

pains and irritability. Scientists have also shown that there is chromosome/DNA damage and an increase in cancer. From a naturopathic viewpoint, the electromagnetic signal enters the body, disrupts the electron cloud that surrounds our cells, which impacts the way the cell behaves, alters the charge of the cell and ultimately influences how the cell reproduces. This will of course have an extremely stressful impact on the body leading to dehydration, mineral misplacement, congestion, lack of ability to break down and utilise nutrients fully. Many people may gradually begin to suffer some of the less serious symptoms described above but, as these chains of events become ingrained in the body as a result of long term electromagnetic stress, gradually more chronic and degenerating disease pictures can emerge.

One point I would like to raise is that if I had a neighbour who played Bon Jovi at full volume day and night, I would be able to claim noise pollution and eventually their equipment would be seized and peace would ensue and the law would be on my side. Similarly if health is threatened at work we are protected by Health and Safety measures and employers would face prosecution through non compliance. However, because our neighbours, places of employment, public places etc choose to install Wi-Fi in their premises which ok we can't hear, see or smell but it's there just like passive smoking, it seems we can't choose not to have it pulsating through our environments.

So, what can be done to reduce our exposure to electromagnetic radiation? Given that many public places and work places have Wi-Fi, realistically we can't avoid it the whole time but the very least we can do is to protect ourselves at home.

There are many steps we can take to avoid exposure to electromagnetic stress. Firstly be aware that if you have Wi-Fi in your home, even when you are not using it, if it is left switched on, it will be continuously contacting the Wi-Fi node to maintain a good connection and the control node transmits a pulsing signal continuously to synchronise the system. Reduce your exposure in the home to this type of radiation by not having Wi-Fi (or at the very least switching it off when not in use. Luckily, for me, my neighbour also had concerns about it and only

has it switched on when actually in use, so negotiate with your neighbours to do the same, particularly during the night when the body cleanses and renews itself; switch off the mobile phone; get rid of cordless phones, baby monitors, microwave ovens.

To protect ourselves we bought an electro smog detector to measure the pulsing frequency that was penetrating our walls. The noise the frequency generated was alarming to say the least and penetrated most of the house. We then applied a carbon based paint, painted and earthed the affected walls. We retested with the electro smog detector, repainted any hot spots where the signal was still able to penetrate and now there is no signal – all is peaceful! We purchased all necessary products through [www.emfields.org](http://www.emfields.org) but there are other types of paint available from other sources on the internet.

Parents could approach their children's schools, make other parents aware, make the school aware of the dangers. There are sites on line where items of clothing to be worn under regular clothing like a vest, that children (or adults) could wear and give added protection. There are also 'mosquito like' nets to drape around your bed that offer night time protection. But also, let's get the children away from the computers and TV when they come home from school and do something else.

As a naturopath and nutritionist I have the knowledge to support my family, I know how to hydrate, feed and clean our bodies so that the impact of this type of stress is minimised. This cannot be said of the vast majority of people who should at least be made aware of the dangers so that they can take some steps to protect their families from the dangers of electromagnetic stress.

A final thought: Perhaps we should be lobbying our MPs, forming pressure groups but then again, perhaps we shouldn't be too down, after all the Government is going to reduce taxes on juice and smoothie bars to encourage us to eat more fruit – pity that many of these now advertise that they also have Wi-Fi!

Nicola Summers, Natural Nutritionist, March 2008

Sources: <http://newsbbc.co.uk> (panorama programme) [www.theregister.co.uk](http://www.theregister.co.uk) (Wi-Fi warning – German Government) Independent on Sunday Newspaper [www.emfields.org](http://www.emfields.org)