

"Dirty" power: The world's largest health experiment.
What you don't know can kill you.

Talking To Your Physician About Electrical Pollution

What you don't know about electrical pollution can hurt you!

In the laboratory, chronic exposure to low level electromagnetic fields clearly affects growth and development, stress response, immune response and many neurological functions. This is not surprising because at the cellular level we are all electrical beings. Epidemiologic studies relate electromagnetic fields to birth defects, psychosis, childhood leukemia and to other cancers, especially brain and reproductive tumors.

What are the symptoms of radio wave sickness?

From the first awareness of health effects related to electromagnetic radiation decades ago, non-localized neurological symptoms have been very prominent. These include: headaches, dizziness, nausea, difficulty concentrating, memory loss, irritability, depression, anxiety, insomnia, fatigue, weakness, tremors, muscle spasms, numbness, tingling, altered reflexes, muscle and joint pain, leg/foot pain, "Flu-like" symptoms and fever. More severe symptoms can include seizures, paralysis, psychosis and stroke. These complaints, along with numerous non-specific multiple systems symptoms, constitute radio wave sickness.

When should you suspect radio wave sickness?

You should suspect radio wave sickness when you have a significant number of symptoms on the list and there does not seem to be another cause for the symptoms. Radio wave sickness should be suspected if you have chronic fatigue syndrome (CFS), fibromyalgia, or attention deficit disorder, as a number of people with those disorders have substantially recovered after being treated for it.

How can radio wave sickness be positively diagnosed?

The extensive list of symptoms relates to the multiple cellular and sub-cellular effects of electrical pollution. Lab tests, including EEG (as described by Marha et al.) may be done as a baseline but are not definitive. Electrical pollution is measurable, but requires specialized instrumentation and a trained technician to interpret the data. The simultaneously diagnostic and therapeutic measure is to eliminate "dirty" power in the home and/or workplace and determine whether or not symptoms improve, often within days. The filters to accomplish this need only be "installed" and are inexpensive when compared to multiple medical office visits and/or medications.

Inspection/Consultation and Filters are available through Clean Power Canada (519) 451-5924;
cleanpowercanada@ymail.com. ~ www.cleanpowercanada.bravehost.com

Disclaimer: The author is a recovering patient, motivated by a desire to learn and teach about electrical pollution, who does not make filters or possess any financial interest in the company that produces them.

Are there any other treatments?

There are no treatments that can substitute for reducing or eliminating exposure to high frequencies. However, there are some nutritional approaches that may be helpful in rebuilding the body's damaged systems after exposure high frequencies is substantially reduced or eliminated. The literature indicate that the nervous system, the cardiovascular system, and the immune system are impaired or damaged by over-exposure to radio frequencies. Many references cite oxidative damage as a problem. Dehydration also seems to be a problem. Consult with your physician or a qualified health care professional to determine what might be appropriate to help with recovery from the damage done by radio wave sickness.

How can "dirty" power affect you?

In addition to being part of an electrical circuit because of the electrical earth currents, each person is capacitively coupled to the wires running around them through the walls, floor, and ceiling of the building where they live or work. Electrical engineers know about capacitive coupling, but they have also been taught that the result is insignificant. They have not read or choose to ignore publications like *The Body Electric* by Robert O. Becker, MD in which he discusses the extreme sensitivity of the human body to electromagnetic

fields/radiation and Electromagnetic Fields and the Life Environment by Karel Marha, Jan Musil, and Hana Tuha in which they describe the symptoms humans experience with chronic exposure to high frequencies. The description of the symptoms of exposure to high frequencies in Electromagnetic Fields and the Life Environment touches on all of the most minor and puzzling symptoms of CFS and Fibromyalgia, as well as all of the widely accepted ones. The symptoms of chronic fatigue syndrome, fibromyalgia, and Gulf War Syndrome are all virtually identical to those of radio wave sickness. Exposure to high frequencies seems to be linked to a myriad of other health problems including depression, attention deficit disorder (ADD), cancer, infertility, miscarriages, birth defects, allergies, Alzheimer's disease, Parkinson's disease and Lou Gehrig's disease. The news has been full of speculation regarding why the rates of these ailments have increased over the last several years. Since there is evidence linking exposure to high frequencies to each of these ailments, it seems likely that the growth in non-linear, time-varying loads relates to the increase of the ailments listed above. Until recently only a few people were aware of the source of the exposure. People are becoming sick who do not seem to be at risk. Unbeknownst to them, they are being exposed to high frequencies through exposure to "dirty" power. Without an oscilloscope or a meter, it is impossible for the average person to detect. Electricity is the most widely accepted and most poorly understood of the modern conveniences.

Why is it difficult for physicians to accept electrical pollution's adverse health effects?

Regrettably, to date, articles in main-stream medical journals, featuring the human health risks of exposure to electrical pollution or high frequencies, have not received the notice they deserve. Each time an article appears, a carefully prepared highly publicized study that reportedly shows inconclusive or negative results is released. These studies have ties, generally funding, to an industry or organization that fears it would be negatively impacted by the new study. These highly publicized, "damage control studies" are probably the ones you and your doctor recall seeing. Although the human health effects of exposure to high frequencies were well researched and documented in Eastern Europe over fifty years ago, this body of literature was largely disregarded because the government viewed it as communist propaganda designed to curtail the development of further military and/or technological advances. Still, today Eastern Europe has some of the strictest regulations regarding acceptable levels of radio-frequency exposure for civilian populations. Do not be put off by some of the hostile responses you may receive from medical professionals. This information is new for your doctor. This is where physics meets human biology. The scarcity of people who are well enough versed in both physics and biology to fully understand the effects of high frequencies on biological organisms is what has allowed this problem to persist for so long.

Symptoms of radio wave sickness (excerpted from No Place To Hide April 2001):

Neurological: headaches, dizziness, nausea, difficulty concentrating, memory loss, irritability, depression, anxiety, insomnia, fatigue, weakness, tremors, muscle spasms, numbness, tingling, altered reflexes, muscle and joint pain, leg/foot pain, "Flu-like" symptoms, fever. More severe reactions can include seizures, paralysis, psychosis and stroke.

Cardiac: palpitations, arrhythmias, pain or pressure in the chest, low or high blood pressure, slow or fast heart rate, shortness of breath.

Respiratory: sinusitis, bronchitis, pneumonia, asthma.

Dermatological: skin rash, itching, burning, facial flushing.

Ophthalmologic: pain or burning in the eyes, pressure in/behind the eyes, deteriorating vision, floaters, cataracts.

Others: digestive problems; abdominal pain; enlarged thyroid, testicular/ovarian pain; dryness of lips, tongue, mouth, eyes; great thirst; dehydration; nosebleeds; internal bleeding; altered sugar metabolism; immune abnormalities; redistribution of metals within the body; hair loss; pain in the teeth; deteriorating fillings; impaired sense of smell; ringing in the ears.

Why is the symptoms list so broad?

Symptoms are affected by body type, duration and regularity of exposure, and frequency (hertz). Each frequency can have a very different effect on the human body and different body types are affected differently by different frequencies. This makes electrical pollution as a causal agent difficult to identify, especially if you do not know about radio wave sickness. One article in the Journal of Cellular Biochemistry notes that the stress response is activated in cells exposed to even low levels of electromagnetic radiation both by directly affecting

DNA, as well as by activating membrane receptors. They note that cells respond to amplitude and frequency differently. Changes of amplitude in either direction also stimulate the stress response.

Where can you go for documentation/resources?

There are many useful resources. The list that follows of necessity leaves out many. If possible, go through the list in order.

Articles in the January 2004 National Foundation of Alternative Medicine Newsletter

[Good News, Bad News About Electromagnetic Forces](#)

[Screening Electromagnetic Frequencies Shows Positive Results](#)

Excerpts of a letter written by Lloyd Morgan ([Part 1](#) and [Part 2](#)), an Electronic Engineer with a BA in Electronic Engineering from University of California - Berkeley, and a member of Central Brain Tumor Registry of the United States. His letter contains a nice explanation of the problem, complete with scientific references and anecdotal evidence.

Electromagnetic Fields and the Life Environment by Karel Marha, Jan Musil, and Hana Tuha

Electric Wilderness by Andrew Marino and Joel Ray

The Body Electric by Robert O. Becker, M.D.

Crosscurrents by Robert O. Becker, M.D.

"Evidence that Electromagnetic Radiation is Genotoxic: The implications for the epidemiology of cancer and cardiac, neurological and reproductive effects" by Dr. Neil Cherry

<http://www.emfguru.org/EMF/genotoxic/Genotoxic-EMR-paper.htm>

"Electrical Sensitivity: A Growing Global Concern. How wireless technology may impact child development and central nervous system functioning: A Possible Association Between Fetal/neonatal Exposure to Radiofrequency Electromagnetic Radiation and the Increased Incidence of Autism Spectrum Disorders" by Robert C. Kane, Ph.D. at ACN Online (Association for Comprehensive Neurotherapy):

http://www.latitudes.org/articles/electrical_sensitivity_articles.html#A%20Possible%20Association

"Maisch D. Rapley B. Rowland RE Podd J. "Chronic Fatigue Syndrome (CFS) - Is prolonged exposure to environmental level powerline frequency magnetic fields a co-factor in treatment?" ACNEM Journal, Vol. 17 No. 2, pp 29-35, December 1998.

Maisch D. Podd J. "Changes in Health Status in a Group of CFS and CF Patients Following Removal of Excessive 50 Hz Magnetic Field Exposure" ACNEM Journal, Vol. 21 No. 1, pp 15-19, April 2002.

Ivan Beale : "Association on Health Problems with 50- Hz Magnetic Fields in Adults Living Near Power Transmission Lines". ACNEM Journal, Vol. 20 No. 2, pp 9-12, 15, 30. April 2002.

For the above three articles take the link, click the journal & articles button on the left, and go to the journal section by author.: http://www.acnem.org/opening_material/opening_page_with_contents.htm

Construction Continues. Please check back.