

Address

Date

Dear Neighbour,

I am writing to ask for your help. As you may know I suffer from Environmental Illness. This means that I get disabling symptoms from exposure to various chemicals and electrical frequencies. Symptoms can occur in more than one organ system in the body, such as the nervous system, the lungs, and the vascular system (heart problems). Exposures can come through the air, from food and water, or through the skin. After a reaction I am left feeling exhausted for several days, sometimes bedbound; it's like having very severe flu. The annoying thing is that I don't have to feel this ill – when I'm not reacting to things I am able to live and work much more normally.

The main treatment for Environmental Illness is to avoid the things that make you ill. This sounds easy, but the more things I react to, the more ill I get and then I react to even more things. It's a vicious circle. I have spent a lot of time making my home as safe as possible and doing as much as I can. I am writing to ask if you can help me by making small changes which will make a big difference to my life.

Pesticides like weedkiller are devastating to my immune system. Even though the packets may say they are safe I often react to pavements and gardens that have been treated as my detoxification systems do not work properly and I can't process the toxins even at low levels. If you need to use any kind of pesticide, weedkiller or external timber treatment (eg painting the fence or shed) I would be very grateful if you could warn me in advance.

Gas boilers emit very, very low levels of gas in the outlets. It seems astounding that anyone could react to these low levels, but people with E.I. do because their immune and detoxification systems are so damaged. When the wind blows in a certain direction the fumes enter my house (despite trying to seal the windows and doors). A very simple solution is to extend the vent pipe upwards. I would be happy to pay for this as although it's a simple measure, it would make a big difference to my life.

I get disabling reactions to certain electrical frequencies including Wi-Fi. I can't and don't use a mobile phone, and all our internet connections are cabled, but obviously Wi-Fi frequencies can travel through walls outside as well as inside the house. I know you have the right to live in your home as you like, but since I am so badly affected, I wondered whether you might be willing to discuss this? I do not expect you to live without your mobile phone, but there are simple solutions to reduce Wi-Fi from computer connections. This includes using plug-in Wi-Fi (Homeplug/dLAN devices) that use your home wiring so you can plug in anywhere in the house, or changing to a single cabled (Ethernet) connection. DECT cordless phones can be swapped for a Siemens Eco DECT-PLUS phone (still cordless, just lower electrical frequencies). I would be happy to help with purchasing this equipment. You may be aware that utility companies are gradually changing electricity/gas meters over to Smart Meters which will be emitting signals frequently throughout the day. In fact, you do not need to change and can keep your existing meter and use an energy monitor with it. Some

healthy people also find their sleep improves when they do these things, so they are certainly worth considering.

Lastly, smoke from fires is extremely disabling for me. Despite keeping all my windows shut I can never stop the smoke entering the house. In the summer, it would be extremely helpful if you could give me prior warning before lighting bonfires or barbeques.

I have enclosed a leaflet about Multiple Chemical Sensitivity (EI) and would be happy to answer any questions you may have. You can also find out more information at www.MCS-Aware.org, The Charity for Environmental Illness. I appreciate your time reading this and please let me know if there is anything I can help with.

Kind regards,