

## **DISCLAIMER**

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The information contained herein includes both psychological and non psychological interventions. The delivery of psychological services requires a medical referral whilst non psychological services do not.

Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

# Electro Magnetic Fields and Your Health

## Article QUICK LINKS :

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## INTRODUCTION

In an age of technology, Electro Magnetic Radiation (EMR) from Electro Magnetic Fields (EMFs ) are everywhere - our environment is now filled with man-made electro magnetic radiation that did not exist 100 years ago. You can't see, smell or touch them but they are ever present in your every day life.

There is increasing and alarming evidence that a person's exposure to EMF's poses grave health risks.

Researchers have documented many studies indicating that amongst other things, our immune system is depleted by continued EMF exposure.

Whilst the topic is still controversial, in light of the concerns raised, it makes sense to try to limit your exposure to EMR's as much as possible while still enjoying all that technology has to offer.

There are many types of fields generated by electrical appliances.

Radio Frequency Radiation (RFs) from mobile phones is an issue of concern, and an article in the Medical Journal of Australia (Jan 05 1997) mentioned a 50% increase in brain tumours in Western Australia from 1982-1992 that may be attributed to mobile phone use.

Further, "Human exposure of radio frequency radiation is greatest from mobile phone handsets because of the method of use, with the transmitting antenna of the mobile phone handset close to the head. There is evidence that localised hot spots or energy deposition in the brain may occur as a consequence of internal reflections" - Committee on Electromagnetic Energy - Public Health Issues, Australian Government Discussion Paper, March 1997.

The mobile phone handset converts voice into impulses which are transmitted over radio waves at frequencies ranging from 800 cycles per second (MHz) to over 1,900 MHz.

AC electric current, which pulsates at around 50-60 cycles per second (HZ) are referred to as Extremely Low Frequency radiation (ELFs). They exist as lines of force surrounding anything relying on electricity - all electrical appliances, computers, home wiring and power lines.

The field is strongest at the source and diminishes with distance. Electric current creates magnetic fields which penetrate any barrier except ferrous metals.

Melatonin (a hormone involved in sleep regulation) production is thought to be diminished in continued EMF exposure and may be related to the increase in chronic fatigue syndrome in recent years.

## **WAYS TO LOWER YOUR EXPOSURE TO RF FIELDS FROM MOBILE PHONES**

- Use a Q Link pendant.
- Don't use a mobile phone if a land line is available.
- Always extend the antenna and/or try to maintain the antenna as far as possible from you head.
- Consider using a hands free kit if you use the mobile a lot, although according to some researchers, this is not safe either.
- Try as much as possible to limit use of your phone to open spaces - the phone transmits at a lower power level in these circumstances.
- Limit the number and duration of calls.

## **WAYS TO LOWER YOUR EXPOSURE TO EXTREMELY LOW FREQUENCY FIELDS**

- Use a Q Link Pendant
- Sit or stand as far away from electrical appliances as possible, and when finished using the appliance (including televisions) - switch off at the power point.
- Position beds chairs and study/work areas away from electrical service boards- keep clocks radios and fans away from your bed - be aware that walls are not effective barriers against electro magnetic fields.
- Consider using some appliances less - e.g. hair dryers, electric blankets.
- Replace, upgrade or repair faulty electrical appliances and be aware of electrical faults in your home.
- Replace "hot" computer monitors with low-emitting models.
- Maximise your distance from the source of ELF's.

## LINKS

### PLEASE NOTE :

Learning Discoveries offers the links below as a convenience to our clients and the users of this website. However, we do not control third party websites and we are not responsible for the websites content.

Some useful links to electromagnetic field resources are listed below.

- **BROOKES EMS Pty Ltd**

<http://www.emishielding.com.au/>

EMF information; Meter hire; Site Audits; Shielding Design and Implementation - Australia wide.

- **Changes in Health Status in a Group of CFS and CF Patients Following Removal of Excessive 50 Hz Magnetic Field Exposure**

This paper briefly reports the results of a small-scale pilot study utilising 49 subjects suffering from CFS or ongoing CF who were exposed to varying strength magnetic fields in their home environment.

The best method is self education of the risks and measurement of your exposure in the home and work place.

For a small fee we can rent a Cellsensor device complete with instructions and blank charts for charting of your environment for ELFs.

**For more information about Electromagnetic Radiation or to make an appointment please contact us on (02) 9637 9998 during business hours.**