

Detox for Life: part 13

A healthy home:
understanding electrosmog,
mold and other
environmental hazards to
health

Going Green or healthy home/ environment?

What is on the outside will always get into our bodies

- **Noxious energies:** electromagnetic radiation, geopathic stress, radio waves
- Toxic and volatile chemicals: petroleum products, solvents, flame retardants, glues, coatings on “new” things, paints, pesticides, fertilizers, personal care products, foods, drinking water
 - Detox for Life: part 9
- **Molds**, and environmental toxins: mites, dust, pollen...
- Air quality, water quality, food quality

Electrosmog

With Electrosmog- the citizen is completely on their own

- Last 20-30 years much increase in exposure (many thousands), with intense health deterioration
- No governmental over-site and no consciousness by the conventional health profession
- Many studies indicate that most man made noxious energies are detrimental to health
- No safety of exposure to the fields that are generated
- The corporations and industry are able to develop their products with virtually no restraints on the effect of electrosmog on human health

The Problem: sacrificing our kids and ourselves

The US is a leader in sacrificing generations of its own children in the name of corporate wealth and health: in well informed circles it is now known that only one in 10 children is medically (asthma, obesity, fatigue), neurologically (hyperactivity, dyslexia, ASD, etc.) and psychologically (depression, socially inept, etc.) healthy at age 6 (entry into public school system). The numbers have increased exponentially in recent years. In Germany it is one in 4 children who are still healthy at that age

In adults present with loss of: zest, short term memory, creativity, sex drive and potency. Also: insomnia, fatigue, dulling of the senses. Dramatic increase of neurological and psychiatric illness

Our own findings relate over 90% of these illnesses to the synergistic effect of EMF, low frequency and microwave radiation and the interaction with mold/yeast, heavy metal toxicity and chronic bacterial infections (Lyme, strep, mycoplasma, chlamydia)

Dietrich Klinghardt MD, PhD

Noxious Energies

- Major problem for biologic systems and often overlooked in **chronic disease**
 - Perpetuating factor or precipitating reason for disease/ dysfunction or why treatment program does not work
 - Must be considered in all chronic disease, especially neurological, immunological, degenerative, cancer, autoimmune and ASD.
- Primary effect is neuro-immune system (Autonomic Nervous System), thus causes dys-autonomia
 - One of the 7 factors of disease
 - Chronic exposure like heavy metals, toxic chemicals and the other 7 factors affect the ANS and become the root causes of diseases but are not apparent because unless knowledgeable, does not have a link to cause and effect
- All energies affect biologic systems: good and bad
 - Cut off living system from energetic stimulation and it will die.
 - Shumann frequencies of the earth is 8-10 Hz
- Drains energy during the day and promotes sleeplessness at night

Noxious Energies

- Noxious energies most critical when sleeping
 - Sleeping is the time that we should not be stimulated or stressed
 - Time for physical and psychological repair
 - Growth hormone, melatonin, immune cells reprogram and migrate
 - Active mind down loads short term memory to subconscious (filing system) for recall later
 - 1st 4 hours – physical repair
 - 2nd 4 hours – psychological repair

Noxious Energies

- Highly bio-individualistic
 - All affected but differently
 - Some sense (“feel”) noxious energies
 - Some hyper-sensitive (“Allergy”)
- Equation for dys-function:
 - Time the person spends in NE field X (during sleep)^{2/3} X patient’s hypersensitivity X patient’s dys-autonomia load (heavy metal, toxic chemical, chronic infection, allergy...) =
biologic effect of noxious energies

Geopathic stress

Noxious energies from the earth

- Generated from sub-terrain water veins, streams, dry faults (geological fractures)
 - Clefts and breaks in underground rock
 - Worse with modern technology with electric lines underground increasing the noxious frequencies
 - Frequencies of minerals and toxic substances carried upward on geopathic energies
- Geopathic radiation extends upwards through all substances as if in a column, but is slightly divergent
 - So the area of geopathic stress is narrower in the 1st floor than on the 20th.

Geopathic stress

- Strong correlation between certain diseases and sleeping on geopathic lines
 - Arthritis (Douglas) – Bennington Ve; all patients reported complete disappearance of symptoms in 5-90 days after moving bed
 - Cancer – (Germany) each person who died of cancer in Germany in study was sleeping on geopathic stress zone
- Primitive peoples and some Europeans have much more of a sense about geopathic stress zones and avoid sleeping over them

Geopathic stress: assessment and treatment

Bedroom and sleeping position most important

- Dosing, ART, EAV and other energetic testing, Heart Rate Variability, Dr. Kocha's pulse test
 - Test in the energetic level, where the disturbance gives the most effect
 - Thinking of lying in bed – will bring on stress
- Move the bed out of harms way

Electro Magnetic Radiation EMF/ EMR

Air borne noxious energies from electricity

- Natural Magnetic field of earth – $\frac{1}{2}$ mG (milli gauss)
 - Created by spinning of molten iron in earth's core and huge geo-magnetic field that emerges at the poles
 - Sun's radiation energies of charged electrical particles (solar wind) when meets the magnetic field creates an interaction
 - Sun's radiation of high energy particles get trapped, bounce around and form a radiation cushion – called Van Allen's belt; they absorb and dampen radiation and allow life on the surface of earth to be sustained
- Now we are subjected to 10-1000 times the $\frac{1}{2}$ mG (of the earth)
- Electricity generates magnetic energy perpendicular to line of transmission, thus electromagnetic field

Electro Magnetic Radiation EMF/ EMR

- Power Quality
 - Pulsed 60 cycles/ sec (hertz), but not coherence (ordered), which makes it worse for the human electrical system (brain) to entrain - enhanced stress
 - Two problems: amount of EMF and lack of coherence or chaos of EMR field
- “Dirty electricity” is the noise that is imposed on 60Hz signal, the more electricity deviates from 60 cycles per second the poorer the power quality and more “dirty electricity”
 - Problem in 1970’s with more electronic technology and energy efficient appliances; loose electrical wires, trees touching power lines; Radio Frequencies on power lines
 - Sources: computers, plasma TV, dimmer switch, flourescent lights, energy efficient appliances and shared transformers

Electro-magnetic spectrum

1 hertz – 1 oscillations per second to infinity

- Low end – human brain waves, 1-100Hz
- ELF (extremely low frequencies) from power generating equipment, household appliances and household wiring, 60 Hz in USA, 50Hz in England
- Electric fields are present all the time even if the lamp or appliance is turned off
 - The only way to eliminate the EM field is to shut the electricity to the whole house
- What to do?
 - Prudent avoidance
 - Mitigation devices
 - Increase your knowledge and awareness to reduce your exposure

EMR-Electrosmog in the house

Low frequency magnetic and electric fields

- Electric household appliances (Razors, hairdryers, etc)
- Fluorescent lighting (separates + and – wiring)
- Lamp or alarm-clock on nightstand
- Electric wiring in home
- Near-by power line
- Laptop computer
- Wrist watch
- Switched-off cell phone in pocket

Known biomedical effects:

- decreases pineal function with decreased melatonin production (insomnia, lowered immune status)
- opens blood brain barrier
- Autism and other neuro-developmental disorders in exposed infants
- increased leukemia and cancer rates
- brain fog, fatigue, short term memory loss
- synergistic effect with all other types of radiation

EMF - electromog

- Work place and other household areas
 - Computers, electrical appliances.
 - Electrical lines, transformers at work or at home
 - Lights (fluorescent) – full spectrum
 - Take light breaks outside in the sun
- Kitchen
 - Major appliances, be aware of what rooms the major appliances are adjacent to (i.e. bedrooms)
 - Refrigerator: keeping supplements and foods next to the refrigerator contaminates with noxious energies
 - No microwave: noxious energies and changes energy of foods

EMF – electromog remedies

- Bedroom is the most important place to remedy
 - First level of avoidance:
 - Electrical appliances, TV radios, clocks lamps phones at least 3-6 feet away from the bed
 - Electric blankets, water beds and heaters, metal coils in bed
 - Water beds retain all noxious energies
 - Metal springs can be a problem over time
 - Keep clutter and “stuff” out of the bedroom
 - More prudent level: guided by body voltage
 - Shut off electricity – bedroom, adjacent rooms, whole house?
 - Grounding bed sheets and covers
 - Monitor with body voltage
 - Only battery clocks in bedroom, uncluttered

Electrosmog: personal protection

- Energy comes in on the left side of the body as positive and exits out through the right as negative – natural flow
- If wearing electromagnetic devices on body, wear on right side
 - The right side of the body is where the energy exits, less noxious than if wearing on the left side which pulls the noxious energies through the energy field
 - Cell phone, wrist watch, pager...
- Test effectiveness through energetic testing (ART, EAV), thermography, HRV and other testing tools that test ANS reactions

Electrosmog: personal protection

- Personal diodes – transmute the noxious energies, provide some level of personal protection from the noxious energies
 - Pennants and diodes; computer inserts
 - Q-link, Clarus, BioPro, Ener-G-Polari-T, O-Balance
 - Wear on left, or pendant around neck (no metal around neck)
 - Very personal which is the best for you
 - Emits different energetic frequencies
 - “Gives a positive spin to energies entering the field, thus helping to rectify the noxious energies and help balance the bodies energies
 - Corrects, filters and stabilizes the energies flowing into the human body”
 - These are claims made by the companies that make them

Other EMF: remedies

- Equipment, cell phone: place diodes
- Copper wires around beds -that cannot be moved, walls - next to outside transformers
- Transmuting plates
- AET to noxious energies, then homeopathic remedy to reinforce the treatment; other homeopathic remedies for noxious energies

EMR-Electrosmog from cord-less phones

Pulsed EMF with sharp pulse rise (10- 100 Hz)

- DECT system (and others) of cordless phones
- Radar from near-by airport
- Alarm system in homes

known biomedical effects:

- disturbs all known intrinsic rhythms (EEG, heart rate variability, breathing pattern, 24 hr meridian activity, bowel movements, detoxification, etc),
- blocks blood-brain and gut barrier (leaky gut syndrome) in stuck-open position leading to neurological illness (Parkinson, MS and ALS, Autism etc.), food and environmental allergies
- synergistic effect with other fields, increases mold growth and mycotoxin production in homes
- Lowered immune status (decreased IL-10, increased IL-1, IL-6, decreased NK cell activity)

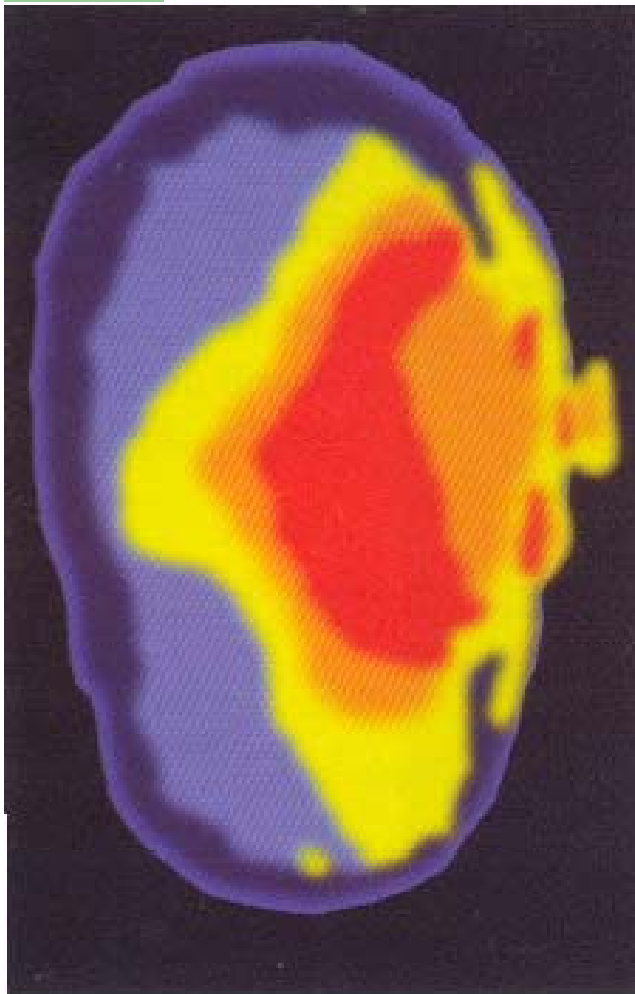
EMR from cell phones and wireless technology: damage from information-carrying radio waves

- Cell phone radiation from base station (affects blood brain barrier in 1.6 mile radius)
- Wireless internet, WLAN, etc.
- Blue Tooth technology
- Some home alarm systems

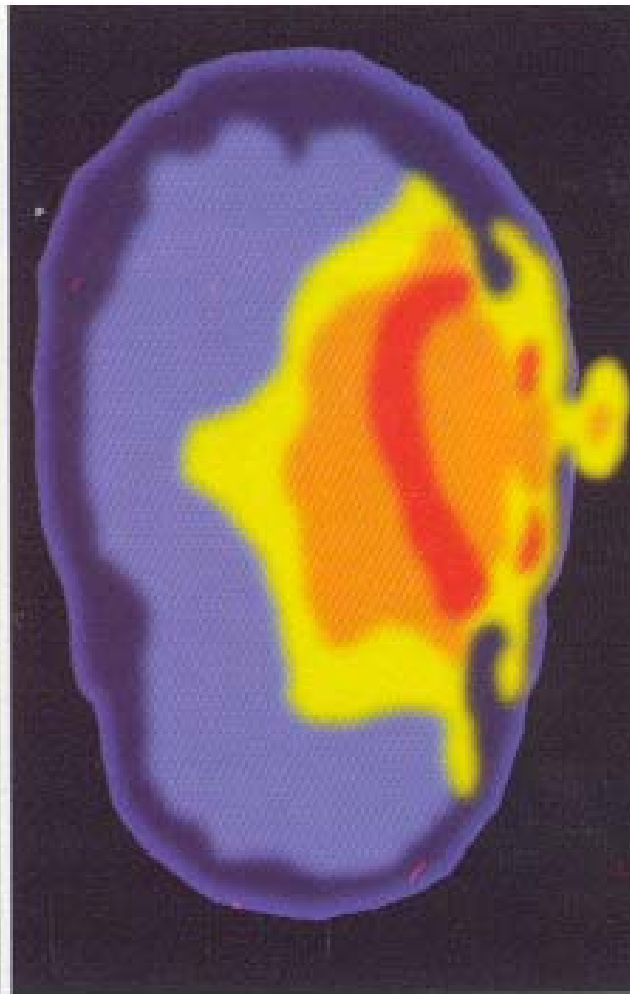
known biomedical effects:

- increases cancer rate 3 fold in 10 years after cell phone radiation is brought into a community - after a 5 year incubation period
- severe EEG, HRV and EKG changes
- delayed and disturbed brain development in infants
- decreased melatonin and hormone production (testosterone)
- open blood brain barrier with increased toxicity, affects endothelial cells in gut mucosa and endothelium (dysfunctional)
- responsible for illness and death of trees
- Increases growth, neurotoxin production, virulence of viruses, mold, yeast, Lyme spirochetes and other microorganisms

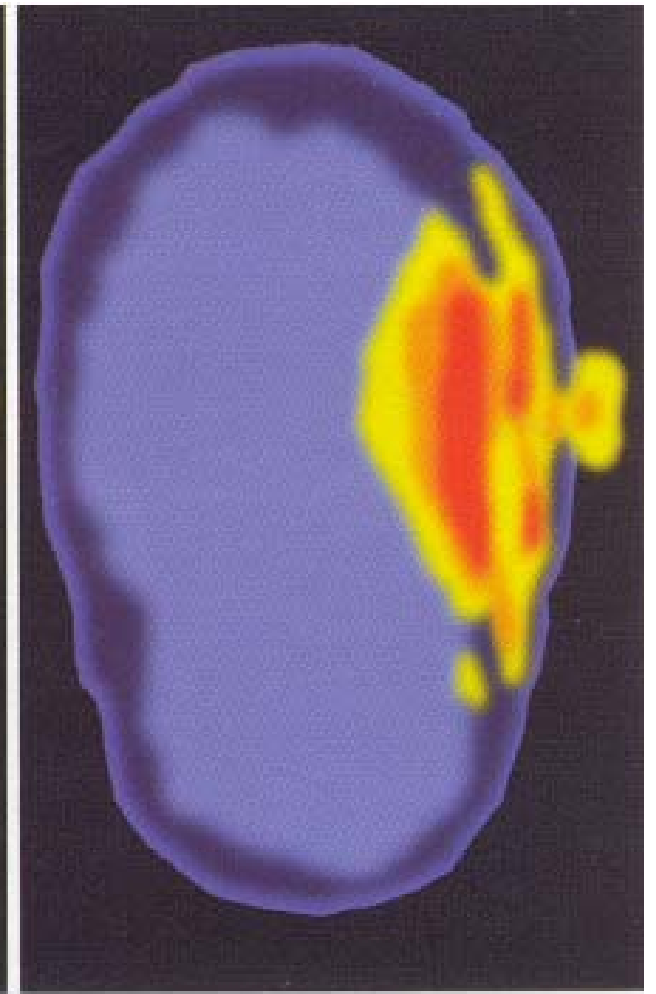
The younger, the more vulnerable to EMR



5-jähriges Kind



10-jähriges Kind



Erwachsener

Damage done: the brain of your teenage child

Salford 2003: Ratbrain, 50 days post 2-hour exposure to cellphone

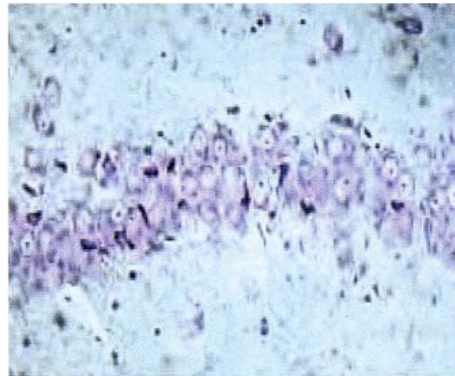
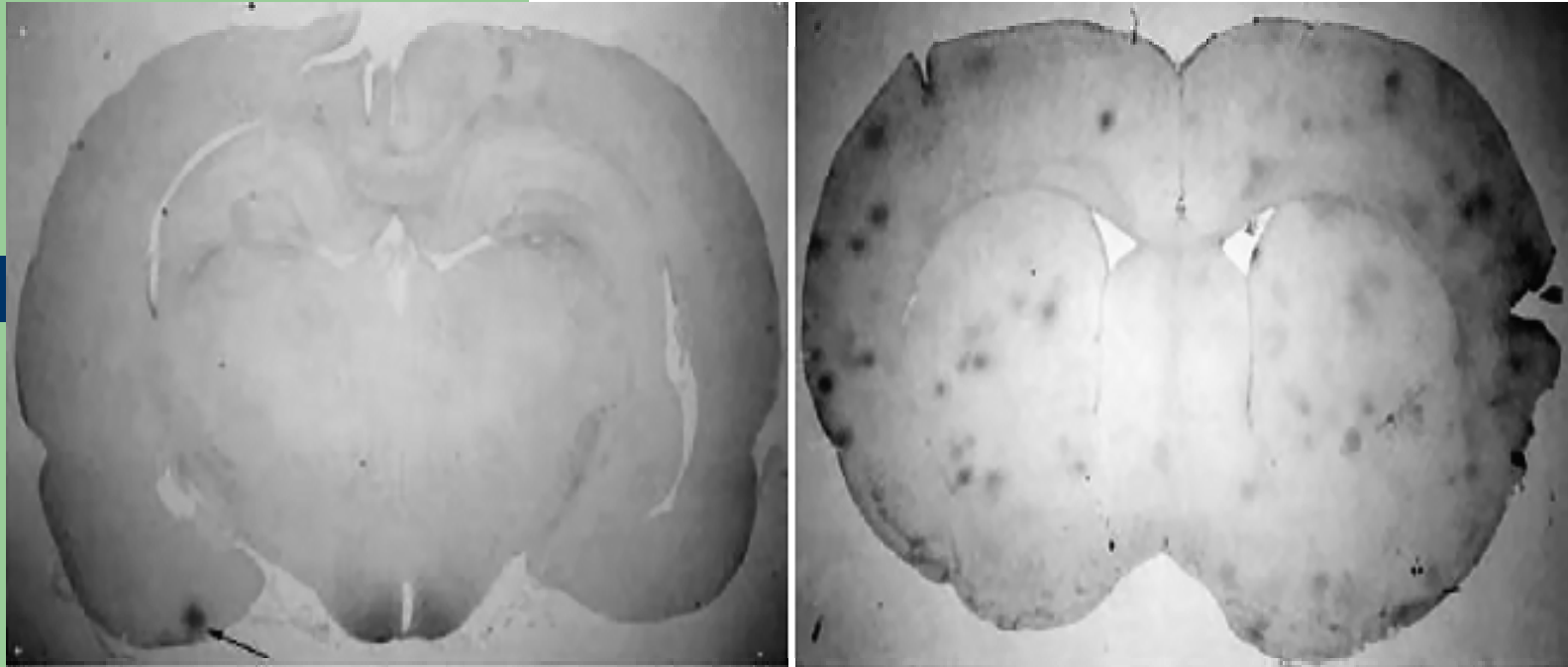


Bild 2a: bestrahlt

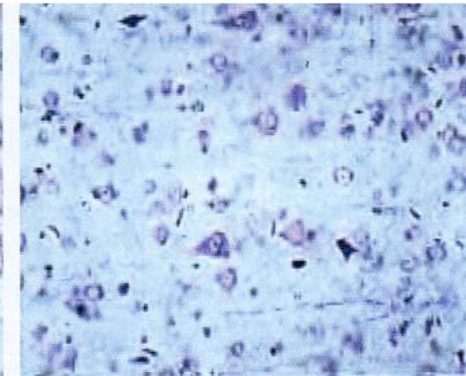


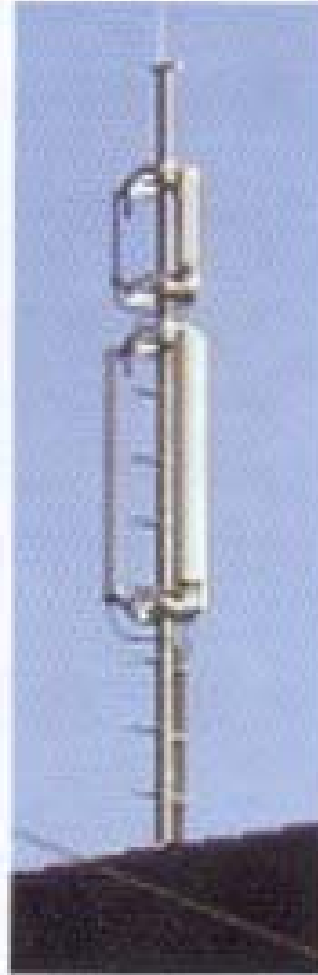
Bild 2b: bestrahlt

Hirnschäden bei Ratten durch Handystrahlung.⁷² Die blaue Bildgruppe zeigt zwei stark vergrößerte, mikroskopische Hirnaufnahmen von zweistündig bestrahlten Ratten.

Why children are more vulnerable to cell phone radiation

- Children absorb more energy than adults from the same phone
- Tumors in mid brain are more deadly than those in temporal lobe
- Children's cells are reproducing more quickly than adults
- Children's immune systems are not as well developed as adults
- Longer potential for life-time exposure for children

EMR-Electrosmog



EMR-Electrosmog



EMR-Electrosmog



Electro smog reduces melatonin production in the pineal gland.
Why is this bad?

1. Melatonin induces sleep. We only heal and detoxify in deep non-rem sleep. Without melatonin no regeneration and no detoxification
2. Melatonin is the most effective and potent neuro protective chemical in the CNS and prevents damage from mercury, lead, aluminum, chemicals, mycotoxins, viruses, cigarette smoke, bacterial and parasitic endo-and exo-toxins (Lyme, clostridia, ascaris) out-gassing of carpets and new car plastics, etc.

Sener, G. et al: "Melatonin protects against mercury induced oxidative tissue damage". Basic and Clinical Pharmacology & Toxicology Vol 93, Dec 2003, pp 290-296

Radio wave - electromog

- Watches, pagers - bad
- Cell phones – worse
 - bluetooth
- I phones, blackberries;– worst
 - Because this technology uses every “phone” as a receiver and transmitter whether the phone is on or off

EPA proposed standard for safe exposure is 1 mG: the Russians - 1/100th mG

Remedies:

- Keep away from body
- Don't put to head – use special ear piece (that conducts with air or loud speaker
- Use diode: BioPro, Ener-G-Polarity, Q-link on all EMF and Radio wave equipment
- Use “Trifield” safe meter to evaluate the distance away from TV or appliance that is safe from EMF: this could be part of a house audit

Are you Electrically Sensitive?

- Are all electro-hyper sensitive? EHS – just respond at lower exposures!
- Cell membrane function, major changes in calcium metabolism, cellular signal communication, cell proliferation, activation of proto-oncogenes, activation of Heat Shock Proteins and cell death, DNA breaks and chromosome aberrations, increased free radical production, cell stress and premature aging, changes in brain function including memory loss, learning impairment, headaches and fatigue, sleep disorders, neurodegenerative conditions, reduction in melatonin secretion and cancer

Electro-biology and Autism

Two parameters that affect the health of a child:

1. Body voltage in the sleeping area of the pregnant mom or the infant after birth
2. The micro wave exposure of the pregnant mom or infant after birth

The body acts like an antenna and builds up electric tension against the ground – which interferes with numerous biological and physiological functions. Body voltage increases towards the center of the body

Measurement is with an inexpensive volt meter. Since our neurons operate at 80-120 mV (milli Volts), the threshold in which artificially induced body voltage interferes with our physiology is above 80mV. The higher the worse.

Reported damage caused by EMF to developing neuronal networks, to cell signaling mechanisms, the epi-genome, to the cell membrane (“cell membrane sensitivity”) interruption, or stimulation of the cell signaling molecules and damage to the DNA itself

Autism and EMF: pilot study

The following measurements were taken

- Mothers body voltage in sleeping location during pregnancy
- Childs body voltage in current sleeping location
 - The homes of 10 children with neurological impairment were taken and 5 normal children were taken
 - Diagnosis: 8 ASD, 1 Rett's, 1 Asperger's
 - Medial age 3 years 8 months (2-8)

Autism and Body Voltage

- Median body voltage in mom's sleeping location at time of the pregnancy
 - Patient group: 1874 mV; range: 380 - 6040
 - Healthy group: 224mV; range: 12-480
- Body voltage of child in current bed location (just after the first visit)
 - Patient group: 1028 mV; range 420- 4900mV
 - Healthy group: 120mV; range 0-380mV

Autism and EMF

Whatever the body voltage of the mom it is even higher in the fetus

Fetal exposure to low frequency electrical and magnetic fields: Cech R, Leigeb N, Pedeiditis M;

Phys Med Biol 2007; 52(4): 869-880

Micro wave exposure of the pregnant mom and child after birth

- The second measurement is taken addressing the effects of:
 - Cell phone radiation (from near-by emitters)
 - Wireless technology from home (or neighbors)
 - Cordless phones
- Anything over 1 micro Watt/ square meter in the sleeping location is expected to cause biological, neurological, psychological and neurological health consequences. The higher the more devastating
- Used the German made instrument from “Gigahertz Solutions” model HFE 350 cost \$800

Microwave and Autism

Microwave density in the sleeping area measured in microWatts/ square meter

- Results:
 - Moms bed and sleeping area (at time of pregnancy)
 - Patient group: 290 mW; range (110-1710)
 - Healthy group: 12 mW; range (5-40)
 - Current ongoing microwave exposure of child in sleeping location
 - Patient group current bed: 180 (87-1480)
 - Healthy group: 14 (0-67)

2 Step solution for Autistic Kids

- Turn off all electricity to the bedroom or house to reduce the body voltage during sleep to as low as possible
- Sleep under a “Sleep Sanctuary”, which is a silver impregnated mosquito net which acts as a faraday cage – eliminates all microwave
 - Results: instant improvement in sleep and mood and other neurological improvements; and increased response to biomedical and neuro-sensory treatment modalities;
 - May take a few months but results are dramatic

Sleep Sanctuary



EMR-Electrosmog Therapy

Your system is by the factor of hundreds of times more sensitive during sleep. Most suggestions are based on this simple fact

- **shut off all fuses at night. Buy a flashlight. Better: have a “demand switch” installed by knowledgeable electrician (rare to find). Move children’s bed away from wall (3 feet)**
- **Get rid of cordless phones at home and get corded phone (Radio Shack)**
- **Use PC rather than laptop whenever possible. Have “box” as far away from chair as possible (best: outside, since computers outgas Beryllium, mercury, lead and PBDEs)**
- **No wireless internet at home or in office**
- **Use metalized grounding sheet under regular bed sheet with ground wire either in earth (best) or attached to metal-waterpipe (not the ground in electric outlet, since most often 60Hz flicker on it) BiopureUS@aol.com**
- **In most cases: install metalized mosquito net (shield) to deflect incoming microwave. In office, or if possible at home: use metalized paint or conductive Silica-paint on walls**
- **Have experienced ART practitioner or Building-Biology expert check home for geopathic radiation and move bed location or work-site accordingly**
- **If you are chronically unwell or have a diagnosed medical illness and you have not responded to treatment, assume that electrosmog is keeping you from getting well. Fix it!**

EMR-Electrosmog Therapy

- If you do not absolutely have to use a cell phone, get rid of it. Making monthly payments drives the industry and leads to the installation of more broadcasting panels in your neighborhood
- If you continue using a cell phone, get ear piece with air conduction
- Absolutely metal free mattress and bed-frame
- Un-clutter the bedroom
- Use melatonin at bedtime (best: photon wave light therapy)
- No wrist watch, no metal jewelry, no metal zippers or belt buckles
- Avoid living in apartments (neighbor above, below or next door may have wireless or cordless phone) or working in office buildings
- 10 minute earth-hole meditation at end of workday
- Avoid new cars (phthalates, EMF pollution)
- Metal free dentistry
- Work a life-long metal detox program
- Avoid electrical appliances (hair dryer, electric razor, computer)
- Spend less time on computer. Get a life!
- Follow **all** these recommendations and teach them to your children, parents and friends

Assessment

1. **Appropriate electronic instruments**
(very objective, but cannot predict the biological effect on the particular individual)
“Trifield” for electric fields, magnetic fields, and RF, body voltage meter, dousing for geopathic stress, instrument for measuring microwave
2. **ART (autonomic response testing)**
(very reliable in the hands of well trained practitioners)
3. **Heart Rate Variability** (measures accurately the biological effect of the field in this particular location on this particular organism)

Molds in your environment

- Molds are one of the most devastating environmental hazards
 - Will grow in damp and stagnant air
 - Enhanced in “modern” building methods of sealing the home and building
 - This eliminates the outside ventilation and the home to breathe
 - Energy efficient and “green” may not be compatible with health
 - Molds and fungi are the garbage cleaners that eat up all dead things – decay
 - Mold spores are everywhere – all they need is the right conditions for growth: water, stagnant air , dark
 - Molds and radio waves
 - Mold increase 600x in EMF field, when compared to no EMF field
 - EMF’s stress the mold to increase the neurotoxin production

Mold therapy

- Mold allergy is one of the most serious: require neutralizing serums
- Must remove mold from living site
- Beneficial microbes
- Propylis arisol
- Reduce EMF, radio waves
- Diagnosis: mold plates

References

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- Bau-biology:
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- www.electromagneticHealth.org
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- www.Safelivingtechnologies.com
- Peter Steimetz, environmental consultant
- Ener – G –Polariti
- Biopro
- Q-link
- Clarus

Summary

- Noxious energies
 - EMF
 - Geopathic stress
 - Micro/ radio waves
- Major overlooked factor in chronic health problems, getting worse
- Educate and get involved
 - Personal protection: diodes
 - Bedroom sanctuary
 - Safe home and environment