

How Does Electro-Pollution Possibly Affect my Health?

Our goal is to assist you to be as electro-magnetically safe as possible within your space, as regards your health. There are a number of illnesses or medical conditions that appear to be commonly associated with overexposure to electric or magnetic fields (building wiring) and/or microwave radiation (cell phones, wireless devices, DECT cordless phones etc.). One example of a range of symptoms associated with Electro-Pollution is Radio Wave Sickness which has been recognised since about 1868 when it was originally called Neurasthenia. This new set of symptoms became common with telegraph and later telephone operators in the early 20th century and was later 'rediscovered' and renamed 'Radio Wave Sickness' by Russian doctors, possibly sometime in the 1960s (Firstenberg, 2001). Radio Wave Sickness has now been renamed EHS (Electrical Hyper Sensitivity) and it has been estimated that up to 3% of any population are hypersensitive and that up to 30% may have some sensitivity to electro-magnetic radiation.

Symptoms of Radio Wave Sickness

- *Neurological: headaches, dizziness, nausea, difficulty concentrating, memory loss, irritability, depression, anxiety, insomnia, fatigue, weakness, tremors, muscle spasms, numbness, tingling, altered reflexes, muscle and joint pain, leg/foot pain, "Flu-like" symptoms, fever. More severe reactions can include seizures, paralysis, psychosis and stroke.*
- *Cardiac: palpitations, arrhythmias, pain or pressure in the chest, low or high blood pressure, slow or fast heart rate, shortness of breath.*
- *Respiratory: sinusitis, bronchitis, pneumonia, asthma.*
- *Dermatological: skin rash, itching, burning, facial flushing.*
- *Ophthalmologic: pain or burning in the eyes, pressure in/behind the eyes, deteriorating vision, floaters, cataracts.*
- *Others: digestive problems; abdominal pain; enlarged thyroid, testicular/ovarian pain; dryness of lips, tongue, mouth, eyes; great thirst; dehydration; nosebleeds; internal bleeding; altered sugar metabolism; immune abnormalities; redistribution of metals within the body; hair loss; pain in the teeth; deteriorating fillings; impaired sense of smell; ringing in the ears.*

(excerpted from No Place To Hide April, 2001)

If you would like to listen to some very interesting commentary of what some aware doctors are seeing in their practices navigate to <http://electromagnetichealth.org/audio-archives-and-more/> and I would highly recommend that you listen to all of these recordings but in particular Dietrich Klinghardt, MD, PhD, and Thomas M. Rau, MD, Medical Director, Paracelsus Clinic, Switzerland. Regarding cell phone safety, I would also recommend that you go here, http://articles.mercola.com/sites/articles/archive/2012/06/16/emf-safety-tips.aspx?e_cid=20120616_DNL_art_1 and that you read the page and watch the videos.

Also in a recent TV interview, Dr Charlie Teo, a leading neurosurgeon in Australia said that malignant brain cancers kill someone in Australia every 8 hours and that this is the main cause of death from cancer in children and adults up to the age of 39, and that they are significantly on the increase. A link to this interview is at <http://www.emfacts.com/2012/04/an-interview-with-dr-charlie-teo-brain-cancer-awareness/>.

Another interesting comment from our electrical contractor is that he frequently finds hyperactive children when he visits a home. The first thing he does is switch off the mains power and almost always finds that the children calm down after this. Do you remember how calm it feels when there is a power cut?

Hints on How to be More EMF Safe

(These hints should be considered after you have tested your space and made it as safe as possible.)

- Until you are completely sure it is safe, decide not to use a mobile phone held to your head. Text, use the speakerphone facility or use an air-tube headset. Ordinary and Bluetooth headsets inject their signal into the brain via the ear-canal and thus compound exposure. At a minimum follow the manufacturer's instructions that say to hold the phone the required distance away from your ear (typically about 20mm). Pregnant women & children should avoid using a mobile phone or any other wireless device.
- Wait a few seconds after pressing 'Send/Call'. That way, the higher intensity call-setup is likely to be completed before the transmitting antenna is near to the delicate tissues of your brain, eyes and face. If you have a smartphone download the Tawkon application to monitor your exposure.
- Do not carry a mobile phone on your body or near an infant's head e.g. in a handbag on the back of a push-chair. Mobiles wirelessly communicate with their networks the whole time they are on. We have mobile phone shielding pouches for sale which can reduce exposure.
- Children, with their smaller heads, developing brains, immature immune systems and longer anticipated lifetime exposures are at greater risk from all types of electro-pollution. Be safe and act responsibly around them. Children under the age of 16 should only use a mobile phone as an emergency device. Children especially, but adults as well, should definitely not have an operational phone in a bedroom at night. Charge it in another room or preferably turn it off altogether overnight
- Mobile phones in poor reception areas such as lifts, underground car parks, vehicles and especially planes and within insulated office blocks and homes have to increase their transmitting power to operate. Typically 70% of the radiated microwave energy goes into the user's head. Simply waiting until you are in a good reception area before using your mobile will reduce your exposure.
- In your bedroom; do not use your phone as an alarm clock, do not have any plugged in appliances within 1.5 m of your bed, and use a battery alarm clock or battery alarm radio. In general substitute plugged in appliances which come near your body with battery powered appliances, e.g. battery shavers rather than plugged in shavers. If you must use an electric blanket then unplug it from the wall before going to sleep. Avoid having any metal in or around your bed, including inner sprung mattresses and metal framed beds. These act as an antenna for electro-pollution. On the opposite side of this, Earthing sheets can be very beneficial in reducing electric fields and body voltage readings. We can supply a full range of Earthing products.
- Do away with cordless phones and wireless baby monitors. They emit a constant stream of pulsed digital microwave radiation, often close to where people and babies spend a significant proportion of their time. Choose to use a wired phone or intercom. In many cases the output from a cordless phone is significantly higher than a mobile phone. If you must have a cordless phone, then use a Siemens Gigaset Eco DECT phone which will only transmit when in use. We can source and set up these phones up for you.
- Never place a laptop or tablet computer in your lap. Never hold a wirelessly enabled device such as an e-reader or games controller close to your abdomen.

- Do not stay in the same room as an operating microwave oven. Never use one to heat plates or other low-water-content items as microwave leakage increases significantly.
- Minimise the time you spend next to electric cookers (particularly induction hobs), central heating/hot water boilers or pumps, immersion heaters, hair dryers or vacuum cleaners when they are on, they can have very high electro-magnetic fields. Try not to stand in front of a dishwasher or other appliance when preparing food.
- Turn off at the wall as many appliances as possible. Turn things on to use them then turn them off at the wall. Don't leave appliances in standby mode if possible.
- Make your home a Wi-Fi free space. The majority of computers connect to the internet better and work at a faster speed when connected by cable. If you have to have wireless for an iPad or phone update, set up your system so that the wireless router can be turned on just for the time you need to use it and then turned off again. At a minimum, wireless routers should definitely be turned off at night while you sleep or when you are not using them. We have significant experience in this area and can assist in a safer setup for Internet use.
- If possible avoid the use of underwire bras. The parabola shape of the metal may act to focus any radio waves into the breast, and the metal may accentuate electric and magnetic fields which may be hazardous. Definitely do not use a bra as a cell phone holder. To see the effects of this go to www.youtube.com and search for "Cell Phone Radiation & Breast Cancer"
- Avoid and/or remove amalgam fillings. These and braces can act as aerials for radio frequency radiation and can accentuate exposure. Kids with braces should have minimal mobile phone/Wi-Fi exposure.
- Measure the Dirty Electricity output of any plugged in appliance before you purchase it. Why go to the trouble of getting you space safe, then adding a polluting appliance to it. Stetzer meters used to measure Dirty Electricity are available for purchase or hire from us.
- Where possible use the old style incandescent bulbs. Do not use CFL light bulbs. They may save you some small amount of electricity but they are hazardous for a number of reasons. The transformers used in halogen lights can also add significant electric and magnetic fields and should be either avoided or checked for electro-pollution levels before purchase.

References

Firstenberg, A.[2001] "Radio Wave Packet" , (Online) Available :
http://www.dirtyelectricity.ca/images/radio_wave_packet.pdf [20 April 2012]

excerpted from No Place To Hide [2001] (Online) Available:
<http://www.electricalpollution.com/solutions.html> [20 April 2012]

SafeSpace is available for testing and remediation of your space, either at home or your place of work. We can also help with pre-purchase audits of property to ensure you are not buying a potential health hazard. SafeSpace is also the New Zealand importer of Stetzer Filters for the reduction of Dirty Electricity and other emf (electro-magnetic field) testing and low emf products. www.safespace.net.nz

(Remediation- the action of remedying something, especially the reversal or stopping of damage to the environment.)

And above all, laugh, love and be generous with your smile.