Electromagnetic fields

Proposed intensity guidelines for long term exposures[1]

Description	Ideal	Weak	Strong	Extreme
Electric fields 60Hz AC				
Volts/metre V/m	*< 1 V/m*	*1 - 5*	*5 - 50*	*> 50*
Body Voltage milli *Volts* mV	*< 10 mV*	*10 –100*	*100-1000*	*> 1000*
Magnetic fields 60 Hz AC				
microTesla µT	*< 0.02 µT*	*0.02 – 0.1*	*0.1 – 0.5*	*> 0.5*
nanoTesla nT	*< 20 nT*	*20 - 100*	*100 - 500*	*> 500*
milli Gauss mG	*< 0.2 mG*	*0.2 - 1*	*1 - 5*	*> 5*
Electromagnetic fields Radio & Microwaves				
microwatts/m^2 *µW/m^2*	*< 0.1 µW/m^2*	*0.1 -10*	*10 - 1000*	*> 1000*
European Council Inside Exposure :	*< 100 µW/m^2*			
Outside Exposure :	*< 1000 µW/m^2*			

< = Smaller than *> = Greater than*

[1]Source: SMB 2008 Copyright © 2008- **BAUBIOLOGIE** MAES, Schorlemerstr. 87 D-41464 Neuss Tel:02131-43741 www.maes.de
Complies with BioInitiative 2012 recommendations, www.bioinitiative.org

Symptoms guide[2]

50 / 60 Hz magnetic fields:

- Weakened immune system
- Accelerated cancer
- Unrefreshing sleep
- Endocrine disorders
- Leukemia

50 / 60 Hz electric fields:

- Multiple allergies (and "electrosensitivity")
- Nervous system disorders
- Skin disorders
- Decrease in lymphocytes

Radiofrequency & microwave:

- Mental disorientation
- Reflex and reaction-time alterations
- Accelerated visual loss and cataracts
- Speech difficulties
- Neurovegetativs disturbances

Should you note such symptoms and cannot find a plausible cause-effect relationship for the individual involved, consider the possibility of an electromagnetic origin. A proper electromagnetic survey may confirm the source of the difficulty by matching lifestyle with exposure conditions. Sometimes the dealing with the electromagnetic source(s) may remove symptom.

[2] Source: Planetary Association for Clean Energy, Inc.