

# A guide to... Electromagnetic Fields (EMFs)



*olga's rainbow services*

## What are EMFs and why do we need to worry?

Stone-age man evolved to cope with electro-magnetic fields as they have existed naturally for as long as we have walked this earth. But now in the 21<sup>st</sup> Century we are surrounded by them, 24 hours a day and our bodies struggle to cope with this continual attack.

There has been a massive increase in technology over the last 60 years and therefore in our exposure to EMF radiation.

Look at all the things surrounding us in our daily lives that emit EMFs...

### Outside

- 🌈 power lines
- 🌈 electrical sub-stations
- 🌈 transmitters
- 🌈 mobile phone masts

### Inside

- 🌈 fridges and freezers
- 🌈 cookers
- 🌈 televisions
- 🌈 microwaves
- 🌈 game consoles
- 🌈 computers
- 🌈 Wi-Fi
- 🌈 DECT phones

All these give off EMFs or microwaves even when we are not using them, and since this has all been recent (only the last 60 -70 years or so) our bodies have not yet learnt to deal with this level of electromagnetic energy bombarding us all day, every day.

It is estimated that we now expose our bodies to one billion times more electro-magnetic fields than we did as stone-age man!

Studies have shown that long- term exposure to EMFs compromises the immune system by interfering with healthy cell-to-cell communication. They also affect the body's ability to produce the essential enzymes and hormones needed to prevent serious illnesses. Having EMFs in our bedrooms prevents the body from replenishing itself as we sleep. Over time our health and wellbeing is being compromised.

Did you know there is a recognised condition called EHS (ElectroHyperSensitivity) where the body instantly reacts to EMFs present within an area?

You can take simple steps to help reduce you and your family's exposure to EMFs

- 🌈 Try to sit as far away from large electrical items as possible.
- 🌈 Use your lap top computer on a desk or table instead of sitting with it on your knees.
- 🌈 Replace your DECT phone with an old-fashioned curly cable one – you may not be able to walk around while you talk but neither are you putting a mini mobile phone mast in your living room. If you must keep the DECT phone try to put the base unit as far away as possible in a little used room, or better still Siemens manufacture a Dect phone “Gigaset C610A” that has an eco setting which means the radiation does not emit when it's not in use.
- 🌈 Switch off as many appliances at night as you can rather than leaving them on stand-by.

-  Use houseplants to absorb electro-magnetic field energies wherever there are televisions or computers in use.
-  Remove any unnecessary electrical items from your bedroom (and your children's rooms).  
Table lamps and electrical alarm clocks should be placed at least arms' length away from the edge of your pillow – remember distance is your ally in reducing the effects of the EMFs.
-  Don't have extension leads running under your bed.
-  Do you need that electric blanket? Do you really want to sleep on top of all those EMFs whizzing around immediately below your body?
-  Metal sprung mattresses are a conductor for EMF's, so think about replacing.
-  Replace Wi-Fi with the installation of a DLAN system.
-  Consider whether you really do need a microwave oven.

**The following websites have more information:**

<http://www.powerwatch.org.uk/>  
<http://www.radiationresearch.org/>  
<http://www.emfields.org/>

Or to find out more about specific consultations to help you reduce your exposure to EMFs please get in touch

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