

EXPLAINING THE SCIENCE TERMS

Electromagnetic frequencies are found in nature (i.e. sunlight) and are invisible to us, other than the small section of visible light. But those natural frequencies from the sun are not as strong/concentrated when they reach us in comparison to the manmade ones.

We know that high frequency radiation waves such as those from X-rays and nuclear power plants need to be carefully monitored for exposure levels since they can cause harm. While our newer technologies such as wifi and cell phones may meet the current “safety standards”, we have assumed that this means rigorous tests are performed with high standards. But sadly, this is not the case. Instead, economics tends to take priority as industry and much of government make decisions by ignoring countless scientific research studies which prove the damaging effects of certain levels of low frequency radiation waves as well.

The types of low electromagnetic frequencies that cause concern today are significant levels of:

1. Radio microwave frequencies (RF) – the most common kind of low-EMF that has health effects on humans and animals/birds. Examples: microwave ovens, wifi, cell phones, smart phones, wireless devices, Fitbits and similar, cordless phones, smart meters, CFL lightbulbs, 3G, 4G, 5G signals.
2. Magnetic Field (MF) – Examples: electrical appliances turned “on” such as digital alarm clocks, lamps, mixers, hairdryers, stoves, variable speed motors, items with switching boxes.
3. Electrical Field (EF) – Examples: the electricity that flows through your home even when nothing is plugged in or “on”, poorly-shielded wiring, “stray voltage”, “cancellation effect”, ungrounded metal roofs, powerlines. (EF is eliminated during power outages.)
4. “Dirty Electricity” (DE) – One way to explain is RF frequencies super-imposed on regular electricity if we drew how smooth or jagged the wavelength is. Electronics (e.g. T.V.s, computers) can add these to electrical wires and smart meters in how the power reaches the home. Solar power can also produce DE.

MY STORY of Health Effects from RF-EMF

Some people with multi-chemical sensitivities also develop EMF (or vice versa); but I didn’t know that correlation until I was dealing with severe RF-EMF. Though Rob and I grew up in rural Southern Ontario, we moved to rural Central Ontario in 2002 to raise our family away from city heat and smog. My health generally was very good in those years however, in 2017, it took a strange turn as I developed a definite sensitivity to some wireless RF signals.

When the children were younger (about 5-8 years previous to this), I remember them giggling when Mommy would talk on the phone but then be left with a “sunburnt” imprint of the numbered keypad on my cheek for up to a few hours afterwards. We tried different cordless phones but eventually, none would leave my cheek unburned so we simply went back to a corded phone ever since and thought nothing further about it... that is, until mid-October 2017. It was then that we were reading about EMF sensitivity on a website when looking for a recipe. Suddenly, everything started to make sense, coordinating perfectly with my new 24/7 exposures to things such as wifi, a smart phone, a wireless printer, more frequent microwaved meals, and other pulsating radio frequencies that I had introduced close to my working and sleeping space! Then we tested out our theory by turning OFF our wireless and staying away from it for a while and **wow** – what dramatic results! Other people



saw the difference and were amazed, along with us, who perhaps were the most shocked of all. Then, of course, I experimented with going back into the radiation of wifi, cell phones, etc. and once again, we saw my symptoms return. (This is how an environmental sensitivity is discovered or confirmed – symptoms appear when exposed to the damaging thing but diminish to recover to nil during the hours-to-days spent away from it.) Some of us feel the effects of EMF first before the rest of you; we are like a “canary in a coal mine”, so-to-speak. The most common reason most EMF people begin to notice symptoms is as a result of over-exposure to radiation (including wireless technologies), toxins, and similar environmental injuries. Body cells can only tolerate so much harm before they are weakened enough to show injury. In some cases, damage from over-exposures end up as cancer (some types) and in other cases, the damage shows up as a sensitivity. Some people are able to tolerate more toxins or radiation before feeling the damage its been doing. Think of it as something like smog or smoke – people can handle varying amounts.

There is a wide variety of symptoms that people report including poor sleep quality, headaches, brain fog, dizziness, muscle pain, and digestive issues (which probiotic yogurt might help). For me, mild pain began with unexplained dry eyes when I was around more wifi in public and then grew to severity with recurrent corneal abrasion as we became more wireless at home when our Ethernet cord broke and we didn’t replace it. But unlike typical people who can manage dry eyes, I also became allergic to some gel drops and ointments so my pain couldn’t be masked or soothed easily. And my eyes continued to be injured with the burning of the radiation hitting them to the point of painful, swollen, ripping eyes that distorted my vision resulting in a functional blindness at times. In contrast to many people suffering with EMF sensitivities, the RF affects on me could be actually seen by my optometrist and other people, not just felt by me, for my face had begun to



appear sunburned and peeling, without repairing and healing the skin on my entire face. Ointment had dropped and burned a few spots on my cheek and chin in July but regardless of what we tried, these spots refused to even begin to repair. That is, until 48-72 hours after our wireless was turned off in our house in October! Then my skin cleared up to being fully smooth again within a few weeks! Now, if I go out in most public places without a special RF-shielding clothing (or if I’m in higher levels of wireless radiation regardless), my cheeks once again appear sunburned within a few hours after exposure. With the anti-RF fabric covering, those same levels result in less-severe inflammation of swelling and burning. Such fabric reduces (not eliminates) the amount of radiation that hits parts of my body by reflecting RF back away. Black glasses that I wear sometimes (e.g. when eating in public) absorb a bit of RF before it reaches my eyes but they are not as

helpful as the headnet. Sea buckthorn lotion can act as a mild anti-radiation “sunscreen”. Aloe vera helps heal burns. Because this is a life-long condition where sensitivity can increase if you try to ignore the danger or acclimatize instead, it needs to be managed very carefully. The most effective management is to limit the time spent in areas with wifi or cell phones, which essentially means, not being in public often. I often



Of course most symptoms (e.g. burning of cornea epithelial layers, etc.) cannot be seen on a photo but this at least gives a bit of a picture of the swelling/inflammation of the face after strong wifi/cell phone/tower exposures (despite wearing my headnet most of the time) and then what it looks like after 5 days of recovery from that trip to Halifax. The left shows the widest my eyes could open and the most my cheeks could smile within a couple of hours after we had returned home. (October 2022)

measure the RF on a special measuring tool (called an acoustimeter) to help me stay away from higher levels while shopping or to know when levels are low enough to remove my headnet. Drinking lots of good water, foods/teas rich in antioxidants, bone collagen powder, fish oil, etc. all can support general good health and repair of cell damage but they do not cure this. Also helpful are regular exposures to natural sunlight and the “real earth grounding” (e.g. gardening). Low-impact exercise away from EMF is good (e.g. walking through woods, not under hydro wires). Trying not to use a T.V./computer much or at all within a couple of hours of bedtime, changing lightbulbs back to incandescent, using screen protectors and glasses with artificial blue light protection help. My computer now has no wireless and, when I work at it, I sit a number of feet away from the CPU and the power-bar. Effective management of EMF sensitivity remains a life-long lifestyle adjustment but life still can be very good! People can regain a measure of better tolerance to the RF levels in public **IF** they mainly live/work/sleep in environments of **low** amounts of pollutants and **all forms** of man-made EMF. We are very thankful to live in a better place now compared to where we were.

What are Health Effects of EF or MF?

This seems to be less understood, less researched than RF effects although there are some technical studies on this such as "The Electrical and Biological Effects of Transmission Lines: A Review" (Jack M. Lee Jr., 1996, Oregon) which can be found from https://www.powerwatch.org.uk/library/downloads/bp_aobook-20050916.pdf Oram Miller wrote a set of seminar notes that summarized his knowledge on this topic called: "Healthy Wiring Practices: The Building Biology Method - Design & Build For Wellness", from the Building Biology Conference, October 8, 2017, <https://createhealthyhomes.com/lectures-and-presentations/>

We consulted with Michael Neuert (emfcenter.com) regarding his insights into EF and MF and he was very helpful. We met with Denis Roy (emfrefuge.com) too. The main idea is of a "Total Body Burden" which simply means to reduce exposures to any form of manmade EMFs when and where you can so that there is room left in "your bucket" to handle the various stuff you will encounter in your world.

MF: There were three people in our family who experienced shocking sensations with DE filters (which apparently slightly increase MF); we are not the only ones who have reported this. High levels can cause a few symptoms for me if my "bucket" already is dealing with high RF exposures. High levels of MF have been studied with regards to childhood leukemia rates. If someone with RF sensitivities is wearing shielded clothing that clothing tends to be "conductive" and made out of metallic fibers. That means that it can actually negatively affect them if they are wearing that clothing in environments of high electrical or magnetic fields, such as being in an ungrounded, older house or walking under high voltage lines on a trail. High MF may also indicate house wiring errors which need to be fixed.

EF: Refer back to Oram Miller's seminar to find out that high EF levels [in the bedroom areas] are linked to things like poor sleep patterns (decreased Stage 4 deep sleep), Restless Legs Syndrome, CFS/Fibromyalgia. One of the first EMF sufferers worked a lot with early electricity (Mr. Tesla). High EF can contribute to lowering one's tolerance to other forms of EMF. And cows can be affected by stray voltage so a utility company tests for this on farms if it is above 1V (1000 mV) although generally feels that it poses no health hazards to humans until it reaches 5 or 10 V of voltage on the ground wire/neutral. If it's too high in a room, EF levels can be lowered for sleep periods by turning off some breakers, using shielded wiring, or lowering the voltage on the ground/neutral – the methods depend on where the source is coming from for the higher levels.

SOME LINKS FOR FURTHER STUDY on EMF

A funny video about healthy buildings: <http://www.youtube.com/watch?v=JslZ58N9a7A>
<https://www.thecanadiancharger.com/page.php?id=5&a=594> (locations of cell towers in Canada)

A film trailer about effects of cell phones and wifi on children, teens, and adults (2017): <https://generationzapped.com/>

Video - Wendy Mesley (CBC Marketplace, S44, E19) The Secret Inside Your Phone
<https://www.cbc.ca/player/play/910329411834>

Dr. Barrie Trower speaks at U of Toronto - <https://www.thecanadiancharger.com/page.php?id=5&a=554>

Some effects on body cells - <https://emwatch.com/what-emf-does-to-your-body/>

5G Cell Towers: What Are They? (EMF Health Alliance of BC) https://emrabc.ca/?page_id=8805

Compilations of Worldwide Scientific Research –

<https://bioinitiative.org/> (includes reports on effects on nature, not just human health)

https://www.powerwatch.org.uk/Dr_Magda_Havas_website (professor at Trent University) – as an example, she references the Austrian Medical Guidelines and International Experts' Perspective on the Health Effects of Electromagnetic Fields (EMF) and Electromagnetic Radiation (EMR). Environmental Health Trust - <https://ehitrust.org/>

Of Living With Environmental Sensitivities –

EUROPAEM EMF Guideline 2016 for the prevention, diagnosis and treatment of EMF... <https://www.ncbi.nlm.nih.gov/pubmed/27454111> (The above is one of the best medical documents on EMF.) Safe Living Technologies (Ontario) - <https://safelivingtechnologies.com/what-is-ehs/> (This place also sells good measuring meters.)

Various accounts of people with EHS (including various perspectives – this shows the need for understanding people who are suffering with environmental sensitivities and upholding the true and lasting hope found only in the living God, our Creator):

<https://www.emfanalysis.com/emf-refugee/>
<http://www.conradbiologic.com/articles/Triggers%20of%20EMF%20Sensitivity.html>

<https://www.emfanalysis.com/ehs-treatment/>
About harmonizers - <https://beatemf.com/emf-scams/>
<https://www.peppermintsticklearningco.com/emf-mcs-related-posts-start-here/> (Joy's blog)

A website in both French and English - <https://aseq-ehaq.ca/en/environmental-sensitivities/electromagnetic-hypersensitivity-ehs/how-to-cope-with-ehs/>

Practical Tips for Buildings and Helpful Products

Name to search for: [Cece Doucette](https://www.wirelesseducation.org/) who is also at <https://www.wirelesseducation.org/> (tips for schools)

<https://www.eiwellspring.org/index.html>

<https://emfcenter.com/>

<https://www.4ehsbyehs.com/product/led-lcd-screen-protection-film/> (computer/TVscreen covers)

<https://www.amazon.ca/Electromagnetic-Hypersensitivity-Workbook-Journey-Feeling/dp/0986852856>

(a how-to book by a Canadian who recovered)

<https://lessemf.com/> (shielded clothing and fabrics to make your own)

Note: The products above are not a way of holding onto a wireless lifestyle without harm. They are only effective for a bit of additional protection when a person is already greatly-reducing RF levels overall in the main environments they spend time in.

How Can YOU Better

Manage YOUR Technology?

1. Turn off your wireless router and devices while you sleep so your body has chance to repair and sleep more soundly. It is strongly proven that RF decreases melatonin and as a result, your sleep quality. Simply sleeping with less RF can make a big difference! Double-check that those sneaky/hidden "second antennas" are also disabled on wired things like printers.
2. Keep your device on "airplane mode" or "off" unless you need to use it. This means also disabling "Bluetooth", which can be just as strong of a signal. Using a speaker phone to talk on a cell is best, never hold it to your ear and don't store it close to your body. Changing your settings, turning it off or on, receiving or sending data, or using a cell phone to see websites causes extra spikes of radiation.
3. Use wired connections where possible for your computer system and home phone.
4. Minimize your dependence on wireless devices and regain a happier sense of well-being by talking directly to someone, observing nature, and walking in fresh air and the natural sunshine.

Do You Know About Electromagnetic Sensitivity?



Hello! My name is Joy and I am an active mom and children's curriculum developer. I'm happily married to my sweetheart, Rob.

This brochure tells my EMF story ...

Please take the time to learn about something that is around us so often – and about how it could affect YOU!