

Electrical Sensitivity

How to reduce EMF:

Power Frequency Electric Fields

Most people who describe themselves as electrically sensitive have sensitivity to at least electric fields, and often to other fields. Electric field control can be time consuming and expensive. The fields that are most often a problem are from electrical wiring in a building or from appliance wiring. Although power frequency fields can be measured directly, the preferred approach for this type of work is "body voltage testing," which measures the weak electric fields inside a room.

Corrective measures:

- Electric field shielding (conductive paint, mat, screen)
- Replace all existing wiring with armored cable
- Shield all appliance sources
- Eliminate elevated neutral to ground voltage on the building electrical system through proper grounding

Power Frequency Magnetic Fields

Magnetic fields are present wherever electricity is in use, and radiate from power lines, appliances, electrical wiring, etc. Many people who suffer from electro-sensitivity experience discomfort in the presence of these fields.

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Corrective measures:

- Eliminate plumbing current (neutral current diversion) problems
- Eliminate all "net currents," or current imbalance problems, on electrical circuits in the building.
- Magnetic shielding for high current point sources, such as electrical service panels

Higher Frequency Fields - Conducted

This usually refers to multi-frequency electrical noise that is conducted into your home wiring system through the power feed and grounding system or generated within the house by dimmer switches or motorized appliances and then radiated from the wiring in a field. If a broadcast transmitters are close by, their signal will also ride in on the power feed.

Corrective measures:

- Improve the grounding of your house. The power company neutral in the feed to your house is connected to ground for a number of reasons but the ones that are significant for electro sensitivity reasons are to conduct high frequency noise and transients to ground and to stabilize the neutral-to-ground voltage.

For more information, including contact information, please visit our web site at www.bsphi.com

Buckeye State Paranormal and Haunting Investigators

Electrical sensitivity

How to measured, symptoms and how to reduce



Electrical Sensitivity

What it is:

Electrical sensitivity (ES) - sometimes called electro-sensitivity, electromagnetic hypersensitivity (EHS), radio-wave illness or microwave sickness - is a condition in which a person experiences physical and/or psychological symptoms that are aggravated by electric or magnetic fields (EMF) or other electromagnetic waves at exposure levels tolerated by the general public. It is debatable whether EMF exposure causes sufferers' symptoms, and the balance of evidence from studies so far indicates that the link is false. There are over 30 studies into electrical sensitivity, of which the majority have found no relationship between electromagnetic fields and the symptoms being suffered. The World Health Organization states that there is no known scientific basis for such a link; but many sufferers and their support groups are firmly convinced of a relationship.

Electrical sensitivity produces symptoms in certain people when exposed to common levels of electromagnetic fields from electrical sources in the environment: power lines, motors, telephones, computers, cellular telephones, etc.

Despite the conveniences of electrical technology, the effects of EMF on biological tissue remains the most controversial aspect of the issue with virtually all scientists agreeing that more research is necessary to determine safe or dangerous levels. Iron, necessary for healthy blood and stored in the brain, is highly effected by EMF. The permeability of the cell membrane of our nerves, blood vessels, skin, and other organs is affected. The DNA of the chromosomes has been shown to be effected by EMFs as well. In fact, throughout our bodies, every biochemical process involves EMF sensitive atoms, molecules, and ions.

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How it is measured:

Primarily we use two different meters to check for electric or magnetic fields. The K-II safe range EMF meter and the Extech electromagnetic field and extremely low frequency meter, the main difference between the two models being the Extech supports a full digital readout while the K-II only has reference lights which light at different readings. For this reason we rely on the Extech meter as our meter of choice for verifying the presence of EMF fields.

Electrical sensitivity

Generally Accepted Limits:

After more than 25 years the Swedish government has established a safety limit for exposure to EMF magnetic field at 2.5 milligauss. Although the U.S. government has been slower to act in establishing its own standards, the Swedish standard is generally accepted throughout the world. What this possibly means is that if someone consistently experiences exposure which exceeds the standard, that person could be at risk for developing health problems which can range from headaches, fatigue, and dizziness, skin rashes, miscarriage, leukemia, and cancer. In fact, numerous court cases where plaintiffs claim to have been injured by EMF's are now in progress

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Symptoms:

In a recent ES survey, the five most common symptoms experienced when EMF exposed were:

Skin itch/rash/flushing/burning and/or tingling

Confusion/poor concentration and/or memory loss

Fatigue/weakness

Headache

Chest pain/heart problems

Less commonly reported symptoms included:

Nausea

Panic attacks

Insomnia

Seizures

Ringin in the ears

Feeling a vibration

Paralysis

Dizziness

Pressure in the chest

Facial flushing

Pain or burning in the eyes

Itching

Burning

Skin rash

Pain in the chest

Shortness of breath

Anxiety

Irritability

Numbness

More severe reactions can include brief hallucinations, paralysis, psychosis and stroke. Some ES patients experience only one symptom when EMF exposed, but often more than one symptom is apparent.

Electromagnetic frequency sensitivity testing can be done at a facility such as the Environmental Health Center to determine if an individual has electrical sensitivity. An Electrical Sensitivity Diagnostic Kit may be helpful in determining which type of ES affects an individual (AC magnetic fields, electric fields only, or DC fields).