

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## EMF POLLUTION AND OUR HEALTH



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### STORE HOURS:

Tuesday – Saturday  
9:30 am-5:30 pm

**CLOSED SUNDAYS  
& MONDAYS**

### SPA HOURS:

By Appointment

Many noted scientists around the world are finding connections between EMF pollution and health. They found that this fast-growing form of pollution poses a serious health threat. In 2007 and again in 2012, a group of international scientists and public health professionals jointly published the *Bioinitiative Report* in an effort to alert the public to possible risks of technologies that emit electromagnetic radiation. The report cites thousands of scientific studies that associate low-level exposures to radio frequency radiation, microwave radiation, and other forms of electro-pollution with many diseases and biological effects in humans, including cancer, Alzheimer's, ALS, autism, infertility, miscarriage, insomnia, autoimmune disease, ADD/ADHD, digestive issues, and more. In 2001 and 2011 respectively, the WHO's International Agency for Research on Cancer designated extremely low frequency EMF and radiofrequency EMF (including microwaves) as possible human carcinogens. What is EMF pollution? EMF pollution is potentially harmful electromagnetic energy/frequency created by modern electronics, appliances, lighting, wireless devices, and more. It is quickly becoming common in schools, homes, businesses, and other settings, and has been associated with a variety of health problems. It is also known as electrosmog, electromagnetic radiation (EMR) or electromagnetic fields (EMF). Over the past 25 years, use of modern electronics, appliances, energy-efficient lighting solutions, and wireless technologies has exploded. Laptops, tablets, computers, cordless phones, smart phones, Wi-Fi and Wi-MAX, wearable technologies, big screen TVs, video game systems, digital baby monitors, GPS systems, security sensors, RFID devices, smart grids and meters, a new generation of smart appliances and energy-efficient light bulbs, and many more devices have become an integral part of modern life. Unfortunately, all of these devices and many more generate artificial electromagnetic fields (EMF), also known as electromagnetic radiation (EMR). You can't see or smell this type of pollution, but in today's technology-rich world, it is all around us most of the time, and causes much stress to our bodies and minds. Rather than using wires or cables to carry information from one place to another, wireless equipment and devices transmit this information through the air via man-made electromagnetic energy or signals. Signals travel through the air at the speed of light, radiating electromagnetic energy outward as they go. As use of wireless equipment and devices has skyrocketed, so has the number of electromagnetic signals zipping through the air around us. Think about some places where people (often lots of them at once) can be found using smart phones, laptops, tablets, and other wireless devices. For example—schools, office buildings, airports, coffee houses, etc. Now consider all of the wireless activities carried out by individuals in these locations, and all of the wireless signals used to accomplish these tasks. Imagine for a moment that we could give these signals an unpleasant smell like other forms of air pollution or a color to make them visible to the human eye. Most people would be surprised to see and smell just how much "electrosmog" there is around us.

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The EPA has failed to study EMF effects on human health, failed to create safety standards and, in 1979, stopped measuring EMF radiation. Persistent exposures to electromagnetic frequencies like those from cellphones can cause cell membrane and DNA damage. Excessive exposures to EMF radiation have been linked to chronic diseases such as heart disease, anxiety, depression, autism, Alzheimer's, brain tumors, cancer, premature aging and infertility. EMF exposure has increased about 1 quintillion times over the past 100 years. Most people experience biological impacts but have no idea of the damage it is causing until it is too late. Even then, it is extremely difficult to link the exposure to the symptoms or the disease. EMFs have clear neuropsychiatric effects, triggering everything from foggy thinking and headaches to learning disabilities and dementia. The telecom industry is moving fast to bring 5G wireless networks into the mainstream; it is expected to be 10 to 100 times faster than 4G technology and capable of supporting at least 100 billion devices. Unlike the 4G technology currently in use, which relies on 90-foot cell towers with about a dozen antenna ports on each, the 5G system uses "small cell" facilities of bases, each with about 100 antenna ports. These cell bases will be mounted to already existing infrastructure such as utility poles, traffic lights, street lights, etc. 5G relies primarily on the bandwidth of the millimeter wave, known to cause a painful burning sensation. It has also been linked to eye and heart problems, suppressed immune function, genetic damage and fertility problems. The frequencies utilized by 5G have also been linked to potential concerns with antibiotic resistance and damage to plants and wildlife. No 5G safety studies have been conducted or funded by the FCC or the telecom industry, and none is planned. While it may take years to fully assess the full effects of 5G, there are early warning signs. Residents in Gateshead in the U.K. started reporting insomnia, chronic nosebleeds and stillbirths after the installation of streetlamps that emit 5G radiation in 2016. Considering how many are already struggling with EMF hypersensitivity, saturating cities and suburban areas with 5G will undoubtedly increase health implications and could easily make life unbearable for a growing number of the population. The current plan, which has already been approved by the U.S. Congress and the FCC, is to put tens of millions of 5G antennas, irradiating every single person and other organisms in the whole country, without even a single biological safety test of genuine 5G radiation. Visit [www.electromagnetichealth.org](http://www.electromagnetichealth.org) for more information.

### How to lower your EMF exposure

1. Buy an EMF protection cell phone case. Every time you hold your cell phone to your ear, you are absorbing over 50% of the cell phone radiation it transmits. [www.pongcase.com](http://www.pongcase.com) or EMF protection stickers such as smartdots or xzubi (can also be placed on wireless devices and appliances).
2. Avoid body contact with your cell phone and computer. In addition to buying a phone or tablet case or EMF protection sticker, try not to have bodily contact with your phone, tablet or laptop. Most cell phone manufacturers recommend keeping at least 10mm of space between you and your phone. Avoid putting your phone in your pocket or your sports bra! And don't sleep with your cell phone next to your bed. Definitely don't put your laptop on your lap if you are trying to get pregnant.
3. Create a low EMF sanctuary. Most homes have wireless internet. To reduce EMF pollution in your home and your neighborhood, turn off your Wi-Fi whenever you are not using it. Simply put your wireless router on a power strip. Definitely turn off your router at night when you go to bed.
4. Avoid smart meters. They are constantly emitting erratic, high intensity pulses—up to 190,000 times per day. And these pulses can travel up to two miles. Smart meters can cause headaches, insomnia, fatigue, tinnitus, heart palpitations, irritability, decreased cognitive function and weakened immune function.
5. Spend more time with people and in nature. Carve out time daily to completely disconnect from modern technology. Try turning off your cell phones, computers and TVs at a designated time each day and spend time reconnecting with your family. Set aside time each day to be in nature, read a book, or practice yoga or meditation.
6. Get grounded. Simply put your bare feet on the ground and allow them to soak up the Earth's negatively-charged electrons or get a grounding device. [www.emfsafetystore.com](http://www.emfsafetystore.com)

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#### BUSINESS HOURS:

TUESDAY— SATURDAY 9:30 AM—5:30 PM  
Closed Sunday & Monday