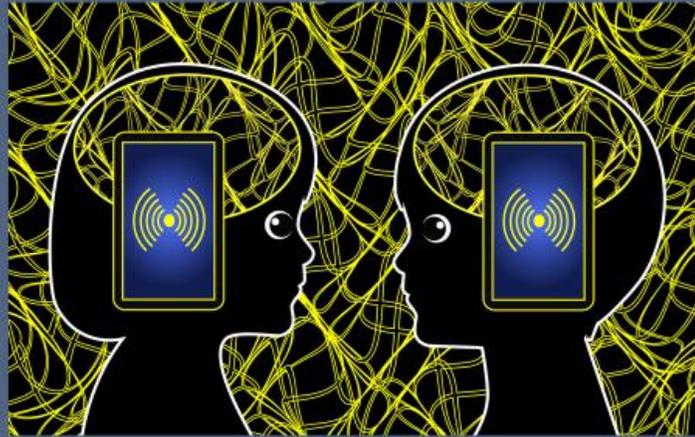


How We Are Affected by Today's Technological World



By Lucy Sanford

Certified Electromagnetic Radiation Specialist

The International Institute for Building-Biology® & Ecology



Electromagnetic Radiation Specialist

calming electromagnetic radiation in home environments



Geomancer

harmonizing electromagnetic energies from earth grids & underground water veins

www.lucysanford.com

The key to understanding how these man-made electromagnetic fields (EMF) impact our health, is to think of ourselves as energy beings. Because that's how we function:



- Everything our body does is possible because of our electrical system.
- Our brain runs our body. It emits electrical waves that signal the body and tells it what to do.
- These external man-made EMF's can disrupt those signals.

And today we are currently living...



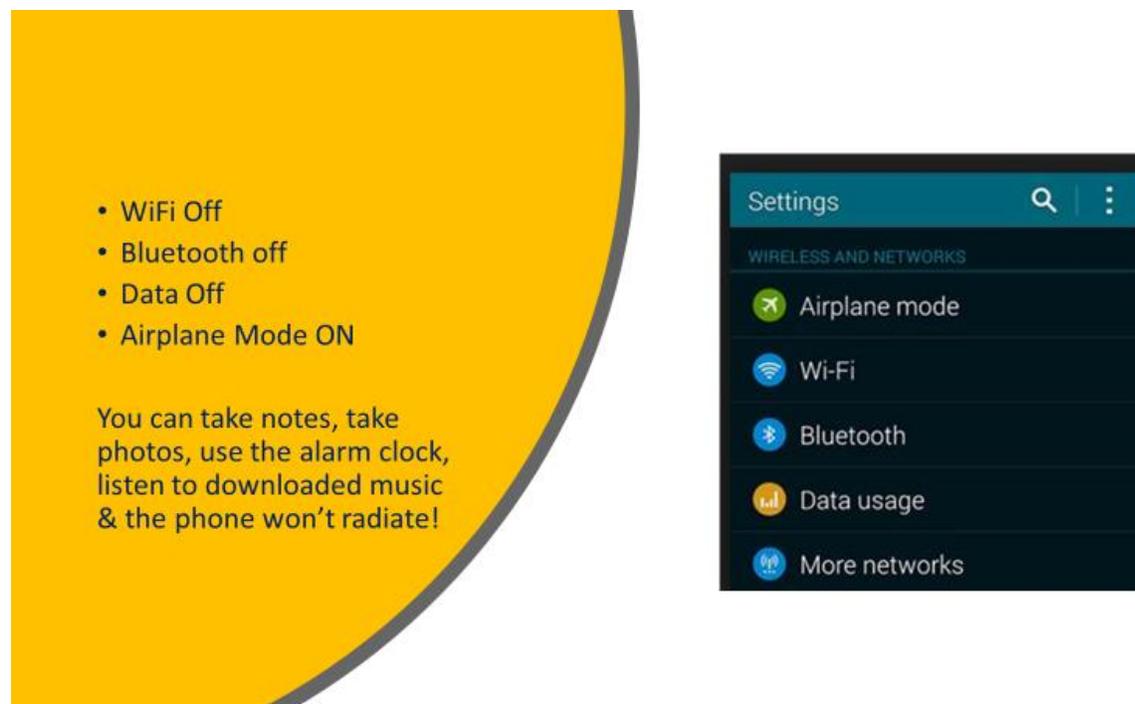
within a sea of man-made electromagnetic radiation

and we are out of alignment

© Lewis Evans, <https://emfoff.com>

This radiation is growing unabated. If you could see what wireless radiation from cell phones, cell towers, Wifi modems, laptops and cordless phones look like, it would pretty well look like the above image.

One of the best things you can do for yourself and those around you to lessen the impact of EMF is to turn off your wireless devices when not in use or put them on Airplane Mode. That does not mean silent or vibrate or the new Thrive app, as those still emit radiation. They're only 2 modes that don't emit radiation – that's completely Off or Airplane mode. It is a little trickier with some phones though as they still radiate, even on Airplane Mode. So, here's what you can do:



- Go into settings
- Turn off WiFi, Bluetooth & Data
- Then switch to Airplane Mode

- use Airplane Mode when using your alarm clock, taking photos, listening to downloaded music, anything that does not require the internet etc.
- Airplane Mode is your friend. It helps to save your brain.
- This radiation suppresses the production of melatonin in your brain – a hormone that not only helps you sleep but it's also a tumor suppressor.
- We do not want to be suppressing a tumor suppressor.



Electromagnetic Radiation (EMR)

Electromagnetic Fields (EMF)

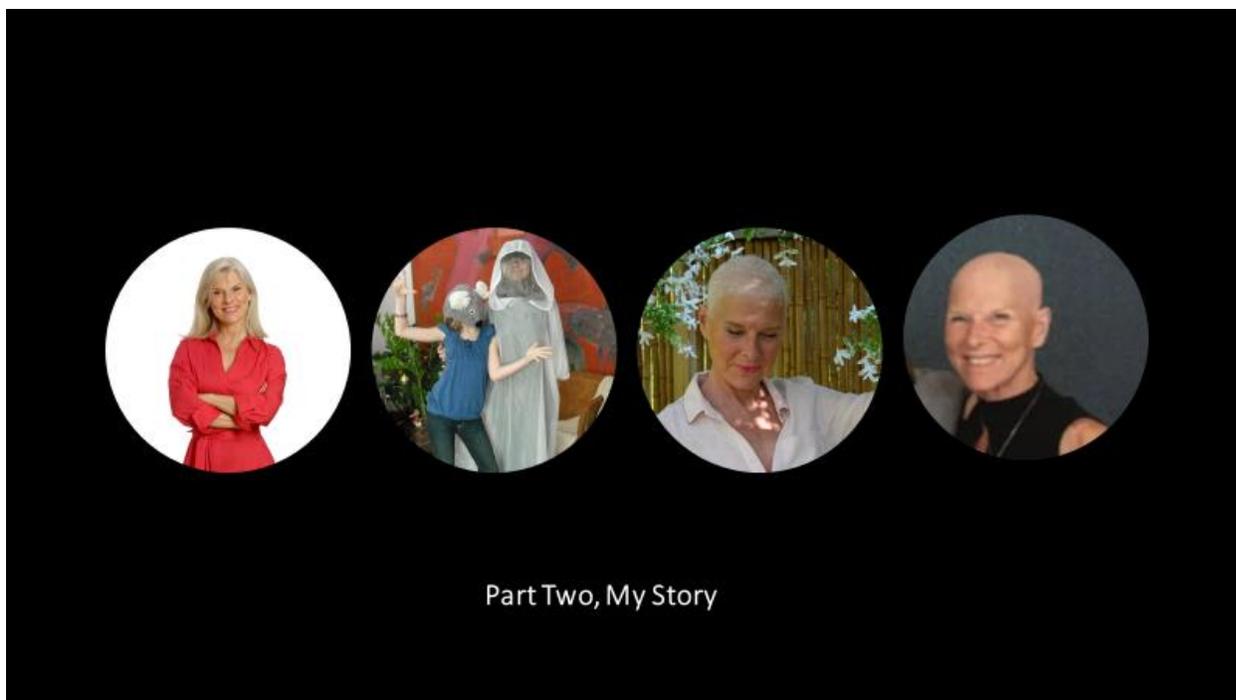
Electromagnetic Hyper-Sensitivity (EHS)

Other Illnesses Linked to EMR

Things we can do to lessen the effects and heal from the day's exposures.

The goal of this document, (which is adapted from my workshop and power point presentation), is to impress upon you how this electromagnetic radiation affects us biologically. It's not about whether you feel this radiation or have become sensitive to it or not. Not everyone reacts in that way. But everyone can be affected in ways they don't realize. There's a much larger picture here and I want to paint you the whole picture.

I like painting pictures with stories. This is mine.



I was a busy real estate agent in Toronto for 24 years. And for twenty of those years, I felt increasingly ill. And even though I took care of myself –ate organic – detoxed constantly - went to wellness centres every 3 months, I had the weirdest symptoms – mostly in my brain and nervous system and they were scary, and they got worse each year. But because I didn't look sick, I had trouble getting doctors and my family to believe me. They looked at me like I was crazy. And to tell you the truth, I felt crazy.

It started with tingling and numbness in my feet and hands, then constant ringing in my ears or tinnitus. I had terrible insomnia, the tingling turned into extreme pain – screaming in pain in the middle of the night. I started having this electrical zapping in my head – like I was short-circuiting, and it was all the time – like every 4 minutes. I don't know how I got through it.

But it's amazing to me what adapt to. In the day I could be distracted because I was working, and I had to put my attention elsewhere - but at night it was the only thing I could think of. I collapsed to the floor one day and the whole left side of my body went numb and I was stuttering and slurring for a few hours. I went to emergency a lot. And I had lots of tests – CT scans and MRI's – all of it. But they could never find anything they could attribute the neurological symptoms to.

They did diagnose me with Chronic Fatigue Syndrome, Hashimotos' thyroiditis (an auto-immune disease of the thyroid), and sleep apnoea. Over the years, I became dizzy, nauseous and severely depressed. I developed skin rashes, itching and burning. I couldn't remember things. My writing became dyslexic. My spelling was all inverted. I was extremely anxious and had bursts of anger for no reason. I was not an angry person. I had 2 years where I did not sleep for more than 2 hours a night – and even that was broken up. I was running on pure adrenaline and felt like an engine that sputters just before it breaks down. I became suicidal. All I could think of was how I could kill myself. I had these 2 songs playing over and over in my head – “Amazing Grace” and “In the Arms of the Angels”. One night I had these seizures, after taking 2 new supplements from my Naturopath (St. John's Wort and HTTP). I felt these sudden shocks go right through my whole body. I would go stiff then my bowels would evacuate. It went on for two hours. My father took me to emergency. I was diagnosed with clinical depression and admitted to the mental ward for 2 weeks and given anti-depressants and anti-anxiety pills.

And I was terrified because I knew something was severely wrong.

Finally, one of my doctors figured it out. He had just got back from a week's seminar at an environmental clinic and he recognized my symptoms and told me about this 'new' condition where people became 'allergic' to electromagnetic radiation. He said he couldn't really help me, that it was all up to me and suggested I get out of town for a week to a clean environment where there were no cell towers and cell phones and see how I felt. If I felt better, then I had the answer.

So, I got out of town and after only 5 days, I felt better than I had in 20 years. I was laughing and feeling my old self. Then WHAM – all my symptoms came back by the time I drove home in my high-powered, real estate BMW with all its panel of electronics and high magnetic fields, along the highway dotted with cell towers.

I packed my bags, dropped my career, sold my real estate business to my competition, moved to Crystal Beach where my mom lived, bought a house and completely gutted it for my EHS condition. Over the twenty years it took to figure it out, I had developed 60 of the 72 symptoms and illnesses associated with Electromagnetic Hyper-Sensitivity or EHS. And I felt okay as long as I stayed in my home. I couldn't go to restaurants, or to movies or public places, where people had cell phones. I would dart quickly in and out of the grocery store. I spent a lot of time with my mom, walking to the beach and back and playing scrabble. We laughed a lot. I cried a lot and she'd take care of me when I would break down in fear for my future, which was often. She'd put my head on her shoulder and rub my back and tell me everything was going to be okay. 8 months had gone by when she was rushed to the hospital, bleeding from the rectum. I didn't go that night because I was terrified of being around the cell towers and electrical

equipment. She went into a coma. I went to the hospitable then, but it was too late - I never talked with her again. She died a few days later.

I made some new friends who would turn off all their stuff for me when we visited but it was still a very limited and isolated life. It was like that for almost 4 years.

Then I found some programs designed for people with EHS, MCS, PTSD, Chronic Fatigue & Fibromyalgia that are based on neuroscience and retrain the brain. I did all of them at home and I began to feel better.



So here I was - visualizing my new life and talking to my brain. Every time I'd have a symptom, I'd command my brain to STOP! I'd thank it and acknowledge it for working so hard. And then I'd choose a new way of being. And I'd put myself right into that vision & experience it in the moment and tell my brain what I was seeing, hearing, tasting, smelling -because here's the thing - the brain does not discern between a real event or an imagined one. Its our senses and our feelings that tell the brain which chemicals to release; either the ones we need to heal or the ones that keep us in fear and survival mode and tell us to run or fight. I must have done this process easily 25 X a day. Here's the thing, we are either living in growth and creation, or we are living in survival. We cannot live in both at the same time. I learned that from going to Dr. Joe Dispenza's workshops.

For the next 3 years, I faced all my fears. I travelled, took workshops, got on airplanes (lots of radiation there), stayed in Wi-Fi hotels and went back to school.

I learned everything I could about energy – the energy of our thoughts - earth energy – cosmic energy – electromagnetic energy. I became a geomancer, identifying and working with earth grids and I got certified as an Electromagnetic Radiation Specialist.





I was in Santa Fe with my graduation class in Feb. 2017. I was having trouble breathing there. They told me it was the high altitude. It was 7000' above sea level and I live at sea level. So, I thought I had altitude sickness but when I got back home, it didn't go away. I had my lungs drained 3 X in 10 days and was suddenly diagnosed with Stage 4 Non-Hodgkin's Lymphoma. The biopsy showed that I had had Stage 1 and 2 for 3 – 5 years. I never knew. I knew I hadn't felt 100% but chalked that up to having pushed myself so much by constantly going into EMF environments that I knew I could recover from.



But boy the Universe sure has a way of showing us the patterns and habits we need to change! I had learned from Dispenza's workshops that the body can become addicted to the chemicals of adrenaline and cortisol that the brain releases when in stress. And I had been in constant stress for 24 years from being sick. I remember when I had the AHA moment that I had become addicted to being sick. It was when I was talking to the oncologist, who was telling me if I didn't do chemotherapy, I would die.



I had to make a choice. I did not want to do the chemo. Everything in my body screamed against it. Even my Naturopath was telling me I had to do the chemo because I couldn't breathe. I felt pressured by my doctors and family, the urgency of the situation and my own fear. I stopped listening to my heart. I questioned all the work I had done to get better from the EHS - the brain retraining work – all the meditations and visualizing this new healthy life. How could it have worked if I had the cancer? I was angry. I was miserable. And after 2 weeks of making myself feel so absolutely sick, I had another AHA moment. Oh my Gosh! This is a gift! This cancer is a gift!

And in that moment, I literally changed my perception. And I felt this massive dart of energy fly from my head and open my heart. I felt joyful and grateful and inspired! So, I started meditating 6 X a day instead of once.



A few days later, I was deep in meditation and felt something leave my body. It was just after my first chemo. I was so convinced that the cancer was gone, that I popped over to Buffalo and I paid for a CT scan myself. I was willing to subject myself to 1000X more radiation than an x-ray just to prove to the doctors that the cancer was gone! Well it wasn't totally gone but I was 50% better after only one chemo! I told my oncologist that I was going to take a break from the chemo and just do the High Dose Vitamin C natural treatments for a few months, and if it didn't work then I'd come back. "Oh no Lucy – it doesn't work that way. You need to do them in a row as they build on top of each other. If you take 2 months off and the cancer comes back, you're looking at a stem cell transplant." So, I continued and after 2 more chemo's, the oncologist did another CT scan, to prove to me how much I needed the treatments. But that scan showed that the cancer was gone.

I had gone from Stage 4 to remission in just under 3 months. My oncologist was stunned, and my Naturopath thought it was a miracle. And I thought, "Wow – this brain rewiring really works".

I also recently applied the neuroscience work to my thyroid condition.

Lucy Sanford

Patient: SANFORD, LUCY JANE
HC #: 6313584432ET Phone: (905) 894-1818 Lab No: 2018-B38130521
Age: 65 years Gender: Female Patient ID:
DOB: Mar 18 1953 Referring Site ID:
Date of Service: Aug 01 2018 Reported By: LifeLabs
10:44
Reported On: Aug 02 2018
14:13
Ordered By: SWITCHUK Dr. M.
CC: RIEDIGER RN-EC VICTORIA

| | | |
|--------------------------|-----|------|
| Thyroglobulin Antibody | 11 | < 40 |
| Thyroperoxidase Antibody | <10 | < 35 |

| | | | |
|--------------------------|-----|------|-------|
| Thyroglobulin Antibody | 11 | < 40 | kIU/L |
| Thyroperoxidase Antibody | <10 | < 35 | kIU/L |

I got off my Eltroxin medication after taking it for 32 years. My blood test results showed I no longer had antibodies. There was no longer any evidence of Hashimotos.

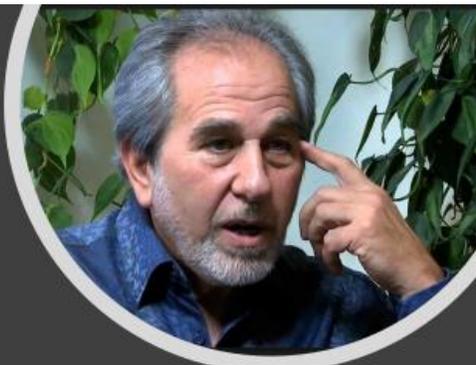
So yes, absolutely - we all have this power within us! But it takes work and dedication repetition and time. And in the meantime, our environment is changing faster than most of us can change our minds.

Renowned cell biologist, Bruce Lipton, in his ground-breaking book, "The Biology of Belief", says:

Bruce H. Lipton, PH.D., "The Biology of Belief"

"... if we change the environment too much, we will no longer be complimentary to it."

"... we were designed by nature to fit an environment but not the environment we are now making."



Unleashing the Power of Matter & Miracles

Expanded 10th anniversary edition of the book that forever change how you think about the way the brain is functioning show that all the things you are affected by your thoughts. Bruce H. Lipton, a renowned cell biologist, describes the precise ways through which this occurs. Using simple stories, humor, and everyday examples, he shows how the new science of epigenetics is changing our understanding of the link between mind and the profound effects it has on our personal lives and the life of our species.

"Biology of Belief" when it first came out. It was a pioneering work in a much needed scientific framework for the mind-body-spirit connection. Lipton's insights and research created the basis of the "cellular" that is now helping the foundation for a new paradigm of biology. His are all interested in him."

Click for a Preview

You can try this test to see how you feel when you hear what radiation sounds like.

Click on the objects to hear Microwave Radiation Sounds. For more information visit MagdiHewas.com



- Cell Phones
- Wi-Fi
- Bluetooth
- Cordless Phones
- Baby Monitors

You will not be able to play the sounds from this document. But you can go to the link below and click on the different sounds of the different technologies to hear what the radiation sounds like and what the cells in our body picks up. It's also what our meters pick up when measuring. The sounds are listed on the right-hand column in the link.

<http://www.slt.co/Education/EMFSounds.aspx>

Do you feel somewhat like this after listening to them all?



Here's what happens. It takes the plasma membrane around our cell nano seconds to detect an electromagnetic field in the environment. It takes two more seconds to identify it as a threat to our existence and thirty more seconds to shut down the cell. It impairs the cell. It shuts down every process in our body but what it needs to run or fight. It then dumps the chemicals of stress, such as adrenaline and cortisol into your body so that it can run or fight. You can still repair the impaired cell. You have up to 50% lifetime of the cell to repair it. If you do not repair it, the cell makes another cell, called a daughter cell which has the same impaired signature as the original cell. You can still repair the damage but, at this point, you do have to get out of, or change the threatened environment to do so. EMR specialists will suggest ways to lower the

EMF's in your environment as much as possible. A lot of focus is put on the bedrooms and the areas where most of your time is spent. It's especially important at night, when your body is sleeping and needs the most repair. Hopefully, you don't get to the point of having to quit your jobs and hide out, but rather to repair any damage from the day's exposures on a nightly basis.

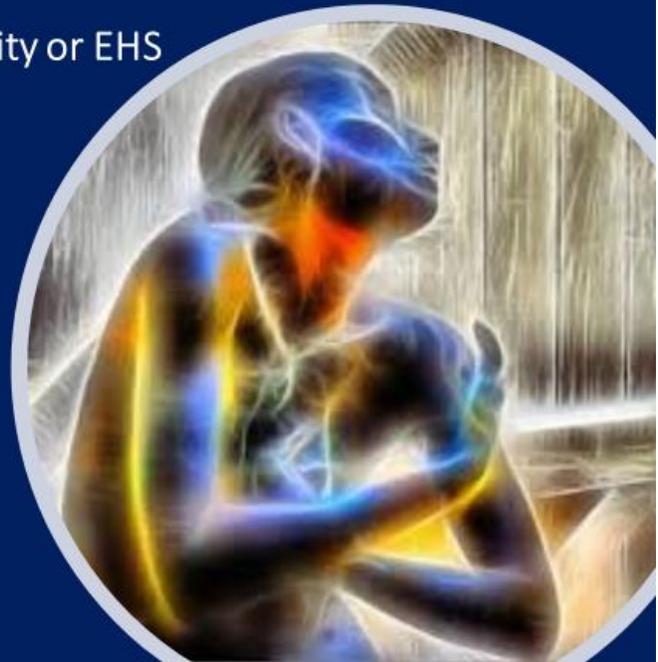
Here's a good visual of what Electromagnetic Hyper-Sensitivity or EHS felt like to me.

So, what is EHS? Wikipedia will tell you that:

Electromagnetic HyperSensitivity or EHS

- a claimed sensitivity to electromagnetic fields
- not a recognized medical diagnosis
- characterized by a variety of non-specific symptoms

Wikipedia



However:

- Electromagnetic Hypersensitivity was fully recognized by the Swedish Government in 2000 as a “functional impairment” or disability.*
- It was not recognized as a ‘disease’ and, therefore is not under the jurisdiction of the medical community.*
- There is no ‘medical diagnosis’ available to be given anywhere. Doctors are not allowed to diagnose you.
- Awareness is building within the medical community but we still have far to go.
- You are more likely to find help through a Naturopath or an environmental clinic.

Ollie Johansson, Associate Professor, Neuroscience, Karolina Institute, Sweden

www.emfacts.com/2009/02/1014-electrosensitivity-in-Sweden-by-ollie-johansson

But EHS has actually been around for years under various names.

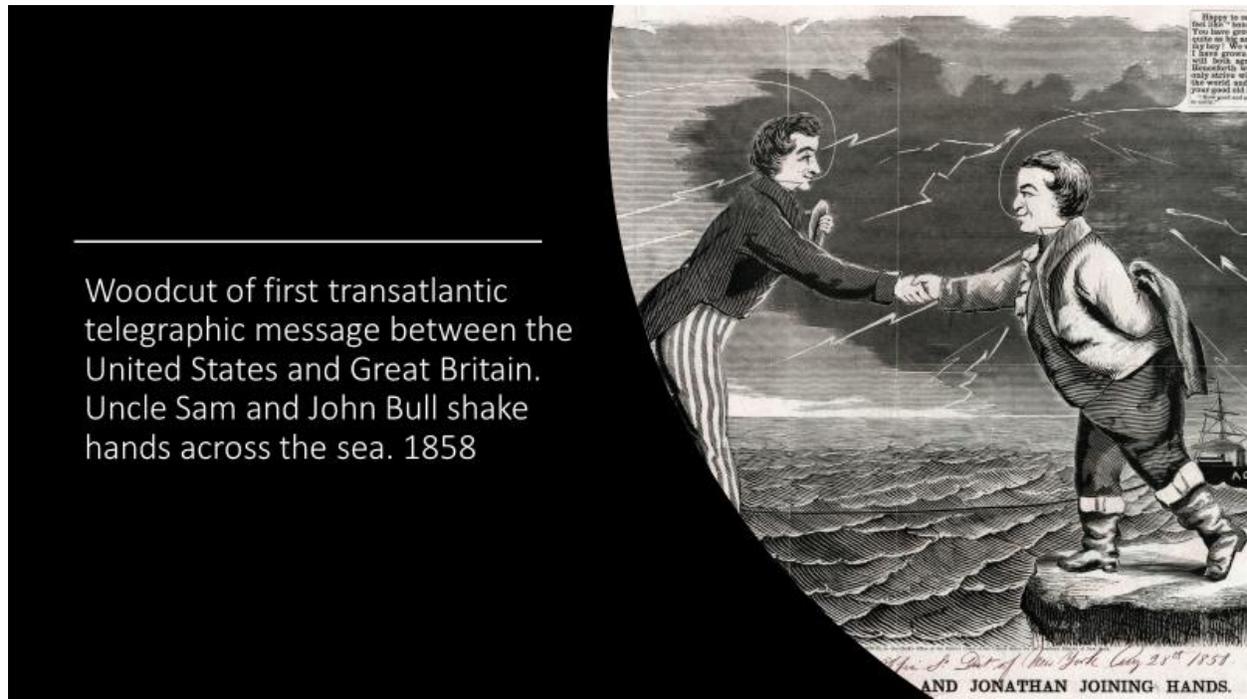


**In the 1950's,
clinics were
established in
the Soviet
Union & Eastern
Europe to study
and treat a new
occupational
disease named
Radio Wave
Sickness.**

**Arthur
Firstenberg
April 2000
Cellular Phone
Task Force**

These clinics studied and treated thousands of workers who either manufactured, inspected, repaired or operated microwave equipment. Some worked at radar facilities, others for radio or TV stations, or telephone companies. Still others operated radio frequency equipment developed during World War 11, such as this Radio Wave operator.

www.cellphonetaskforce.org/wpcontent/uploads/2011/06/Electromagnetic_Hypersensitivity.pdf



Woodcut of first transatlantic telegraphic message between the United States and Great Britain. Uncle Sam and John Bull shake hands across the sea. 1858

In his book, “The Invisible Rainbow – A History of Electricity and Life”, Firstenberg describes the excitement of the 1860’s when Telegraph wires first encircled the earth.

I found this picture of a woodcut of the laying of the telegraph cable from back in 1858. And in it, it shows Uncle Sam and Jonathan Bull shaking hands across the sea and the first telegraphic message between the United States and Great Britain. Although, it got cut off in this slide, part of the message that John Bull sends to Uncle Sam says, “May the feeling of friendship which comes from my heart and tingles to the very end of my fingers, be like the electric current which now unites our hands and links our destiny with yours.”

I find this quite prophetic as a few years later, Firstenberg tells us that George Beard, M.D. described a new illness in 1869 called “neurasthenia”, which means “weak nerves”. People with

neurasthenia were called “neurasthenes.” Although the cause of “neurasthenia” was never discovered at that time, it came out of nowhere to become a pandemic over the following decades. Today, electricity is recognized as one of its causes.

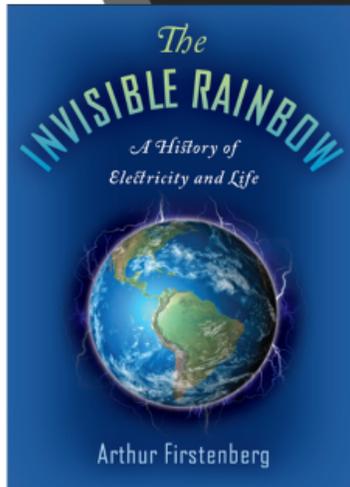
EHS has also been referred to as Microwave Sickness. You can find it in the on-line Merriam-Webster Medical Dictionary:



The image is a screenshot of the Merriam-Webster Medical Dictionary website. At the top, there is a navigation bar with the Merriam-Webster logo and the text "SINCE 1828". To the right of the logo is a search bar containing the text "microwave sickness". Below the search bar are two tabs: "DICTIONARY" and "THESAURUS". The main content area has a light blue header with the text "Medical Dictionary". Below this, the word "microwave sickness" is displayed in a large, bold, serif font, with the word "noun" underneath it. A horizontal line separates this from a section titled "TRENDING NOW:" which lists several words: "oleaginous", "pansexual", "symbiote", "charlatan", and "lowlife", followed by a "SEE ALL >" link. Below this is a section titled "Medical Definition of MICROWAVE SICKNESS" which contains the following text: ": a condition of impaired health reported especially in the Russian medical literature that is characterized by headaches, anxiety, sleep disturbances, fatigue, and difficulty in concentrating and by changes in the cardiovascular and central nervous systems and that is held to be caused by prolonged exposure to low-intensity microwave radiation".

To be clear, low-intensity ‘microwave’ radiation does not refer to your microwave ovens. Rather microwaves are a type of wave, ranging in intensities. So, the low-intensity microwave radiation refers to things like your cell phones, WiFi and cell towers. Microwave ovens, however also have microwaves but they are high intensity ones. Do you remember the story of that woman who put her dog in a microwave to dry it off when they first came out?

Being exposed to electromagnetic radiation is not just about having EHS. Firstenberg says:



“We live today with a number of devastating diseases that do not belong here, whose origin we do not know, whose presence we take for granted and no longer question. What it feels like to be without them is a state of vitality that we have completely forgotten...”

It is time that we remember.”

Arthur Firstenberg, *The Invisible Rainbow*

Here’s more fascinating history.

- “‘Anxiety disorder’, afflicting one-sixth of humanity, did not exist before the 1860’s, when telegraph wires first encircled the earth.”
- “No hint of it appears in the medical literature before 1866.”
- “Influenza, in its present form, was invented in 1889, along with alternating current.” (man-made electrical current)
- “Prior to 1860’s diabetes was so rare that few doctors saw more than one or two cases during their lifetime.”
- “Heart disease at that time was the twenty-fifth most common illness, behind accidental drowning. It was an illness of infants and old people. It was extraordinary for anyone else to have a diseased heart.”
- “Cancer was also exceedingly rare.”

“The Invisible Rainbow”, Arthur Firstenberg

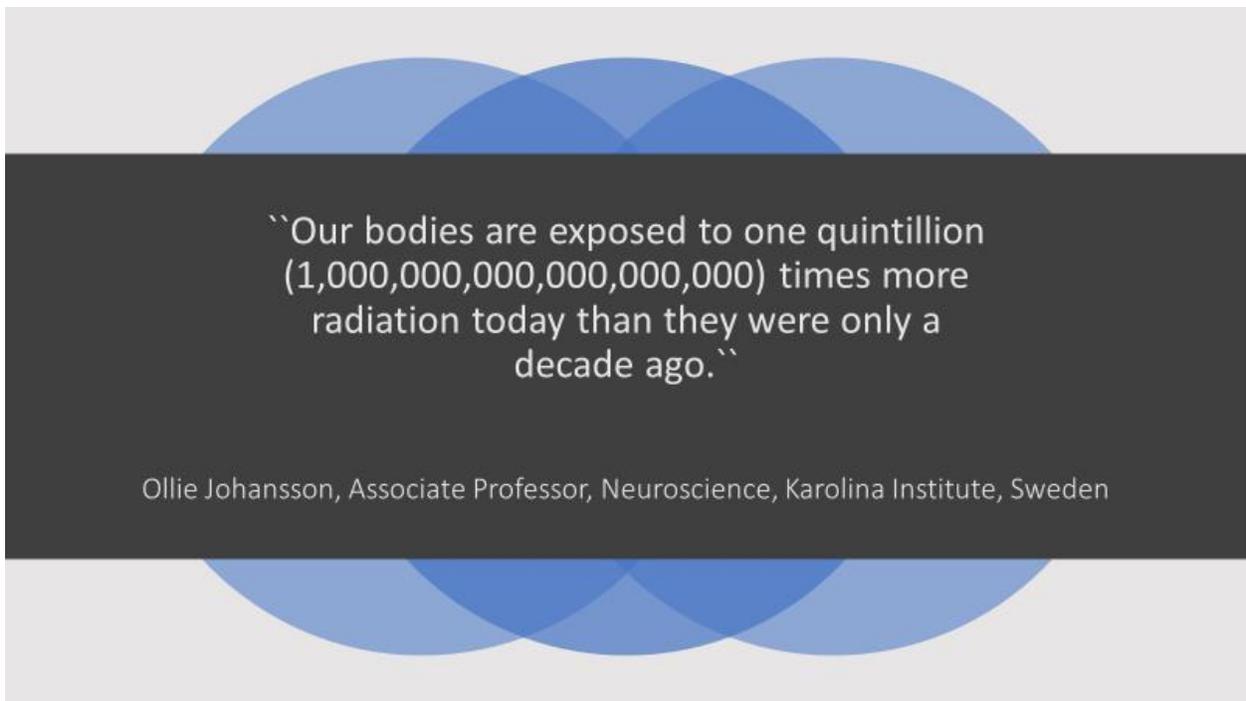


“There has been “an unprecedented growth rate of chronic disease since 1990... Although the top health threats continue to be cardiovascular disease, cancer and infections, the rate of increase noted from the following diseases and disorders is astounding.”

“The Root Cause in the Dramatic Rise of Chronic Disease”, May, 2016, Richard Lear

| | |
|--------------------------|---------|
| ADHD | 819% |
| Alzheimer’s disease | 299% |
| Autism | 2,094% |
| Bipolar disease in youth | 10,833% |
| Celiac disease | 1,111% |
| Chronic Fatigue Syndrome | 11,027% |
| Depression | 280% |
| Diabetes | 305% |
| Fibromyalgia | 7,727% |
| Hypothyroidism | 702% |
| Lupus | 787% |
| Osteoarthritis | 449% |
| Sleep Apnoea | 430% |

These statistics above are since 1990. Today:



“Our bodies are exposed to one quintillion (1,000,000,000,000,000,000) times more radiation today than they were only a decade ago.”

Ollie Johansson, Associate Professor, Neuroscience, Karolina Institute, Sweden

From, “The Dark Side of Wireless Technology” by Conan Miller, Epoch Times, Jan. 9, 2018, Updated Jan. 17, 2018.

One of the things I want to do is to also give you ways to calm your bodies from the EMF environment. One of the methods I learned to heal myself was to raise my frequency. I learned from Dr. Joe Dispenza that all disease is a lowering of frequency and that, if we can raise our own frequency, we can heal our bodies from disease. And breathing techniques are a good way to raise our frequency. This technique is called the 4-4-8 breath. If you ever get a little overloaded or just want to take a moment – this works great. Take in a breath through your nose to a count of 4 – then hold it for a count of 4 – then let it out slowly through our nose to a count of 8. Do these three times in a row, then go back to your regular breathing. You will feel more relaxed.

Okay - moving on to understand how EMF's can make us so sick.

What does happen in our cells?



Martin Pall, PhD, Professor Emeritus,
Washington State University

- EMF's work by activating the voltage-gated calcium channels (VGCC's), located in the plasma membrane surrounding our cells
- When activated, they open up and allow excess calcium to flow into the cell, causing devastating downstream effects
- "It's the excess calcium in the cell which is responsible for most if not all of the (biological effects)."

Journal of Cellular and Molecular Medicine Open Access

J. Cell. Mol. Med. 2013 Aug; 17(8): 958-965. PMID: PMC3780531
Published online 2013 Jun 26 doi: 10.1111/jcmm.12088 PMID: 23802583

Electromagnetic fields act via activation of voltage-gated calcium channels to produce beneficial or adverse effects

Martin I. Pall¹

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This article has been cited by other articles in PMC.

Abstract Go to: ☰

The direct targets of extremely low and microwave frequency range electromagnetic fields (EMFs) in producing non-thermal effects have not been clearly established. However, studies in the literature, reviewed here, provide substantial support for such direct targets. Twenty-three studies have shown that voltage-gated calcium channels (VGCCs) produce these and other EMF effects, such that the L-type or other VGCC blockers block or greatly lower diverse EMF effects. Furthermore, the voltage-gated properties of these channels may provide biophysically plausible mechanisms for EMF biological effects. Downstream responses of such EMF exposures may be mediated through Ca^{2+} -calmodulin stimulation of nitric oxide-cGMP-protein kinase G pathway stimulation. A well-studied example of such an apparent therapeutic response, EMF stimulation of bone growth, appears to work along this pathway. However, pathophysiological responses to EMFs may be as a result of nitric oxide-peroxynitrite-oxidative stress pathway of action. A single such well-documented example, EMF induction of DNA single-strand breaks

“... EMF’s are not having a thermal influence; they are not “cooking” your cells as some suggest. Rather, EMF radiation activates the VGCC’s in the outer cell membrane, triggering a chain reaction of devastating events that, ultimately:”

- **Decimates your mitochondrial function, cell membranes and cellular proteins**
- **Causes severe cellular damage**
- **Results in DNA breaks**
- **Dramatically accelerates your aging process**
- **Puts you at higher risk for chronic disease**

“How to Reduce Your EMF Exposure” by Dr. Joseph Mercola, January 14, 2018
(from an interview with Dr. Martin Pall)

Dr. Andrew Goldsworthy, a retired lecturer from the Imperial College of London, has also spent many years studying calcium metabolism in living cells and how cells, tissues and organisms are affected by electrical and electromagnetic fields.



Dr Andrew Goldsworthy – The Biological Effects of Weak Electromagnetic Fields

Dr Andrew Goldsworthy is a retired lecturer from Imperial College London, which is among the top three UK universities after Oxford and Cambridge and is renowned for its expertise in electrical engineering and health matters. Dr Goldsworthy spent many years studying calcium metabolism in living cells and also how cells, tissues and organisms are affected by electrical and electromagnetic fields. You may find much of what he says both surprising and worrying.

Dr. Andrew Goldsworthy

Much like Dr. Martin Pall, Dr. Goldsworthy talks about how these weak electromagnetic fields generate alternating currents that flow through cells and tissues and remove structurally-important calcium ions from cell membranes, which makes them leak. He confirms that “Virtually all of the non-thermal effects of electromagnetic radiation can be accounted for by the leakage of cell membranes” and says:

- Most of the effects involve the inward leakage of free calcium ions which affect calcium-sensitive enzyme systems.
- This is the normal mechanism by which cells sense mechanical membrane damage.
- They normally respond by triggering mechanisms that stimulate growth and repair.
- If the exposure is prolonged, these mechanisms are overcome, and the result is ultimately harmful.
- This phenomenon occurs with both ionizing and non-ionizing radiation.

Ionizing radiation includes things like x-rays, CT scans etc. and non-ionizing radiation includes cell phones, Wi-Fi and that stuff. Goldsworthy’s research showed:

- Damage to the thyroid gland from living within 100 metres of a cell base station caused hypothyroidism and may be partially responsible for our current outbreak of obesity and chronic fatigue
- Cell phone base station radiation affects the adrenal glands and stimulates adrenaline and cortisol
- Excess adrenaline causes headaches, cardiac arrhythmia, high blood pressure, tremors and an inability to sleep
- This excess calcium that leaks from the cells into the body from this prolonged exposure to EMF’s, opens tight junction barriers which are meant to protect us from allergens and toxins
- In brain neurons, it stimulates hyperactivity, resulting in ADHD
- The opening of the blood-brain barrier causes death of neurons resulting in early dementia and Alzheimer’s
- The opening of the respiratory epithelia barrier increases the risk of asthma in children

- The opening of the blood-liver barrier may be partially responsible for the current outbreak of liver disease
- And the opening of the gut barrier may also promote allergens and is linked to autoimmune diseases

You can read Dr. Goldsworthy's full report here:

<https://ehtrust.org/wp-content/uploads/Goldsworthy-2012.pdf>

I want to talk a little bit about the government and wireless industries.

• **The wireless industries, the Governments and the powers that be, have only been concerned with the thermal effects of ionizing radiation**

• **They were no pre-market studies or tests performed on the long-term, biological effects of non-ionizing radiation**

• **The public safety standards in effect today are based solely on the thermal effects of electromagnetic radiation – basically on whether they will shock or burn you**

WE ARE THE STUDY!

- Ionizing radiation is carcinogenic. It includes things like x-rays, CT scans and radioactive sources - the things we know that we have to use in moderation. They are well known to have thermal effects, which means they have enough energy to cause cellular damage, by breaking the chemical bonds in the cell.
- Non-ionizing radiation includes all of this electromagnetic radiation we are talking about today – the power line, electric fields, magnetic fields, cellular towers, cell phones, WiFi and all other forms of wireless and microwave radiation – the sounds you heard. They

do not have enough energy or heating (thermal) effect to break the bonds of the cell but they are sufficient for excitation.

- So, because they did not have thermal effects, the Government and Telecom Industry deemed all cell phones etc. as safe and exempted them from any pre-market studies or tests performed on the long-term, biological effects of non-ionizing radiation. I'm sure that the nearly fifty million dollars in political contributions and lobbying largesse, back in 1996 from the Telecom Industry might have had something to do with that decision.

"The Telecommunications Act of 1996 – a watershed for the cell phone industry – was the result, in part, of nearly fifty million dollars in political contributions and lobbying largesse from the telecom industry. The prize in the TCA for telecom companies branching into wireless was a rider known as Section 704, which specifically prohibits citizens and local governments from stopping placement of a cell tower due to health concerns. Section 704 was clear: There could be no litigation to oppose cell towers because the signals make you sick."

Christopher Ketcham, GQ Magazine, Feb. 2010



The guidelines for public safety standards are outdated and have not been changed since 1996. There has, however, been lots of studies and research done by independent scientists around the world, who are not funded by the government and big wireless companies that show clear evidence of the biological effects of EMF's.

<http://www.bioinitiative.org/research-summaries/>

<http://weepinitiative.org/LINKEDDOCS/health/nittby.PDF>

<http://www.iddd.de/umtsno/lthhallberg.pdf>

International Agency for Research on Cancer



PRESS RELEASE
N° 208

31 May 2011

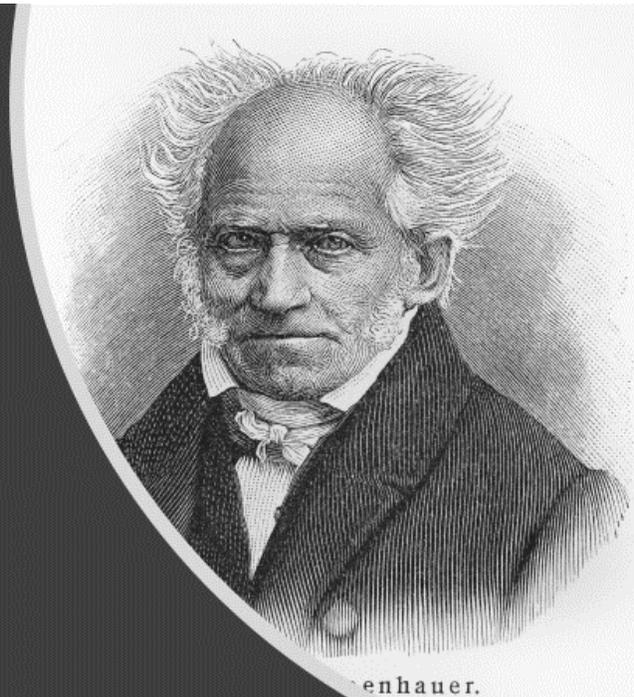
IARC CLASSIFIES RADIOFREQUENCY ELECTROMAGNETIC FIELDS AS POSSIBLY CARCINOGENIC TO HUMANS

Lyon, France, May 31, 2011 -- The WHO/International Agency for Research on Cancer (IARC) has classified radiofrequency electromagnetic fields as possibly carcinogenic to humans (Group 2B), based on an increased risk for glioma, a malignant type of brain cancer¹, associated with wireless phone use.

I love this quote!

"All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

Arthur Schopenhauer



openhauer.

I applaud you for being concerned about your environment and taking the initiative to learn more about it. There's an urgency to help wake people up and get this information out there as to what's really going on in a way that is informative and helpful.

An urgent need to
WAKE UP!
Because here's
what's coming!



- 5 G stands for the fifth generation of cell phones – the wireless industry's current dream!
- Currently we have 4G
- 5G requires a whole new infrastructure, which means that boxes the size of a PC could be placed every 150 meters or so on utility poles, sometimes with small refrigerator-sized boxes on the ground



photo courtesy <http://scientists4wiredtech.com>

5G has to have higher frequency waves because the cell phones do more and more things, like stream-lining movies, which mean they need more power which mean we get more radiation. Because of the higher frequency, the waves travel shorter distances. Therefore, to blanket an area with cellular reception, we need more placement of cell 'towers', which means they will be outside of our windows, in front of our homes.

Is this our future?

Feb. 2018
Elon Musk of SpaceX announced their "Starlink" project - a plan to launch 12,000 low-orbit satellites "to beam an ultrafast, lag-free Internet connection" to every square inch of earth. The first two test satellites were launched one week later.

OneWeb plans to launch the first of its planned 4,560 satellites by no earlier than Dec. 18, 2018.

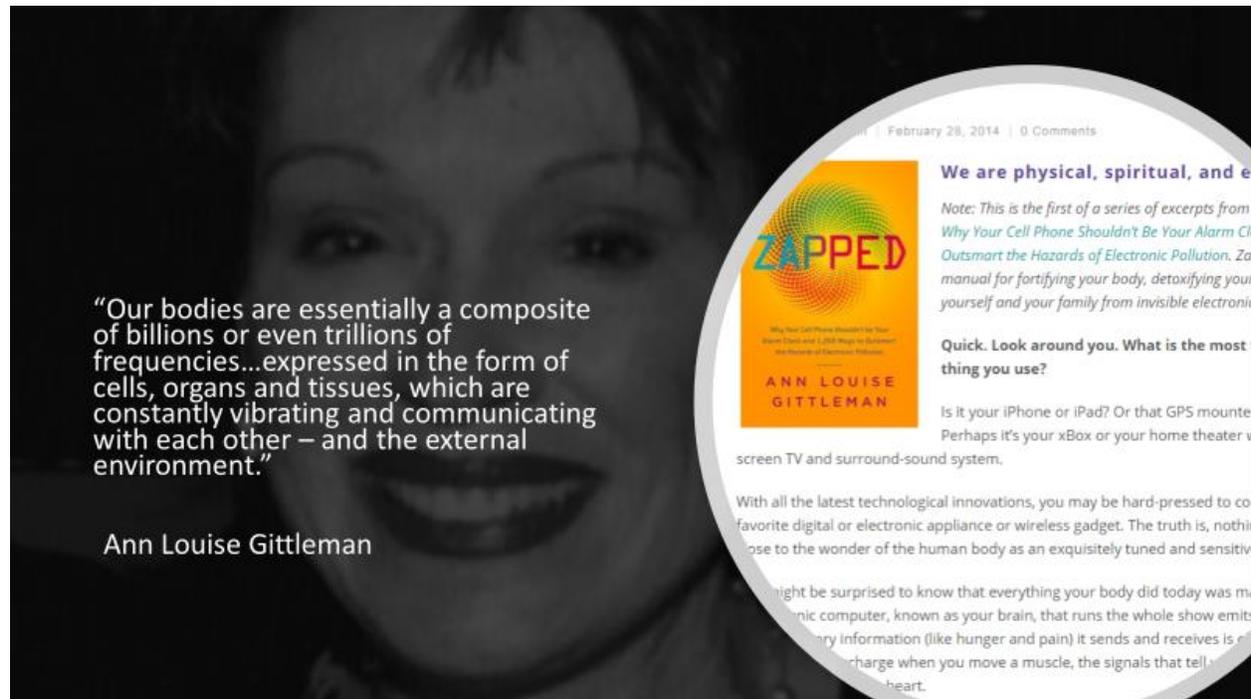
Boeing plans a fleet of 2,956 satellites.

As of September, 2017 there were a grand total of 1,738 operating satellites in orbit. None of them provided high speed data.

information from <http://www.cellphonetaskforce.org/5g-from-space>

What's some good news? We are! As human beings, we are made up of atoms. As Dr. Joe Dispenza, international speaker, workshop facilitator and best-selling author of 4 books (*Breaking the Habit of Being Yourself*, *Evolve Your Brain*, *You Are the Placebo* and *Becoming Supernatural*) likes to say, this would make us 99.99999% energy and only 0.00001% particle.

Everyone is energy. Everyone has a frequency. In fact, we have billions of frequencies. In her book, "Zapped", New York Bestselling Author, Ann Louise Gittleman says this;



"Our bodies are essentially a composite of billions or even trillions of frequencies...expressed in the form of cells, organs and tissues, which are constantly vibrating and communicating with each other – and the external environment."

Ann Louise Gittleman

February 28, 2014 | 0 Comments

ZAPPED
Why Your Cell Phone Shouldn't Be Your Alarm Clock
Ann Louise Gittleman
ANN LOUISE GITTLEMAN

We are physical, spiritual, and e

Note: This is the first of a series of excerpts from Why Your Cell Phone Shouldn't Be Your Alarm Clock. Outsmart the Hazards of Electronic Pollution. A manual for fortifying your body, detoxifying you yourself and your family from invisible electronic

Quick. Look around you. What is the most thing you use?

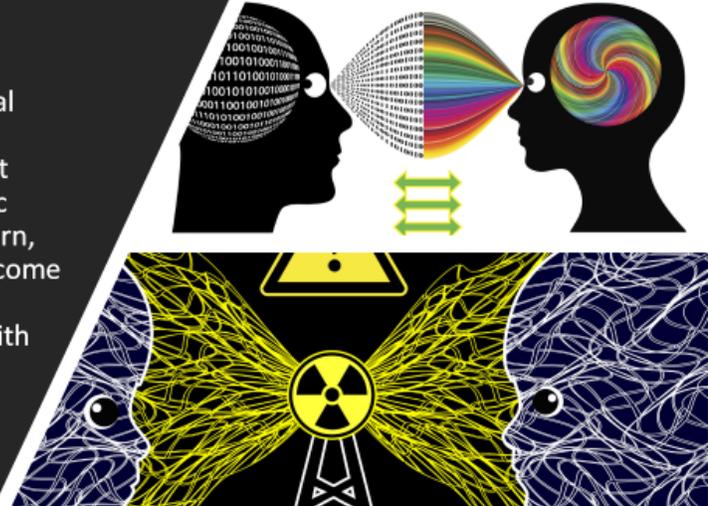
Is it your iPhone or iPad? Or that GPS mounted Perhaps it's your xBox or your home theater v screen TV and surround-sound system.

With all the latest technological innovations, you may be hard-pressed to co favorite digital or electronic appliance or wireless gadget. The truth is, nothi lose to the wonder of the human body as an exquisitely tuned and sensitiv

might be surprised to know that everything your body did today was mi nomic computer, known as your brain, that runs the whole show emits ery information (like hunger and pain) it sends and receives is n charge when you move a muscle, the signals that tell heart.

Ann Louise Gittleman, "Zapped"

"In fact, humans are literally walking conversations, cells chattering to one another and interacting with the natural world using electrical charges and chemicals to make the connections. But when you add artificial electromagnetic forces to the mix, we are starting to learn, these quiet conversations suddenly become cacophony, as though a flash mob has arrived, shouting and screaming and with boom boxes blaring so loudly you can't hear yourself think."



Remember that all disease is a lowering of frequency. Check this out.

In 1992, the late Bruce Tainio of Tainio Technology built the first Frequency Monitor. Amongst other things, it showed that:

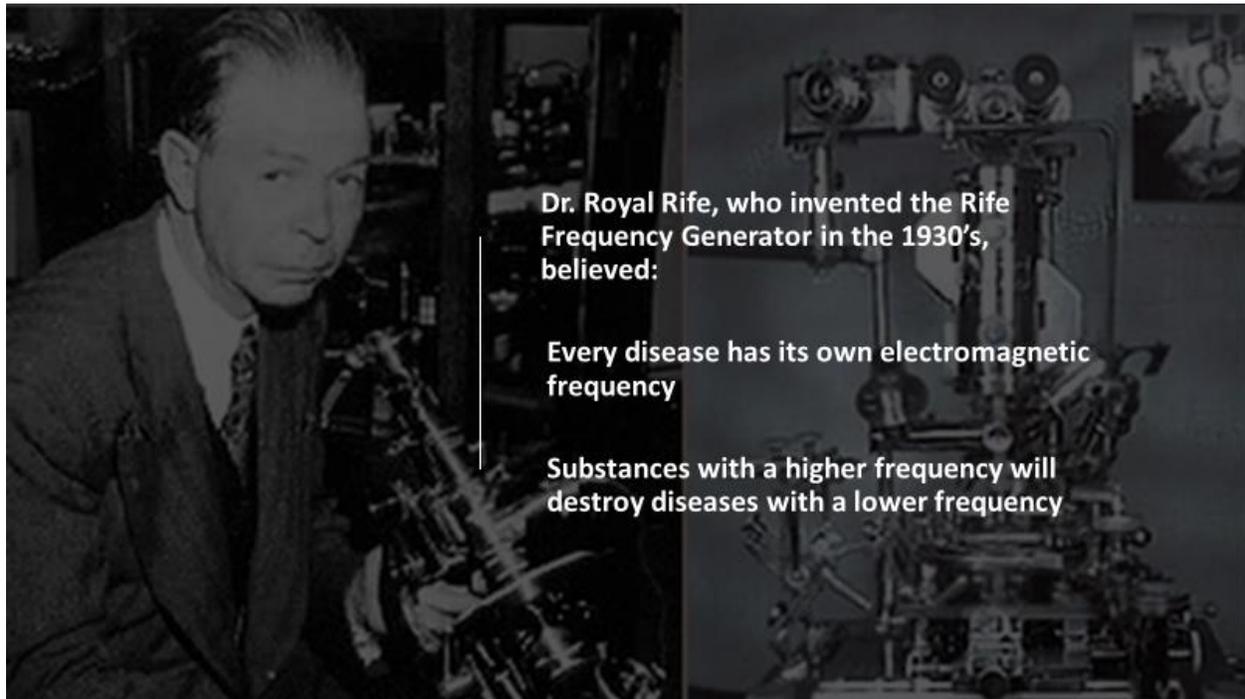


The BT3™ Frequency Monitoring System*

- A healthy body is 62-68 MHz
- Colds and flu starts at 57-60 MHz
- Disease starts at 58 MHz
- Cancer starts at 42 MHz

*Built by the late Bruce Tainio of Tainio Technology

And have you heard of Dr. Royal Rife or the Rife machine?



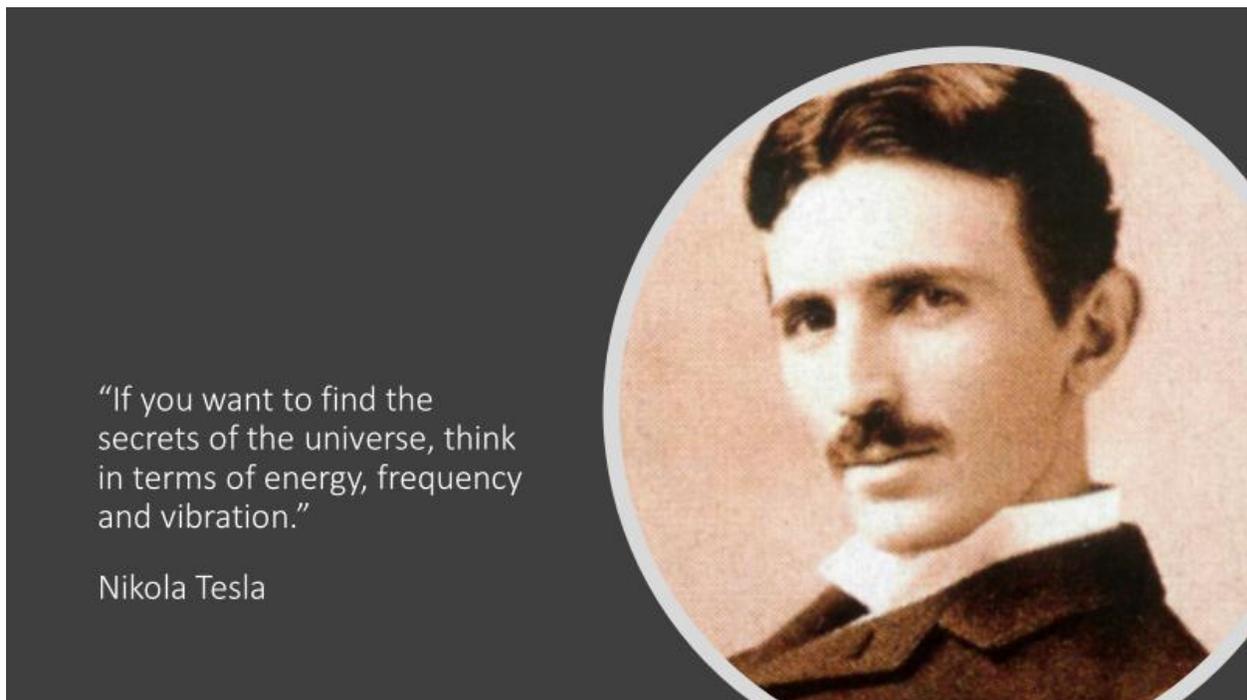
So now we come back to Ann Louise Gittleman.



Gittleman says she was taught to “think of each cell in your body as an electric battery broadcasting the pulsating rhythm of life. When the energies or vibrations are changed, millions of little batteries (the cells) are growing weaker or stronger... When you work with the energy, you can change the environment, which in turn changes the expression of health or disease.” Like I did with the cancer and the thyroid disease.

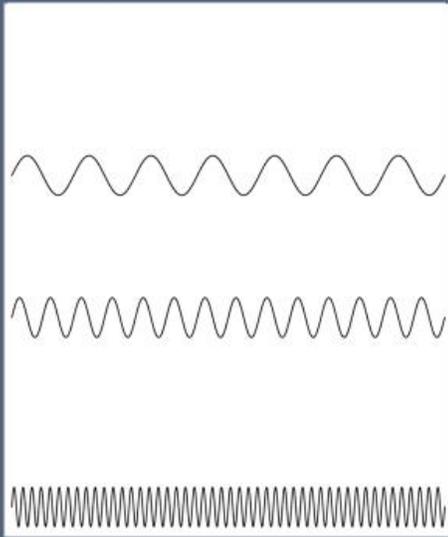
We all have this amazing ability within us to heal ourselves by using the power of our minds and by raising our frequency. Things like breathing, meditation, brain rewiring work and growing new neurons, learning new things, unplugging and being in nature, cleaning up our environment, using our creativity and staying out of survival mode are all ways we can step out of disease. With today’s constant bombardment of EMF’s in our environment, we have to use all of these ways. We are meant to Thrive not Survive.

Nikola Tesla said:



It is helpful to understand a few more technicalities. When reading this, take in what you can for now and don’t allow yourself to get overwhelmed with technical information.

Are we on the same wave length? Let’s look at that. What is a wavelength?



Wavelength

the length of the wave from one crest of the wave to the other

the shorter the wavelength,
the higher the frequency

The differences in the wavelengths are
the way we tell the different kinds of
electromagnetic energy apart

Are you with me so far? Did you get a chance to go on that website I gave you and check out the sounds of the Radio Frequency radiation? Those were high frequencies.

So, what is a frequency then?

- **Frequency is the number of times a wave vibrates per second**
- **It is measured in Hertz (Hz)**
- **1 Hz = 1 vibration per second (or one wave passing by every second)**

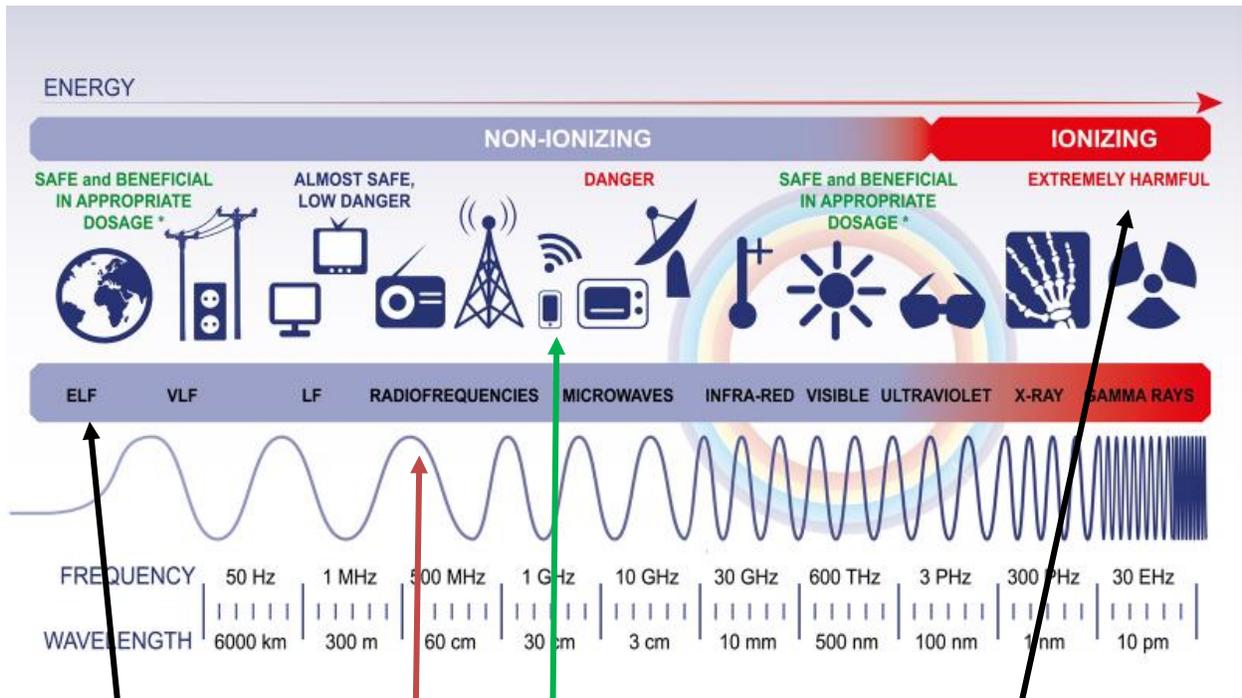


- **a Kilo Hertz (KHz) = one thousand, (MHz, one million, GHz, one billion) vibrations per second**



Coming back to Bruce Tainio's Frequency Monitor, the frequency of a healthy body is between 62 and 68 MHz, which is 62-68 million vibrations per second. We know cancer starts at 42 MHz.

So, bear with me through just a little bit more information so that you will better understand your report and why it is important to do the things I suggest.

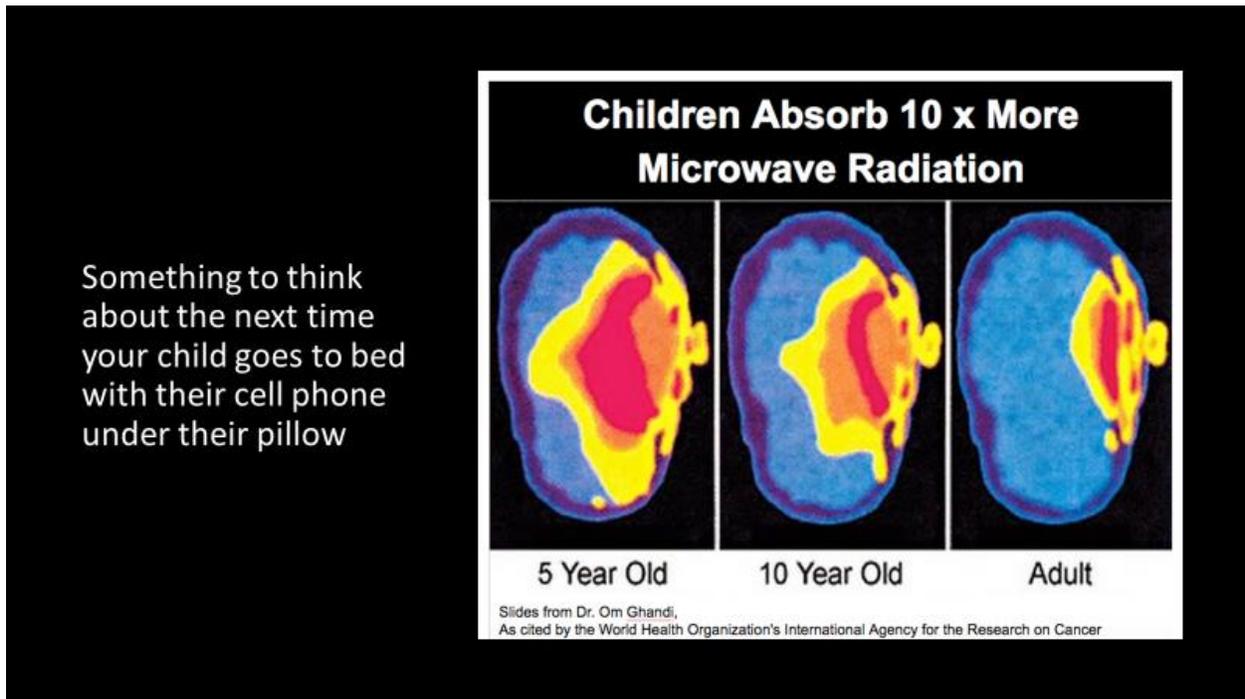


This is an electromagnetic spectrum chart, with the different kinds of electromagnetic energy shown, along with the frequency ranges and the wavelengths. It starts from the left with the extremely low earth frequency in the extremely low frequency range (ELF), which is mostly safe and beneficial for us, leading all the way up to the extremely harmful ionizing types of radiation, such as gamma rays, x-rays, CT scans etc.

- Notice the frequency wave and how the wavelength gets shorter and shorter as the frequency gets higher.
- Take a look at the Radiofrequencies (RF) ranges here, which again is your cell phones, WiFi, cell towers, baby monitors, Bluetooth (remember all those sounds?). And we can see that they are approximately between 500 MHz and 6 GHz.

- Remember that a Mega Hertz is a million hertz.
- A Gigahertz (GHz) is a billion hertz.
- So, what does this mean? It means that while we're in the middle of all this stuff that we use in our homes, or sleep with under our pillows, or have in our external environment, we are exposed to multiple objects emanating between 500 million and 6 billion waves per second or vibrating that many times per second.

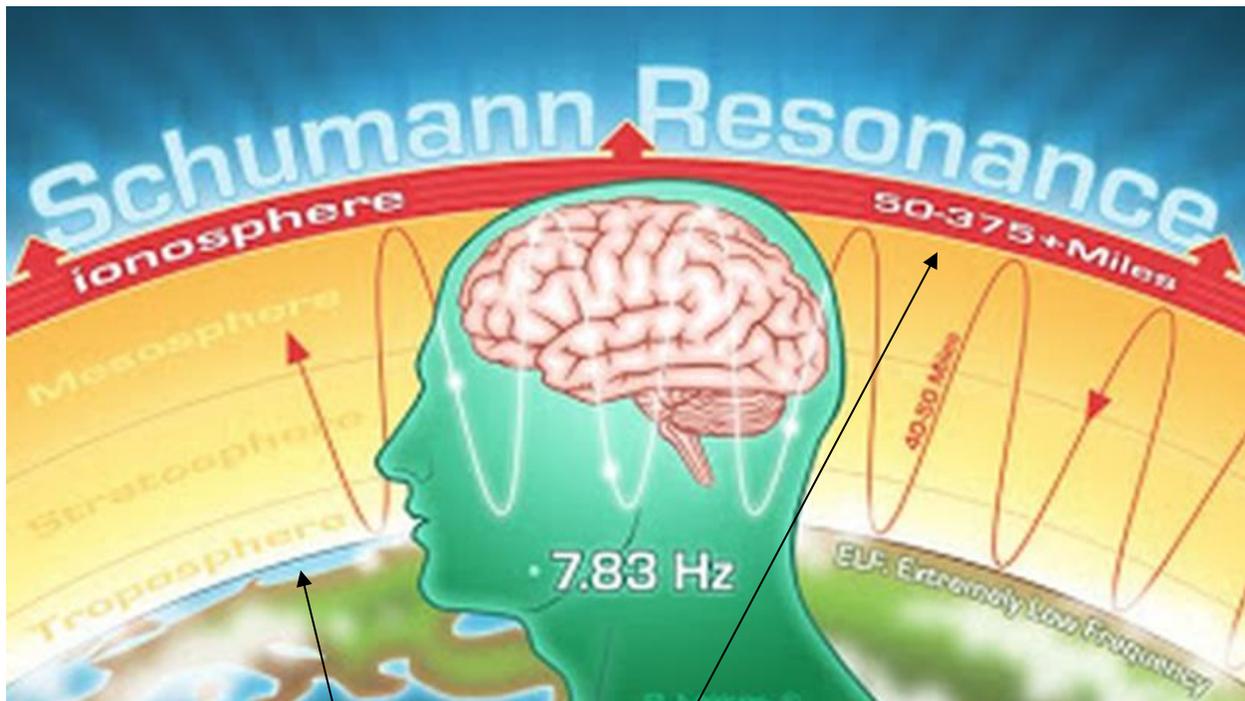
Now here's something important to understand.



Let's apply this knowledge now to imbed our understanding of energy, frequency and vibration.

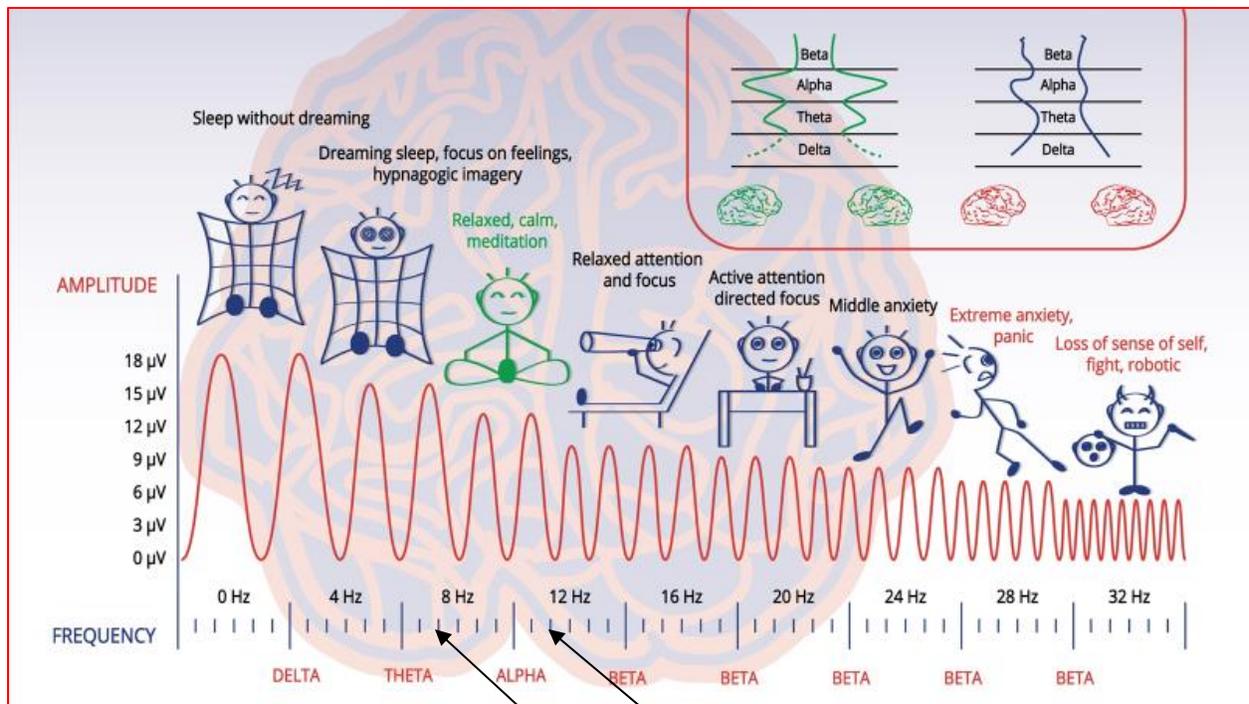
- The Hertz measurement of our electrical wiring system in North America is 60 Hertz
- Or 60 vibrations every second
- Or 60 waves will pass by every second
- I prefer to use the word 'vibrate' to give you the *feel* of EMF
- In Europe, they have a 50 Hertz electrical system, which is why we need to take transformers with us, to plug into their outlets to transform the energy of our hair dryer from 60 Hertz to 50 Hertz, otherwise it's too powerful an appliance for their circuit

- What about the frequency of the earth's electromagnetic field – also known as the Schumann Resonance?



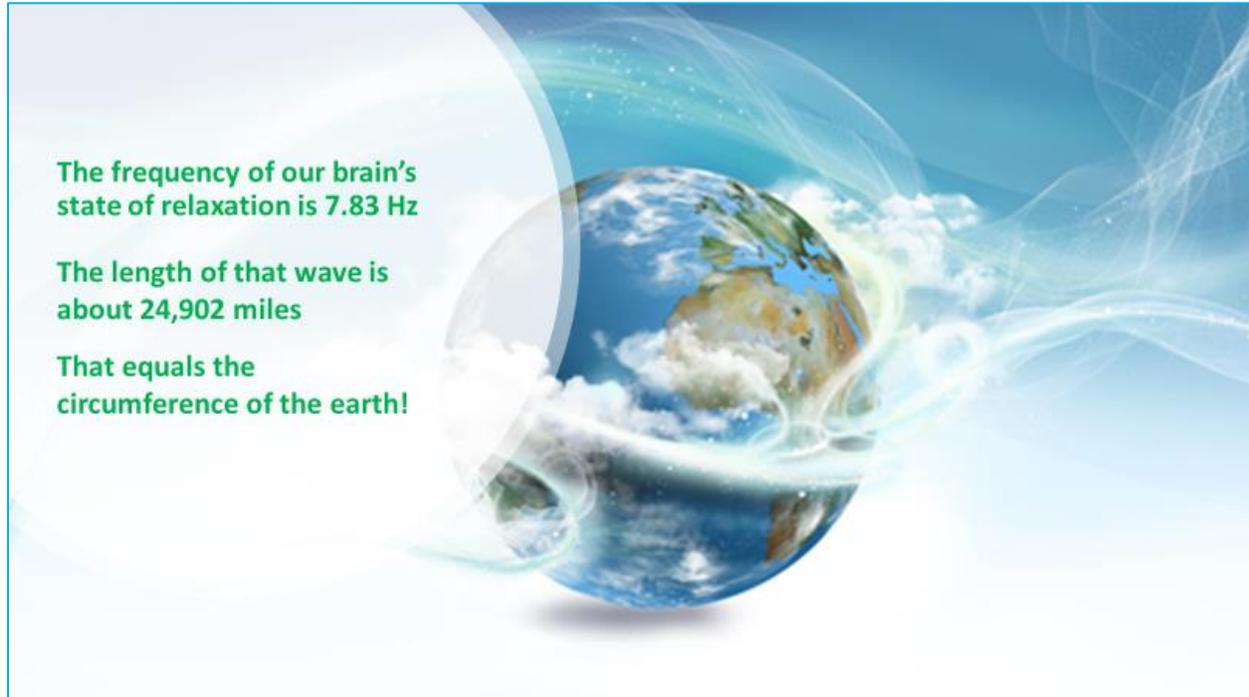
- 7.83 Hz
- Here we have the earth
- This is the ionosphere which is ionized by solar radiation from the sun and plays an important role in atmospheric electricity (excerpted from Wikipedia)
- The “Schumann Resonances are global electromagnetic resonances, generated and excited by lightning discharges in the cavity formed by the Earth’s surface and the Ionosphere” (Wikipedia)

What about the frequency our brain emits when we are in a coherent and relaxed state, also known as the Alpha brain wave state?



- This is a chart of the frequencies of the brain wave states. When we look for the Alpha state, we see that it's approximately between 7.5 and 12.5 Hz.
- This means that our brain is emitting about 7.5 – 12.5 waves per second or vibrating the same amount of times when its in a relaxed state.
- Notice that it's the same frequency as the earth's magnetic field
- We are meant to be in resonance with the earth. It's healing to us.

Now, check this out.



I think of it this way. When we are in a state of relaxation, our brain emits waves that travel around the earth 7.83 times every second. Doesn't that sound like flying? Did you ever have dreams of flying? Weren't they great?

Our goal as Electromagnetic Radiation Specialists is to make your home an energetic sanctuary and help get you back to those relaxed, regenerative states where you can rest at night, repair any damage done to the system throughout the day and be able to handle the higher EMF environments when you are out and about. **Below is a list of things you can do in your own home that may help you achieve a calm space.** It focuses on your inner home environment and not external sources that cannot be controlled so easily. However, a thorough home inspection can help you identify those issues and whether blocking techniques could help. Here is a link to certified EMRS inspectors worldwide:

<https://hbelc.org/find-an-expert/environmental-consultants>

Wishing You Glowing Health!

Lucy Sanford, EMRS

lucy@lucysanford.com

General Mitigation List to Reduce EMR



- Turn off the power to your bedroom and the room below you/next to you from the circuit panel, if possible. Do not do this if your smoke or carbon monoxide detectors are wired into the same circuit.
- Move your bed 1' away from the wiring in the wall.
- Don't have your head by a power outlet.
- Remove extensions cords, power bars, TV's, clock radios, alarm clocks (battery operated ones are fine) and computers from the bedroom.
- Remove decorative or other metal objects such as lamps from immediate sleeping areas, as they are conductive and can increase your level of exposure.
- If sensitive, remove all electrical devices from sleeping area until you know exactly what you are sensitive to. Avoid spending lots of time in close proximity to anything plugged in. Unplug any electronics or small appliances when not in use. Turning them off does not stop the current from flowing back and forth.
- If you are sensitive, look for a mattress, box spring and bed frame with no metal; a natural foam mattress with no chemicals is best if you can afford it.
<https://www.myessentia.com/locations/toronto/>
<http://www.thegoodtrade.com/features/natural-and-eco-friendly-mattresses>
- Do not place your bed or sofa or seating area within 6' of your fridge (including the floor above it), or above ceiling fans or recessed lighting.
- Do not use DECT or digital baby monitors, wireless soothers or baby mats that connect to your smart phone or anything else that has a wireless function. These can be dangerous to a child. A child's brain absorbs more radiation than an adult brain as the skull is thinner and still forming. If you do use a baby monitor, choose a low-emission option.
<https://www.gentlenursery.com/natural-baby-registry-guide/low-emission-baby-monitors/>
- Get rid of cordless phones throughout the house (they radiate 24/7, even when not in use). Get a corded landline, not a phone with dual use. Cordless phones emit more radiation than cell phones.
- Turn your cell phones off, especially at night. Or put them on 'airplane mode'. Turn off

the WiFi, GPS, and Bluetooth settings in your phone first. The alarm clock on the phone, the camera and music all work on 'airplane mode'. "Airplane Mode" and "Off" are the only 2 modes in which the phone does not emit radiation.

- Do not carry the cell phone in your pocket or against your body. Use the speaker phone or text whenever possible. Do not cup the phone in the palm of your hand when in use.
- It is advisable to get a corded headphone. The Retro Phone handle is fun & recommended. In this way, the sound travels up a plastic tube and helps to block the radiation. <https://www.amazon.ca/Innovage-Phone-Tablets-Smartphones-Computer/dp/B006QVV4Y8>
- Refrain from using the cell phone in cars and other modes of transportation as the power level is enhanced as it searches for a signal within a metal structure. The radiation is intensified by reflecting off of the metal in the environment.
- Reduce or stop the use of the cell phone, at least temporarily if you are Electro-Hypersensitive (EHS) and in the process of reversing the symptoms.
- Opt for a wired Ethernet cable connection for your home network. It is a faster connection and does not emit RF radiation. Turn off the WiFi and Bluetooth options in your computers system preferences. If WiFi is not switched off in the computer settings, it will continue to radiate even if you are not using it.
- Have your internet provider disable the wireless at their end too. If you can't live without a wireless connection, then shut down all the computers at night and unplug the modem.
- The Apple iPad is much safer than a computer or laptop. Download all your stuff from the computer, and then put the iPad on Airplane mode. Only take it off Airplane mode when sending e-mails for short periods of time.
- There is a 'round-about' way to connect your iPad to the ethernet to reduce the amount of radiation. <http://www.gottabemobile.com/2014/08/28/how-to-connect-an-ipad-to-ethernet/>
- Do not use a microwave. Certainly, then do not stand in front of it while it is on.
- Replace all compact florescent light bulbs with incandescent ones (if you can still find them). Otherwise, opt for LED's. CFL's cause dirty electricity and can have detrimental effects on the body.
- Avoid the use of dimmer switches.
- If you are exposed to exterior sources of electromagnetic fields, such as hydro towers, and/or wireless radiation, such as cell towers and antenna, or live in a multi-unit dwelling and are exposed to your neighbour's wireless etc., I advise you get a professional inspection of your house and discuss shielding options with your inspector. See my article below on "Healing From Electromagnetic Hyper-Sensitivity" for links and resources.
- You may also consider purchasing a Farady Canopy for your bed, as well as a piece of material to go under the bed if in strong wireless fields. See notes in article below.

<http://www.slt.co/Products/BedCanopies/>

<http://www.lessemf.com/bedding.html#canopy>

- Smart meters are used to remotely monitor your consumption of electricity, water and gas. Do not sleep or sit behind where your smart meter for your hydro is located on your house. Ask if your community has an 'opt out' program. If so then opt out. Some have different choices, such as moving your meter to the edge of your property at your cost. In this case, make sure the meter is facing away from the house and preferably not directly facing someone else's house and shield the back of it with a metal mesh stretched on a frame. Some may have an alternate choice, such as a meter that only relays the information once a day as opposed to all day long. In some areas, you can get a phone line system. Some communities now have the new smart water meter which is being installed inside the house. Again, ask for options.