5 Things You Must Know About Electromagnetic Fields (EMFs) and Their Potentially Harmful Effects on Your Health, Well-Being and Environment

The Bad News:

Let’s begin with a couple of key questions:

Do you ever feel tired, over-stressed and irritable, but can’t put your finger on exactly why?

How often do you feel absolutely exhausted, drained of all your energy, despite the fact that nothing about your life is necessarily “out of the ordinary”?

As the world evolves, so many people experience chronic fatigue, stress, pain, lack of energy and serious illnesses.

We now know that these health issues may be linked to the increased amounts of electricity, and the resulting Electromagnetic Fields (EMFs) you are constantly exposed to. As our society becomes more and more technologically advanced, we use our televisions, computers, tablets and mobile devices on a continuous, frequent basis, and in conjunction with one another...thus exponentially increasing the potentially harmful exposure to EMFs.

The Good News:

We wouldn’t give you “the negative” without providing the solution! Our company is dedicated to carrying on (and building upon) the legacy and research begun by Slim Spurling - to bring peace and harmony to the planet by encouraging sustainable living, and by empowering people to heal themselves and their environments with our exclusive Light-Life® Tools. These tools combine quantum physics and sacred geometry to help improve your overall health and quality of life, including tools designed specifically to clean the environment and your immediate surroundings, in part by blocking harmful EMF exposure.

You CAN protect yourself and your family members from the harmful effects of electricity and its resulting EMFs, by taking precautionary measures in your daily life.

The first step: Arming yourself with knowledge.

To start, following are five things you MUST know about EMFs and their effects on your health, well-being and environment:

1. What ARE Electromagnetic Fields?

Everything that uses electricity produces two types of alternating fields: electric and magnetic.\(^1\) Together, these fields produce an “electromagnetic field,” or “EMF”.

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\(^1\) The unit by which we measure EMFs is the microwatt per square meter (μW/m²). This unit helps to quantify the intensity of the magnetic field and is commonly used in the context of EMF exposure.
In short, an EMF is an electric charge (positive and negative) in motion, and can be either natural or man-made.

For example, a thunderstorm, resulting from a build-up of electric charges in the atmosphere, is the effect of natural EMFs. And the radiation energy emitted by televisions, cell phones, microwaves and other electric devices are examples of man-made EMFs.

Although EMFs are invisible to the human eye, they’re everywhere in our environment. In fact, human hearts and brains produce EMFs of their own (at a much lower intensity than electric devices).

Our bodies are sensitive to them—some more than others (just as some people seem to “feel” the different energies around them while others can’t)—because EMFs can absorb deeply into the human body, as the human body’s magnetic permeability is almost the same as that of air. Increasingly, scientists are coming to the realization that all of life (including the most basic daily rhythms of waking and sleeping) is affected by our interactions with this intricate natural magnetic environment. Furthermore, many scientists now think that “all living things are in a subtle—and sometimes not so subtle—harmony with the magnetic environment and that it influences everything from the migration patterns of birds down to the very cell division that takes place in the human body.

All of the evidence regarding EMFs indicates that it is crucial to understand how they impact you, your family, and your environment, and how to minimize those impacts.

2. The Evolution - What's Changed?

During the past century, humans have started creating their own electromagnetic fields at a rapidly increasing rate, through their increased use of electricity. In fact, as technology advances, it's difficult to avoid being immersed in an energetic soup of electromagnetic pollution!

From computers to x-ray machines, microwaves to cell phones, television antennas to digital clocks, we constantly surround ourselves with electronics and the EMFs they emit.

In addition, our social behavior has changed. Instead of meeting somewhere for a visit with friends, we're constantly on our phones, “chatting” on our computers, or texting. Instead of sitting around a table looking at a photo album, we're posting photos online for our friends to view.

Many people sleep with their cell phones under their pillows, and others spend eight hours per day just inches from their computers. Take a few moments and consider the electronics you come into contact with each day, and you'll realize why we're more concerned than ever about the effects of EMF exposure.

3. How do EMFs Affect Your Health and Well-Being?

EMF exposure appears to be linked to serious health hazards ranging from leukemia, heart problems, brain tumors, cancers, pain, chronic fatigue, and a myriad of other diseases. Scientists believe that EMFs can not only have a negative effect, but they can eventually lead to premature aging of human cells.

In fact, in 1990, the American Academy of Environmental Medicine conducted epidemiological studies that indicated EMFs DO have harmful effects on human health. Physicians participating in this study
began seeing patients who were increasingly electronically sensitive and were experiencing adverse health symptoms that may have been caused by electric power lines, televisions and other electrical devices.9

In response to public pressure, the Environmental Protection Agency began reviewing and evaluating the available literature and concluded that the threat posed by EMF exposure is real.10 And, according to the World Health Organization, EMFs are one of the most common and fastest growing environmental influences, about which anxiety and speculation are spreading.11

A modern example of the effects of EMF exposure:

Research has shown that women who carry their cell phones in their pocket for long periods of time have decreased bone density in the areas near where the cell phone sits. A young woman who carried her cell phone inside her bra developed breast cancer without any history of the disease in her family. Although doctors would not say the cancer was related to the storage of her phone, the area affected by the cancer was in the same shape as her cell phone!12

4. How Do EMFs Affect the Earth and Its Environment?

As if it were a body with its own metabolism, the earth has its own energies, noticeable to humans in things such as wind and water flow, and invisible to us in its other form: as energy circulation.

As we mentioned before, EMFs tend to have negative (or “chaotic”) energy fields, and are believed to bring about pathological conditions in plants, the environment, and the animal and human bodies.

According to a recent article on the website, Mother Nature Network, a group of ninth-grade students from Denmark performed a science experiment to test the effect of cell phone radiation (or EMFs) on plants. They placed six trays filled with seed into a room without radiation, and six trays of the seed into a room with two computer routers (which emitted about the same type of radiation as a cell phone).

After 12 days, the seeds placed near the routers hadn't grown at all. Some were completely dead. The seeds planted in the other room, away from the routers, thrived. While the article states that professional scientists are considering recreating this experiment in a scientific setting, the effect of radiation on plant life seems obvious.13

The second step: Taking action.

5. What Can YOU Do to Reduce Your EMF Exposure?

The EMF levels we are commonly exposed to in our everyday lives range from 0.1 – 4 mGs.14 A review of the current medical literature shows that we should try to minimize EMF exposure to 1 mG or lower; the least amount of negative biological effects have been observed at the 1 mG marker.15 In addition, we should adopt the often-cited policy of “ALARA” which stands for “as low as reasonably achieved” which means that an individual should minimize known risks by keeping his/her EMF exposure as low as sensibly possible.16

One of the greatest “takeaways” we’d like to provide you from this report is this: the farther you are from an EMF source, the lower your exposure level will be.
Here are some additional suggestions for protecting yourself from harmful EMFs:

1. Reduce the amount of time you spend talking on your cell phone. If possible, text instead of talk so that harmful EMFs are not going directly into your brain. Keep your land line so you can use it when you have to talk on the phone for prolonged periods of time. If you do need to talk on your cell phone for prolonged periods of time, our Light-Life® Phone Rings that attach to your phone or tablet are designed to reduce the emission of EMFs and may alleviate the physical damage that may occur. Consider the story we shared earlier, about the woman who developed breast cancer after carrying her phone in her bra. A Light-Life Phone Ring can help prevent EMFs from affecting the body in such a case.
2. Turn your cell phone off when you don’t need it, since it is continuously emitting EMFs as long as it is powered on.
3. Sit at least six feet away from your television, and reduce the amount of time you spend watching it.
4. Reduce or eliminate your use of hairdryers. Hairdryers can produce staggering levels of EMFs.
5. Place your electric clock at least six feet from your bed. If you use a digital clock on your bedside table, you may be exposing yourself to the EMF equivalent of a power line!
6. Stop using electric blankets, or use them to warm your bed before going to sleep, and unplug them when you get into bed. Electric blanket EMFs can penetrate 6-7 inches into the body.
7. Install incandescent bulbs rather than fluorescent lights wherever possible, since fluorescent lights produce more EMFs than incandescent bulbs.
8. Unplug ALL electrical devices when not in use, since they still emit EMFs even when they are plugged in, even when they are turned to the “off” position.
9. Try to arrange your major electrical appliances, such as televisions, computers, and refrigerators, against outside walls so the EMFs they produce do not bleed into an adjoining room.
10. Consider the story we shared earlier, about the woman who developed breast cancer after carrying her phone in her bra. A Light-Life Phone Ring can help prevent EMFs from affecting the body in such a case.

And because we know it’s not always possible to avoid EMF exposure, we’re here to provide you with additional ways to safeguard your health and well-being. Our company manufactures exclusive Light-Life® Tools—tools that are based on sacred geometry and quantum physics to help improve your health by blocking harmful EMF exposure, and create positive energy, instead.

If you would like more information about how our Light-Life® Tools can be implemented into your daily life to help you avoid harmful EMF exposure and/or reduce the effects of EMFs, we are here for you!

Simply visit www.LightLifeTechnology.com, or call us at (303) 833-9033.
Endnotes

4 Levitt, p. 63.
5 Levitt, p. 63.
9 Dean et al., n.d.
10 Mercola.com. (n.d.).
15 Levitt, p. 236.