Idiopathic environmental intolerance (IEI) refers to a group of syndromes of unclear etiology. EHS or IEI due to electromagnetic fields falls under the umbrella of IEI. EHS is a syndrome of non-specific physical and cognitive symptoms attributed to electromagnetic field exposure. Common symptoms include fatigue, muscle and joint pain, headaches, balance problems, and cognitive deficits. The etiology of EHS is unknown. Primary theories include toxigenic and psychogenic causes. Some provocation studies suggest causal physiologic effects from electromagnetic fields, including low grade inflammation and characteristic biomarkers. Many of these studies are methodologically flawed. Evidence favors psychological explanations for this phenomenon. These involve nocebo response, attribution bias, or both. Some evidence exists that EHS responds to cognitive behavioral therapy (CBT).