

Guillermou

From the updated report of BioInitiative, it establishes that bioeffects are clearly established and occur at very low levels of exposure to electromagnetic fields and radiofrequency radiation. Bioeffects can occur in the first minutes at levels associated with the use of wireless and cellular telephones.. .1800 new studies report the transcription of abnormal genes, genotoxicity and DNA damage, chromatin condensation and loss of DNA repair capacity in human stem cells, reduction of free radical scavengers, particularly melatonin, neurotoxicity in humans and animals, carcinogenicity severe impacts on the morphology and function of human and animal sperm and the effects on cell phone brain development during pregnancy.

www.biointiative.org/conclusions

EMF, MELATONINA, BREAST CANCER AND ALZHEIMER'S DISEASE. Of the 13 epidemiological studies 11 established that clear evidence that high exposure to Extremely Low Frequency Magnetic Fields (ELF MF) can cause a decrease in melatonin production through the effects on MT1, a major melatonin receptor. The two negative studies had important deficiencies. The decrease in melatonin is related to breast cancer. Melatonin: an inhibitor of breast cancer. erc.endocrinology-journals.org/.../R183.short

There is strong epidemiological evidence that exposure to ELF MF is a risk factor for AD. Currently there are twelve ELF MF and AD exposure studies. Nine of these studies are considered positive and three are considered negative (deficiencies). Exposure to medium or high FME may increase peripheral beta amyloid. There is considerable evidence in vitro and in animals that melatonin protects against AD. Therefore, it is possible that low levels of melatonin production are associated with an increased risk of AD. Also: (2017) link.springer.com/.../s00420-017-1224-0

Posted On 12/10/2017

Guillermou

Hi DeeMarie. Thanks for your post. I complement my original post. According to Dr. Mercola reports, factors that can be effective in reducing the harmful effects of EMF include optimizing magnesium levels, Nrf2 diet stimulated with nitric oxide, exercising and restricting calories (see my other post).

Iron in blood should be normal, to produce enough hemoglobin for cellular oxygenation, but ferritin in excess is carcinogenic. On the night shift, there is no clear evidence on the risk of breast cancer, but there is a relationship with melatonin, according to these three studies of 2017. Melatonin simultaneously coordinates the negative regulation of angiopoietins with a reduction in VEGF, which could be an effective therapeutic strategy to block tumor angiogenesis. www.spandidos-publications.com/.../or.2017.6070 .

Higher levels of urinary melatonin were associated with a reduced risk of breast cancer in this cohort of postmenopausal women, and the association was not modified by the MT1R subtype. Urinary melatonin in relation to the risk of postmenopausal breast cancer according to the state of the melatonin receptor (2017) cebp.aacrjournals.org/.../413 .

It is reported that cancer patients with interrupted rhythms of 24 hours (circadian) have a worse survival compared to those with normal rhythms. Severe alterations in circadian rhythms predict an increased risk of death in patients with colorectal and breast cancer, suggesting that circadian disruption may affect tumor progression and metastasis. Recently it was reported that circadian / melatonin disruption by exposure to dim light overnight resulted in the constitutive phosphoactivation of ERK1 / 2, CREB, NF-kB, and STAT3 in breast tumor xenografts. Circadian / melatonin disruption by dim light at night drives human epithelial breast cancer to a metastatic phenotype (2017) cancerres.aacrjournals.org/.../4897.short

Posted On 12/10/2017

totalemfsolutions

Melatonin and EMF exposure explained in video format.

www.youtube.com/watch

Posted On 12/10/2017

jmiller739

What has happened to our health? It's a question that few people can answer. I think the following article hits a home run: "Electropollution and the Decline in Health of a Nation-- It might surprise you to know that the 1950s, when there were few health clubs; the American diet was loaded with fat; vitamin supplements were rare; executives downed three martinis at lunch and everyone smoked like a smokestack, may have been the healthiest decade ever. Expectations for getting cancer were only 1 in 6; it is now 1 in 2 for men. Alzheimer's, Multiple Sclerosis and most modern autoimmune diseases were unheard of. Neurological disorders like Parkinson's and ALS were rare. Diabetes was only beginning to merge and heart disease for young people was unusual." www.justproveit.net/content/electropollution-and-decline-health-nation..

Posted On 12/10/2017

Krofter

We've soiled our nest. Even my chickens know better than to do that.

Posted On 12/10/2017

Guillermou

This is what has been achieved by the health guides of the AHA throughout its history, and the limited knowledge of people for not following the advice of independent researchers and natural medicine, such as the recommendations of this website of Dr. Mercola:

11 GRAPHS THAT SHOW EVERYTHING THAT IS WRONG WITH THE MODERN DIET 1. Total Sugar Intake Has Skyrocketed in the Past 160 Years 2. Consumption of Soda and Fruit Juice Has Increased Dramatically 3. Calorie Intake Has Gone up by Around 400 Calories Per Day 4. People Have Abandoned Traditional Fats in Favor of Processed Vegetable Oils 5. People Replaced Heart-Healthy Butter With Trans-Fat Laden Margarine 6. Soybean Oil Has Become a Major Source of Calories 7. Modern Wheat is Less Nutritious Than Older Varieties of Wheat (inadvisable). "There is also evidence that modern wheat is much more harmful to celiac patients and people with gluten sensitivity, compared to the older varieties". 8. Egg Consumption Has Gone Down 9. People Are Eating More Processed Foods Than Ever Before 10. The Increased Vegetable Oil Consumption Has Changed The Fatty Acid Composition of Our Bodies 11. The Low-Fat Dietary Guidelines Were Published Around The Same Time The Obesity Epidemic Started www.healthline.com/nutrition/11-graphs-that-show-what-is-wrong-with-mo..

Posted On 12/10/2017

Randyfast

Why do you think the globalists continue to stuff more and more people into these MEGA CITIES? For the good of our health? Does "No Where To Run" ring a bell with anyone?! Choice? What choice? Also; those of us who have learned to "think outside the box", are able to see the PERFECT STORM for a major pandemic (people coughing and sneezing into the air; IE: on crowded transit)!

Posted On 12/10/2017

totalemfsolutions

Great article Dr Mercola! One field that wasn't emphasized enough, but the largest exposure, is dirty electricity. An electric field of just 6 volts per meter is equal to 100,000 micro watts per meter of RF. If the voltage field were just 60 Hertz the impedance of the skin is 3,000 Ohms but as frequencies rise over 1.7 kilo Hertz it lowers to 500 Ohms and subsequently dumping frequencies known to effect the ion channels into the human body. I am in no way discounting microwave frequency exposure, but really it's the dirty electricity that is plugging up the grid and dumping frequencies into the earth and therefor into our bodies. Simply getting away from it at night is not enough.

Posted On 12/10/2017

Dr. Mercola

EMI (electromagnetic interference) or dirty electricity is indeed a major health issue and this article did not go into details on that because of space limitations. However if you turn off the electricity to your bedroom at night you also eliminate any dirty electricity as there is no current flowing through the wires to generating it. Eliminating exposures at night is the single most important time to do it otherwise repair and regeneration is impaired. Obviously it would be wise to limit it at all times just as it is to not have WiFi on at night AND in the daytime.

Posted On 12/10/2017

totalemfsolutions

Dr Mercola, Thanks for all you have done bringing awareness to EMF exposure. You are a true hero for humanity. I like to use the race car analogy. We are getting beat up all day in the rat race and when it's time for the pit crew to work (sleep), the less disruptions the better. A clean electric field in the home or work, during the day, just means less work for that pit crew at night. Empirical evidence has proven to me that without cleaning up contact current and dirty electricity excellent results are not achieved.....sorry I'm a purist.

Posted On 12/10/2017

hellbent

A plea: please do not perpetuate the cleverly introduced phrase "Electro-Sensitive" when referring to the many people who suffer badly. We are ALL biologically sensitive and damaged by Microwave Radiation and Non Native Electrical Fields, regardless of whether we feel them or not. Some people are Biologically Highly Aware and as a result are called "electrosensitive or ES. This is a nasty term to use because it leaves people open to the type of abuse and ridicule like "it's just you, you're just sensitive". People suffer much ridicule and it's time to start ridiculing those who are stupid and ignorant enough to use their microwave radiation ovens, radiation emitting cordless phones and mobiles, smart appliances, radiation emitting wireless baby monitors and other harmful appliances. If anyone here, intends to spread the word about this toxic stuff, you'll find that most of the ignorant people will not want to know or will not believe the facts. They are actually biochemically addicted.

Posted On 12/10/2017

grulla

In the article, it says, "In most areas, the only way to do that (avoiding EMFs during sleep) is by turning off the electricity to your bedroom by flipping the circuit breaker. Exceptions include Chicago and New York, as the building codes there require all electrical wires to be in a conduit." "...all electrical wires to be in a conduit." I would stipulate and be more specific to say "...properly grounded metallic conduit..." whether threaded rigid steel or thin wall EMT or flexible BX, as opposed to using rigid or flexible plastic PVC conduit. www.ecmweb.com/.../basics-steel-conduit

ALSO, as I reply posted below, "Constantly turning your circuit breakers on & off can eventually compromise their sensitive ability to trip properly, (due to constant wear 'n tear), in an overload short circuit situation, and that practice should therefore be avoided by installing (where ever possible) and using a strategically located external (from the circuit breaker box) switch.

Posted On 12/10/2017

Krofter

Glad you pointed out those important points. Plastic conduit is pointless in this regard and if metal conduit isn't grounded it's less effective.

Posted On 12/10/2017

jmiller739

The science of adverse health effects has been around for decades-- see the Dr. Zory Glazer archive. The wireless revolution should have never gotten off the ground. Many are trapped in a nightmare and have no idea what's happening. I fear that non-ionizing radiation is helping to fuel the suicide epidemic...

www.magdahavas.com/wordpress/wp-content/uploads/2010/06/Navy_Radiowave..

Posted On 12/10/2017

Guillermou

According to Dr. Mercola reports, factors that can be effective in reducing the harmful effects of EMFs include optimizing magnesium levels, Nrf2 diet stimulated with nitric oxide, exercising and restricting calories. We have foods that contain phytochemicals, which activate the transcription factor Nrf2, which induce the expression of genes, optimizing potent antioxidants such as NAD, quinone oxidoreductase, and glutathione S-transferases (GST), and many others. www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know/

DIET NRF2, offers an opportunity to improve the Nrf2 gene, naturally. It consists of several forms of flavonoids, which can be obtained from common sources such as berries, tea, chocolate, grapes, apples, citrus, onions, broccoli, curcumin (quercetin increases assimilation), turmeric and carotenoids such as zeaxanthin and lutein, tall vegetables in nitrates such as spinach and Swiss chard that favor the production of nitric oxide.

[www.mygenefoodhttps://www.lifevantage.com/blog/boost-your-nrf2-activation-with-these-foods/](https://www.lifevantage.com/blog/boost-your-nrf2-activation-with-these-foods/)

www.anti-agingfirewalls.com/2012/02/06/the-pivotal-role-of-nrf2-part-2..

Polyphenols and effective organosulfide compounds: 1. Flavonoid polyphenols such as epigallocatechin 3-gallate (EGCG) from green tea and quercetin from onion and apple.

www.sciencedirect.com/.../S0024320510002663

(2017) www.ncbi.nlm.nih.gov/.../28757412

2. Non-flavonoid polyphenols such as curcumin and grape resveratrol. (2017)

www.sciencedirect.com/.../S0223523417309510

www.ncbi.nlm.nih.gov/.../22917016

3. Organosulfide compounds including isothiocyanate, L-sulforaphane, broccoli and allicin, garlic thiosulfonate www.sciencedirect.com/.../S1043661813001606

www.sciencedirect.com/.../S0167527312016324

Posted On 12/10/2017

Erena5

Information in this article just priceless! From Medical Director of Switzerland's Paracelsus Clinic www.marioninstitute.org/electromagnetic-load-a-hidden-factor-in-many-i.. Also some interesting facts: PEMFs vs. EMFs www.ncbi.nlm.nih.gov/.../PMC4346366 fearlessparent.org/antidote-electromagnetic-radiation-pemf Great day everyone

Posted On 12/10/2017

Guillermou

Hi Erena. Very interesting all your links. Two important points of your first link: 1. Alteration of the intestinal microbiota. Consequence of metabolic and degenerative diseases. 2. The fillings themselves act as antennas in the presence of electromagnetic fields of cell phones and cellular towers, wi-fi networks, portable telephones and other sources of radiofrequency radiation. With respect to the second point these articles: Exposure of patients with amalgam restorations to radiofrequency radiation emitted by conventional Wi-Fi devices can increase the release of mercury from amalgam restorations. www.ncbi.nlm.nih.gov/.../PMC4944481

As in previous studies we found a strong association between exposure to electromagnetic fields and the level of mercury, our findings may lead us to conclude that maternal exposure to electromagnetic fields in mothers with dental amalgam fillings can cause elevated levels of mercury and trigger the increase in rates of autism www.ncbi.nlm.nih.gov/.../PMC4795328

A woman of approximately 50 who suffered from dizziness for more than 10 years. Although the subject underwent several tests to confirm the etiology of its symptoms, the root cause remained unknown. The cause of the amalgam filling in tuning harmful electromagnetic waves. The amalgam was removed and the dizziness disappeared. file.scirp.org/.../OJST_2015102914532759.pdf

Posted On 12/10/2017

Guillermou

EMF and intestinal microbiome: “Dr. Klinghardt, an important figure in the field of research on the harmful effects of EMF, has discussed studies where EMFs had been shown to agitate mold and cause them to release 600 times the mycotoxins. This would logically have an effect on the cohabitant beneficial species of bacteria (probiotics) in your gut”.

“This piece from 2014 is the most extensive review of the matter, citing all kinds of effects from microwave radiation on the growth and destruction of microorganisms. This is a smoking gun in my opinion that the main negative effect of EMFs on human biology is through their symbiotic microbiology (gut and other resident bacteria)”. How Cell Phones and Wireless Routers Mess Up Your Gut www.modernlifesurvivalist.com/cell-phone-wireless-radiation-messes-dig..

Posted On 12/10/2017

pitergreen

Yes, how it was mentioned, EMF shielding clothing is a good option and now there are even more companies who supply this in different countries. I would like to introduce new US based company- emfshieldingmaterials.com They have excellent garments from Leblok, I personally prefer them because of casual garments look and very high shielding levels at the same time.

Posted On 02/27/2018

MariaSweden

This is really crazy and scary! I thought all this EMF hype was nonsense. I developed tinnitus, migrane in past 2 years. My friend made me wear his hat for a day, he said it would help. I did not think so, but it did help! My tinnitus was gone! My headache was gone! It was just a baseball cap with silver + aluminium fabric inside. The next day - without the hat - my tinnitus was back. I am confused. This is all news to me. Maybe I try making a tin foil hat today :) This is really scary stuff. Can EMF's really be this harmful?

Posted On 01/05/2018

mryinyang

Does anyone know what frequencies are used by TETRA and RADAR? He mentions 400,000Hz but online I have read that they Police use 380 MHZ and much higher. I live very close to an airport and police station - and I have health problems.

Posted On 12/18/2017

Pat Ormsby

Thank you, Dr. Mercola, for continuing to address this vital topic! In particular, thank you for ideas for protection when others are uncooperative (I hope the burka is sweat proof). I suspect most people will opt for convenience over health, but over the long term, their genes will be eliminated from the gene pool.

My husband and I both experienced declining health, and the bees all disappeared from my holy basil patch, after they brought 4G service to our town. I finally put shielding over the tent we sleep in after having horrendous allergies and more serious problems this fall. Now my husband's insomnia has cleared up and he sleeps through the night. So you are right that it is not just the electrosensitive who are affected by this.

Posted On 12/16/2017

alejandra_marquez

I didn't know I had a smart meter. When I bought my house it was analog, I called PGE and asked how long it's been there they said 10 years. I said I want my old analog back and they said ok \$100 plus \$45 extra a month to go out and read it. I don't have that extra in my budget my electric bill is already \$200 a month. I instead made a diy faraday cage with Aluminum foil, Aluminum mesh and a 6 and a half inch hose clamp. I suggest everyone do this. Years ago when my son burnt his hands his old Dr. prescribed a silver cream. I'm thinking of getting this and using all over my body since it has bits of silver in it. Thanks Dr Mercola for all the wonderful information. Very sad about kids in orphanages being experimented on though.

Posted On 12/14/2017

nickpineault

Thanks so much Dr. Mercola for bringing awareness to this issue. Working on an EMF practitioner training for health professionals and Dr. Klinghardt's incredible knowledge will definitely be included. Keep it up!

Posted On 12/12/2017

Robertrr1

I make some research about body voltage - my movi:www.youtube.com/watch

What I can say:

1. If you make a full 3 lines installation to each electric socket there will be no Body Voltage. All 3 lines have shifted voltages by 120 o, and their total voltage is 0 V at any time. This way I improve Body Voltage in some places in my house.
2. Building material off your house is very important - sorry to say but wood skeletal building is the worst option, I check it in different homes - best are concrete.
3. Metal roof is best option (I have no idea why) I change the roof from bituminous tile to metal, and body voltage has decreased in upper storey.
4. Very good to replace AC voltage with low DC (for light perfect)

Posted On 12/12/2017

twe7017

I'm presently fighting the water utility. They want to install a smart water meter inside my basement, center of my home. The EMF wave will go everywhere, up, down, and sideways. It's a small home. I won't be able to get away from it. Saturday, I received a threatening letter from the village lawyer. He cited a 1959 handbook about the village's right to replace meters or shut off water service. Our village founders never envisioned radiation devices as the meters, just saying. I've had EI, Mono, Chronic Fatigue, and Lyme. This will not be good for my health. I am trying to stop it, but I can't afford a legal fight. Any ideas would be appreciated.

Posted On 12/11/2017

grulla

As I have posted before, I have developed arterial calcification issues from various dairy/calcium abuses over the many years. My carotids showed appx 60% blockage via ultrasound exams, I developed eye floaters and some amaurosis fugax of the left eye issues which can be the result of calcified restricted arteries to the retina, and "tinnitus" of the left ear which may actually be the restricted carotid artery creating an occasional wheezing sound close to my left inner ear. Now I have even one more possible calcium damage abuse to add to my list; voltage-gated calcium channels, (VGCC), as described in the above article.

I've worked in RR telecom maintenance and repair for 42 years from appx 1968 to 2010. And worked in MW radio 1984-2010 (when I retired), I maintained a cross country MW radio path district section in NM and AZ that operated from the West Coast to the Gulf of Mexico and north to St. Louis and many other locations, with various radio frequencies in the 6.6-6.8 Ghz, 1.9 -2.1 & digital 2.4 Ghz, 900 Mhz, as well as 160 and 400 Mhz VHF/UHF mobile frequencies. I always assumed that all the radio equipment at all my radio building locations was properly shielded and grounded by the radio equipment manufacturers (like Lenkurt, Rockwell Collins, 900 Mhz MDS and Granger MW, Motorola and Kenwood VHF, etc) and was installed properly by myself and previous employees, and I was mindful of safe handling practices as well. Now, in view of this CCVG phenonoma, I'm not so sure that I wasn't unsafely exposed to at least some RF EMFs, I'll never know for sure, but will assume the worst.

Posted On 12/11/2017

drjeff27

Well interesting that aluminum absorbs energy maximally at 2.4 GHz (aluminum thickness can absorb energy at 2.4 GHz (approximately the frequency used by WiFi and microwave ovens), is < 2 microns) and the only source for aluminum in the brain is vaccines, we now have a perfect storm.

Posted On 12/11/2017

abe5680

Aluminium is also likely present in water (if unfiltered for this) and it is also now in the air we breathe due to "geoengineering" chemtrails. Fluoride additionally assists in the uptake of aluminium to my understanding. Mercury is also an issue with EMFs as well as with pathogens, especially candida.

Posted On 12/19/2017

SadieKay

EMFs are an invisible evil, one that we can't see. That's the biggest danger because we can't explain to ourselves why we feel lousy. Most doctors are of no help. This video is the best I've seen on this subject!

Posted On 12/10/2017

shirleykate

A person living in a tower block or near a fire station or police station, is advised to move out. Would that mean loads of empty tower blocks and isolated fire stations? Or would more people simply move in to the empty apartments, so exposing themselves to the evils of emfs? Or maybe we wouldn't tell them the dangers? There's a housing shortage in the UK and leaving homes empty just isn't practical.

Posted On 12/10/2017

Bryan001

All very interesting Dr, from 1998 until 2009 I worked and lived in China, the Chinese then were well aware of the problem of cell phone radiation - they banned phone towers from being near schools, if a women in the public service was pregnant, in her work she was moved away from working near a phone tower, the family purchased silver threaded panties that covered her below the waist, all to protect the unborn. Also Chinese children were taught not to hold their mobile to their right ear as it was more likely to result in brain issues.

A friend in South Australia studied the radiation from phones and plasma TV"s, plasma TV's sent a radiation metre crazy, my friend developed a small patch that attached to your computer or mobile phone that eliminated the radiation - sales have been slow but maybe they will catch on. I personally had an issue with heart fibrillation, in my office if I was near the Wi-Fi I immediately developed heart burn and heart attach symptoms, when I moved away the symptoms disappeared. Still if I put my mobile in my top pocket near my heart I immediately feel discomfort. We had an office lady that become visibly distressed when we purchased a wireless mouse for her computer. So there is so much more we don't know about the side effects of having wi fi in out homes and work place

Posted On 12/10/2017

rrealrose

Finally got a 25ft. ethernet cable to take the place of WIFI (well, sort of). Seems cable companies here have decided to more than double the WIFI signals, from 2.4 Ghz to 5.6 Ghz, to handle their now overcrowded cable networks. When I looked this higher signal strength up online, seems 2.4 Ghz is for residential use, and 5.6 Ghz is for public use. No idea who or what governing body is regulating this, and cannot imagine cable companies want to spend the money to break existing networks into smaller chunks, to avoid known WIFI drops or bumps that occur. Escalation seems the name of this game!

Posted On 12/10/2017

grulla

Hi "rrrosie", make sure your WIFI transceiver in your computer's control panel is properly turned off. It is possible that even if you are functioning VIA lan/eternet cable, your WIFI transceiver may still be operational. It hapened to me, possibly because of google's constant meddling in my computer's internal settings and info, which is why I now use duckduck.com for my browser.

Posted On 12/11/2017

tod2440

do grounding mats help?

Posted On 12/10/2017

totalemfsolutions

No, that ground plug goes all the way to the panel and is bonded with the neutral. From there it goes to the transformer and back to the substation. By attaching yourself to it, you just become the same potential (lots of bad videos on YouTube showing this). You will become a conduit for the same kilo Hertz frequencies known to create nerve block, Some people say it takes away their pain but only temporary relief is gained....like taking a drug.

Posted On 12/10/2017

hellbent

Not in avoiding the damage, only in helping to heal - and that is only under particular circumstances eg not earthing to the mains, not being in a situation where you've made yourself into an "antennae", not with an earth rod in soil where current is discharged into the ground.

Posted On 12/10/2017

mar6915

Suppose the first thing I need to do is buy an EMF tester. I have been forced to move off my beautiful, organic 40 acre farm of almost 20 years, due to evil neighbors. I will need to know which of the 2 rooms at the new place to put a bed. Also wonder about a new metal bed frame, that raises and lowers is safe. copper socks and insoles do they conduct electricity or emf's in us?

At my doctor's office is a big sign that says turn OFF your cell phones. I had the realtor meet me there , to let me look a a place near there. I told her you Must turn it OFF, yet when I came out of my time at the office, there she sat for the 2 hours she waited , playing with her phone, not caring if it effected anyone or their equipment. I will also have to get internet at the new place and will have to figure how to wire it. Hope the new move is good for my health and well being.

Posted On 12/10/2017

totalemfsolutions

Stay away from copper socks! They are a conductor of frequencies travelling through the earth. Professor Magda Havas produced some great videos regarding ground current.
www.magdahavas.com/ground-current-videos

Posted On 12/10/2017

Guillermou

Hi mar. !! Good luck in your new home !!, Information on electromagnetic protection

Electromagnetic Radiation Protection www.future-carbon.de/.../electromagnetic-shielding

Textiles in Electromagnetic Radiation Protection article.sapub.org/10.5923.j.safety.20130202.01.html

Composite materials for protection against electromagnetic microwave radiation
iopscience.iop.org/.../pdf

Posted On 12/10/2017

Krofter

As for electrical wiring; unless you plan on selling your house soon, I recommend removing wiring in rooms where electricity isn't essential, like bedrooms, living rooms, dens and bathrooms. My living room and bathroom are not wired and my bedroom only has 1 - 12v dc wire going to one low wattage light - and I'm going to remove that when I get time. Think... candles and lamps - www.lehmans.com/.../lamps-lighting

There may come a time in the not too distant future where homes without electrical wiring are more attractive to buyers than homes with electrical outlets every 8'. We have the widget manufacturing industry to thank for lobbying your local building departments for the electrical wiring mess in our homes today. erdakroft.com/.../The_Cob_Farm_house.html

Posted On 12/10/2017

BillieBob

"Think... candles and lamps..." Think... burning your house down.

Posted On 12/10/2017

grulla

"Krofter", why eliminate a DC circuit??? The whole world would be better off running on direct current, whether high or low voltages. www.cleanlineenergy.com/.../how

Posted On 12/11/2017

Krofter

BillieBob - articles.mercola.com/sites/articles/archive/2017/02/05/therapeutic-use..

Scroll down to the heading on candles.

Posted On 12/11/2017

jmiller739

Another great Mercola article on the mechanism of harm --> EMF increases intracellular calcium through voltage gated calcium channels (VGCCs) articles.mercola.com/sites/articles/archive/2017/09/09/smart-meters-he..

"In a nutshell, nonionizing microwave exposures are a major source of mitochondrial dysfunction, and we've now come to appreciate that this is at the heart of virtually all chronic disease. It's no wonder, really, that so many are reporting serious health problems after having a smart meter installed in their home. What Pall discovered is that microwaves emitted from devices such as cellphones, Wi-Fi routers, computers and tablets – when not in airplane mode – increase intracellular calcium through voltage gated calcium channels (VGCCs), and the tissues with the highest density of VGCCs are your brain, the pacemaker in your heart and male testes. Once these VGCCs are stimulated they trigger the release of neurotransmitters, neuroendocrine hormones and highly damaging reactive oxygen species (ROS) that significantly raise your risk for health problems such as anxiety, depression, Alzheimer's, brain cancer, arrhythmias and infertility, just to name a few. Anyone struggling with any of these conditions would be wise to take EMF exposure very seriously, and take steps to limit exposure to wireless technology."

Posted On 12/10/2017

birvll3s

I thought the answer to "Monumental threat to your health " article was going to be --- Obama and his friends Bill Gates and Donald Trump !!! But after reading your article - I also agree that EMFs are a more serious threat than the government and the "bought and paid for medical establishment " let us know. Just think of cell phones, power lines and electrical transfer station. There are more areas in our daily lives where we are being exposed to the Emfs. It's through-out our habitats and environment. But where monies and profits are being made - well, you know what government is going to say !!! I like your website, it is very informative and a bit on the edge. I am sure there are many who would like you to stop. Keep going... Sincerely...

Posted On 12/10/2017

Charking

I use a dampening pad and Shungite Stones to absorb radiation from my cell phone. I began to research radiation poisoning after the Japanese Fukushima quake in 2011. This is what I found. People who eat miso regularly may be up to five times more resistant to radiation than those who do not eat miso. That is the conclusion of a team of researchers at Hiroshima University 's atomic bomb radiation research center.² green.yahoo.com/blog/ecomii_healthy_living/128/miso-soup-powerful-anti.. Mineral-rich nettles infusions High in iodine, as well as many other nutrients including vitamins A, B complex, C, D, E and K, iron, calcium, magnesium, potassium, chromium, silica, silicon, selenium and sulphur.

Burdock root (*Arctium lappa*) Removes radioactive isotopes from the body. Orange and dark green vegetables like kale, spinach, collards, sweet potatoes, winter squash According to herbalist Susun Weed, "Japanese researchers found that diets high in carotenes significantly reduced DNA damage in humans exposed to radiation. Supplements of beta-carotene (or of vitamins C or E) did not show this effect. Eating lots of orange and dark green foods (sweet potatoes, winter squash, beets, carrots, kale, collards, chard, and spinach, for example) can protect you from radiation-induced cancers." Broccoli, cabbage, mustard greens, arugula, cauliflower, bok choy, and other cruciferous vegetables Brassicaceae or Cruciferae, also known as the crucifers, the mustard family or cabbage family is a family of flowering plants that can help protect your cells from radiation damage.

Dried beans such as lentils and mung beans Contain protease inhibitors, known to block and prevent formation of tumor cells. According to herbalist Susun Weed, dried beans can even reverse DNA damage done by radiation. Anchovies High in iodine and calcium. Black & green tea Steven Schechter - both black and green tea showed "radioprotective effects" before or after exposure

Posted On 02/04/2024

Guillermou

Fibromyalgia, chronic fatigue syndrome, multiple chemical sensitivity, and electrosensitivity (EHS) may have a common focus. Some people who are sensitive to electricity also have Lyme disease, heavy metal toxicity, autoimmune problems, thyroid problems, and/or mold inside their home. Recent research considers that MCS and EHS have the same underlying mechanisms and represent different disorders of a common type of disorder. MCS and EHS lead to a multisystem disorder that manifests as a result of exposure to various environmental contaminants (solvents, hydrocarbons, organophosphates, heavy metals) in concentrations below the "threshold limit value", electromagnetic fields and other environmental factors. .

There is a German questionnaire about it. www.ncbi.nlm.nih.gov/.../12606290 .----- From the point of view of symptoms, some experts have compiled a developmental framework of MCS syndrome, of several stages, beginning with disorders: dermal, eye and respiratory tract irritation, fatigue, muscle and joint pain, headache , tachycardia, balance problems, cognitive problems and asthma, circulatory and immune system disorders, etc. and that intensify with chronic inflammation: arthritis, colitis, rhinitis, asthma, muscle fatigue, fainting, cognitive delays, poor peripheral circulation and that are aggravated with heart failure, cancer, autoimmunity, neurodegenerative diseases and psychiatric syndromes.

www.senato.it/.../39469.htm

Posted On 02/04/2024

Guillermou

The BioInitiative Report has compiled and analyzed the serious health consequences of the conclusions of more than 3,800 scientific investigations at low and high frequencies, and in relation to extremely low frequencies from 2012 to 2022. "It is with great appreciation for Martin Blank that the BioInitiative Working Group acknowledges his many contributions, and sadness we feel in losing a cherished friend and humanitarian. Martin was the kind of scientist and colleague who understood that science needs a human voice. In his professional life, he gave endlessly to promote public communication on complex health issues. Martin knew the power of lending his academic and professional research capital' to efforts to bring the health dangers of EMF to the public, knowing that federal agencies are slow to act." <http://www.bioinitiative.org/>

Posted On 02/04/2024

Has anybody who lives in an apartment block tried making an Igloo to sleep in, designed to reflect EMF? Perhaps it would give some respite during the night?

Posted On 02/04/2024

Charking

I was pleased to see the article about EMF and how they affect us there are many people who are very sensitive to EMF and I am one of those people. Due to this sensitivity I have some gifts but the man who I was working with from 1981 thur 2000 was a scientist. Dr Christopher H. Dodge a Biologist * deceased * who worked for the US Library Of Congress CRS Division translating documents and space documents from Russian into English. Chris was one of the first to identify the effects of EMF on the human body and write about it.. he also wrote one of the first papers about the dangers of high tension power lines and one of the first papers he wrote was on the dangers of CRT's on computer systems.

Some countries banned IBM computers due to the EMF radiation. I became aware of my sensitivity in 1976, and it was only after I met with Chris and we started Project Migraine in 1981 that I found he had written this paper years before we made contact. This is part of the heading but will allow someone to locate the paper if needed. The EMF data is great. I have been tested in hyperbaric Decompression Chambers as well as the US Bureau of Standards Magnetic testing labs in Boulder CO in 1981 in a faraday cage with the SQUID Machine, and various other test have been done with me in 3 states. I am one who picks up these EMF energies.

I was warned by Dr.Frank Yatsu who was the first Dr. who connected the dots as to what was making me sick back in 1979. I was warned to stay away from high EMF in any form. An MRI would be lethal to me. * Google- The Charlotte King Effect * Chris's paper. Reprinted from BIOLOGICAL EFFECTS AND HEALTH IMPLICATIONS OF MICROWAVE RADIATION, Symposium Proceedings, Richmond, Virginia, September 17-19, 1969 (BRH/DBE 70-2) (PB 193 898). CLINICAL AND HYGIENIC ASPECTS OF EXPOSURE TO ELECTROMAGNETIC FIELDS (A Review of the Soviet and Eastern European Literature)! CHRISTOPHER H DODGE Biosciences Division, U.S. Naval Observatory, Washington, D.C. 20390

Posted On 02/04/2024

Charking

I love to be able to share my thoughts on this website and I quote Dr Mercola to people almost daily. I have my doctor now reading his reports as well as a scientist I am working with. I predict Earthquakes which is a bit out of the box as to what Dr Mercola does but its tied into the EMF and the bodies reaction .. I have had friend requests and I just don't do friends but would love to share my information so please email me privately at charking@viser.net The data I posted earlier today from Dr Chris Dodge was also into the EMF and earthquake prediction. The EMF changes before quakes and volcanic events.. this is what I monitor and why the government has tested me in 4 states.

Posted On 02/05/2024

Momkastner

I live "deeply" rural - we don't get any cell-phone reception where we live. But I do have my WI-FI router for our satellite internet. I would prefer not to turn it off every night - it takes a long time to power-up. Would putting it in a faraday bag or cage work to remove night time exposure? I'm wondering if my incessant tinnitus could be from that exposure?

Posted On 02/04/2024

mer4090

The faraday bag/cage idea should work as long as it's blocking the correct frequencies. Consider a metal box, but you'd want to be careful about building up heat inside. Another option may be to somehow lower the RF output power to near zero at night, and back up to the minimum power needed during the day.

Posted On 02/05/2024

Kathy80

This is an important article. I am going to send copies to my children and they can then print and send copies to their children. I will also make more changes to my home and use of cellphone, etc. I had made a few simple changes but need to do more. I ordered the book EMF*D by Dr. Mercola while ago...time to start reading it!

Posted On 02/04/2024

LearningNew

Compact fluorescent light (CFL) bulbs emit microwaves...like a small cellphone tower emitting at those frequencies, which is absolutely devastating to the health of people. Is this why we got the two-fer... Government eliminated the (made in USA) incandescent bulb, and had us use (mostly made by ChiCom's) CFL?

Posted On 02/05/2024

airsurfer

LED's are known to be destructive to the eyes, without studies needed to prove it, it just burns. But the main effect of LED's is influencing the brain. It's not hidden info, you just have to connect a few dots. The flickerrate is a known subject in the field of monitors and tv's. With a 'smart'meter and LED bulbs, they can influence your brain activity without you being aware of it (or at least of the reason why you react). That is not possible at all with a classic incandescent light bulb, because the light emitting wire has too much mass to allow for higher frequencies the brain uses like 100-1000Hz.

A classic bulb also doesn't resist flickering for long before breaking. It can flicker, visibly, but can only do it effectively at lower frequencies. The argument of energy savings by eliminating classic bulbs is partly fallacious. Because it heats up everything where the light shines on, so you end up using less energy to heat. Of course, when it's hot, its a disadvantage but when it's hot the days are longer and you don't use electric light as much. Also, to be complete, classic bulbs are not completely harmless as they still (like every electric wire with current flowing through it) emit an electro magnetic field, which is also harmful.

In most applications (like shining light) it is weak enough to be of no concern. On the other hand, if you were in a very cold place and put a halogen heater very close to you (a few cm), after a few days you may start having rashes and spontaneous bleedings (not caused by burns as you're not stupid) at the skin tissue close to the electric heater. And unlike RF (radio frequency) radiation, you can not realistically shield from a (electro) magnetic field. It's an important distinction in a world where we tend to call RF 'EMF'.

Posted On 02/05/2024

airsurfer

PS: that's why I am convinced induction cooking is also harmful. Traditional cooking also damages through heat, but in a gradual level, while the induction cooking goes right through it. Microwaven oven on the other is simply the tool of the devil (lol)... it sterilizes which means completely kill any nutritional value (living bacteria and other organisms which make food natural and wholesome) of food.

Posted On 02/05/2024

gol8267

Funny how our government has stopped the incandescent bulb from being made, when they know the CFLs are harmful?? It's all about the money. I tried to buy as many as I could before they stopped making them.

Posted On 02/05/2024

Lyrathelyre

Many thanks indeed for posting this article on EMF Dr Mercola. I am in Australia, and have read of the devastating effects on autistic children of EMF's in The Guardian Newspaper. Will buy some Magnesium Threonate, and some Calc Phos (homeopathy); already leave my phone in the bathroom at night, but you have given me many more ideas.

Posted On 02/05/2024

awi7824

love love love dr. klinghardt!!!!...when is this interview taped?...seems to be some new info in here...the mag. threonate in particular...notice how there are no bugs on the windshields anymore?...take the battery out of your phone (if u can), otherwise there is a signal emitting - even in airplane mode..

Posted On 02/04/2024

Logarithm

If you're putting cellphone in Faraday bag, you might as well turn it off instead (unless you're using it for playing games, which is kind of hard when it's in a bag). (Well, maybe the bag is easier if you're taking it out every now and then to check for incoming messages.) Cellphone in Faraday bag, not finding a cell tower, may try harder with more power and run down the battery faster. Airplane mode does not turn off Bluetooth or WiFi.

Posted On 02/04/2024

joeanddonna

I sleep better now that I put my phone on airplane mode at night.

Posted On 02/04/2024

pittbuehl

There are useful cell phone and car strips with BioSignatures that help to harmonize the EMF's for personal use. Please watch the prior video I posted of Dr. Robert Gilbert explaining Dr. Ibrahim Karim's BioGeometry science.

Posted On 02/04/2024

pittbuehl

Sorry I misspelled Dr. Karim's first name it's Ibrahim, not Ibraham.

Posted On 02/04/2024

pittbuehl

Here is a short lecture by Dr. Robert Gilbert from the Vesia institute. This is explaining BioGeometry from the founder Dr. Ibraham Karim. He discusses transformation of EMF biological effects toward the end of this video. This is critical information!! I am currently talking his BioGeometry course and I have learned ways to harmonize myself and my home with these techniques. Please watch youtu.be/PKAVT1t76xl

Posted On 02/04/2024

pittbuehl

Please consider interviewing Dr. Robert Gilbert from the Vesica Institute. He is the only person in the US that has been allowed to teach the BioGeometry course that was developed by Dr. Ibraham Karim. Dr. Ibraham Karim (from Egypt) is the founder of the science of BioGeometry. BioGeometry is an applied science using energy-quality balancing solutions that includes harmonization of EMF's. This is extremely important information that should be brought to everyone's awareness. Thank you!

Posted On 02/04/2024

grulla

Your above photo image of that antenna tower brings back memories from my railroad telecom tech job that I retired from in 2010. Those round parabolic dish antennas in that pic are the least of your problems as they are point-to-point linked and narrow beamed to other MW tower sites typically with just 2 watts (+33DB) of power, and are not omnidirectional spraying EMFs all over the place like 5G and others. Of course they can still be dangerous to the comm. techs if not handled properly in close proximity.

Posted On 02/04/2024
