

Living a *Naturally Healthy* life in our electromagnetic world!

Lloyd Burrell

ElectricSense

EMFs: The Silent Killer In Your Home

Author: Anna Wright, Last updated: July 13, 2020

Anna Wright is 15 years old. Three years ago her brother got sick from EMFs and Mold Biotoxin Illness. Since then her family's journey has been a difficult one. Anna has been homeschooled the last three years because she's so sensitive. Her whole family is now electromagnetically hypersensitive. But Anna was inspired by attending the EMF Health Summit last year. Her parents asked her to attend the whole thing and take good notes since they were both busy working, but wanted to know more about EMFs.

So she decided to do her 9th-grade research paper on EMFs. Anna's done a wonderful job of pulling together the information shared at the EMF Health Summit and outlining some of the solutions shared by the different experts. It's an honor to publish this contribution from Anna:

Did you know that there are man-made frequencies bombarding us everyday? And no, it's not "the force". **There is harmful radiation coming from your phone and wifi router called Electromagnetic Field Radiation (EMF) or Radio Frequencies (RF).** They are affecting every single person, constantly, around the world. It's something everyone in the world should know about, but almost no one does.

In this research paper, we're going to define what "EMF" is and why you should care about it, how electromagnetic fields and radio frequencies affect us and the planet, and what we can do about this silent killer. You will learn about symptoms that you probably have right now that are caused by EMF; diseases that have been linked to it since the 1970s.

We'll explore simple steps that can be taken to heal from EMF toxicity, and allow our modern world to keep turning while still protecting ourselves, our children, our pets, and our planet. We will understand the difference between "good EMF" and "bad EMF". Lastly, I will show you how many seemingly unrelated symptoms can stem from EMF.

What Is EMF And Why Should I Care?

First, What Is "EMF"?

EMF stands for "electromagnetic field". Breast Cancer Awarness.org and the National Cancer Institute [1,2] say EMFs are, **"a type of non-ionizing radiation that emit low-frequency radiation and are caused by electromagnetic fields."**

Breast Cancer Prevention Partners says that non-ionizing radiation is considered a possible human carcinogen due to concerns about childhood leukemia and brain tumors. EMF comes from cell phones, wireless devices, wifi, and cell towers to name a few. We will be discussing what items hurt you, what effects they have on everyone, and a few of the many experiments and studies they've done that prove it's harmful.

What Objects Are Threatening And How Do They Hurt You?

Many experts including Dr. Joseph Mercola, and Dr. David Carpenter, agree everyday household items can give off harmful EMF [3] like: hairdryers, electric toothbrushes, baby monitors, smart clocks, electric mixers, microwave ovens, blenders, PlayStations, computers, smart televisions, Bluetooth, cell phones, wifi, etc...

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Other things emit EMFs like; cell towers, 4G, 5G, power lines, dirty electricity, cars with bluetooth and wifi, and GPS. "*Challenge: See how many internet networks you can join where you are. You are probably being bathed in EMF's.*" **–Tom O'Bryan DC, CCN, DACBN.**

How To Find And Read EMF On A EMF Meter

How Do You Measure And See Where Large Quantities Of EMF Are Coming From?

This invisible "force" can be hard to understand, but there are tools anyone can learn to use to see this invisible poison. You can purchase an EMF meter that shows you the numbers of EMF and radiofrequency. It measures the signals coming out of your wifi router and other wireless devices. (View this article on choosing a good EMF Meter)

You want to have your EMF readings to be 0.1 volt per meter or below. This is the maximum for people who don't have symptoms. People who are especially sensitive to EMF [4] (called EHS or electromagnetic frequency hypersensitivity syndrome) need readings to be 0.01 V/m or below.

How Could Electronic Devices Hurt Me?

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What Gives Off EMF And RF?

The biggest offenders are cell phones. Never put your phone to your head. Why? Author Ty Bollinger, says, "*The prevalence of brain tumors is 80 – 90% on the side of people's head when answering their phones. Non-ionizing things aren't safe despite what people say. It's still hurting you and causing cancer.*"

Photo by Hassan OUAJBIR on Unsplash

Ann Louise Gittleman, Ph.D., CNS says when your body is exposed to an EMF, even the lowest amount of EMF, **you produce 20 stress proteins that are called heat shock proteins.** That means that your cortisol (steroid hormone that regulates a wide range of processes throughout the body) levels go wild and you "go on shut down" in terms of your cells and your cell membrane. Most people don't feel it, see it, smell it, and don't taste it, but little by little the constant shocking of the system is causing a major immune system depression.

Mold, EMF, And Natural EMFs

Dr. Gittleman continues to say if you have a moldy environment EMFs become much more powerful and you're going to be that much more sensitive to EMFs, but when people first figure it out, almost everyone is in denial.

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Science Direct [5] says that using any metal shielding practice blocks not only man-made polarized EMFs which cause health problems, but it (EMF metal shielding) also blocks non-polarized natural EMFs responsible for biological rhythmicity and well-being of all animals. They say "*Strong evidence on this was provided by pioneering experiments in the 1960s and 1970s, with volunteers staying in a shielded underground apartment.*" – ScienceDirect.com. This picture best explains what we are talking about.

It illustrates that if you have a Faraday cage (living underground) that blocks natural and man-made EMF, you could get sick because we need the Earth's frequencies. The bottom of the picture shows that if you don't have a Faraday cage blocking the natural EMFs then you will feel good and be healthy (while being underground).

Science Direct says that **natural EMFs are not harmful because they are unpolarized and coherent while man-made EMFs are totally polarized and incoherent.** Scientific reports from Nature.com [6] says that man-made EMFs are more bio-active then natural EMFs and that explains the biological effects from EMF.

We now understand that EMFs and radio frequencies are bad and they're hurting you, but how do they affect you? That's what we are talking about next!

Symptoms From EMF Poisoning

Did you know that the World Health Organization (IARC) designated mobile phone EMFs and RFs as a "Group 2B" meaning

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The World Health Organization, W.H.O. says [4] "*Some individuals are so severely affected that they cease work and change their entire lifestyle, while others report mild symptoms and react by avoiding the fields as best they can.*".

When you are exposed to EMF from wifi, having your phone by your head, Bluetooth, etc.. you can experience these [39,41]. symptoms:

- **Head:** headaches, dysesthesia (a painful, often itchy sensation), lack of concentration, changes in memory, dizziness, irritability, changes in electroencephalogram (which measures electrical activity in the brain), depression and depressive symptoms, anxiety
- **Sleep:** sleep disturbances, including insomnia, restlessness and anxiety
- **Appetite:** loss of appetite, and weight loss, nausea
- **Physical body:** skin burning and tingling, stabbing pains all around the body, tiredness, fatigue, and gaining weight and hard to lose

What's Happening During An EMF Exposure?

Dr. Joseph Mercola talks about some of the many brain injuries from EMF that he has seen, such as Alzheimer's, autism, anxiety, depression, and a huge one, infertility. Depending on the type of exposure you have been getting, it can cause cancer.

Lloyd Morgan, Senior Researcher at Environmental Health Trust states, "*A child has double the radiation to the brain than adults and their bone marrow has 10 times more absorption than adults.*" This shows that children are at greater risk.

Oram Miller BBEC, EMRS says **EMF's hurt you whether you feel it or not.** He says a large amount of damage is done to the brain when you put your phone on your head even for a small amount of time. It's breaking and destroying your DNA. **Up to one-third of the population have EMF problems** (this is just people who are EHS, this is not including the people who have symptoms). Most of the people who have lots of symptoms after EMF exposure are electromagnetic hypersensitive (EHS).

Trevor Marshall, Ph.D., BE, ME: "***EMF symptoms usually appear 2 days after the exposure. There are waves that are coming at us from everywhere…***"

Dr. Paul Heroux says **if we continue to chronically expose ourselves to this agent (EMFs) we may change our genetic structure, in particular, at the mitochondrial level**. They're (cell tower companies, Apple, Samsung, etc…) completely fine with having the chance to wipe out the population as long as they're still making money. The problem with engineers is that they have been told by the standard (that they invented themselves) to be unhindered in commercialization, that there aren't effects, and not to worry about them. This is a basic lie.

How Does EMF Connect With Infertility?

Ben Greenfield, Author [44] says EMF and cell phone radiation damages sperm, so men should never put phones in their pockets!

NCBI (National Center for Biotechnology Information) says that cell phones and transmission towers are both equally responsible for health effects [8]. They also say *"Our bodies act as antennas that absorb the radiation and convert it into alternating eddy currents."* (Also called Foucault's currents).

(See this article on How To Protect Yourself From Cell Phone Radiation)

They found that **devices like cell phones, wifi, microwave ovens, and laptops are increasing dramatically and its association with male infertility has been reported.**

They quote, "*Based on sufficient evidence, it has now been increasingly realized that RF-EMF radiation is pervading the environment and has therefore been mentioned under the terms 'electro-pollution' or 'electro-smog' in the list of other environmental pollutants (air, water, soil, and noise pollution).*"

They go on to say that there is a high radiation absorption rate that happens while talking on the phone. This also happens if you keep a phone near your head or in your pants pocket, putting a laptop/computer on your lap while connected to WiFi, and using microwaves.

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"*Agarwal et al. suggested that using mobile phones adversely affects the quality of semen by decreasing the sperm count, motility, viability, and morphology… Radiation-induced cancer is triggered by chromosomal damage or genomic instability.*"

An increase in chromosomal abnormalities might be a result of exposure to radiation was first reported by Martin et al. Martin et al say that **the most radiosensitive organ reported is the male testis** with the germinal epithelium including the spermatogonia which are more sensitive to exposure than other cells. They state that we are being surrounded by multiple types of ionizing and nonionizing radiations and have both been recognized as causative harmful effects on developing mature sperm. If non-ionizing radiation that comes from wifi can do that to sperm, imagine what it does to women who put their phones in their bras, or a pregnant woman and her baby, when you strap your phone to your arm if you are running, or when you put in Bluetooth AirPods in your ears right next to your brain.

Claire Edward's friend says [9] she lives in Vienna, Austria and they have put pre-5G at the Vienna airport and 5G at the Rathausplatz (the main square in Vienna), which attracts thousands of visitors throughout the year. Along with children and animals, kids are most vulnerable to 5G depredation because of their little bodies. Many people in Vienna are already reporting the classic symptoms of EMR poisoning. Symptoms like headache, nosebleeds, eye pains, vomiting, tight band around the head, pressure on the head, dizziness, chest pain, short stabbing pains around the body, buzzing internal organs, tinnitus, fatigue, flu-like symptoms, and cardiac pain.

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(To learn more about this I suggest you this article on 5G cell tower dangers.)

EHT says that long exposure to EMF increases the risk of miscarriages [40]. NCBI says, the deleterious effects on the body from EMF, particularly on the nervous system, are well known. They talk about how EMF negative affects the nervous system [42].

NCBI [8] also says "*The effects of RFR-EMF on DNA damage have been investigated and demonstrated in several studies carried out in different tissues. A DNA segment rearrangement and breakage is reported in mouse testis when exposed to RF-EMF of 2450 MHz. Furthermore, exposure to RF-EMF of 900 MHz and 1.7 GHz (remember that a wifi router reading is between 2.4 to 5GHZ) has been reported to induce DNA damage in cauda epididymal spermatozoa and embryonic stem cells in mice*" Indian J Med Res.

Authors: Kavindra Kumar Kesari, Ashok Agarwal & Ralf Henkel
https://rbej.biomedcentral.com/articles/10.1186/s12958-018-0431-1#Fig1

Next, we are talking about the different experiments experts and scientists have done that prove how EMF and radio frequencies are harmful.

Experiments That Have Been Done

What Experiments Have Been Done To Show That EMF Is Dangerous?

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Cancer Connect.com [10] reports that researchers from England and Wales studied over 29,000 kids between 0 and 14 years old and found that their risk goes up 70% when living by power lines, adding an estimated 5 additional cases to the current 400 to 420 annual childhood cases in England and Wales.

In Russia 2008, the members of the Russian National Committee on Non-Ionizing Radiation Protection [11] wrote a report titled "*CHILDREN AND MOBILE PHONES: THE HEALTH OF THE FOLLOWING GENERATIONS IS IN DANGER*". In this report, they write how for the first time ever we face a situation when children and teenagers around the world are being continuously exposed to the influence of electromagnetic fields from mobile phones. "*Electromagnetic field is* ***an important biotrophic factor, affecting not just human health in general, but also the processes of the higher nervous activity,*** *including behavior and thinking. Radiation directly affects humans' brains when people use mobile phones*."

Russian scientists believe that despite the recommendation listed in the sanitary rules of the ministry of health which insists that **people under 18 years old should not use mobile phones** (SanPiN 2.1.8/2.2.4.1190-03 point 6.9), kids and teenagers have become the target group for the marketing of mobile phones.

They talk about how the **safety standards for EMF exposure were developed for adults and don't consider the characteristic features of children's organisms.** Also saying that the absorption of EMF energy in a child's head is considerably higher than the heads of adults due to their smaller skull, higher conductivity, and more water in their brain.

The WHO, Scientific Committee of the European Commission, national authorities of the European and Asian countries, and the international scientific conferences on biological effects on EMF all confirm the dangers of EMF.
Health hazards [11] are:

- Disruption of memory
- Decline of attention
- Diminishing learning and cognitive abilities
- Increased irritability
- Sleep problems
- Increase in sensitivity to the stress
- Increased epileptic readiness
- Brain tumors
- Tumors of acoustical and vestibular nerves (in the age of 25-30 years)
- Alzheimer's disease, "got dementia"
- Depressive syndrome, and the other types of degeneration of the nervous structures of the brain (in the age of 50 to 60).

"*The members of the Russian National Committee on Non-Ionizing Radiation Protection emphasize the ultimate urgency to defend children's health from the influence of the EMF of the mobile communication systems. We appeal to the government authorities, to the entire society to pay the closest attention to this coming threat and to take adequate measures in order to prevent negative consequences to the future generation's health.*"

"The children using mobile communication are not able to realize that they subject their brain to the EMF radiation and their health to the risk. We believe that this risk is not much lower than the risk to the children's health from tobacco or alcohol. It is our professional obligation not to let it damage the children's health by inactivity."

The National Toxicology Program: US department of health and human services (or NTP) has done lots of experiments on this topic. NTP conducted a two-year toxicology study in rats and mice to clarify potential health hazards including cancer risk, from exposure to Radio Frequency Radiation like the RFR put out from 2G and 3G cell phones [12]. They operate within about 700-2700 megahertz. NTP studies found that high exposure to RFR used by wireless cell phones is associated with

"*Clear evidence of tumors in the hearts of male rats; the tumors were malignant (extremely severe or harmful in it's effects) schwannomas. Some evidence of tumors in the brains of male rats; the tumors were malignant gliomas. Some evidence of tumors in the adrenal glands of male rats; the tumors were beign, malignant, or complex combined pheochromocytoma.*"

"*NTP scientists found that RFR exposure was associated with an increase in DNA damage. Specifically, they found RFR exposure was linked with significant increases in DNA damage in the frontal cortex of the brain in male mice, the blood cells of female mice, and the hippocampus of male rats. As a follow-up, NTP published an article in October 2019 that evaluated DNA damage in three regions of the brain, the liver, and in blood cells in rats and mice..DNA damage, if not repaired, can potentially lead to tumors.*"

Lisa Henkes [13] writes "Dr. Tim Ball says that approximately five months ago there appeared a new cell tower not 100 yards from his house in a wooded suburb or the provincial capital city. He says that "*this new monstrosity*" is not itself 100 yards from an already long-existing taller cell tower. Shortly after he noticed the new tower about one month later appeared a new third tower opposite to the taller original one, also not 100 yards from it.

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animal lover and has searched for them on his walks but they are simply on where to be found.
He saw a few here and there but there were dozens suddenly missing. He also says "*The seriousness of these issues are becoming unavoidably visible and real. We're all busy with our lives, but it behooves us to look around and take note, and then act.*"

In a park in The Hague (a city in the Netherlands) **many birds have spontaneously died, falling dead in a park** [14]. When the death toll went to 297 people started to notice, "*And if you are looking around that park you see what stands on the corner of the roof across the street from where they died: a new 5G mast*". They were doing a test in connection with the Dutch railway station to see how large the range was and what environmental impact would occur on and around the station. "*If they all got heart-failure despite having healthy bodies, no signs of any virus, no bacterial infection, healthy blood, no poisons found etc., then the only reasonable explanation is that it is from* ***the new 5G Microwave cell tower interfering with all the birds' hearts!"***

"***The 5G mast heavily resonates with certain ERRATIC PULSED Microwaves (millions per second!) which can be proven to have biological effects on organs!***" Erin Elizabeth.

(See this article which answers The Big Question – Is 5G Dangerous?)

"*The known effects continue to be evidenced, as seen in field tests this past year in The Netherlands, where dairy farmers in Stitswerd-Groningen witnessed the extreme effects 5G is creating in livestock*: – Lisa Henkes [13]. The farmer said that several hundred cows from five dairy farmers simultaneously started running riot without a clear cause, their behavior looked like agony, it wasn't just a moment of frustration for the cows, it looked like a life or death situation. The most logical conclusion is that the cows' behavior was caused by the recent testing of 5G wifi exactly where Stitwerd is located."*The phenomenon has occurred since last fall. Suddenly you see that they jump and start running at the same time,"* says dairy farmer Jan Oudman. *"As they do, the walls of the stable are almost out. They sweat from the unrest. It's really anxiety*."

The National Center for Biotechnology Information (NCBI) says "***The effects of RFR-EMF on DNA damage have been investigated and demonstrated in several studies carried out in different tissues***" [15]. They found **single – and double-strand DNA breaks** in rat brain cells after acute exposure to radiofrequency electromagnetic radiation, oxidative stress sperm survival and fertility control. They say that exposure to EMF/RF has been reported to induce DNA damage in mice, well below the FCC safety limit. A wifi router puts out 2.4 – 5GHz of emf and this study found that 1.7GHz causes DNA damage in mice.

They also found (NCBI) **the estrus cycle was extended in female mice and dairy cows after being exposed to EMF for 6 weeks.** If the estrus cycle is extended it can slow down ovulation in females during the fertile period of their life and decrease the probability of fertility.

The Ramazzini Institute did the same experiment as NCBI, [16]. "*The Ramazzini study exposed 2448 Sprague-Dawley rats from prenatal life until their natural death to "environmental" cell tower radiation for 19 hours per day…*" The RF exposures mimicked emissions like those from cell tower antennas.

"*All of the exposures used in the Ramazzini study were below the US FCC limits. These are permissible exposures according to the FCC.* ***In other words, a person can legally be exposed to this level of radiation. Yet cancers occurred in these animals at these legally permitted levels.***"

"*The Ramazzini findings are consistent with the NTP study demonstrating these effects are a reproducible finding*," explained Ronald Melnick Ph.D. [17], who led the design of the NTP study on cell phone radiation. (See this article on Cell Phone Radiation Studies)

"*Governments need to strengthen regulations to protect the public from these harmful non-thermal exposures.*" – The Bio Connection.

How Does EMF Affect Plants And Animals?

Plant signaling and behavior NCBI journal [18]. The experiments found two major findings. " *The first is that all the transcripts we have shown to be upregulated had previously been found to be wound-induced…implying that tomato plants perceive and respond to low (cell-phone level) EMF as though they were injurious.*"

New World Publishing International (NWPII) [19] says "***Electromagnetic waves penetrate the animal body and act on all organs*** *altering the cell membrane potential and the distribution of ions and dipoles…These alterations may influence the biochemical processes in the cell…*" They go on to say that humans are unavoidably exposed to ambient EMFs..from things we use daily. "*The principle that electric fields can provoke biological effects has been known since the middle of the 19th century*." – NWPII.

NWPII found that "*The exposure of rats to electric fields can induce a significant increase in the levels of kidney profile creatinine (which they say can have damaging health effects on the body's function) and decreased in urea..*" NWIPPI says "*It is recommended not to allow buildings close or down to power-lines and a special protocol for buildings permission should be done in a way that exposures to such fields are omitted.*"

The International Institute of Chemical, Biological, and Environmental Engineering [20] says, "*The* ***mobile phone emitting***

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Environmental Health Trust says that EMFs habe been found to change the growth and development of plants and that EMF exposure results in biochemical changes and conclude that plants respond to EMF and are a good model to study the effects of exposures [21,23,24].

EMF exposure is found to result in physiological and morphological changes, increased micronuclei formation [25], and alter cell characteristics such as thinner cell walls and smaller mitochondria [26]. They also found that trees are damaged [22] from mobile phone masts.

As you can see, there have been a lot of experiments done, I encourage you, at the end of the paper to read the experiments and reports in detail, you can find them in my citations section.

We have learned a lot about electromagnetic fields (EMF), how our cell phones, wifi routers, and things that we use every day are affecting us even if we don't feel it yet. We have gone over what you can experience, the symptoms that you can have, and how you might have thought you were just getting to bed too late but still not being able to sleep when really you might live close to a cell tower or that wifi router in the room next to you is actually the thing making you sick and having insomnia. Lastly, we showed you and talked about a few of the prodigious experiments that researchers and scientists have done that show us without a doubt that EMF is very harmful to every living thing from humans to bees [37]. (See more scientific research on EMF here)

In this next section, we are looking at what smart meters are, how EMF and RF frequencies are affecting your kids in school and you at work, and will be hearing some personal stories from experts.

What Is A "Smart Meter" And How Can It Affect Me?

Smart Meters. Do You Know What They Are?

Smart meters can put out a lot of EMFs, they are used to track the exact amount of electricity, water, gas, and utilities you're using. They are on houses, apartments, and office buildings to name a few. (See Lloyd's smart meter shielding tips)

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"*People with smart meters in their homes have reported a sudden increase in dizziness, ear pain, memory problems, heart palpitations, anxiety, and sleep problems.*" – Amy Myers MD [27].

She goes on to say that electropollution from your smart meter can trigger auto-disease symptoms like fatigue, cognitive problems, brain fog, irritability, anxiety, and memory loss. She says if you ask your utility company if smart meters affect your health, they will most likely tell you there are no risks, even though there are innumerable amounts of evidence that shows the opposite.

Josh del Sol, producer of 2017 Take Back Your Power film [28] talks about smart meters. He discovered the negative impacts smart meters have on your health when his friend got sick. She had nausea, sleep problems, and headaches, and didn't realize that the building had installed a smart meter until after the symptoms occurred. Josh started to see that as this is just business. This is literally the cellular tower communications industry association running the FCC.

In Josh's movie, he interviewed many people to see what they knew and if they were feeling bad. Lots of people were having symptoms and one man's apartment complex was broken into to install a smart meter. A lady from an electric company that had broken down the door and began installing a smart meter, others have had that same problem.

Smart meters have been reported to catch on fire, catching whatever the meter was on on fire. Despite the insane amount of money that these companies and industries are making they have not researched smart meters to see if they're safe or not. Instead, they just offered an opt-out for anyone who didn't want a smart meter. **They are not safe, the radio frequency**

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They have not researched if smart meters are safe or not, therefore, people wouldn't know if they should get an opt-out because they don't have the information about the health hazards they face if they get one. There's a state Supreme Court video with a smart meter company [29]. They are talking about the complaints people have had from smart meters. The judges tell the smart meter company representative, isn't it the PUC's job to tell the people if there are any safety concerns or not? This is at minute 13. "Smart Attack", a 4 minute animated film tells you everything you need to know about smart meters [30].

We know that children's brains absorb a lot more radiation from wifi and cell phones than adults, but can EMF affect them in school?

Your Kids Are Being Affected In School

Did You Know That You And Your Children Are Being Affected In School And At Work?

CeCe Doucette, Director of Educational Services, BA, MA says that not one person in her district knew or understood the dangers of EMF. There was lots of denial. When our school committee read the fine print that comes with our devices, that's when they had a legal moment.

They realized that you need to keep your devices away from your body and that EMF is hurting everyone. **If you go into iPhone settings go to general, about, legal, at the bottom it says RF exposure and click on that.** When we start exposing our children to environmental toxins that can change the DNA, that means we're changing the road map to grow a proper human.

It's not that you can't use any technology, it's that when we use technology, we need to use it safely. Kids in school have behavioral issues, like ADHD , autism, nosebleeds, nausea, depression, anxiety, suicides, and can't focus, all signs of EMF exposure. Om Gandhi says, "Children have thinner skulls and smaller ears than adults", he explained, and so the radiation has a shorter distance to travel from the phone to the brain. (Every millimeter of separation makes a big difference).

In the figure above [31,32] we see the difference between a five-year-old, a ten-year-old, and an adult's brain's absorbance when exposed to the same amount of non-ionizing EMF radiation for the same duration. 835 MHz, was the frequency they used for the experiment. Our wireless devices put out more EMF than the EMF they used in this 1996 experiment. If that low EMF was doing that to people's brains back then, the amount of damage it's doing now is insane.

Can WiFi Cause Attention And Learning Problems?

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people are getting a 30-min exposure, and the guidelines do not take into consideration the effects of chronic, and much longer exposures experienced when at school, work, or residential settings."

From an article called: "Gambling With A Generation: The Dangers of EMF In Schools" [34], Dr. Martha Herbert, a pediatric neurologist and neuroscientist at Harvard Medical School, says that **EMF and RF from wifi and cell towers exert a disorganized effect of the ability to remember and learn, and can be destabilizing to metabolic and immune function.** Saying that this will make it harder for kids to learn because hundreds of kids cluster together with their phones, wifi networks at the schools, and cell towers placed hazardous close to schools.

She continues to say that the amount of EMF school kids are being exposed to each day is excessive, & these mental and physical issues are far from inevitable. She says there are a lot of things teachers and parents can do to ensure their childrens' risk of exposure is minimized. They suggest making sure teachers can turn off Wi-Fi when not absolutely necessary, ban cell phones in class, use desktop computers, not laptops, and inform students of the dangers of EMF radiation as well as educating teachers on the adverse reaction and symptoms of EMF radiation. -Indoor Doctor, Environmental Testing Professionals, Gambling with a generation.

Camilla Rees, MBA says our future is highly wireless-based – think of how schools are wired! EMF is why kids are like zombies!

Peter Sullivan, BA, MS, said that his **kids started getting really sick, having allergies, sensory overload, and light sensitivity and he realized it was from all the EMF at their school**

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CeCe Doucette, director of educational services also says the radiation from the wireless signals is causing cancer, autism in many, fertility issues, ADHD, ADD, and nosebleeds. CeCe was explaining to a school nurse how nausea, nosebleeds, dizziness, depression, anxiety, and suicidality are early symptoms of radiation poisoning, and the nurse said that she had just described her day.

Now we know why lots of children have behavior issues in class, are forgetting what they're learning, and having problems focusing. Even though children absorb a lot more radiation than adults, that doesn't mean adults don't absorb any. Everyone is absorbing radiation and being affected, at your home, your work, and your kid's schools.

Next, we are going to hear some personal stories from experts, and you can have any of these symptoms that they had/have.

Personal Stories

The Story of Daniel Pompa, PSc.D

> His symptoms were massive fatigue, insomnia, panic attacks, massive hormone problems, thyroid problems, losing hair, skinny to fat and fat to skinny, couldn't handle loud noises, couldn't even handle watching TV/movies, he would get anxious, became allergic to almost every food, got a blood test for Mad Hatter's Disease (came back negative). He would stand next to devices feeling fine at first then feeling horrible.

There is a theory that **people with heavy metals especially in their brains are more predisposed to EMFs.** Couldn't be in society he felt so bad. He discovered it was EMF through his hotspot (on his phone), that he started feeling bad. He answered a phone call (on hotspot), put it up to his ear and that side of his face went completely numb, he couldn't think for hours after that. That's when he realized that it was EMF.

The Story of Ann Louise Gittleman, Ph.D., CNS

> In 2003 her skincare expert noticed a growth on the side of her neck. She got a surgeon and asked him to remove it and biopsy it. After it was removed, they identified it as a **benign parotid gland tumor.** She later found that **this type of tumor is found with people who are tethered to their cell phones,** she realized that she had been eating, breathing, and sleeping with her phone by her head 24/7.

The Story of Camilla Rees, MBA

> She got super sick from EMF, that's when she realized the seriousness of it. Her symptoms were dizziness, she couldn't complete her to-do list (which was something she could always do), she couldn't walk, and she was forgetting a lot. Then she found out that her new neighbors put a wifi router right by where she sleeps. Her symptoms got so bad that she thought **she was starting to get Alzheimer's** (which can and does happen from EMF). She was getting really bad headaches when she had her phone with her. She says when you see antennas on the top of apartment buildings, you know that people are going to be sick in that apartment.

The Story of Bill Cadwallader, MBA, EMRS

> His friend was always on the phone and had his phone to his ear, before and after meetings. Then he got a huge tumor in the exact spot where he kept his phone. He had surgery to remove it, it came back, occurring twice more until his death from the tumor. Bill knew from that point that cell phone companies were never going to tell you how to use them safely. **EMFs are similar to the tobacco industry. They thought they were healthy for you, but then they found out they were killing you.**

The majority of the population is being affected by this, and these are just a few stories of how EMF has hurt them, their friends, and their families.

How Do Cell Phones And WiFi Affect My Body?

How Does It Affect Your Cells?

It drives cellular inflammation, which then can drive literally any type of symptoms. You have to remove the stressors so your body can deal with EMF. If your body is not dealing with a lot of challenges, it will deal with it. If it is, it won't. And then you'll react to small amounts of EMFs. Mold also hurts you, it's the perfect storm. – Dr. Pompa, PSc.D

So now we know that smart meters are very bad for your health, how our children are being harmed at school and EMF is perhaps why your child has behavior issues, not because they don't behave or they're bored at school, and we have heard a few powerful stories of how EMF has affected them and how it can affect you.

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Are EMFs Affecting Me?

Our last three things we will be talking about are, I don't feel it so it must not be affecting me, how your home is affecting you, and what you can do to feel better after an exposure. EMF is affecting you and hurting your body whether you feel it or not (you probably are already feeling it but didn't realize it, like those headaches you think are just normal now because you've had them forever, or if everyone thinks you're flaky, or you forget a lot).

"I don't feel it, so it must not be affecting me."

I talked with Dr. Jamie Wright, DO, MS, FACOOG, about some of these things. He said, "*You would have to know what to look for to be able to decide if it (your symptoms) were related to exposure to radio frequencies (EMF, MF, RF)*". I asked him what if people say they don't feel it and think it must not be hurting them, or that they're immune to it.

He said "*It's important to realize that what we think it's normal to feel like, may not be optimal or ideal. As an example, if a young child grew up with little food every day then they might think the feeling of hunger was normal. If everyone around them felt the same way, their friends, their family, then there might be a collective belief that that feeling we call hunger was a normal part of life.*"

He continued, "*So if you've grown up with cell phones and wifi everywhere you live you may have symptoms you think are normal but only because you've had them as long as you can remember. This is why many people who go on vacation feel better. They think it's because there's less stress, and more fun, however, it might be that they're out of a high radio frequency or highly toxic home, work or school environment. When they go back to work, school, and their home they may start having feelings of fatigue, depression, anxiety, poor sleep, etc...*

Unfortunately, they're not realizing that it's the environment that's causing the problems when they're at school, work, and their home."

Make It Safe For You And Your Family

He goes on to say that technology is great, and has helped us a lot and that you don't have to get rid of it but you can and should make it safe for you and your family. **Advanced technology that undermines your health is not advanced technology. Technology is to help us live a better life, not the other way around.** Technology for us, not us for technology. We need to use technology that helps us, and be aware that any advancement can have harmful consequences."

Lastly, he says "*You can't discover if something invisible is harming you unless you at least become aware of what's possible of harming you. Anything that man makes that's beneficial will have a potentially harmful side to it. Plastic bottles are an obvious example, advanced communication technology is a less obvious example.*"

EHS

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Photo by Gus Moretta on Unsplash

Now I want to inform you of something called EHS which stands for electromagnetic hypersensitivity [35].“***Electromagnetic hypersensitivity is a physiological disorder characterized by symptoms directly brought on by exposure to electromagnetic fields****. It produces neurological and allergic-type symptoms. Symptoms may include, but are not limited to: headache, eye irritation, dizziness, nausea, skin rash, facial swelling, weakness, fatigue, pain in joints and/or muscles, buzzing/ringing in the ears, skin numbness, abdominal pressure and pain, breathing difficulty, and irregular heartbeat. Those affected persons may experience an abrupt onset of symptoms following exposure to a new EMF. The microwave oven, the alarm clock, the computer, and so on*.”

We learned that even if you don’t think you have symptoms from this, you probably do. Like those sleeping problems you’ve had forever which you think are normal, or trouble focusing in school, having strange moods, irritability issues, having constant nausea, knowing what something is, and looks like but not being able to find the word for it, or having memory problems. How can we lower EMF and feel better? (See this article on Limbic Brain Repatterning For EMF Sensitivity)

I Don't Want This To Happen To Me!

How Can I Protect Myself?

Your home should be a safe place from EMF. A place where you can feel good, recover, and let your body heal. Building biologist

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Nachi.org [35] suggests that you "*Rearrange your furniture (especially the beds, desks, and couches where you spend the most time) away from heaters, wiring, fluorescent lights, electric doorbells, and other EMF "hot spots." You find these hot spots by taking a meter that reads EMF frequencies. You can go around your house and if the readings are high or above 2.5 mG then that's a spot that has a lot of EMF.*"

Nick Pineault, Health journalist [36] says generally, **the higher your internet speed, the higher the level of radiation in your home.** Sleep is very important, it rejuvenates us, if we all got 12 hours of sleep we would all be healthy and our skin would be glowing because your body repairs itself during sleep. Utility companies (Apple, Samsung) are trying to hush people spreading the word about EMFs, for obvious reasons. They'd lose tons of business and get endless lawsuits for cancer. Sleep helps us heal from EMF, but if your house has a lot of EMF and it's not low EMF then you can't get good sleep.

EMF are in the air, Oram Miller also recommends getting an EMF shielding bed canopy for your bed which protects you from EMF. (For tips on shielding a room from EMFs click here)

Dr. Stevan Cabral, ND says sleep is so important, humans are meant to wake up with the sun and sleep when it gets dark. We work with the earth, the sun, and the moon.

Keith Scott-Mumby, MD, MB, ChB, PhD says to make sure you're in a protected room without EMFs for sleeping. Ever wonder why you like being outside? Grounding (walking barefoot on the earth) helps you after an EMF exposure! It connects you with the natural EMF that comes from the earth, which we already learned is very good for you. Also, you're not surrounded by wifi routers, and phones outside which are constantly emitting EMF.

What Can You Do To Feel Better And Help Yourself After Exposure To EMF?

Here are some things you can do to help heal your body and feel better, of course, you want to get as low of an exposure as you can (Dr Dietrich Klinghardt), but here are some things you can do in your house to help make the emf readings lower.
How you can make your home safe is by:

- Wiring your house with ethernet (a lot of gamers do that because you get high-speed internet)
- Turn off wifi at night
- Stop using your microwave and unplug it
- Turn phones on airplane mode
- Don't have things charging in your room while sleeping
- Stay away from hair dryers and electric kitchen appliances
- Don't get smart washers and dryers as they put out a lot of EMF
- No wireless
- No phones by the head or near you
- Take responsibility of your home and turn off the wifi
- Get a Faraday cage to put your phones in if they are on, that keeps the emf in the cage and not everywhere in your home
- Shut off electricity in your bedroom
- Turn off smart TVs
- Have modem and router off
- Eliminate Bluetooth

Electromagnetichealth.org [33] says that the **farther away from radiation-emitting cell towers and antennas the bette**r as our bodies aren't adapted to this kind of biological disruption and it shows signs of distress at the cellular level.

Scientists who have read all the literature on this topic believe **there may be no safe exposure level, especially when it comes to chronic exposures.** They later say you want to be about a quarter-mile from cell towers and antennas, it's dangerous to be within 100 yards of one. If you can see a cell tower from your house you're way too close, and the farther away the better! Think Tank Green [38] says you should also turn off your devices when you're not using them.

Some food and vitamins that help you are: coffee beans (**mold, pesticide-free and organic!**), rosemary, whey, olive oil, hemp seed oil, (they are protective against radiation because it protects your cell membrane), artichokes and antioxidant foods, when you wake up drink two big glasses of water, avoid GMO food, ginseng is really helpful along with cistanche root, aloe vera juice extract, chlorella, colostrum, coffee berry juice extract, plant-based nutrition, water-rich foods, dark, leafy greens and vegetables, vitamin C, glutathione, magnesium, milk thistle (helps liver).

Some more things that help you after exposure include: **Epsom salt baths, grounding, being in nature, barefoot on grass** (preferably wet grass), **walking with earthing shoes or sandals, wearing an EMF protective hat, an EMF scarf, putting an EMF protection phone case on your phone** that blocks radiation from your phone.

All of these things that help you were recommended by Camilla Rees MBA, and Trevor Marshall, Ph.D., BE, ME among many

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We have learned that we need our homes, especially our sleeping places to be low, and lastly, we learned what things can help us.

Summary

Today I showed you what EMF is, how it affects everything on the planet and the difference between good EMF and bad EMF. We learned what common devices in your household could be causing you problems, where to find lots of EMF, why it's important and relevant to everyone, and how you can reduce exposure to EMF.

We know that without a doubt EMF are dangerous, hurting us and that it's the number-one most silent killer. Most people think that it's normal to have nosebleeds all the time, or have headaches, or be flaky, and not sleep well. But no, this is not normal at all, and most people have no idea that it's EMF because they don't know about it, so while they're getting antidepressants for their kids and wonder why that's not doing anything, you will know it's because it's not depression that's the problem, it's EMF.

Now that you know all this, what will you do about it?

Many thanks to Anna Wright for this guest post.

My name is Anna Wright, I'm 15 years old. I decided to do my 9th-grade research paper on EMF because my family and I have been through a difficult three-year journey that started when my brother got sick from Mold Biotoxin Illness & EMF. Our whole family is now Electromagnetic Hypersensitive to EMF. I have personally been severely affected by EMF. I wanted to do this to inform others about this and show them that it is dangerous through scientific evidence, not just going off of some guy on youtube saying that it might be dangerous. My symptoms are on the severe side of the spectrum. We turned off our wifi one night (no one was sleeping good) and that night everyone slept really well and started feeling better, after just one night of turning off the wifi. Please make time to read this entire paper, everything in here is important and worth your time. I hope that this informs and helps people, and I hope that they take this information, share it with others, and do something about it.

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Do you have an article that you would like to share with the ElectricSense community? Contact us here.

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Comments

Donna said,

great summary …shows a real understanding of the whole problem …..additional points would be to clarify that there are 4 different categories of EMFs which require 4 different types of measuring meters and 4 approaches to shielding for 1] electric
2] magnetic 3] dirty electricity (non 60 hertz electricity) and 4] wireless

Patricia Ormsby said,

Fantastic article, Anna! I will share your wisdom widely.

Elisabeth said,

If the above article was written by a 15-year old girl, my chapeau!

Jowan van Dorp said,

Fantastic piece of work, Anna, thank you!
I am a 70 year old Dutch woman, I too am worried about EMFs and 5G, but then again, I find it hard to decide which information to trust.
Your paper, however, does ring genuine; I will pass your findings on to as many people as possible.
Bless you.
Kind regards, Jowan van Dorp

Matt said,

Highly convenient that they'll sell you a $1000 metal bug net to protect you from these horrors. Why they'll sell you all sorts of nonsense to detect and protect yourself. There is no way this made up pseudo-science intended to rob the masses.

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Anna, many thanks for your masterful work in summarizing this material.

Dawn said,

Thank you, Anna, for your concise and clear summary of this topic.
I enjoyed being reminded of some things I hadn't written down, especially foods that help.
Well done!
It will be wise young people like yourself who will help share this knowledge faster and wider to others.
Wishing you many happy and healthy years ahead.

Mark said,

Matt is in for a penny, in for a pound. Your opinion does not change facts, Donald!

Matt said,

Mark, Donald? Not sure what you mean, are you referring to the fact that a metal bug net for $1000 is a ripoff or the fact that this entire website is misrepresenting everything humanity knows about electromagnetism to sell junk?

ellie said,

Thank you for sharing your story, Anna.

Our world is in transition, like never before. Truth is more important than ever before. The information here, on Lloyd's site, is here to protect us — until free energy, harmless energy, is made available to all. The information in this video is not something the mainstream news will reveal. Take a listen. Never lose hope. https://www.youtube.com/watch?v=0Uif9o6QuNc

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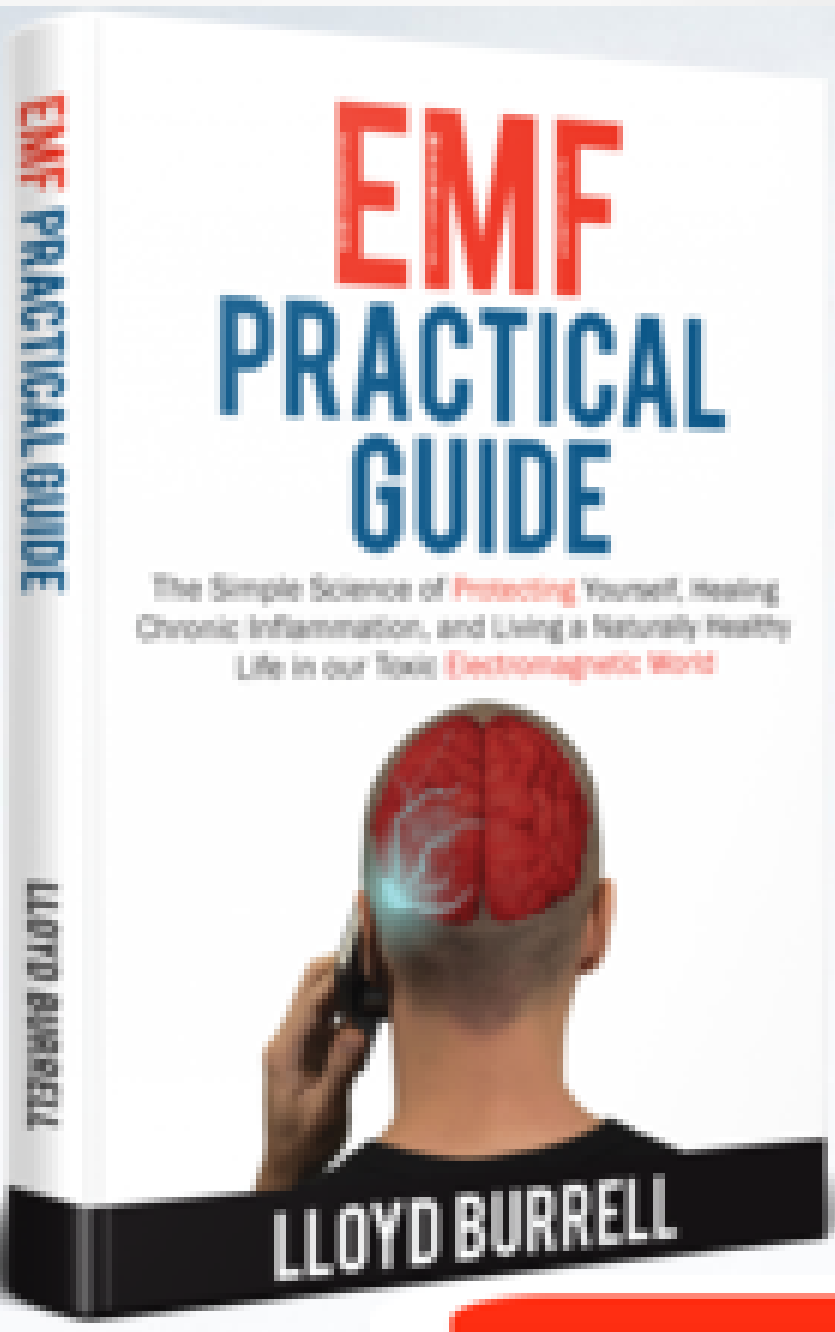
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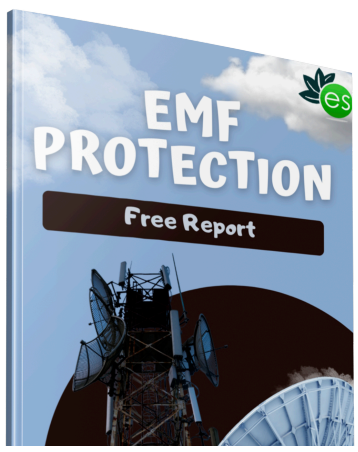
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