Electromagnetic Fields (EMF’s)

"The World Health Organization (WHO) takes seriously the concerns raised by reports about possible health effects from exposure to electromagnetic fields (EMF). Cancer, changes in behavior, memory loss, Parkinson and Alzheimer’s diseases, and many other diseases have been suggested as resulting from exposure to EMF. Everyone in the world is now exposed to a complex mix of EMF frequencies in the range 0-300 GHz. EMF has become one of the most pervasive environmental influences and exposure levels at many frequencies are increasing significantly as the technological revolution continues unabated and new applications using different parts of the spectrum are found."

World Health Organization, Geneva, Switzerland

EMF’s Are Causing Estrogen Alterations

Charles Graham, an experimental physiologist at the Midwest Research Institute (MRI) in Kansas City, Mo., says that magnetic fields can alter two hormones that affect cancer risk -- estrogen and testosterone. Overnight exposure of women to elevated levels of EMFs in the laboratory significantly increased estrogen. Studies have shown that high levels of estrogen over many years can increase a woman's risk of getting breast cancer. In men, the EMF exposure reduced levels of testosterone—a hormone drop that has been linked to testicular and prostate cancers.

Icon magazine has reported several studies (such as the Boston Nurses study, the Scandinavian Airlines study, the Seattle Study by Davis et al 2001, and the Danish study by Hansen in 2001), “which indicate that long-term night-shift work and disrupted sleep patterns increase breast cancer risk.” (3) Melatonin regulates our sleep patterns and therefore anything that changes our melatonin production needs to be carefully controlled to prevent breast cancer.

Specifically, there is now accumulating scientific evidence that electromagnetic fields are harmful to the body, with many websites using the phrasing that we are getting “100 million” times more radiation than our ancestors did.
Scientifically, there have been some important intellectual changes made in how our bodies function in the last fifteen or so years. Although Eastern science has always believed that the body is made up of energy systems called meridians, it wasn’t until the 1980’s that these fields were quantified and acknowledged as controlling different parts of our bodies. In 1995, the National Institute of Science defined the term “biofield” based on the strong evidence for this type of body energy. Better late than never, I always say-- but doesn’t that make us thousands of years behind?

All of life, including the human body, is composed of subtle electrical fields. The earth emits a natural electrical field, and our bodies are closely tied to this frequency, the frequency of the natural world around us. In contrast, the electromagnetic fields emitted by the technological advances in our world have frequencies hundreds, thousands and even millions of times stronger. Over time exposure to these fields can put stress on your system and cause many health problems. Some people are more sensitive to EMF's than others.

**EMF’s Cause Long Term Health Problems**

According to Dr. Neil Cherry, a biophysicist fro New Zealand, humans are very good conductors of microwave transmitted signals. Our bodies are actually electromagnetic instruments of great sensitivity that support a variety of electrical vibrations. When this biofield is bombarded with frequencies either man-made or from the earth, disruptions occur that cause long term health problems. Some of the more common effects associated with short term exposure to electromagnetic fields EMF include:

- Memory Loss
- Depression
- Loss of Energy
- Irritability
- Inability To Concentrate
- Weakened Immune System
- Chronic Fatigue
- Headaches
- Tiredness

Numerous studies from leading scientists have linked long-term EMF exposure to increased risks for:

- Heart disease,
- Cancer,
- Leukemia,
- Brain tumor,
- Alzheimer's disease,
- Parkinson's disease,
• Depression and suicide,
• Fatigue,
• Asthma,
• and others.

Are Americans Protected?

There's a heated debate as to what electromagnetic field (EMF) level is considered safe. Since the experts have not come to a consensus, you'll have to decide for yourself... Many government and utility documents report the usual ambient level of 60-Hz magnetic field to be 0.5 mG. Thus, any reading higher than 0.5 mG is above the "usual" ambient exposure.

I go by this tiny bit of extraordinary information: During the Cold War, the Russians used microwave bombardment to make US embassy personal radiation-sick at an average exposure level of only .01 microwatts/cm². Today’s federal exposure standards allow any neighborhood to be zapped with at least 580 microwatts per square centimeter, or higher. I don’t have a master in mathematics, but my calculations show the government is allowing us to be bombarded at 58,000 times what made our embassy personnel sick. We are in terrible danger. We are not being protected by our own government.

The comparison has been made to the tobacco and lung cancer debacle that lasted for decades with cover-ups from the cell phone industry. Serious scientific studies point out the dangers of microwave radiation. Of course, the industry has countered these reports by sponsoring their own studies which are biased in their experimental design to favor conditions expected to show no effects. Sounds familiar. It should come as no surprise that their experiments use single frequencies at very low radiation doses, while the cell phone actually uses multiple frequencies of high radiation doses. The cell phone industry has known since the 1990’s of brain tumors and cancer from cell phone usage, yet has managed to bury this information.

Where is the Danger Coming From?

EMF's are the fields created by electrical wiring, appliances, cellular phones, electronic toys, hair dryers, microwaves, GPS systems in our vehicles, computers, satellites, and all of the technological devices we rely on in our lives.

Here’s a few statistics that point out the dangers of appliances we depend on daily.

You do risk cancer from gabbing away on your cell phone despite media reports and reassuring government statements that say there is no demonstrated danger in using the omnipresent devices. Cell Phone Dangers are Real. Overall the studies failed to refute the alarming findings of lab experiments that appear to link cell phones to cancer by showing that human blood cells exposed to cell phone radiation suffered genetic damage, damage cancer experts consider to be a diagnostic marker of 'high risk' for developing tumors. " NewsMax.com Tuesday, May 1, 2001
The (British) Government insists Wi-Fi is safe, but a Panorama investigation shows that radio frequency radiation levels in some schools are up to three times the level found in the main beam of intensity from mobile phone masts. There have been no studies on the health effects of Wi-Fi equipment, but thousands on mobile phones and masts. The radiation Wi-Fi emits is similar to that from mobile phone masts. It is an unavoidable by-product of going wireless. "**Wi-Fi: A Warning Signal**, Panorama, Monday, 8.30pm, BBC1, Story from BBC NEWS: Published: May 20, 2007

Research from Sweden suggests that cordless phones may even be more dangerous than cell phones.

"Having a cordless phone in your house can be 100 times more of a health risk than using a mobile. The popular phones constantly blast out high levels of radiation - even when they are not in use. Landlines are widely thought a safer option than mobiles. But researchers in Sweden now warn [cordless phones are far more likely to cause brain tumors than today’s mobiles.](http://news.bbc.co.uk/2/hi/health/5341558.stm)" News of the World, Robbie Collin, February 5, 2006

### Protective EMF Products

Our manmade AC (alternating current) is in direct opposition to the natural DC (direct current) of the earth. Many of the new protective EMF devices of this decade will be touting the benefits of neutralizing harmful static caused by billions of appliances and man-made gizmos that we now absolutely cannot live without. They usually work with the natural harmonic resonant frequency of the earth which is 7.83 Hz and known as the Schumann Resonance Frequency. This frequency is recognized to sustain life on earth (see geopathic stress chapter). By using a 7-9 Hz frequency to cancel or mitigate the harmful frequencies, many devices should be helpful in balancing and strengthening the natural protective energy field of the human body.

I want to give you enough informed information that you will want do your own research and figure out how you want to protect yourself. There are enough products that I have not been able to test them all. But, I believe it is vital to our future health, especially our breasts since women tend to wear a built in antenna for all these frequencies: underwire bras.

Basically there are two types of products on the market for protecting yourself from EMF’s: products made from natural gems and crystals, and man-made neutralizers.

### Gems and Crystals

The use of crystals and gemstones has been recorded in almost every ancient civilization as a form of healing and changing consciousness. Throughout history preparations made from gem elixirs or gems have been used not only in India and Tibet, but also in Arabic countries and Europe. Native Americans also used the science of gem therapy long before the Europeans arrived here.
I noticed a particular affinity for a chunky turquoise necklace and earrings as I worked on my computer for this e-book. They just soothed me and seemed to help me keep my ideas flowing. Then I added a large amethyst quartz necklace that my husband said was gaudy—but I loved it for it’s calming effect on my nerves. I also added a malachite necklace with irregular stones and sizes, simply because I liked the feel of them.

Here’s what I learned about these stones I had been drawn to buy, compliments of Gem Elixirs and Vibrational Healing. (7)

*Turquoise is a profound master healer. Master enhancers in the color spectrum. Strengthens the entire anatomy and is an aid in all diseases, including the miasma. All nutrients are better absorbed, and all the chakras, meridians, nadis and subtle bodies are strengthened and aligned. In addition, general tissue regeneration is stimulated. Whenever a vibrational remedy stimulates tissue regeneration, it tends to stimulate absorption of many or all nutrients. Can be used in nutrient-deficient diseases such as anorexia nervosa. Also increases circulatory flows to the muscular tissue, especially when there are torn tendons or ligaments. There may also be a lack of oxygen, toxemia, or stress in the muscle tissue. A powerful protector against any environmental pollutants. Notably protects one from background radiation. Better communication skills develop.*

*Amethyst quartz augments the activity of the pancreas, the pituitary, thymus and thyroid glands. Metabolism is balanced, while it stimulates the midbrain and right brain activity. Left-right brain imbalances such as autism, dyslexia, epilepsy, neurological, discharges, physical coordination problems and visual problems are eased. The pineal and pituitary glands are enhanced. On the cellular level, amethyst stimulates tissue regeneration and increases red corpuscle production. Diseases associated with the pituitary, diseases involving a collapse in the immune system and those influencing blood sugar levels, such as diabetes and hypoglycemia, can be treated with this preparation. Fatty tissues dissolve, and chelation is activated. Also has some impact on the tubercular miasm and offers some protection against radiation. Amplified thoughts, increase intuition.*

*Malachite is used to promote sleep, strengthen the eyes, head, kidneys, pancreas, spleen, stomach and increase lactation. Cardiac pain, cancerous tumors, cholera, colic, infection, leukemia, rheumatis, vertigo and ulcers ease while fertility increases. Impact on left-right brain imbalances. Expels plutonium, which often lodges in the throat region. People living near nuclear power plants or nuclear storage facilities or who are constantly exposed to radiation from other causes should usually wear this stone and keep pieces in the house for protection. (7)*

Now I was on a roll, and the ideas just kept falling into place.

A new acquaintance (and now a close friend) gave me a phenomenal piece of information about quartz. Lorraine simply asked “Did you know that they sell quartz crystals by their frequency?”

Crystals have already been proven; they just haven’t gained a lot of acceptance.
We have used quartz crystals for years in a variety of electrical equipment, quartz movements, clocks and others. The crystals can be bought according to their frequency range. ILSI of America sells crystals from 3.2 Hz to 192 Khz. According to their website, “the vibrational mode is a piezoelectric effect of quartz crystal. The mode of vibration of quartz crystal varies with crystal cuts such as Thickness-shear for AT cuts and BT cuts, or Length-width-flexure for tuning fork crystals (+2ºX) cut, or Face-shear for CT, DT cuts. The most popular cut is the AT-cut which offers a symmetrical frequency shift over a wide temperature change.” (4) That’s a lot of jargon to describe quartz crystal vibrations. Who would have known?

My body had already verified what generations of people have known. Quartz crystals and gemstones such as malachite, and turquoise possess unique compositions which enable them to neutralize radiations. These stones work as natural filters for energy. Silver is also a powerful neutralizer.

Some of our jewelry can protect our body everyday by neutralizing harmful frequencies that we are bombarded with. I went through my jewelry and used muscle testing (see chapter on muscle testing) to learn what would or would not protect me. It’s great to wear jewelry with a purpose. And now, I never feel bad about adding to my collection. And it’s even better to give as a gift, knowing I am giving something beautiful and protective.

Organically Derived Products

Aulterra is an organic compound derived from a rare crystalline rock found in only two known sites in the world. Tests conducted on the rock powder in 1995 concluded that this unique substance reacted with the earth's electromagnetic fields and neutralized radiation. Realizing the personal health and wellness benefits this substance has on neutralizing EMF radiation, Kim Dandurand, founder and CEO of Aulterra International, developed a personal protection device, known as the Aulterra Neutralizer. (5)

Himalayan salt crystal lamps are thought to be absurd by many people who use crystals unknowingly in their own homes in many applications. According to one website, “The surface of the crystal salt lamp draws humidity as it warms up, building up an ionic field. Undesirable positive ions are bound with the negative ions generated by the crystal salt lamp. This way the electric charge of the air in the room is neutralized. This produces a comfortable and beneficial atmosphere.

Crystal salt lamps, with their pleasant colors, also have a therapeutic and healing effect. For instance, in tests with hyper active children, or with sleeping and concentration problems, it was established that these symptoms diminished within a week of starting the use of the lamp.

In the USA, 28 hospitals utilized crystal salt lamps in cancer therapies as a natural radiation because the positive changes were proven.” (6)
Here are a few examples I found on the internet of products using natural stones and or precious metals. I purchased the Q-link and Aulterra neutralizers and simply muscle tested the product. They passed muster—effectively neutralizing radiation from my cell phone.

<table>
<thead>
<tr>
<th>Amethyst quartz necklace</th>
<th>Silver Q-link pendant</th>
<th>Aulterra neutralizers</th>
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<td>from <a href="http://www.zeropointglobal.com">www.zeropointglobal.com</a></td>
<td>from <a href="http://www.clearemfr.com">www.clearemfr.com</a></td>
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My favorite jewelry is from Silpada. Anyone can pick up a necklace or bracelet at a private show (turquoise, malachite, silver, all quartz and many combination pieces) and muscle test with a cell phone in your hand to know which pieces are protective. Here are a few of my favorites:
Man-made neutralizers

Another grouping of protection devices for EMF’s is completely man-made. There are many materials that have been developed for shielding people from EMF’s. One, for example, that has been reasonably well-studied, and actually used clinically, is Farabloc. This site has many fabrics for shielding electric fields and one suggestion for magnetic fields: www.lessemf.com

Another site, www.earthcalm.com had an in-depth explanation about how to protect your whole home from EMF’s. In a nutshell, it’s basically saying that “If two AC fields stand at right angles to each other, as in every electrified corner in a house, and a DC field is present, as provided by the earth, then energy is actually transferred from the electrical wiring into the nervous system of people within the grid.” This causes all the health problems that are being reported according to this website.

They use a whole house neutralizer pictured below. I found that the product did neutralize my plug-ins, appliances, TV, and microwave using muscle testing.

Other Protection Ideas

There are some common sense procedures that are easy to implement and very effective.
• In your bedroom, place all electric devices such as clock radios at least 6 ft. from your head while sleeping (includes TVs with their clocks operating and telephone chargers). "Electric clocks have a very high magnetic field, as much as 5 to 10 mG up to three feet away. If you are using a bedside clock, you are probably sleeping in an EMF equivalent to that of a powerline "according to Dr. Mercola. (8)

• Turn off your computers at night if they are in your bedroom, but it is much better to have all electrical devices out of your room. Do not use electric blankets or heating pads to warm your bed. There are several studies associated with electrical blankets and childhood leukemia.

• Do not sleep in a room where electricity enters the home or that has the breaker box. Do not sleep within 8 feet of a large appliance.

• When using your microwave, make it a habit to stand at least 5 - 8 feet away while it is operating. Wean yourself off your microwave anyway…it changes the food you eat into cancer causing piles of chemicals with no relation to the foods we should be eating. The Russians have never allowed the use of microwaves in their country; instead they studied microwaves for war tactics.

• If you have the speaker phone option, make it a habit to always use it for cell/cordless phones. Just those few inches of holding the phone from your head reduces EMF exposure to your brain. In addition, either with or without your speaker phone, consider twisting or holding the antenna of the phone as far away as possible from your head when you are speaking. You thereby greatly reduce exposure levels during transmittal.

• Never carry your cell phone on you—studies are being done with pregnant mothers who carried their cell phones. Prostate cancer in men may be linked to more of them carrying phones on their belts or in their pockets. The batteries powering mobile phones give off 217 Hz pulses and these can induce relatively strong currents in the human body. **Absolutely keep your cell phone out of your purse if you carry it under your arm, next to your bustline.**

• Keep your cell phone with you for emergencies. Do not use it while driving—it causes more accidents, let alone giving you enough radiation to make your head glow in the dark….

• Use a wired headset to limit your exposure to the cell phone -- ideally, an air tube headset that conducts sound but prevents any radiation from traveling up the wire to your brain. Also, make sure the wire is SHIELDED, which prevents it from acting as an antenna that could attract more information-carrying radio waves directly to your brain.

• Never use a Bluetooth wireless—it puts huge amounts of frequencies directly into your ear whether you are talking or not.

• If you have any land-based (non-cellular) portable phones, do NOT use anything other than the 900 MHz phones, as the Gigahertz phones stay on continuously,
blasting you with information-carrying radio waves 24/7. Remember they may be 100 times more dangerous to use than our cell phones.

- Limit your calls inside buildings. Do not use your cell phone when the reception is bad…the phone is working harder and puts out more radiation.

- Your WiFi router should be as far away as possible from daily activity. Mine is in a spare bedroom in the basement that we hardly ever use.

- EMF’s radiate from all sides of the computer. Thus, you must not only be concerned with sitting in front of the monitor but also if you are sitting near a computer or if a computer is operating in a nearby room. Dr. Mercola says “it is important that you measure your EMF exposure with a Gauss meter and review the literature concerning the health impacts of computer use.” (4) Do your own research and find something for your computer. They are many ideas available online from vendors. Set your desk area up in where there is little traffic…not in the middle of your kitchen table. Never set with your laptop computer on your lap. I have done this before and actually noted the heat coming from my computer…now I recognize the heat for what it is: damaging microwave frequencies.

- Use hair dryers and hair blowers as little as possible. Statistics show hair stylists may have higher cancer rates because of their use of dryers all day long, although obviously the known carcinogens in hair products are also a huge factor. In addition, we know that the use of certain appliances has been associated with cancer. For instance, a 1998 National Cancer Institute (NCI) study showed that children exposed to electric blankets, hair dryers or video games had significant higher rates of acute lymphoblastic leukemia. A number of other appliances, including curling irons, were also linked to cancer. Of course, there were inconsistencies in the studies…but it never hurts to err on the side of caution.

It is something that we can actively change to control our lives. A little less talking on our cell phones could make a big difference years down the road.