Electrosmog

Today, electrosmog is on everyone's mind because of its harmful side effects. It's no wonder that this is the case since its intensity increases on a near-daily basis. The current implementation of new LTE/4G data transfer frequencies marks one more step in a direction that makes more and more people sick. This illness is often referred to as Electromagnetic Hypersensitivity Syndrome (EHS).

We are constantly exposed to electromagnetic influences because each molecule, each atomic particle, has an electromagnetic field. The Sun and the Earth also produce electromagnetic fields. Four generations ago these electromagnetic fields were harmless to us: either they were too weak to influence us or they were life-supporting, like sunlight.

However, with the development of electric power and all of its modern manifestations, our natural environment has evolved into a tightly woven network of multiple radiating sources. We refer to this excessive density of radiation as "electrosmog." Invisible, inaudible and noticeable only to very few people, electrosmog has become a constant threat to our health.

Electrosmog results from the accumulation of different electromagnetic influences in one area. A single source of radiation, such as a bedside lamp, generates an electromagnetic field that may be potentially harmful, but alone is not electrosmog. However, stronger sources of radiation, such as Wi-Fi routers and Smartphones, do create electrosmog even by themselves.

A combination of sources could also be problematic: a clock radio, TV, and a cordless phone in one room at the same time would generate electrosmog. High intensity radiation coming from cell towers, mobile phones, cordless phones (DECT radiation), utility meters, power lines, and even the wireless technology of a neighbor's apartment or house exponentially increases the amount of electro smog in your home.

Electromagnetic Direct current (DC) Fields

A battery-operated alarm clock that has no radio function has no effect on your health or your quality of sleep - until, of course, it wakes you up. Manmade direct current or DC fields are relatively rare and are the least harmful to humans. All battery-operated appliances are DC devices. This includes Cell phones (when in airplane mode). In contrast, alternating fields change their orientation. The current in our homes forms an alternating field with a frequency of 60Hz. This means that the effective direction of the field changes sixty times per second.

Low-Frequency Alternating (AC) Fields

Alternating electromagnetic fields are distinguished by high and low frequency. All cable bound fields are of a low frequency with a typically range from 1Hz to 30,000Hz. High-voltage lines also carry low frequency, alternating current, which ends up as the 50/60Hz that are needed in every household. The voltage on the other hand can be between 10,000 and one million volt.

High-voltage power lines are a strong source of electro smog. They transport low frequency power with exceptionally high voltages of up to one million volts. A house, with all its concealed and exposed wires and cords as well as its appliances, devices, and lamps, creates a large, low-frequency alternating field. This field can extend to metals and wet building materials in the field's immediate vicinity. As a result, in most cases the walls and floors emit a correspondingly large electromagnetic field. In the low-frequency fields, we still distinguish between the magnetic and the electric field.

The Magnetic Field

A flowing current generates magnetic fields, so wherever appliances or lights are turned on a magnetic field is produced. It can be measured either in nano Tesla (nT) or in milli Gauss (mG).

The Electric Field

Electrical fields are present everywhere where cords and wires carry electricity even when no appliances or lamps are turned on. For example, extension cords under your bed emit an electrical field while you sleep. This field is measured in volts per meter (V/m).

High-Frequency Alternating (AC) Fields

Cell and transmission towers are strong sources of electrosmog. Largely placed on rooftops, they emit radio frequency radiation that threatens our health.

High-frequency alternating fields penetrate walls and cannot be switched off. They always have a transmitter that generates them. However, they do not need a receiver to have an effect on you.

Examples of these fields include:

- Mobile/Cell phones (GSM, UMTS, LTE etc.)
- Mobile/Cell phone towers
- Cordless Telephone (DECT) radiation
- Microwave ovens
- Wi-Fi (Wireless internet)
- Bluetooth
- Radar
- CB radio
- GPS

Electrosmog is Harmful

In 2011, the World Health Organization (WHO) and the International Agency for Research on Cancer (IARC)
http://www.iarc.fr/index.php
classified electromagnetic fields as “possibly carcinogenic to humans (Group 2B), based on an increased risk for glioma, a malignant type of brain cancer, associated with wireless phone use” (WHO/IARC Press Release 208, May 31, 2011)
http://www.iarc.fr/en/media-centre/pr/2011/pdfs/pr208_E.pdf

While they didn’t classify it as a “known carcinogen,” it’s important to remember that such classification often takes decades - or longer. Research showed a correlation between asbestos inhalation and cancer a century ago, yet it wasn’t classified as a carcinogen until 1980. Additionally, while its production was banned in the U.S., it continues to be imported.
Davis, 2007, 310, 460

Similarly, though a correlation between lung cancer, emphysema, and tobacco usage had been observed back in the 1960s and the government began to label cigarette packs with health warnings in 1966, *“the link between smoking and diseases […] wasn’t actually confirmed until 2004”.*
Gittleman, 2010, 19).

The level of exposure to electrosmog that is harmful remains highly debated. However, numerous studies have provided us with sufficient data to support the conclusion that electrosmog is harmful. Additionally, many of these studies suggest that currently established limits for exposure are insufficient.

Research has shown a direct correlation between exposure to electromagnetic radiation and cancer
Hardell et al., 2006; Hardell et al., 2009; Khurana et al., 2009

Alzheimer’s disease
Davanipour and Sobel, 2009; Hardell and Sage, 2008

ALS (Lou Gehrig’s disease)
Li and Sung, 2003

depression, cell mutation, damage to DNA
Belpomme et al., 2009 Diem et al., 2005

brain function
Davis et al., 2013

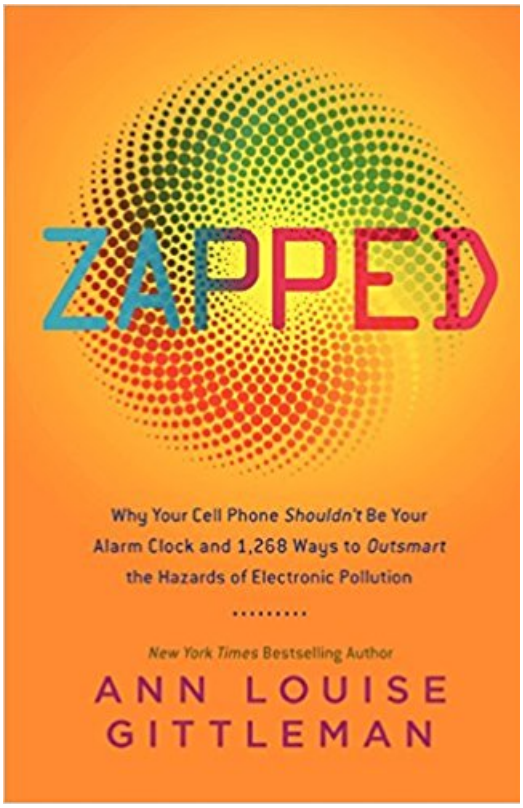
weakened immune response, allergies, chronic inflammation
Johansson, 2009

reproductive function
Gye and Park, 2012

and other medical conditions.

The Bioinitiative Working Group provides an extensive body of research about the effects of EMFs as well as a summary of research conducted on their website:
www.bioinitiative.org

Ann Louise Gittleman’s 2010 book, *Zapped*, also provides a thorough, well-researched and easily accessible discussion of the health effects of EMFs.



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.

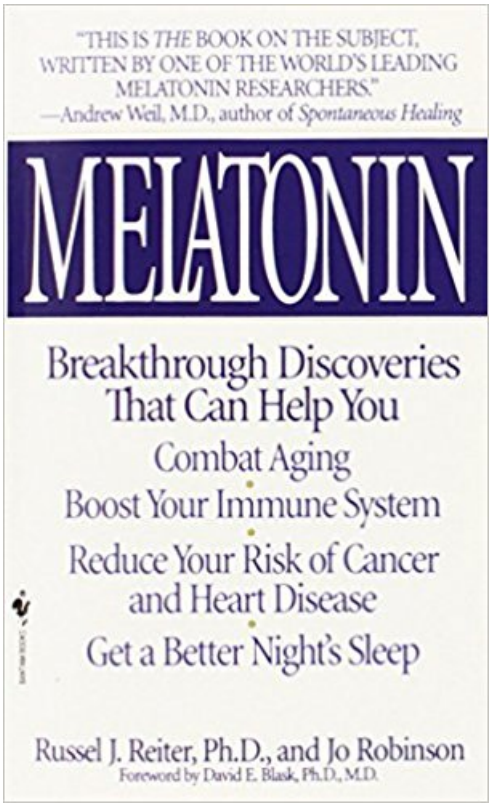
The strength of our body current is described as being four Pico Amps. In contrast, the current surging through mobile/cellular and cordless phones is 0.2 Amps. This is fifty billion times stronger. If you take into account that the human body performs one quadrillion electrical connections every second,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

Effect of Electrosmog

Very few people feel the presence of electrosmog. It is invisible and its effects subtle. But now there are more and more sufferers, which react to high-frequency radiation, primarily, with physical pains. In almost all cases, the sensitivity begins with a dull feeling in the head, dizziness and lack of concentration.

Cell towers in the Switzerland. Cell towers in the USA can be checked online.

Many people don't make the connection between the physical and mental symptoms of exposure to electrosmog and the source itself. This is not only because it's invisible but because it is a constant in our lives. If you take the time to be aware of how you feel in different environments, however, you may see a correlation between how much you're exposed and how you feel.

Take the time, for example, to see how you feel over a period of time in a big city (high levels of exposure) versus how you feel in the country away from cell towers, Wi-Fi, high tension lines, and other sources of electrosmog.

These days more and more people suffer from the effects of high intensity radiation. In almost all cases, sensitivity begins with a dull feeling in the head, dizziness, and lack of concentration. Sensitivity may also manifest as physical pain.
While you can't see electrosmog there are meters, which you can use to measure levels of radiation in homes, workplaces, and other areas. There are also some simple things you can take into account when considering how much you're exposed. For example, do you live or work near a cell phone tower, power station, or high voltage lines?
What devices do you have in your house? Do you have Wi-Fi, cordless phones, baby monitors, etc.? Do you use a microwave oven?

Unfortunately, these days low-frequency electro smog is built into all buildings. Additionally, high-frequency electrosmog exists not only in most apartments and houses, but also in nature. In fact, the ever-increasing number of cell phone towers and equipment used for transmission means that it exists almost everywhere.
In the United States you can determine the location of cell towers in your vicinity by visiting:
http://www.cellreception.com/towers/

When you type in your address, it will generate a report showing you the antennas and large cell towers transmitting radiation in your area.

Electrosmog Sources

Transformer station. It is highly carcinogenic, especially for children if their sleeping place is in close proximity.

High-frequency radiation fields created by cellular and cordless phones, cellular phone towers, Wi-Fi, and microwaves are the most damaging. But low frequency Electro smog can also be harmful when we are exposed to it consistently.

The late American scientist Nancy Wertheimer conducted extensive research focusing on the impact of low frequency electromagnetic fields on child mortality. Her research proves a correlation between a higher child mortality rate and consistent exposure to low frequency fields.

In her studies, children who slept in the vicinity of transformer stations or similar facilities were two to three times more likely to die of leukemia than children who slept in bedrooms free from this type of electromagnetic field. Additionally, children who lived within a radius of 50 meters from a high-voltage pylon developed leukemia at a higher rate than children who did not—up to 70% higher.

Limits of Electrosmog

The government has established maximum exposure limits, which they say, must not be exceeded. These limits, however, are unrealistically high and, we suspect, sacrifice our safety in order to cater to corporate, industrial and political interests.

The guidelines of Building Biologists, which are well below governmentally established limits, provide a more reasonable and realistic idea of how much exposure remains safe. According to the guidelines for sleeping areas, electrical fields in excess of 5V/m and magnetic fields in excess of 100 nT are harmful to your health. However, many households exceed the limits provided by this alternative model.

Although it is difficult to avoid electrosmog, there are some simple measures you can take which will effectively reduce electrosmog in your home. You may be able to implement these folowing measures in your work environment as well:

Buying a landline phone
With the good old phone, calls are safe. As long as it is connected by cable to the phone jack on the wall.
As convenient as a cordless phone may be, the price you pay with your health may prove to be disproportionately high. The high frequency that a cordless telephone transmits is especially harmful to people and animals. Cordless phones have higher frequencies and older models transmit 24/7, even when they aren't in use. Children in particular should avoid using cordless phones.

Get rid of your microwave oven
All microwaves emit high levels of harmful waves. A simple meter reading will demonstrate this clearly.
Apart from the high levels of radiation from a microwave oven, the food loses all of its useful nutritional value. Any one who exclusively lives on microwaved meals should consider a more varied diet.
Natural News describes the effect a microwave oven has on food very well and can be found here:
"Why a Microwave Oven Is Bad for Your Health"
Natural News.
https://www.naturalnews.com/022015_microwave_oven_power.html

Use a Cable connection, instead of Wi-Fi, for internet
An Ethernet or cable connection is a healthier alternative to Wi-Fi. An Ethernet or cable connection is not often faster than Wi-Fi, but also less harmful to your health. Especially in children's rooms, Ethernet or cable provides you with a positive, healthier alternative to Wi-Fi.

Get rid of any electrical cords near (or under) your bed
Every electrical cord near your bed increases the electrical field where you sleep. Accordingly, we recommend that you not only turn off your bedside lamp but unplug it from the wall socket as well. We also discourage the use of electric blankets, heating pads, and electrically adjustable beds—they can be highly dangerous.

PROTECT PRO TECHNOLOGY Devices protect from Electrosmog

Electrosmog is difficult to avoid in our modern world. However, PROTECT PRO technology can diminish its harmfulness or even eliminate it altogether. See the website for details www.protectpro.net

However the EMF Electric Magnetic Field is not the real problem.

Tn recent years, researchers have discovered deep and startling connections between the type and intensity of energy fields and human health. Key scientists including G.Shipov, A.Akimov, A.Bobrov, V.Kaznacheev, A.Pavlenko discovered and proved scientifically in many experiments that wherever there is electromagnetic radiation, there exists what is called the TORSION FIELD, also known as the INFORMATION FIELD.

Every person and every product in this world has its own specific INFORMATION FIELD, as unique as a finger print. Once this TORSION FIELD is harmed and brought into a chaotic state due to influences as specified below, negative consequences such as health issues are imminent.

Physicians in both the Eastern and the Western medical traditions have struggled to deal with the often puzzling increase of many different diseases over the past several decades. The research into TORSION FIELDS suggests that much if not all illness may be the result of changes in information mentally and/or in the bio-electric field that surrounds and permeates the living body.

Theory and practical application now suggests that converting the information of TORSION FIELDS from a chaotic state to a harmonious state may in turn harmonize the body's bio-electic field, resulting in wellness. The test of this, of course, would be to take individuals who've lived in an environment of chaotic energies (which is most of us) and who have various measurable physical difficulties, then handle the Torsion Fields and observe the results. This work has been done and results thus far have been positive.

For many years our company has engaged in the research of the TORSION FIELDS to improve the human health. We've worked with scientists from many other countries, with the common goal of improving conditions for mankind on this planet. TORSION FIELDS are present in all environments that contain engines, motors, electrical devices of all sorts, all electrical household products such as irons, vacuum cleaners, microwave ovens, etc., as well as cell phones, GPS, Wi-Fi, cordless phones, computers, TV screens, monitors, cars in general, electric cars, airplanes etc. … each of these may sabotage the health of man to one degree or another (see website CEL PHONE, MONITOR, WIFI).

TORSION FIELDS are present with cars and electric cars and wherever engines and motors are engaged which includes Subways, Airplanes, Trains etc…

TORSION FIELDS are also present in natural appearing GEOPATHIC STRESS ZONES (see website GEOPATHIC ZONE). They're spread across the planet in a grid-like patter. They're present in each room in households and in businesses and they create these negative TORSION FIELDS (Information Fields) which harm the human body as well. As the lines of the grids repeat in an aproximative patterns of 8 – 12 ft (2.50 – 3.60 meter) everyone in an office, a living room and a bedroom dwells most likely in GEOPATHIC STRESS ZONES which harm the human body big time.

GEOPATHIC STRESS ZONES ARE CREATED BY:
Water Veins, various grids which cover the entire world like a chess board known as Curry Grid, Hartmann Grid and Benker Grid. On top of all the above there are many more contributing factors which create GEOPATHIC STRESS ZONES such as Rock Fractures, Rock Faults, Earth Rays. Earth Radiation and Terrestrial Radiation.
One can clearly state that everyone's health and well being is sabotaged by the GEOPATHIC STRESS ZONES. In our researches, we all came to the scientific conclusion that the more well-known electromagnetic field is not the problem, but rather the associated TORSION FIELD (Information Field) which harms the human body.

With the PROTECT PRO TECHNOLOGY we can finally handle the TORSION FIELD (Information Field), as this is the Counter Survival Frequency. The PROTECT PRO technology transforms this Counter Survival Frequency it into a Pro-Survival Frequency!
The unique PROTECT PRO TECHNOLOGY line of products handle the chaotic patterns of the TORSION FIELDS a listed above.