EMFs 101: Impacts on Health in the Community

ElectroSmog
ElectroHyperSensitivity
Electromagnetic hygiene

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Chemicals

PERIODIC TABLE OF THE ELEMENTS

FACT!

Electrosmog exposure increasing
FACT: Exposure ElectroSmog Increasing Exponentially!

FACT!
Most of our exposure is self-generated
**FACT:** Microwave Radiation...

Absorbed by water

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**FACT!**

People Exposed to Electromag are getting sick!

**Electro-Hyper-Sensitivity (EHS)**

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**2001 Spain**

Symptoms experience by people in the vicinity of cellular phone base station.

- Fatigue
- Sleep disturbance
- Headaches
- Feeling of discomfort
- Difficulty concentrating
- Impotence
- Memory loss
- Visual disruptions
- Irritability
- Hearing disruptions
- Skin problems
- Cardiovascular
- Electrocardiography
- Nausea
- Loss of appetite
- Movement difficulties

**Electro-Hyper-Sensitivity (EHS)**

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Who lives within 10 m from cell antenna?
What are the health effects?

Electro-hyper-sensitivity
How many people are affected?

<table>
<thead>
<tr>
<th></th>
<th>Population</th>
<th>Severe (%)</th>
<th>Moderate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toronto</td>
<td>6.4 million</td>
<td>192,000</td>
<td>2.2 million</td>
</tr>
<tr>
<td>Ontario</td>
<td>15 million</td>
<td>450,000</td>
<td>5.2 million</td>
</tr>
<tr>
<td>Canada</td>
<td>37 million</td>
<td>1.1 million</td>
<td>13 million</td>
</tr>
</tbody>
</table>

... Symptoms ...

“Aging illnesses” increasing in younger people
- Insomnia
- Chronic pain
- Anxiety
- Heart disease

Doctors less successful patients

disorders, illness & disease

Exposure

- Cancer
- Reproduction
- Electromagnetic fields (EMF)
- Heat sensations
- Brain damage
- Heart problems
- Menstrual problems
- Depression
- Memory loss
- Headaches
- Depression
- Memory loss
- Headaches

5G
Flood Analogy
Electrosensitivity (EHS)

FACT!
EHS is NOT psychosomatic!

Live Blood
Wi-Fi Router
before Wi-Fi
after Wi-Fi (10 min)

Radiation from wireless technology affects the blood, the heart, and the autonomic nervous system.

Abstract: Exposure to electromagnetic radiation by electric, electronic, and wireless technology is according to the point that a portion of the population is experiencing adverse reactions when they are exposed. The symptoms of electrosensitivity (EHS), have described as rapid aging symptoms, experienced by adults and children resemble symptoms experienced by radio operators in the 1940s and 1950s and are well described in the literature. An increasingly common response includes cholinergic reactions (transient) of the red blood cells, heart palpitations, pain or pressure in the chest accompanied by anxiety, and an exacerbation of the sympathetic nervous system consistent with a desensitization of the parasympathetic nervous system, typical of the "fight-or-flight" response. Recent studies suggest that this article demonstrates that the response to electromagnetic is physiologically and not psychosomatic. Those who experience prolonged and severe EHS now develop psychological problems as a consequence of the inability to work, their limited ability to travel in an electrically sensitive environment, and the social stigma that helps symptoms are imagined rather than real.
Consequences

- sluggish circulation
- lower oxygen transport
- reduced waste removal

Live blood analysis may be a useful diagnostic for electrohypersensitivity.

Symptoms

- headache, fatigue, dizziness
- difficulty concentrating
- numbness, tingling, cold extremities
- heart & blood pressure problems...
- heart attack or stroke

Why do some develop Electro-Hyper-Sensitivity?

Precursors for ElectroHyperSensitivity

1. physical trauma to nervous system
   - whiplash, concussion...
2. chemical exposure
   - pesticides, metals, drugs, etc.
   - mercury
3. electrical exposure
   - shocks, electrocution
   - lightning strikes
   - power lines, antennas, WiFi
4. biological trauma
   - mould
   - parasites
   - Lyme (tick) etc.
5. Impaired immune system
   - lupus, cancer, AIDS
   - elderly, very young

Solutions?
**RIDE Treatments for EHS**

**Reduce Exposure**

**Immune System**

**Detoxify**

**Emotional/Psychological Trauma**

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**Reduce Exposure: silver clothing**

- **Hat Liner**
- **Pocket Liner**
- **Underwear**
- **Protect Baby**

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**Electromagnetic Hygiene in 12 easy Steps**

How to create a cleaner electromagnetic environment. Low-frequency awareness leads to reduced exposure. Identify sources and understand their impact. For those who are sensitive, reducing exposure to potentially harmful frequencies is a form of protection.

1. **Radio Frequency (RF) and Microwave (MM) Radiation**
   - Smart phones, cell phones, cordless phones, wireless baby monitors, wireless computer game, television receivers, WiFi devices, microwave ovens, keyboards and wireless mice, wireless security systems, cell phones antennas, radio, TV and radio broadcast antennas.

2. **Dirty Electricity (Intermittent Frequencies)**
   - Computer equipment, broadcasting / entertainment equipment, computer network lights, compact fluorescent light bulbs, electrical switch, variable speed motors/ducts, hairdryers, security cameras, security machines, solar power/hot water, air conditioners, smart meters and devices that use microprocessors.

3. **Low Frequency Electromagnetic Fields (EMF)**
   - Electrical transformers, freezers, motors, generators, underground cables, appliances, power lines, radio and television broadcast antennas, microwave ovens, hair dryers, computers, and ungrounded metal plates.
Electromagnetic Hygiene in 12 easy Steps

Electromagnetic Hygiene in your Office:
1. Distance Placement: Reduce distances from electrical cords and outlet extension cords. The power bar should be at least 1 meter away from your desk. Use a wireless adapter to disconnect the receiver from the computer screen. This will reduce the magnetic field.
2. Lighting: Turn off all lights that have a fluorescent bulb直到 your area. LED lights (not LED lamps) are the bright light bulbs that are used indoors. These lights use incandescent light bulbs, so they do not generate power quality.
3. Internet Access: Use wired instead of wireless Internet access (Wi-Fi). If you need to use wireless, ensure the wireless router is as far as possible from your desk and turned off when not in use. Ensure appliances turn off the Wi-Fi on your computer and not just the router. Use a wired connection and broadband.
4. Cordless Phones: Replace your cordless telephone with a cordless landline telephone. The new digital cordless phones in North America (DECT phones) are currently available. Many are offered as part of a package. The other option for reducing PF exposure is to use a wireless phone.
5. Cell Phones: Use a hands-free kit and use the "speaker phone" feature when talking and don’t hold the phone next to your head. Do not use a phone in a position where it can be held near your head. Wireless phone or cell phone, leave it out of range. It is not advisable to use a DECT phone in the same room with a microwave.
6. Chemical Paints, Glasses, or Helmets: Ensure that there are at least 1 meter between an electronic device and the subject. Avoid using these products for hygiene.

For more information visit: www.ehr.org
www.ohsothebest.ca
www.magneticsafe.com

Electromagnetic Hygiene in your Bedroom:
- Baby Monitoring Devices: Baby monitors will generate EMFields.
- Take care when using baby monitors. Wireless baby monitors completely transmit microwave radiation. Electrons should not be exposed to this radiation. Most advertised baby monitors are not available in North America or are available in Europe.

- Cell Phones: Place phones in the same room as your bedroom.
- Keep bedrooms as dark as possible to avoid affecting sleep.

- Smart Meters: Are you likely to have your wireless smart meter so use in a well-lit room. If it is not possible, use a light shield to reduce the levels of radiation generated by smart meters and smart appliances.

- Smart Meters: Avoid using smart meters and avoid keeping them near walls as they can cause harmonic resonance.

- Smart Meters: Consider turning off the power on the electrical panel to your bedroom while you sleep.

Websites
www.ehrust.org
www.emsafetyalliance.org
www.emsafscientist.org
www.safesrnc.org
www.magdaheas.com
www.lesseehas.com
www.slt.co