

ELECTROMAGNETIC FIELDS (EMF) EFFECTS ON GENERAL HEALTH

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Preamble

As a ghost hunter, I am always studying and learning new things about ghost hunting. I had known about the problem with high EMF readings, when people are exposed to high EMF for a long period of time it would have an affect on that person. I knew that they could feel as though they are being watched, see and hear things.

I had a case not to far away from Jordan where the whole house had a high EMF reading. For this case, I assumed that this was the cause of the haunting that was happening in the house. I did more research on the subject and I was quite surprised at the number of other health problems that high an EMF reading can cause.

There is really no escaping EMF. It's everywhere. Some common household items that can produce EMF include: microwave ovens, electric ranges, heated aquariums, plug-in-analog clocks, blow dryers, heated waterbeds, electric blankets, electric baseboard heat, table fans, fluorescent lights, cellular phones, electric space heaters, computer monitors, knob & tube wiring.

The good news is that the affects are reversible. Once away from the high readings the body has a chance to heal it's self.

I am posting a hand out that I am bringing to my clients that I find have such a problem. I would suggest that people check their homes for this. Not because you will see a ghost if you don't...it's because of the various health issues that are involved.

ELECTROMAGNETIC FIELDS (EMF) EFFECTS ON GENERAL HEALTH

1. Introduction

Where do EMF emissions come from? Electricity is the unseen helper of our times. It's taken for granted most of the time but it may be harming us. EMFs are stronger relative to the strength of current, and its intensity falls off quickly with distance from the source. If, for example, currents leaving and entering are a home not equal, an "inequity" can create a magnetic field along the service drop (where the electricity is fed into the house).

Commonly, the current enters the home by way of a transformer on a hydro pole which reduces the voltage to the service drop and on through to the meter. From here it travels throughout the home's wiring, receptacles, fixtures, appliances, etc. It then returns through the electrical panel to exit back to the pole on the street. Some current can even travel along the grounding wire attached to the home's water pipes. Homes located near high voltage, overhead transmission lines can be a concern as well. The electric power industry is looking for ways to reduce the publics exposure to the lines magnetic fields.

It is not disputed that electromagnetic fields above certain levels can trigger biological effects.

Experiments with healthy volunteers indicate that short-term exposure at the levels present in the environment or in the home do not cause any apparent detrimental effects. Exposures to higher levels that might be harmful are restricted by national and international guidelines.

Some members of the public have attributed a diffuse collection of symptoms to low levels of exposure to electromagnetic fields at home. Reported symptoms include headaches, anxiety, suicide and depression, nausea, fatigue and loss of libido.

Electrical Hypersensitivity (ES) is an illness that is both highly controversial and little understood. The symptoms can vary a lot between sufferers, but will normally include some of the following: sleep disturbance, tiredness, depression, headaches, restlessness, irritability, concentration problems, forgetfulness, learning difficulties, frequent infections, blood pressure changes, limb and joint pains, numbness or tingling sensations, tinnitus, hearing loss, impaired balance, giddiness and eye problems. There have been reports of cardiovascular problems such as tachycardia, though these are relatively rare.

2. Finding EMF in your Home Home Wiring

2.1. Introduction

If your home has high EMF readings, it is important to determine the sources of the EMF so that remedial action can be taken, if possible. Many times a particular room will have a higher EMF reading. Check to see if the electricity is coming into the house on the wall outside that room. When this is the case, it is usually a good idea to block off that room and only use it for storage purposes.

Sometimes, the source of a high magnetic field is incorrect wiring. If you suspect that your home is wired improperly, obtain the services of a licensed electrician. Warning: Do not touch electric wires, even if you think the current is turned off. If you need to disconnect electrical circuits to determine the source of magnetic fields, you should call a licensed electrician.

2.2. Computers

Computers are a complicated subject. Know this: EMFs 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.

2.3. Electric Blankets and Waterbeds

Electric blankets create a magnetic field that penetrates about 6-7 inches into the body. Thus it is not surprising that an epidemiological study has linked electric blankets with miscarriages and childhood leukemia.

2.4. Electric Clocks

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 Studies have linked high rates of brain tumors with chronic exposure to magnetic fields, so it is wise to place all clocks and other electrical devices (such as telephones and answering devices) at least 6 feet from your bed

2.5. Microwave Ovens and Radar

Microwave ovens and radar from military installations and airports emit two types of radiation -- microwave and ELF. Microwaves are measured in milliwatt per centimeter squared (mW/cm²) As of 1/1/93, the U.S. safety limit for microwave exposure is 1 mW/cm², down from a previous 10 mW/cm².

The Russian safety limit is .01 mW/cm². All microwave ovens leak and exceed the Russian safety limit. In addition, recent Russian studies have shown that normal microwave cooking converts food protein molecules into carcinogenic substances.

2.6. Telephones and Answering Machines

Telephones can emit surprisingly strong EMFs, especially from the handset. This is a problem because we hold the telephone so close to our head. Place the Gauss meter right against the ear piece and the mouth piece before buying a phone.

Some brands emit no measurable fields and others emit strong fields that travel several inches....right into your brain. Answering machines, particular those with adapter plugs (mini-transformers), give off high levels of EMFs.

3. Prudent Avoidance

3.1. Introduction

Electricity is an inseparable part of our modern day society. This means that EMFs will continue to be all around us. But as *Discover Magazine* postulated, aside from making our life easier, is electricity also making our lives shorter?

Most experts agree that limited, non-chronic exposure to EMFs is not a threat. For example, it is probably acceptable for a person to be near a toaster in the morning.

BUT, it is not advisable for a person to sleep under an electric blanket, up close, live near a powerline/substation, and sleep in a room where the power enters the home. This person is under an extreme case of chronic exposure.

3.2. Environmental Protection Agency's advice

If you wish to follow the EPA's advice and practice "prudent avoidance" then the following advice is offered:

- Measure your home, work and school environments with a Gauss meter
Measure EMFs both inside and outside your home.

- Don't let your children play near power lines, transformers, radar domes and microwave towers.
- Avoid areas where the field is above 1 mG. Measure the EMFs from appliances both when they are operating and when they are turned off. Some appliances (like TVs) are still drawing current even when they are off.
- Don't sleep under an electric blanket or on a waterbed. If you insist on using these, unplug them before going to bed (don't just turn it off). Even though there is no magnetic field when they are turned off, there may still be a high electric field.
- Don't sit too close to your TV set. Distance yourself at least 6 feet away. Use a Gauss meter to help you decide where it is safe to sit.
- Rearrange your office and home area so that you are not exposed to EMFs from the sides/back of electric appliances and computers.
- In the home, it is best that all major electrical appliances, such as computers, TVs, refrigerators etc, be placed up against outside walls. That way you are not creating an EMF field in the adjoining room.
- Don't sit too close to your computer. Computer monitors vary greatly in the strength of their EMFs, so you should check yours with a meter.
- Don't stand close to your microwave oven. Move all electrical appliances at least 6 feet from your bed.
- Eliminate wires running under your bed. Eliminate dimmers and 3-way switches.
- Be wary of cordless appliances such as electric toothbrushes and razors. You may choose not to wear a quartz-analog watch because it radiates pulsating EMFs along your acupuncture meridians.
- An older mechanical windup watch would be an acceptable alternative.
- It is also recommended to wear as little jewelry as possible and to take it off at night. Many people have metal sensitivity which can be aggravated by placing it right on the skin. Measure with a gauss meter to be sure.
- And last, but not least, always always always remember that EMFs pass right through walls. The EMF you are reading on your Gauss meter could be radiating from the next room...or from outside your home.

4. References

For general information on the toxicity of chemicals and electro magnetic fields etc. and ways to mitigate their impact see: <http://www.REBprotocol.net>

Power watch <http://www.powerwatch.org.uk/>

Ohio Inspections group

http://www.ohioinspectionsgroup.com/index.php?option=com_content&task=vi...

Dangers of EMF http://www.mercola.com/article/emf/emf_dangers.htm

