

## Lesson 3: Turbine Sickness

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Turbine sickness, like sea sickness and motion sickness, is caused by unnatural periodic movements or pressures on the body which trigger an autonomic stress reaction in the body leading to physical illness.

Our Homo erectus origins determine that we are physiologically designed to be upright. People become giddy and sick if this upright alignment along the vertical axis is upset.

Kinaesthetic receptors in the body keep us upright. But when faced with unnatural lateral periodic forces such as being tossed around in a boat, swerving in a moving vehicle, or living near a turbine, the autonomic receptors become confused, the body's natural vertical resonances are overwhelmed, and the person becomes sick.

### The Causes

Sea sickness, motion sickness, and turbine sickness trigger an autonomic stress response in the body:

**Sea Sickness** – by the forward and backward, movements of the waves

**Motion Sickness** – the stationary body experiences vibrations from the moving vehicle combined with the additional rotation components of vibration.

**Turbine Sickness** – the body remains stationary, and stress to the autonomic system occurs as the infrasonic pulsation waves impact the body. Turbine sickness is further complicated by the

additional problem of noise, vibrations, and pressure pulsations preventing people from sleeping. Sleep deprivation compounds the chronic adverse health effects experienced by people living near turbines.

### The Symptoms

**Sea sickness** – typically causes drowsiness, cold sweats, nausea, and vomiting.

**Motion sickness** – can cause sleep disturbance, cold sweats, nausea, body pains, and headaches.

**Turbine sickness** – see list below.

The Symptoms of Turbine Sickness - Reference:

[Waubra Foundation - Health Effects](#)

Turbines are a risk to human health, causing chronic psychological and physiological health problems:

- Sleep disturbance.
- Headache, including migraines.
- Tinnitus
- Ear pressure (often described as painful)
- Balance problems/dizziness
- Vertigo
- Nausea, visual blurring, Irritability
- Problems with concentration and memory
- Panic episodes
- Tachycardia (fast heart rate)

Turbine Sickness: Acute Sympathetic Nervous System 'fright & flight' symptoms and problems include:

- Tachycardia (fast heart rate)
- Arrhythmias, which residents might describe as palpitations.
- Hypertension (high blood pressure) which has been reported by some residents to be considered unstable by their treating doctor or cardiologist, and to vary in response to exposure to operating wind turbines.

**Here's a video with a bit of science behind it.**

<https://youtu.be/ywWNx3OJyuo?t=12>

## Diagnosis and Care

The susceptibility of the autonomic nervous system to both sea sickness and turbine sickness varies between individuals and often between people living in the same house or sleeping in the same bed.

Anecdotal evidence shows that women are more susceptible than men to both infrasonic pulsations causing turbine sickness and to wave motion causing sea sickness.

Both illnesses cause the body's autonomic receptors to become more sensitised to the condition.

Just as people become increasingly susceptible to sea sickness and motion sickness, so to do people become increasingly sensitised to infrasonic pulsations of turbines.

## Importantly...

People susceptible to sea sickness and motion sickness can:

- Say they are sick without the need to explain or justify their illness.
- Take travel sickness medication.
- Disembark the boat or plane.
- Move from the back to the front seat of a car.
- Choose rides carefully at fun parks.

People inflicted with turbine sickness are:

- Dismissed by local councils as pests.
- Discriminated against by government policy makers.
- Gaslighted by wind farm companies.
- Treated badly in a "high-handed" manner when submitting complaints.
- Harassed and made to undergo laborious complaint submission procedures.
- Forced to sleep elsewhere, for example in a car at the beach.  
Ref: [Bald Hills Judgement](#)
- Subjected to systematic intimidation and bullying by wind companies, local councils, and government officers.
- Forced to sell up and leave their home or family farm.
- Forced to endure public ridicule from cruel, heartless, and politically motivated town and city dwellers.
- Are regarded as less important than the wind farm's renewable energy business enterprise next door.