

Electromagnetic Pollution & Health by Helen Mawson ©

Electromagnetic Beings:

Human beings are Electromagnetic in nature a great example to highlight this point is how electrical medical equipment in hospitals can take readings from our body. These machines are picking up on our body's complex electrical system. Fluids within the body contain ionised chemical elements which are electrically conductive, because of this fact our bodies are influenced by external electrical currents. Examples of electrical currents that can effect our electromagnetic balance include; external power lines, electrical wiring inside the house, electrical appliances especially televisions, computers and microwaves, electrical appliances typically cause more significant problems when located in the bedroom.

Potential Health Issues:

Disturbed Electromagnetic balance could contribute significantly to the following health problems:

Faulty Metabolism	Digestive Disturbance
Disturbed Sleep Patterns	Increased Allergies
Impaired Intellectual Functioning	Impaired Healing
Headaches	Foggy Head
Visual Disturbance	Migraines
Endocrine Disturbance	Hyperactivity

There have also been several bodies of information to suggest that there are links with impaired electromagnetic balance and some particular types of cancer, and negative effects on the immune and nervous systems.

What you can do:

Try Health Kinesiology (HK), HK uses techniques that enable us to locate EMF imbalance, the therapy can also test to see where this originates so steps can be taken to eradicate or minimise its impact. Typical treatment involves using magnets which are used to "set-up" an electrical current in the client's body. An electrical current is created when a magnet is placed on the body as fluids within the body act as an electrical conductor, when this current is created gentle corrective techniques are used to balance the body.

Check out Specific Absorption Rates (SAR) for your mobile phone, this is the amount of radiation absorbed into your head while using a mobile phone. Check out www.sarvalues.com. Another piece of evidence to back up the need to use hand free kits (not Bluetooth) with your mobile phone at all times.

Ditch the Micro Wave, studies considering the nutritional content of food that has been microwaved show that the process of microwaving eliminates all the food's nutritional value. If the microwave is doing this to food it makes me ask the question - what is it doing to our health? It is also believed that microwaves can "leak" radiation even when they are not in use!

Avoid WiFi, in a recent article in the Times concern regarding WiFi technology was expressed. Although thorough research on this subject is yet to be carried out there seems to be a wealth of anecdotal evidence suggesting the negative effects this technology has on health. Why risk it?

Avoid cordless or (DECT) phones in the home, these phones and their base units emit pulsed microwaves which in some cases exceed the levels from an actual mobile phone! The base units of these phones continuously emit pulsed microwave radiation even when no calls are in progress. Microwave exposure at the levels received from a phone handset has been shown to produce genetic damage inside blood cells.

Avoid excess electrical appliances in the bedroom, it is estimated that around 40% of woman and 30% of men suffer from insomnia at some point in their lives. This may be a side effect of a disturbed EMF. Many of my clients have found that their sleeping patterns normalise when they take electrical equipment out of their bedroom. Disturbed EMF in the bedroom strongly effect the Pineal gland which works to protect the body against illness (amongst other things) and is most active at night, this backs up the need to reduce electrical' in the bedroom. It has also been shown that cells tend to cope better with disturbed EMF activity when a person is more active which again supports the need to have as little electrical activity in the bedroom as possible.

Deflective Devices, there are lots of these on the market now and they vary dramatically in price and effectiveness. It is probably best to seek professional guidance before purchasing to make sure that you get one that is right for you.

Use Crystals, certain crystals such as smoky quartz, aventurine, amethyst and rose quartz seem to have a neutralising effect of electromagnetic disturbance, they also look rather nice dotted around the home!

Try Flower Essence', the Australian bush flower remedy range produce an essence that specifically deals with disturbed EMF it is called "electro essence", I have used this in my practice with great success.

For a wealth of Health Information please visit my website www.complete-balance.co.uk.
If you would like to discuss any health issues or book a treatment please call me
P: 07904 457 075 or Email: helen@complete-balance.co.uk