health and harmony of a person.

Homeopathic medicines really do treat deeply, because they help the Vital Principle to fully recover its power. This is possible when the description of the patient's symptoms made by a homeopathic doctor enables him to "centre" the most suitable remedy and bring the disturbed Vital Force back into balance. (2)

This careful collecting of the symptomatologic, psycho-physical train which accompanies every illness makes it possible, by means of the “simillimum” remedy, to prescribe the remedy which covers the symptoms observed in the patient and referred by him, thus treating the patient. The causality is kept in mind but, however, it is the symptoms which guide the medical prescription.

## Concepts and postulates: the fundamental principle

From these genial intuitions Hahnemann arrived at the formulation of the first concept already mentioned “*Similia Similibus Curentur*”, which means: a similar thing treats similar things.

If an ill person has the same symptoms both physical and/or mental which the remedy developed in the proving in healthy subjects, he will be treated by this remedy and will be cured autonomously.

What is a proving?

Proving or experimentation is carried out by administering a homeopathic remedy under the tongue in dry form every day for a certain period of time to healthy individuals in double blind, thus creating an artificial pathology which reverts at the moment in which we interrupt the administering of the medicament. The homeopath’s task is to supervise the patients, requesting them to take note of any symptoms both **physical and mental** they may notice, indicating the time and modality of their appearance.

The basic idea of homeopathy is exactly this: the medicinal substance treats in the ill person the same symptoms it provoked in the healthy person.

Hahnemann tried it out personally by examining mercury which, during that time, was used in massive, intoxicating doses in the treatment of syphilis. And so he tried **diluting** the mercury, distributing the particles, strongly diluted in an aqueous solution, with strong shaking called **succussion**.

By diluting the substance and then shaking it Hahnemann discovered that its therapeutic efficacy was enhanced. Shaking and dilution were defined by him as **homeopathic dynamization**.

Moreover, he made a further fundamental discovery: not only did the homeopathic substance cause pathologies of a physical type, but also symptoms of psychic and mental disturbances.

Through the law of homeopathy he soon discovered that all these symptoms, be they physical or mental, which had been induced by homeopathic substances in healthy people, were cured by the same substances in ill people. “*Similia similibus curentur*”.

In a daily clinical situation, in fact, the patient notices both physical and mental symptoms, sometimes with one prevailing over the other. Nowadays one of the most common mental “generational” symptoms is anxiety, manifesting itself in the form of sleeplessness, claustrophobia, panic attacks .....

## Constitutional or situational

There are **constitutional** and **situational** remedies.

**Constitutional remedies** are, shall we say, our guide remedies which can hardly be changed; they will help us during our life to solve most of our illnesses, unless particular causes or symptoms require another remedy : a situational one.

We prescribe a **situational remedy** in acute situations in which the constitutional remedy does not cover the patient's symptoms. For example, in forms of influenza where the epidemic genius is so strong that most of the population have the same symptoms; in this case, as in electromagnetic intoxication, the constitutional remedy is no good, so we will use the situational remedy which totally covers the symptoms the patient's organism is manifesting at that moment; this is the case in "electrosensitivity".

Other examples are traumas, mourning, lovesickness, to name just a few, if the symptoms are not covered by the constitutional remedy.

Another typical phenomenon **in acute pathologies** is **the annulling of the patient's chronic symptoms**; at this moment the organism is busy fighting an acute disease and, as if by magic, the symptoms of our chronic ailments disappear only to reappear punctually as soon as our organism has been cured of the acute pathology. The organism had to establish a new balance to face the acute event and it cannot simultaneously fight chronic and acute pathologies! There is a precise logic in this.  
Try and think about it!

## How is the right remedy found?

The symptoms induced by experimented remedies are collected in the Materia Medica written by various Authors; the common symptoms of about 3,000 known remedies are collected in sections, and then in rubrics, each of which deals with a specific symptom, and in this way they can be easily consulted in the repertories.

By comparing the various rubrics we can find the remedy which appears in most or those with the strangest, rarest and most peculiar symptoms which, in this case, unmistakably indicate a unique remedy (this also happened with the remedy for the treatment of "SARS").

I have always spoken about a remedy in the singular because it is only a single remedy wisely administered following the rules laid down 200 years ago by Hahnemann, written in the Organon, which still today in the 21<sup>st</sup> century allows us to treat our patients.

Nothing has changed: one remedy only must be administered, only the first time in a dry form and subsequently in an aqueous solution, shaking it so that every time the remedy changes its potency, if only a little.

These simple but efficacious rules are often not followed causing the therapy to fail. It is sufficient to read the ABC on which homeopathy is founded: the sixth edition of the ORGANON.

This is not my own personal opinion but that of many illustrious homeopaths who apply the rules of classical homeopathy.

Illness is a state of biological-emotional adaptation to that which surrounds us and involves the person totally. The morbid localisation is a sign of the illness, but it is not the actual illness. IN ORDER TO STAY IN BALANCE OUR ORGANISM PRODUCES SYMPTOMS.

The proliferation of germs is not the cause of an illness, but the result; germs, in fact, teem all over an organism without causing illness. Homeopathy acts on the ground, that is, it helps a person's innate defence potential, it does not eliminate the guest (the infecting agent). Every day one can notice the phenomenon of the morbid substitution between completely different manifestations like eczema and asthma.

The following example will help to understand this deepening of the illness: a child suffering from eczema was treated with a cortisone ointment.

Resolution of the eczema at skin level occurred (however, we homeopaths call it suppression), but after a short time the child got asthmatic bronchitis. Official medical science cannot connect the two things, it is not able to understand the causal connection, as it is not part of its postulates! By administering the constitutional remedy, the asthmatic bronchitis disappeared and the eczema came back which clearly indicates that the remedy prescribed is correct. Therefore, I have to continue administering the same homeopathic remedy until the eczema is cured and only then will the patient be completely cured. Of course, having used the constitutional remedy which acts at three hundred and sixty degrees, if he suffers from other chronic pathologies such as rhinitis, constipation, sleeplessness, anxiety, etc. by following a well codified treatment course, the above mentioned symptoms will be cured. From this you can see that if the constitutional remedy is correct, one will obtain the psycho-physical cure of the symptoms described by the patient according to Hering's law or rule, that is:

**From the inside towards the outside** (from the most inner organs to the most exterior ones, see the example eczema-asthmatic bronchitis);

**From the top towards the bottom;**

**from the most recent to the oldest.**

The **remedy treats** the patient, the "vis medicatrix naturae" or **vital energy**, our intrinsic capacity to heal, **cures us**.

To suppress the symptoms with a pluralist or complex homeopathy or with chemical products does not produce a cure but a deepening of the patient's suffering; there is the risk the illness will be manifested in another much more serious pathology in another organ or apparatus.

A homeopathic case history (anamnesis) must include the *pathologies suffered and food likes and dislikes*. The anamnesis must also include improvement or worsening modalities with heat, cold, sun (worsens), sea, mountains, wind, thunder storms, damp, draughts, the times when the symptoms appear, temperament, character, fears, states of mind even of a para-physiological type such as before, during and after the menstrual cycle, strange, rare or peculiar symptoms....., that is, everything that could be of any use in helping us to decide on a constitutional or situational remedy.

Therefore, a case history should be diligently and patiently compiled including the patient's whole affective, family biography, his childhood vicissitudes, his relationships, bringing to light any emotional or moral traumas which could have badly upset his balance; only in this way will it be possible to connect the symptoms with their deep cause. As I have already said, our organism, in order to keep its balance, produces symptoms which can even last for years!

## Two explicative clinical cases

My clinical cases could fill a book but this, however, is not a suitable context for them.

In this sense I remember a patient who, following the death of his son, had developed a widespread psoriasis. Having tried an allopathic therapy in which a cortisone ointment was used to treat the skin symptom, unfortunately with no result, he came to my attention. From his detailed case history the characteristics of his “causticum” constitutional remedy emerged; mourning for his son had caused the psoriasis, this being the causal link; the remedy prescribed brought him back to a normal emotional life and thus, having eliminated the reason for the symptom, the psoriasis gradually disappeared and the patient was totally cured.

Another clinical case occurs to me of a girl who, at the age of 18, lost her fiancé. When she came to me she was 38 and she told me that she had been visiting the cemetery every day since her fiancé died. She told me that her emotional life was finished as it was closed in this great sorrow. I administered her constitutional remedy “natrum muriaticum” and, as if by magic, after a few weeks her life changed.

These two clinical cases demonstrate what the “simillimum” is able to achieve. Whenever a homeopathic “miracle” takes place I still feel a strong emotion and this, apart from giving me great joy, fills me with enthusiasm and shows me the course I must keep following.

## How to take the remedy

I have always specified “homeopathic remedy” because **only one remedy** must be administered, because this is the only way I can assess how the treatment is going, based on the symptoms described by the patient: have you ever tried to drive a car with two steering-wheels?

And, should one get a result by administering two remedies at the same time, which is the one that functions?

The remedy should be administered **only once in dry form under the tongue** for the various potencies thus avoiding a proving.

It should then be taken in hydro-alcoholic solution or in water which has previously undergone succussion.

To the question “when should I take the remedy?” I reply by asking: “When do you fill up your car? The patient replies: “when it is about to run out or has already run out of fuel”.

Usually a few daily administrations are sufficient to treat chronic pathologies; otherwise, in the case of fever or other acute pathologies, the remedy should be administered more often; in the case of fever, every ten minutes or quarter of an hour and, only when the fever goes down, the doses can be reduced.

These very clear, simple rules of Hahnemann’s are often disobeyed creating much confusion on the part of some homeopaths who go on changing the remedy thus worsening the pathologies in a homeopathic way.

The conviction that homeopathic remedies do no harm because they lack intrinsic chemical toxicity is just as false. Have you ever tried putting diesel into a petrol run car? Never do it! If we give the wrong type of energy (what we administer with our homeopathic medicines is, in fact, subtle energy), we can even make our patient worsen!

The homeopathic remedy, dissolved in distilled water and alcohol which constitute the Basic Tincture, is soaked into micro spheres of lactose or saccharose (support).

In the case of serious allergies to these supports and to alcohol, by increasing the potency by one unit the alcohol and the support can be eliminated from the solvent, thus leaving only the distilled water and the active principle dissolved in it.

## The “early and most common” guide symptoms of electromagnetic intoxication

These symptoms, already listed by Medicine as “non specific symptoms”, will be integrated by those which have emerged during this research.

It is necessary to keep in mind the initial symptoms of electromagnetic intoxication, to be underlined in **red**. The other symptoms, which always manifest themselves as neuro-vegetative symptoms, the first mechanism set up to signal discomfort manifested by the organism because of EMF, and I will, therefore, emphasise the most common ones in **bold**. Probably, following the accumulation of these waves, our organism sets up other defence mechanisms which manifest themselves in a vast range of symptoms reflecting the individuality of each one of us.

### Mind

#### **Aggressiveness**

#### **Amnesia, loss of memory**

**Anxiety, anguish**, sometime more particular in the chest

Clairvoyance, advance perception

#### **Depression**

#### **Difficult concentration**

#### **Disinhibition**

Errors in the appreciation of time

Extreme susceptibility to crying.

Fear of not having a future

Foolish actions

Impression of impending death

#### **Irresolution (inability to solve mental tasks)**

#### **Irritability**

**Mental lucidity is compromised travelling for some hours in an automobile**

#### **Memory weakness**

#### **Mental confusion**

#### **Restlessness**

Sensation of danger

#### **Short-term memory dysfunction**

#### **Strong emotional weakness**

**The cognitive sphere is slowed down, physicalness is accelerated, an increase in sweating, restlessness, etc...**

## Head

Bruise-like pain in occiput

**Dartings in the head, as from pins**

**Headache with sensation of heat** spread over the whole body more accentuated on the head

Itching on the head

**Pressing headache after prolonged use of the computer**

**Pressing headache** accompanied by: a sense of **pricking, itching, cutaneous eruption, rash**, are the symptoms reported after exposure to mobile telephones, visual display terminals (VDTs) as well as other electromagnetic devices

**Sensation of heat** spread over the whole body **more accentuated on the head**

**Stitching pain**

**Tingling in the teguments of the head**

## Eye

Burning pain

Dryness

**They can't keep their eyes open: they have to close them after coming into contact with CEM because of sleepiness and sudden weakness.**

## Vision

Accommodation deficit

Clouded vision

**Phosphene (a luminous sensation caused by a different stimulus from luminous rays, e.g. a stimulus of a mechanical type)**

**Photophobia (abnormal visual intolerance to light)**

## Ears

Drawing pains from the jaws to the ears

### **Ear pain on approaching EMF**

Noises (Hyperacusis) necessity to wear earplugs in order not to feel pain

Occlusion of the ears near to or on approaching apparatus emitting electromagnetic waves

Piercing pains

### **Sensation that something occluded the ears**

**Tinnitus (noises)**

## Nose

Anosmia (absence sensitiveness to olfactory stimuli )

**Hyperosmia (increased sensitiveness to olfactory stimuli)**

## Face

### **Appearance of acne**

Eruptions on the face

Glowin Redness of the face

**Stitching pain** ( sensation of pricking on the face) **itching, smarting, papules, pustules, appearance of seborrhoic keratosis or acne rosacea, redness), sensation of heat** are the most common symptoms reported after exposure to mobile telephones, visual display terminals (VDTs) as well as other electromagnetic devices.

## Mouth

**Dyslexia** ( a problem in the capacity to read, pronounce and write words, in spite of being able to see and recognise written symbols)

**Sialorrhoea** (excessive salivation)

Smarting of lips

Trismus (lockjaw), contraction of the muscles of the mouth

## Teeth

Tearing pains

## Throat

Difficult deglutition (dysphagia) on swallowing the food and the food choked her

Dysphonia ( any alteration of the voice; difficulty in speaking)

**Inflammation of the throat** after use of computer or on approaching other apparatus

emitting electromagnetic waves, never suffered before becoming electrosensitive

Vocal hypertone with dysphonia

## Stomach

**Great inclination to eat between meals**

**Increase of appetite**

Nausea in the morning on rising

**Pyrosis** (heartburn)

Retching

Vomiting

## Rectum and Stool

**Burning in anus**

Diarrhoea

Diarrhoea with colic

Fruitless inclination

## Uro-genital organs

**Female hormonal disturbance like amenorrhea, dysmenorrhea, metrorrhagia.....**

**Unusual increase or decrease of sexual desire**

**The smell of menses becomes acrid**

Sensation as though the bladder were going to burst

**Very frequent emission of urine**

## Chest

Stopping or alteration of the rhythm of breathing under high tension pylons

Oppression of the chest

**Palpitations** on approaching apparatus emitting electromagnetic waves

## Neck and Back

**Difficulty in moving the neck caused by stiffness**

Numbness in the vertebral column

**Hypertone of the muscles especially of the column**

**Stiffness in the vertebral column**

## Extremities

Excruciating pains in extremities

**Break of tendons**

**Hypertone of muscles**

**Generalised fasciculation** (involuntary muscular contraction) and/or tremors with difficulty in writing

Intense pains at night

**Periarthritis of the shoulders**

**Startings**

**Tendonitis**

Tension or drawing pain in the fingers

**Trembling of the hands especially during the use of mobile phone**

Burning pain under the soles especially at night

**Heaviness of the legs**

**Pain of wrist during the use of mobile phone**

**Pain of the muscles and of the joints**

Restlessness of the legs at night on lying down

Sciatica on approaching apparatus emitting electromagnetic waves

Sensation of swelling

**Weakness of the extremities**

## Sleep and dreams

Clairvoyant dreams

**Great drowsiness and sudden weakness or weariness after exposure to electromagnetic devices, forcing the patient to an irresistible closing of the eyelids (driving in a car, etc )**

**Inversion of the sleeping/waking rhythm: great sleepiness**, the patient sleeps the whole time (the ailment may last for months on end) or **suffers from sleeplessness** (total sleeplessness even for months resistant to every pharmacological therapy) or the physiological rhythms of sleep are inverted (lethargy during the day, sleeplessness at night).

Profound sleep

**Sleepiness after exposure to electromagnetic devices before going to sleep**  
**Sleeplessness**, sometimes with tossing

**Vivid dreams** after approaching apparatus emitting electromagnetic waves at night

## Perspiration

Abundant sweating during sleep

**Increased sweating**

**The smell of the sweat becomes acrid**

## Skin

Itching all over the body

**Generalised tingling and itching, more accentuated on the head, the face, the arms and the hands**

**Subjective and objective skin: tingling on the face, itching, smarting, pustules, appearance of seborrheic keratosis or acne rosacea, redness**, are the most common symptoms reported after exposure to mobile telephones, visual display terminals (VDTs) as well as other electromagnetic devices.

## Generalities

Bradykinesia (slowness of movement)

Burning, lancing, continuous pains worse at night

**Burning pain of the throat after use of apparatus emitting electromagnetic waves**

### **Coldness**

Diminution of the weight of the body

**Extreme chilliness never felt before**

Extreme weakness: she had to rest during a meal

**Frequent weariness**

General depression after a meal

**General depression and weariness**

**General relaxation of the powers, moral depression and headache**

Generalised fasciculation (involuntary muscular contraction) and/or tremors with difficulty in writing

**Hypersensitivity of the senses**

Lateral pulsion ( skidding, heeling over towards the source of EMF)

**Muscular hypertone more accentuated on the back (increased resistance of the muscles to passive lengthening, to muscular tension)**

**Periarthritis**

Sensation of dryness of mucosae

**Sensation of extreme heaviness**

Sensation of retention of liquid and diffuse swelling

**Trembling**

**Trembling internally**

**Uneasiness during use of apparatus emitting electromagnetic waves**

**Progressive weakness**

**Susceptibility to CEM lessens on removing amalgam**

**Impediment in movement**

**Tirelessness (they don't notice physical fatigue at the initial stages of electromagnetic intoxication)**

Shaking of the whole body

**They perceive terrestrial events a few days before their manifestation**

# Electrical hygiene

Useful advice for “electrosensitive” patients and for those who do not wish to become ones

**To take the highly suggestive “.....” homeopathic remedy for treating electrosensitivity, under the control of a homeopathic doctor.** In a very short time the symptoms of electrosensitivity will be reduced and will then disappear as already happened with my patients.

To make an inspection around your home to check if there are any of the electromagnetic sources we listed. If they are present, to assess if they are at a reasonable distance away.

If they are present and you have the symptoms listed in the summarising table, get in contact with the Government organisation in charge of environmental control in your territory in order to have the values of electromagnetic pollution assessed. I can assure you that they already make widespread controls but prudence is never enough.

If the government organisation in charge of environmental control should discover values over the norm, my advice, especially if you have children in your home, is to screen the walls and ceilings if you are underneath the pollution source, and also the window panes. An alternative is to put up screened curtains. In any case my personal advice, if you live in the immediate vicinity of television, radio or mobile phone repeaters, long-distance power lines and radio ham antennae, as a precautionary principle, is to screen the house at least in the direction of these plants: the clinical case described demonstrates this at three hundred and sixty degrees.

To spend as much time as possible in the open air in direct contact with the ground, permitting your organism to discharge its electromagnetic accumulation to earth; even better to stay barefoot for some time.

The alternative which I have checked clinically on myself and on my patients is to wear only shoes with a new device, the only ones which make it possible to discharge the toxins generated from EMF.

**We should all wear shoes with this new device which facilitate daily electromagnetic detoxification, especially children and pregnant women who are particularly sensitive to these waves!**

I repeat that the problem with EMF is the accumulation of the toxins.

Ceramic floors and dry sand, because of their high content of silica, insulate. Sand, therefore, is not “discharging” if it is dry; it is better to stay on rocks or grass. Sea bathing and clay compresses are a panacea. Take care, however, in the sun as it is a huge source of electromagnetic waves. If you already have symptoms of electrosensitivity, go to the sea early in the morning or at sundown.

Particular attention should be paid to the electric plant in your home (*electro-home-smog*). Disjunctors should be installed, especially in the bedroom where one stays for a long time.

Their function is to interrupt in an absolute way the electromagnetic flux induced by the electric wires inserted in the walls of one's home. The alternative is to have screened wallpaper on one's bedroom walls or, at least, on the wall where the head-board of the bed is.

Those who sleep on beds with metal frames, thus forming a Faraday cage, should replace them with beds made of a possibly natural material such as wood. The same indication is valid for spring mattresses. Where it is not possible in a reasonable time to install a disjunctor in a bedroom and to screen the walls, in order to be protected from electromagnetic waves which can even arrive from an adjacent house, it is advisable to place the bed in the centre of the room and to turn off the electricity at the mains, connecting the refrigerator directly to the electric network. Eliminate mobile phone, television sets and radio-alarm clocks from the bedroom!

To remove *dental amalgam* present in the mouth using a low-pressure turbine as the mercury will evaporate more easily if it is overheated. Amalgams must absolutely be removed with a rubber dam and, should the patient have already manifested symptoms of electrosensitivity, it is absolutely forbidden to use laser.

To take vegetable carbon orally starting a few hours before removal of amalgam, continuing its administration for at least two days after the operation as this absorbs heavy metals hindering re-absorption by our organism.

To limit any use of electrical apparatus as they are all polluting and, where possible, to stay at maximum distance during their use as electromagnetic waves decay on moving away from the source that generated them. In any case do not use household electrical appliances if there are children in the vicinity.

Also testing instruments such as magnetic resonance or electrified medical instruments such as the bovie, laser and muscular electro-stimulators .... should not be underestimated.

Start asking for household electrical appliances and apparatus (computers, hi-fi equipment...) which are screened or which have a low electromagnetic emission; sooner or later the producers of this apparatus will at last start producing them because of the new market requirements!

Do not use hair dryers or electric razors which are wire fed because of the nearness to one's head. The ideal thing would be to use a wall hair dryer and an electric razor working with a re-chargeable battery.

Neon lamps and energy saving light bulbs emit EMF 120 times more powerful than an incandescent light bulb because of their type of attachment to the electrical network (starter).

Use of the mobile phone should take place only with **intelligent earplugs** (the use of those in commerce is dangerous as electromagnetic waves are carried through the electric wire into the hearing duct) remembering that the zone receiving the signal emits like a

parabolic antenna and we can, therefore, pollute the people near us (it is as toxic as passive smoking!).

The use or abuse of a mobile phone without **intelligent earplugs** will probably cause as an initial symptom palpitations and/or tendonitis of the Achilles tendon the latter seems to be, both for its size and for its anatomical position, the preferential route for discharging to earth those electromagnetic waves which we accumulate daily.

Manufacturers of mobile phones, considering the large number of teenagers using them, should design them with safety systems able to protect a nervous system which is very sensitive to electromagnetic intoxication (in recent years cases of neurinoma of the acoustic nerve have doubled).

I have heard of hair-dressers who, using a hair dryer for long periods, suffer from annoying palpitations and tendonitis. These people can also be treated by taking “.....”. They should then use screened hair dryers as prevention.

Electric blankets, for their nearness to the body, are dangerous.

For all those who, because of their working conditions, are in contact for long periods with electromagnetic waves, it will be compulsory, if further studies confirm this, for detoxifying purposes, to use “.....” following a doctor’s prescription.

Also the producers of electrical apparatus should commit themselves to protecting their clients, not only in order to increase sales, by limiting electromagnetic emission and, where it is possible, by screening these sources of pollution.

Automotive companies should build screened vehicles in order to protect our health.

For all those who believe in geo-pathologies, that is, the existence and the toxicity of the terrestrial nodes of Hartmann and Curry, which could bring on serious diseases in mankind, I wish to communicate that there is a mat to put underneath the mattress, made with the same thread that screens from EMF which annuls these nodes with its special weave, however, letting the “good” terrestrial energies pass.

Those who suffer from “**Reflex algoneurodystrophy**”, can also be treated with “.....” the same remedy for the treatment of electrosensitivity.

**Electromagnetic pollution in the environment, increased by emerging wireless technologies, has made it necessary to design apparatus in support of the homeopathic pharmacological therapy in order to treat electrosensitive people in a faster way.**

**Daily use of this apparatus will determine a therapeutical synergism with the biological processes of disintoxication.**

These simple but fundamental rules will help us to live better our everyday working life and free time by conserving our most precious asset: our health.

## Useful addresses

[www.feb.se](http://www.feb.se) : Swedish electrosensitivity website

[www.rsds.org](http://www.rsds.org) : American RSD website

[www.xxxxxxxx.com](http://www.xxxxxxxx.com): devices for the treatment of electrosensitivity

It is impossible to prescribe the treatment via internet. I cannot respond to anyone for this question. For the treatment it is necessary to have a homeopathic visit at my out-patient treatment surgery.

I recommend sending an e-mail only for arranging an appointment, to respect electrosensitive patients, especially serious ones, affected by “**Reflex algoneurodystrophy**” who need immediate treatment.

Thanks for your collaboration

Giovanni Giannotti M.D.