

Physical irritation and electrosmog

Any one that intensively researches the topic will come across two main explanations for the harmfulness of electrosmog. Intercellular communication is achieved with a quadrillion electrical pulses per second. Human beings have an electromagnetic field with a power of approximately one hundred millivolts. If we live in an artificially created field higher than this, over time our bodies become irritated and distressed because they need to compensate for the effects of this greater electromagnetic field. In order to compensate, our bodies lose energy constantly.

The strength of our body current is described as being four Pico Amps. In contrast, the current surging through mobile/cellular and cordless phones is 0.2 Amps. This is fifty billion times stronger. If you take into account that the human body performs one quadrillion electrical connections every second, it becomes clear how much can go wrong.

Hormones and electrosmog

One of the ways in which EMFs affect our bodies is by altering the production of hormones essential to our immune system function, circadian rhythms, and overall health. Studies have shown that electro smog in bedrooms causes a decrease in melatonin, one of these essential hormones. In some cases data show more than a 50% decrease in normal melatonin levels.

Bioinitiative report 2012

Nocturnal melatonin production can be reduced to 40% of normal levels by electro smog, making deep sleep impossible. Melatonin, which the pineal gland produces only at night, is responsible for complete relaxation and sleep, strengthens the immune system, and protects us from the cell-damaging effects of free radicals. In order for us to achieve deep sleep, our brain frequency needs to be 4-8 Hz, yet electromagnetic frequencies consistently interfere with this.

Research has also shown that consistently low melatonin levels increase the likelihood of cancer and can cause existing tumors to develop at an increased rate. As Wilson and Anderson write in "ELF Electromagnetic Field Effects on the Pineal Gland," "Pineal Function might be linked to the etiology of cancer in at least three fundamental ways:

First, melatonin itself is oncostatic and appears to be a humoral factor that inhibits the proliferation of certain cancer cells. Second, melatonin enhances certain facets of the immune response, again possibly helping to protect against the development of cancers. Third, melatonin functions as an inhibitor of the hypothalamic-pituitary-gonadal axis. As such, it may reduce the availability of hormones that are required for the growth of certain hormone-dependent breast, ovarian, and prostate cancers."

Wilson and Anderson, 1990, 167-168

Russel J. Reiter and Jo Robinson's book, Melatonin, is also an invaluable source of information. In it, the authors document the correlation between electrosmog and reduced melatonin production and large cell towers transmitting radiation in your area.

