

IN THE KNOW Educational Series on Electrohypersensitivity

Why IN THE KNOW? This is a very short video that automatically starts showing when the site is opened - <https://www.youtube.com/watch?v=7xhymfn5LU5>

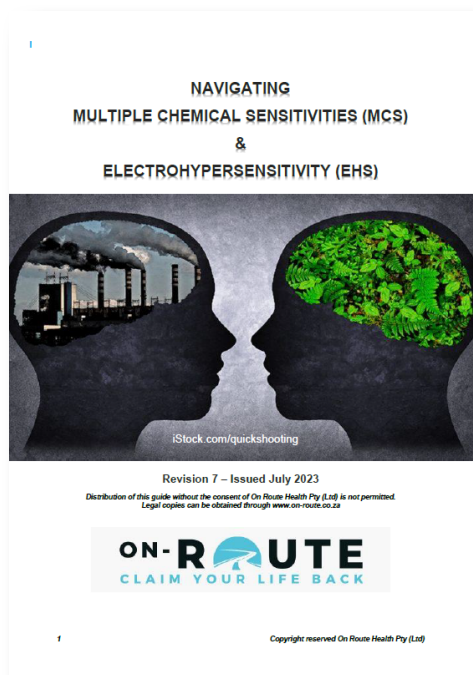
This is only a teaser

Clip	Name / Topic	In the Know YouTube Link
1	Why IN THE KNOW?	https://youtu.be/MIwHrkv3a54
2	Identifying EHS	https://youtu.be/GaaQYH4Lo3k
3	MCS and EHS	https://youtu.be/EzHbcHrGDoY
4	EHS Symptoms	https://youtu.be/7dec3nbKb2Y
5	Is EHS a psychological illness?	https://youtu.be/Bg98tGebIAo
6	Tinnitus and EHS	https://youtu.be/1igx0BJWygU
7	How does EHS develop?	https://youtu.be/xdsoZbTwmCE
8	Neurological symptoms	https://youtu.be/kE2E_11R29Y
9	EMF, the immune system, oxidative stress and DNA damage	https://youtu.be/VOYpelxO8RM
10	Psychological effects of exposure to EMF	https://youtu.be/EO1OuH74fg0
11	EHS and nutrient deficiencies	https://youtu.be/IXzFWPc-yj4
12	Is EHS Damage permanent?	https://youtu.be/rrd7QZ4heqw
13	Supporting EHS Research	https://youtu.be/3vSdtxtaPTc
14	The legal status of EHS in Sweden	https://youtu.be/z38o9LpYjkl
15	EHS and human rights	https://youtu.be/6NJ65efT87o
16	Sceptical about the effects of EMF? Looking for facts?	https://youtu.be/1gG-kSsfdNs
17	The cumulative effects of EMF on society	https://youtu.be/nu9J8GnAGSE
18	Healing from EHS	https://youtu.be/tZUT5Qk0yi0
19	Oversight of health effects of EMF	https://youtu.be/Y0FPE8cxi8g
20	More on EHS and tinnitus	https://youtu.be/mTqCkK4SnCk
21	Treating EHS	https://youtu.be/09fEs_b49bA
22	Implications of EHS	https://youtu.be/4cvgLzcvqZk
23	Asthma and EHS	https://youtu.be/GUuA3dnqKlg
24	EMF, Children and Toxins	https://youtu.be/2oiW4GI0dXA
25	EHS, Nature and Exercise	https://youtu.be/w0fMMKco0Wc
26	EHS and toxicity	https://youtu.be/u3bwU-ENICA
27	EMF and insomnia	https://youtu.be/0MKAIpcwLW8
28	Using technology responsibly with EHS	https://youtu.be/4YdLuSf-Vw8
29	Screen dermatitis	https://youtu.be/ijSqb1jjwDk
30	EHS Warning Signs	https://youtu.be/zCwxFpDuvo4
31	EHS and Food Intolerance	https://youtu.be/eO02QcMcC98
32	Message to the IT Industry	https://youtu.be/tITii28MUa4
33	The effect of multiple WiFis	https://youtu.be/WBDyLKRnFd0
34	Is an electrosmog meter foolproof?	https://youtu.be/veTnEf_BCXs
35	The harsh realities of EHS	https://youtu.be/gdc3grx1P2w
36	How to overcome EHS?	https://youtu.be/kjxWN6_u5G8
37	Distance and shielding	https://youtu.be/lZw3r8aQwvw
38	The importance of REM sleep	https://youtu.be/7KG0VweAmbM
39	EHS and early aging	https://youtu.be/bCJ9SdOYuwk
40	Quick recovery from EHS	https://youtu.be/TM5CzVuU828
41	Sleeping in an EMF free environment	https://youtu.be/dBISTEdp-L0
42	Do you suffer from electrohypersensitivity and do not know it?	https://youtu.be/j57py_IWWvo

Clip	Name / Topic	In the Know YouTube Link
43	Are you addicted to technology?	https://youtu.be/2fj17c762BY
44	Finding a home or holiday spot with EHS	https://youtu.be/G-Skz9d21OY
	Starting at clip 45, Prof Olle talks about the research he has done from the early 80s on EHS..the impact on mast cells, dendritic cells etc...if you can find time to watch these, please do	
45	The legacy of Prof Olle Johansson – The personal cost of seeing the truth	https://youtu.be/P4SpKIN1DSE
46	The legacy of Prof Olle Johansson – The beginning	https://youtu.be/5U27nfJHxu4
47	Hidden equipment or installations causing EHS symptoms	https://youtu.be/dD0kkNcJ47w
48	The legacy of Prof Olle Johansson – Early research – Dermalogical results	https://youtu.be/nB8_XuAFZjM
49	The legacy of Prof Olle Johansson – Challenges with researching the health effects of EMF (1)	https://youtu.be/Vu-rU5z92Uw
50	The legacy of Prof Olle Johansson – Challenges with researching the health effects of EMF (2)	https://youtu.be/QdLXyFgZmxE
51	The legacy of Prof Olle Johansson – Debunking mass media psychosis	https://youtu.be/hj9q248oRBA
52	The legacy of Prof Olle Johansson – EMF and Mast Cell Activation	https://youtu.be/ziKfirNc7I4
53	The legacy of Prof Olle Johansson – Dendritic cells and EHS	https://youtu.be/CUdOxGSdUcM
54	The legacy of Prof Olle Johansson – The lack of research on EMF health effects on humans	https://youtu.be/Dolgr0v929I
55	The legacy of Prof Olle Johansson – Happy Birthday	https://youtu.be/0pDvsFFOo5I
56	The legacy of Prof Olle Johansson – His Calling	https://youtu.be/75GGbr4nUpk
57	The legacy of Prof Olle Johansson – Skin penetration	https://youtu.be/qPZhmRb-Zwo
58	The legacy of Prof Olle Johansson – EHS and nerve fibres	https://youtu.be/HYgyYfzsNfc
59	The legacy of Prof Olle Johansson – EHS and MCS	https://youtu.be/29_LrHpgmnE
60	The legacy of Prof Olle Johansson – Amalgams and toxicity	https://youtu.be/MVlrxTky9gM
61	The legacy of Prof Olle Johansson – Scientific Research that EHS is real	https://youtu.be/zlWmaql-3g
62	The legacy of Prof Olle Johansson – Why contradictory research?	https://youtu.be/8X_LqIHSAiE
63	The legacy of Prof Olle Johansson – Electromagnetic fields of cell phones	https://youtu.be/UyVvXhQxndg
64	The legacy of Prof Olle Johansson – Addiction and cell phones in schools	https://youtu.be/LiP7L8dE6Ds
65	The legacy of Prof Olle Johansson – Need a break from EMF?	https://youtu.be/zifjyVYUX8M
66	The legacy of Prof Olle Johansson – Are LED's safe?	https://youtu.be/5SAxGpwPdio
67	The legacy of Prof Olle Johansson – Research post the year 2000 and typical EHS symptoms	https://youtu.be/ryza6mhXPEA
68	The legacy of Prof Olle Johansson – EHS is poorly understood and recognised. Digestive symptoms.	https://youtu.be/kOFrVZVuBuw
69	The legacy of Prof Olle Johansson – EHS Symptoms classified as ICD10	https://youtu.be/2KI_0f1u4CM
70	The legacy of Prof Olle Johansson – The effectiveness of medical EHS protocols	https://youtu.be/pMxb6cPmC4o
71	The legacy of Prof Olle Johansson – The effectiveness of EMF shielding	https://youtu.be/OT-KLYTf9TM
72	The legacy of Prof Olle Johansson – Can you be more sensitive than your electrosmog meter?	https://youtu.be/SGTYBG8UIHY
73	The legacy of Prof Olle Johansson – Can your thoughts worsen your symptoms?	https://youtu.be/hyNfSiENvXo
74	The legacy of Prof Olle Johansson – The BioInitiative Report	https://youtu.be/ZBmxdD_SKu0
75	The legacy of Prof Olle Johansson – The BioInitiative Report Continues	https://youtu.be/pTwwHVFQlnc

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76	The legacy of Prof Olle Johansson – Can research be biased?	https://youtu.be/9ghsx7WSp0I
77	The legacy of Prof Olle Johansson – Seletun statement – Scientific panel on electromagnetic field health risks	https://youtu.be/XYfjcRn9eRo
78	The legacy of Prof Olle Johansson – The Benevento resolution	https://youtu.be/m6cCV7mLazM

To order the book Navigating MCS and EHS, go to <https://forms.gle/4QnDcGRPNBxxVY626>



NAVIGATING MULTIPLE CHEMICAL SENSITIVITIES (MCS) AND ELECTROHYPERSENSITIVITY (EHS)		ON-ROUTE CLAIM YOUR LIFE BACK
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For more info, go to www.on-route.co.za