

Electromagnetic Pollution Hidden Stress Hazards in your House

By Dr. Joanne Flanagan

Got stress? Did you know that electromagnetic frequencies (EMFs) above the Environmental Protection Agency's safe limit are assaulting your brainwaves and body every day? Our natural state of wellness is being clouded with electromagnetic waves of invisible radiation – powerful enough to blast wireless communication data through concrete walls and buildings. Imagine how easily it travels through us, especially newborns and young children. We can't see the smog of electro-pollution, but it is affecting us.

Harmful EMF fields are produced by cell towers, microwave beams, high power lines, cell phones, televisions, computers, florescent lights, Wi-Fi, hair dryers, cordless phones, video games, baby monitors, PDAs, hybrid electric cars and other electrical equipment.

We need to be aware of the biological effects of these hidden stressors – sleeplessness, headaches, dizziness, immune suppression, electro-sensitivity, “unexplained” cardiac symptoms and decreased fertility, as well as increased risk for brain cancer and neurological disorders. Some people report having less energy and constant fatigue, along with getting sick often. Depression and moodiness are very common symptoms.

There is a lot of research being done, but we need to identify our environment and find safer solutions. This includes considering use of headsets, wired vs. wireless Internet access, corded vs. cordless phones and more.

Strengthen yourself against EMFs

Children, pregnant women and the elderly are affected the most by exposure. The development of symptoms depends on proximity, frequency, intensity and duration of exposure, and is influenced by an individual's vulnerability, overall health and immunity. CNN pointed out that studies show that the signals from cell phones reach more deeply into children's thinner skulls and smaller brains.

Limit your exposure in these ways:

- Use a land line whenever possible.
- Use a low SAR-rated phone and use the speaker function – avoid the hands-free, in-the-ear phones.
- Keep cell phone powered off whenever possible.
- Carry cell phone away from your body, with the keypad or front of the phone facing toward the body, and the back or antenna side facing away from the body.
- Use phone outside of a car, train, elevator, airplane or other confined metal space.
- Use a computer with wired Internet access, with the wireless function disabled, to surf the Internet, watch movies, download music, etc., not a mobile.
- Keep cell phones, electric alarm clocks, electric lamps and everything electric away from your sleep zone – at least four feet away.
- Never sleep with cell phone powered on. Charge four feet away from people and pets.
- Replace old electronics, fluorescent lights and dimmer switches.
- Buy a RF and gauss meter to test appliances, TVs, etc.
- Stay at least three feet from household appliances, such as coffee makers, microwave ovens, televisions, computers, electric clocks, plugs in walls, electric tools, etc.

A test to see how electromagnetic radiation affects us

Applied kinesiology can be used to test EMR's effects on our bodies.

It takes two people, the “tester” and the “subject.” This can be viewed on www.equilibrex.com.

1. Have the subject stand erect, right arm relaxed at his side, left arm held out parallel to the floor, elbow straight.
2. Face your subject and place your left hand on his right shoulder to steady him. Then place your right hand on the subject's extended left arm, just above the wrist.
3. Tell the subject to resist when you try to push his arm down.
4. Now push down on his arm fairly quickly, firmly and evenly. The idea is to push hard enough to test the spring and bounce in the arm, not so hard that the muscle becomes fatigued. It is not a question of who is stronger, but of whether the muscle can "lock" the shoulder joint against the push.

By doing this experiment on a subject who is using a cell phone, you'll find that the subject cannot hold his arm up because the radiation is draining his energy in that muscle. This can also test hair dryers and other electrical devices.

If you would like to test the effect of anything on your body, try this experiment with a health practitioner or partner.

Other ways to protect yourself from EMR would be to get plenty of exercise, drink at least eight glasses of water a day, eat nutritious foods, meditate at least 20 minutes twice a day, think positive thoughts and get outdoors several times a day. Keep a good distance from anything electrical, and limit your exposure to electrical fields.

Dr. Joanne Flanagan is a world renown expert in stress-handling technology, which includes physical, mental, emotional and environmental stressors. She has worked diligently in the past ten years in determining the nature of hidden stresses that destroy vitality. The result is her invention of the Equilibrex Pendant, which lessens the effects of stress on the bio-energy field surrounding the human body. For more information and research on stress and how to protect yourself from stress-related illnesses, see Dr. Flanagan's website at www.equilibrex.com.