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 ... penetrates walls

**FACT:** Microwave Radiation ... Reflected by metal objects hotspots
FACT: Microwave Radiation...
Absorbed by water

FACT!
People Exposed to Electrosmog are getting sick!
Electro-Hyper-Sensitivity (EHS)

2001 Spain
Symptoms experienced by people near cellular phone base stations:
1. Fatigue
2. Sleep disturbance
3. Headaches
4. Feeling of discomfort
5. Difficulty concentrating
6. Irritability
7. Memory loss
8. Visual disruptions
9. Anxiety
10. Mental disturbances
11. Skin problems
12. Cardiovascular
13. Electroshocks
14. Loss of appetite
15. Movement difficulties

Electro-Hyper-Sensitivity (EHS)

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

Doctors less successful patients

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>
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<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>

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

3% severe
35% moderate
asymptomatic?

... Symptoms...
Flood Analogy
Electrosensitivity (EHS)

FACT!
EHS is NOT psychosomatic!

Live Blood
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 severe reactions when they are exposed. The symptoms of electromagnetic sensitivity (EMS) have described as rapid aging symptoms, experienced by adults and children resemble symptoms experienced by radar operation in the 1940s and 1950s and are well described in the literature. An increasingly common response includes chronic (chronic fatigued) of the endocrine system, heart palpitations, pain or pressure in the chest accompanied by a feeling, and an upregulation of the sympathetic nervous system consistent with a downregulation of the parasympathetic nervous system typical of the “fight-flight” response. Innovative studies suggest in this article demonstrates that the reaction to electromagnetic is physiological and not psychosomatic. Those who experience prolonged and intense EMS now develop psychological problems as a consequence of this inability to work, their limited ability to travel in our present technology environment, and the social stigma that helps symptoms are imagined rather than real.

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

Reduce Exposure: silver clothing

Pocket Liner

Underwear

Protect Baby

Protect Feats

Electromagnetic Hygiene in 12 easy Steps

How To Create A Cleaner Electromagnetic Environment

Electromagnetic Hygiene is a movement that emphasizes creating an electromagnetic healthy environment. Our environment is increasingly filled with electromagnetic fields (EMFs) from a variety of sources, including wireless devices, power lines, and household appliances. It is important to understand the potential health risks associated with prolonged exposure to these fields.

How to Reduce Your Exposure to Electromagnetic Fields:

1. Reduce Exposure to Micro-Radiation:
   - Keep wireless devices and other electronic devices far away from your body, especially when not in use.
   - Use earphones instead of headphones when using wireless devices.

2. Reduce Exposure to Power Lines:
   - Avoid sitting or standing under power lines during storms.

3. Reduce Exposure to Household Appliances:
   - Use energy-efficient appliances and avoid using multiple appliances simultaneously.

4. Reduce Exposure to EMF From Smartphones:
   - Use a case or sleeve that blocks EMF emissions.

5. Reduce Exposure to EMF From Computer Monitors:
   - Use a computer monitor that has an infrared filter.

6. Reduce Exposure to EMF From TV and Radio:
   - Use a TV that is designed to minimize EMF emissions.

7. Reduce Exposure to EMF From Power Supply:
   - Use a power supply that is designed to minimize EMF emissions.

8. Reduce Exposure to EMF From Electrical Equipment:
   - Use electrical equipment that is designed to minimize EMF emissions.

9. Reduce Exposure to EMF From Construction Materials:
   - Use construction materials that are designed to minimize EMF emissions.

10. Reduce Exposure to EMF From Electrical Wires:
    - Use electrical wires that are designed to minimize EMF emissions.

11. Reduce Exposure to EMF From Electrical Panels:
    - Use electrical panels that are designed to minimize EMF emissions.

12. Reduce Exposure to EMF From Electrical Transformers:
    - Use electrical transformers that are designed to minimize EMF emissions.

By following these steps, you can reduce your exposure to electromagnetic fields and create a healthier environment for yourself and your family.
Electromagnetic Hygiene in 12 Easy Steps

Electromagnetic Hygiene in your Office:
1. Place equipment (e.g. computers) at least 4 feet away from electrical outlets.
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