

ELECTROMAGNETIC FIELDS

Do you or anyone else in your family live in an urban or suburban area? If so, most likely you and others in your family are being exposed daily to harmful-to-health levels of electromagnetic fields (EMF's) and radiofrequency radiation (RFR).

Your Exposure

EMF's and RFR emanate from cell-phone towers, cell phones, computers, tablet-like electronic devices (ebooks, etc.), smart meters, fluorescent lights, Wi-Fi transmitting devices, power lines and TV's to name a few.

Exposure to EMF's and RFR significantly shortens your life span. Dr. Neil Cherry of New Zealand, in his outstanding paper entitled "Evidence that EMF/EMR Causes Leukemia/Lymphoma in Adults and Children", points out that over the last 100 years, as the World has become more and more electrified, the leukemia rate for two-to-three-year old children has increased by over 1,000%! Dr Cherry adds that "all other age group leukemia rates have risen in parallel, along with other cancers and many other health effects." Dr Cherry states that exposure to "electromagnetic fields is responsible for at least 50% of the cancer rise."

Adjusting for what he calls the No-Exposure Risk Factor effect, Dr. Cherry indicates that the risks for incurring cancer and other serious health problems caused by exposure to EMF's may be **four times greater** than what the already grim results contained in EMF-related scientific papers are showing.

Recommended Exposure Standards

Based upon the results of thousands of scientific studies that have documented the many harmful impacts exposure to EMF's and RFR have on human health, the Seletun Scientific Panel issued the following Recommended Exposure Standards:

- (1) Maximum Average 24-hour EMF's Exposure Limit: 1 mG (milliGauss) for residences, schools, offices and hospitals.
- (2) Whole Body RFR Exposure Limit :0.017 microwatts per centimeter squared.

This EMF exposure limit is **1,000-10,000 times lower** than the current obsolete exposure standards originally set by ICNIRP (International Commission on Non-Ionizing Radiation Protection) and IEEE (Institute of Electrical and Electronics Engineers). Also, the new RFR exposure limit is **50,000-60,000 times lower** than the ICNIRP/FCC (Federal Communications Commission) standards. As for why these particular EMF's/RFR exposure limits were chosen, the Selectun Scientific Panel explains that these limits "start at the level where hazardous effects are found."

Action to Take

If possible, obtain a Gauss meter (we like the Dr. Gauss meter). With the Gauss meter, test the EMF's level of your own residence, your place of work, and your child's school classroom. Since electromagnetic fields are invisible to the eye (but not to your body's cells and DNA), you need to "see" them in order to avoid them and/or minimize your exposure to them: the Gauss meter provides you such "sight." A RF meter will do the same for RFR, making it now "visible" to you.

This is another reason why to wear the Healthy Habits **Ion-Pendant** and affix a Healthy Habits **Ion-Phone** onto your cell phone battery and to place Healthy Habits **Ion-Cards** behind/on each piece of electrical equipment to which you are regularly exposed.