

## **Electro-magnetic Fields (EMF): An Unseen Cause of Illness**

By Sue H. Singleton, Medical Intuitive, CST, MHT, EOLMTT

### **CAUSE FOR CONCERN:**

The Electro-magnetic Field (EMF) emissions from your computer, cell phone, cordless phone, GPS, satellite radio, blue tooth, WiFi, hybrid electric car, TV and other common appliances may emit EMF levels 30 to 100 times greater than suggested safe limits.

These may affect normal brain frequencies, which should operate at 8 to 22 cycles per second when we are awake, and drop to 2 to 6 cycles per second while we sleep. EMF may cause headaches, fatigue, hyperactivity, allergies, immune dysfunction, emotional highs and lows, disrupt brain and glandular function, sleep, cancer, and much more.

Some doctors are concerned about increased incidence of brain tumors and other very serious conditions from cell phones alone. Since 1979, scientific tests by a Medical Doctor and Electrical Engineer show a two- to three-times risk of childhood leukemia for children living in homes close to power lines and transformers. By 2007, conclusions expanded from research by a top occupational medical epidemiologist and a representative of the Washington State Department of Health, and others, to report that up to 80 percent of all cases of childhood leukemia may be caused by exposure to these fields.

As early as 1982, researchers found a nearly three-fold increase in breast cancer among women younger than age 55 living near power lines. Their research also showed EMF exposure to increase risk of other cancers of the nervous system, uterus and lymphoid tumors among adults. In 2001, three men in one small office developed breast cancer. Their office was close to an electrical vault emitting EMFs.

***Leading occupational medical epidemiologists concluded that the childhood leukemia peak was attributable to residential electrification in the US and UK: up to 80% of all cases of childhood leukemia may be caused by exposure to EMFs and are thus preventable.***

Medical Hypotheses 2001;  
Biointiative Report 2007

***A team of scientists reviewing 11 independent studies concludes that there is adequate epidemiologic evidence to suggest a link between prolonged cell phone usage and the development of a brain tumor. Specifically, 10 or more years of cell phone use approximately DOUBLES the risk of being diagnosed with a glioma or acoustic neuroma brain tumor on the same side of the head as that preferred for cell phone usage.***

(Surgical Neurology, March 2009)

### **DEFINITIONS:**

Electro-magnetic Radiation (EMR) is the radiant energy created by accelerating electrons or photons, traveling as waves, that emanates from all things in nature and from man-made electronic systems. It includes cosmic rays, gamma rays, x-rays, ultraviolet light, visible light, infrared light, radar, microwaves, TV, radio, cell phones and all electronic transmission systems. EMR is made up of electric and magnetic fields that move at right angles to each other at the speed of light. Electro-magnetic Fields (EMFs) surround electronic and electric equipment, high voltage power lines, and all the man-made devices listed above, and thus exclude cosmic rays, visible light, and some versions of ultraviolet light.

Often the terms EMR and EMF are used interchangeably. Technically, however, EMF is a subset of the broader EMR category that includes geopathic stresses and other naturally occurring EMR, some of which are non-beneficial. Another term is ElectroSmog (or e-smog for short), defined as environmental pollution due to electro-magnetic fields and radiations. This article will focus primarily on man-made electronic EMFs or e-smog.

### **SYMPTOMS:**

Symptoms from EMF exposure and retention vary according to an individual's cumulative stressors from other environmental toxins, health issues, poor diet, emotional stresses, etc.

Key common symptoms of EMF retention and exposure include:

#### **Early stage exposures—**

- ❖ Insomnia, or fractionated sleep
- ❖ Headaches
- ❖ Nervousness
- ❖ Irritability
- ❖ Restlessness, or feeling “wired”
- ❖ Mental fog, difficulty focusing
- ❖ Change in appetite
- ❖ Fatigue
- ❖ Prickly, tingly sensations anywhere in the body, but especially head, hands, throat/chest, and abdomen (the latter if you use a laptop on your lap or abdomen)
- ❖ Fertility issues

#### **Significant cumulative effects stage—symptoms more pronounced**

- ❖ Agitated, hyperactive
- ❖ Flushing, burning sensations of the skin
- ❖ Personality changes
- ❖ Ringing in the ears, tinnitus
- ❖ Migraines, cluster headaches
- ❖ Fatigue, weakness, poor stamina
- ❖ Poor memory, mental fog, confusion
- ❖ Attention Deficit, difficulty concentrating
- ❖ Depression, manic-depression, bi-polar disorders
- ❖ Allergies, sensitivities to food, environment, etc.
- ❖ Endocrine disorders, including thyroid, thymus, pineal (dopamine, serotonin, melatonin)
- ❖ Body aches and pains, stiffness
- ❖ Weakened immune system
- ❖ Decreased sexual libido
- ❖ Blood sugar dysregulation
- ❖ Cardiac arrhythmia, palpitations
- ❖ Infertility
- ❖ Weight gain or loss

***“The artificial stress placed on a human body by EMFs will create ill effects to hormone production and metabolism. The degree of damage it will cause is directly related to the person’s volume, frequency and cumulative exposure to EMFs, as well as other Root Cause factors specific to that individual.”***

Sue Singleton, Medical Intuitive

- ❖ Learning disabilities
- ❖ Autism
- ❖ Chromosomal abnormalities
- ❖ Fibromyalgia
- ❖ Chronic Fatigue
- ❖ Chronic dental pain

#### **Disease stage—**

- ❖ Cancer diagnoses, especially breast, brain, leukemia and lymphoma
- ❖ Multiple Sclerosis
- ❖ Parkinson's Disease
- ❖ Auto-Immune Disease
- ❖ Other neurological, endocrine and immune disorders

The World Health Organization (WHO) and researchers use the term EHS (Electro-magnetic heightened sensitivity) to name the illness for those who exhibit symptoms with EMF exposure. The term ES (Electrical sensitivity) is common in North America. Many people with EHS also have multiple chemical sensitivity (MCS) and allergies. Some are also bothered by light, noises, and other stimuli.

#### **SOURCES OF EMF:**

Every electric and electronic appliance emits EMFs, and the frequency at which a magnetic field is pulsed determines whether or not it is harmful.

Electric power lines and transformers, cell towers, radio towers, computers, cell phone, cordless land-line telephone and base, GPS, satellite radio, blue tooth, WiFi (including wireless internet or wireless local area network L.A.N. connections for computers), handheld electronic games, hybrid electric car, refrigerators, fax machines, photocopiers, television (large flat screens especially: higher Hz means more EMF), washer, dryer, microwave oven, electric heaters, fluorescent lights (compact ones worse than tubes), food processor or mixer, electric shaver, hair dryer, vacuum cleaner, electric blanket, clock radio, electric toothbrush, wireless doorbell, remote control devices and other common appliances all emit potentially dangerous EMFs.

The risk is directly related to:

- 1) The relative frequency emitted by the device
- 2) the distance you are from the device
- 3) the number of EMF-emitting devices that are part of your daily life
- 4) how long you are exposed, cumulatively over time.

#### **CASE HISTORIES FROM OUR CLIENT FILES:**

**Case #1**—A healthy 9-year-old boy presented with prickly discomfort and itchy sensations in his forearms, hands and face. He was hyper, impatient, unable to stay focused or sit still. We discovered excessive EMF exposure: he plays handheld video games and uses a pc daily, with his face very close to the monitor, and watches several hours of TV daily on a large flat screen.

**Case #2**—A man in his 60's suffered from depression, anxiety, fractionated sleep, fatigue, difficulty focusing, low testosterone, and extreme sensitivities to cell phones (instant headaches when a cell phone is used within 10 feet of him). When he test-drove a hybrid car, he developed a headache when it switched to electric. He was also sensitive to EMFs generated by GPS and satellite radio. We traced these symptoms back to nearly 40 years in the computer repair industry. His exposure to EMFs included large mainframe computers before the advent of EMF shields.

**Case #3**—A woman in her 50's was emotionally distressed, fearful and paranoid that she was under surveillance by the government, and under constant psychic attack. She frequently had insomnia and was subject to mood swings. It soon became apparent that this was neither psychiatric nor psychic attack. She worked for many years in a highly EMF-polluted environment, and she lived in a building where most occupants used Wi-Fi technology. Her symptoms worsened whenever she used a computer or cell phone.

**Case #4**—A woman in her 60's moved from one location to the next, trying to escape the debilitating effects that she instinctively knew were EMF-related. Her body shook with tremors when she was near high-tension wires, she was unable to sleep because the cell towers' emissions constantly over-stimulated her nervous system. Cell phone use caused immediate nausea, headache and tremors. Yet every doctor she went to treated her like a psychiatric case. Her earliest known exposure to EMF was as a teenager huddled next to an old tube-style radio, doing her homework. To avoid disturbing her parents, she sat with her ear next to the speaker.

**Case #5**—A woman in her 50's suffered from mood swings, depression, and heightened sensitivities to cell phones, computers, fumes and sounds. She had difficulties with memory, focus and concentration. She was also diagnosed with Hypothyroidism. We were able to trace many of her concerns to over-exposure to EMFs. In her 20's she used headphones for many hours on a daily basis. She then worked at a variety of jobs with extensive computer use and relied on her personal computer (wireless) and cell phone to stay in touch with family and friends.

### **HOW TO MITIGATE EXPOSURE TO EMFs:**

The best approach is to eliminate unnecessary exposure to EMFs, and to minimize necessary exposures. In this electronic age, it is impossible to eradicate all exposure, because walking down the street, living with any electricity at home or work, driving down the highway, there are power lines, cell towers, transformers, cell phone users, etc.

I recommend the following steps to improve your EMF environment:

- 1) Evaluate what the risk factors are at home and at work. Either use a common sense approach with these guidelines, or hire an expert to fully evaluate for you. An expert has EMF measurement tools and can use them to pinpoint your most significant concerns and recommend specific solutions. If you or someone in your household or business are already suffering with symptoms or illness, I recommend hiring a professional. Many homes have

improperly grounded electrical systems, electrical systems crossing over water plumbing lines, leaky electrical outlets, problematic radiant heat flooring, and much more.

2) Mitigate your risks by making corrections. Avoid locating EMF-emitting devices near where you sleep or spend a lot of time. Infants and children under the age of 12 are at higher risk for EMF damage—their brains, nervous systems, endocrine and immune systems are still in the process of development.

- a. Do not have a computer set up in your bedroom.
- b. Do not use a laptop on your lap or abdomen—use it seated at a table instead.
- c. Replace wireless internet, wireless routers and L.A.N. connections, wireless mouse and keyboard with corded connections. If this is not feasible, then disconnect them entirely at night before bedtime.
- d. Disable the wireless signal on your laptop. Only enable it for the short time you need to use it while traveling, so that it will not be looking for a signal and emitting EMF as it does so.
- e. Sit at least 18 inches away from a computer monitor
- f. You may need to sit 8-12 feet (possibly more) away from a large screen TV, depending on its Hz. The higher the Hz, the farther away.
- g. Do not sleep within 8 feet of the corner of the home where the electric power lines connect.
- h. Relocate cordless or cell phones at least 3 feet from where you sleep.
- i. Place clock radios or LED clocks at least 2 feet away from your head.
- j. Sleep or spend time as far away as possible from any electrical generators, transformers or storage batteries related to solar, wind and water generation of electricity. Be aware of a false sense of “green”: green does not mean that EMFs are not being produced!
- k. Be aware that when a hybrid car kicks into the electric mode, its occupants are sitting in a powerful EMF.
- l. Stay a safe distance away (2-3 feet) from a microwave oven in use.
- m. Minimize time on a cell phone. Using the speaker function exposes you to the least EMF. The fancier the phone, the higher the EMF. Cordless headsets are the most EMF, corded headsets reduces it, but not as much as the speaker function. Texting limits the EMF exposure to your hands, and away from your brain.

3) Detoxify your body from your cumulative EMF load. Some helpful techniques and tools to stimulate their release include:

- a. Sit or stand barefoot in sand for 20-30 minutes at a time
- b. Sit with your bare feet on a large Selenite crystal (“log” or “generator” size) for 20-30 minutes at a time
- c. Color Therapy in a healing session
- d. Sound Therapy in a healing session
- e. Rings of Oden configurations specific to EMF, electricity, etc.

- f. EMF Release Crystals from the EOL Stone Play collection
- g. EMF Clearing Mini-Matrix
- h. EMF Clearing and Protection Jewelry

From the list above, (c) through (h) are available from The Way To Balance, LLC in Amesbury, MA. In addition, a website called [www.LessEMF.com](http://www.LessEMF.com) carries a number of EMF-related tools and information.

- 4) EMF Protection and Shielding Products. Unfortunately, we have not found any tools to be 100% protective, but they can block some or most of the EMFs. Some protection tools actually concentrate the EMFs in the area of your body where the device is. We recommend you ask the right questions when tuning in, or using muscle-testing, applied kinesiology, dowsing and pendling for your answers. Ask about long-term use benefits or risks, and effectiveness of the tool you are considering. The items listed below are available from The Way To Balance, LLC.
- a. EMF Clearing Mini-Matrix
  - b. EMF Clearing and Protection Jewelry
  - c. Sodalite crystals placed near your computer monitor and keyboard help neutralize EMF
  - d. Large Selenite crystals near your computer, television or other EMF-emitting devices help neutralize EMF

#### **CONCLUSION:**

The best approach to EMF is to educate yourself, minimize your exposure, mitigate the continuing EMF culprits, and detoxify your body. Many people are very surprised at how light, healthy, relaxed and happy they feel with the EMF load on their body minimized or eliminated!

#### ***ABOUT THE AUTHOR:***

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*Sue and Aaron Singleton, are the co-Founders of The Way To Balance, LLC Center For Advanced Healing and Training in Amesbury, MA. The Singletons' book, Nine Simple Laws to Manifest Joy and Grace is near completion. For more information on the Singletons, their Center, Products and Training, please visit [www.TheWayToBalance.com](http://www.TheWayToBalance.com) or call 978-834-0341.*