



Electromagnetic EMF Radiation Everywhere

May the Force Be With Us

The world is changing all around the globe, something that our predecessors warned as the coming "earth changes." Earthquakes, hurricanes, tornadoes, floods, droughts, fires, record heat and record freezes... they are all increasing in frequency and they have been for years. These all indicate an instability in the earth.

There are other changes to be seen as well, a world-wide infection which has not been seen in one hundred years. Suicides are highest since WWII and murder rates are higher than ever recorded. Political and social tensions are more on edge since times of the Civil War. Many scientists feel this biological and psychological instability of the human is connected with the instability of the earth. [Suicide Rates Are the Highest They've Been Since WWII | Time](#)

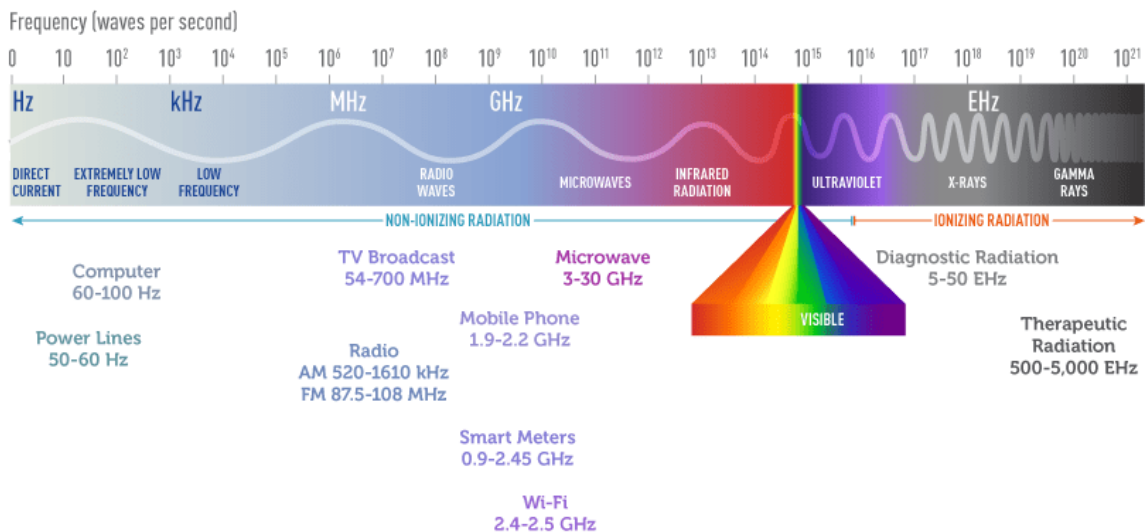




Here I am holding up a simple fluorescent light bulb into the sky below powerlines.... No frills, no gimmicks... the bulb eerily lights up due to the massive electric charge in the air. How could this charge affect a human body is the question?

Some say this is all due to “global warming” from burning fossil fuels. Indeed there have been some changes in temperature on the planet, however I want to pose another possibility; a possibility that hasn’t been given enough attention. What if both the earth and the human are in a state of instability and mental confusion because our endogenous naturally occurring electric fields are actually being altered by MASSIVE amounts of man-made electro-magnetic frequency and microwave radio-frequency pollution? Looking back in time, at the turn century in the early 1900’s, electric power lines and indoor lighting spread across the world. Radio waves and telegraphs were new inventions and began to spill their “frequencies” into the earth for the first time ever. **Some brilliant scientists say there was a correlation between this massive electrical surge and the emergence of the ‘Spanish Flu’ epidemic** which started on military bases in the US around the same time the military began new forms of wireless communications. Is it possible something similar is happening today?

ELECTROMAGNETIC SPECTRUM



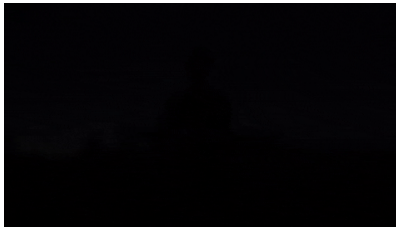
Electric and magnetic fields together are referred to as electromagnetic fields, or EMF waves or radiation. The strongest electric fields are emitted from high-voltage transmission lines outside our homes. They in-turn bring electric fields into the home through the electric panel and into the walls and outlets and switches. The EMF waves radiate into our living spaces from a few inches to a few feet from the walls. This radiation is also magnified by anything that plugs into them from televisions and computer screens to appliances, refrigerator, washing machine, blenders, electric shavers, hair dryers, and the dreaded= electric blankets; soaking the body with EMF all night long.

Another type of EMF wave, as you can see from the table above, are microwaves also called radio waves- they are much higher or “faster” frequencies than electrical waves. Radio waves come from cell phones, tablets and laptops, cellphone towers, WI-FI, microwave ovens and “smart meters” which are replacing previous analog electric meters outside the home.

The most chatter about radio waves right now is from cell phones and the effect of the new frequency 5G versus the old frequencies of 3G and 4G. The 5G frequency will be important to explore in a later newsletter but for the sake of simplicity—both the radio waves and the electrical waves are grouped together referring to EMF pollution.



Since leaving the clinic in 2019, I have been very active in studying about EMF pollution. These are sister pumpkins planted in the same soil at the same time.... one I grew below a power line and it suffered greatly. The other was free of electromagnetic frequencies or "EMF" radiation and grew 12 feet long by 8 feet wide. Watch this very interesting three part short video- the final video shows the fluorescent bulb illuminating just by holding it up in the sky.



VIDEOS: This last one in black is in the dark- please click so you can see the bulb illuminate.

<https://youtu.be/hCWopeqGjs0>

<https://youtu.be/t3tGpyBSAVg>

<https://youtu.be/3ILWH0goLoY>

CHECK YOUR OWN HOME

One of my main instruments to detect EMF pollution in homes is the tri-field meter to measure both electric, magnetic and radio wave pollution. I urge all of you to determine the levels of EMF pollution you have in your own home. This is as valuable to your health as the food you eat and water you drink. Here is the website- they sell online from \$150-200 depending on the vendor. (I make no money from the sales of these meters- just offering my best recommendation). [TriField EMF Meter - TriField.](#)



The earth upon which we live is spinning at massive speeds like an electrical generator creating the natural electrical and magnetic fields of the earth in which give us life. Our physical body is a representative of the earth- it is also an electric body with its own electromagnetic field. Cells communicate to one another electrically, the skeleton is an electrical matrix, the muscles and the heart are conductive networks and the brain is an electrical superconductive center. So it would make reasonable sense, that anything that disrupts our earth's field or our human field could result in dis-ease.

In the 1970's there was speculation of the health implications of living below powerlines. Magazine articles exposed how fluorescent light bulbs would "light up" if held up to a power line as I have demonstrated above. So imagine... if there is enough "electricity" in the air to excite the molecules within a bulb and cause them to light up... how would that affect our brain? Our immunity? Especially a child's developing brain?



The voltmeter reads 16.28 V/m which is the amount of EMF radiation this pumpkin was grown under for three months of summer.

The first such studies in 1979 showed a possible association between **childhood leukemia** and living near powerlines. [Childhood leukaemia close to high-voltage power lines-](#)

Then a review of nine separate studies showed a **TWOFOLD increase** in the risk of childhood leukemia for children with exposures of 0.4 μT or higher. [A pooled analysis of magnetic fields and childhood leukaemia](#)

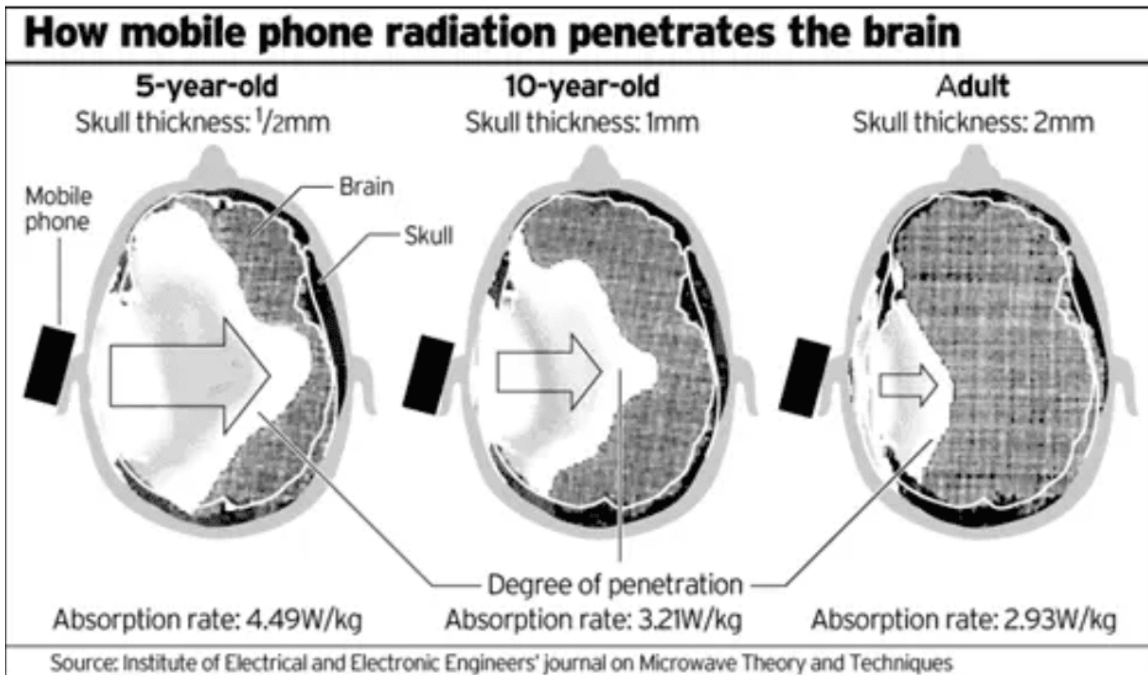
And to drive it home even further, European scientists suggested up to 5 percent of all childhood leukemia can be attributed to ELF-EMFs. [Occupational extremely low frequency magnetic fields \(ELF-MF\) exposure and hematolymphopoietic cancers –](#)

These concerns transferred equally to adults as studies were also showing definitive connection to adult leukemia. [Occupational extremely low frequency magnetic fields \(ELF-MF\) exposure and hematolymphopoietic cancers](#)

Another associated child cancer associated with EMF pollution is a brain cancer called glioma tumors. A review of the data states "Mobile phone radiation causes **brain tumors** and should be classified as a probable human carcinogen (2A). Additional data should be

and should be classified as a probable human carcinogen (2A). Additional data should be gathered on exposure to mobile and cordless phones and Wi-Fi routers." [Mobile phone radiation causes brain tumors and should be classified as a probable human carcinogen \(2A\)](#).

As evident by this photo- the concern is much greater for children as the frequencies penetrate skull and tissues much more easily affecting the brain.



Long Term Effects on Pregnant Woman's Fetus

Perhaps the most disturbing and most impactful of all are the effects of the EMFs on the developing cells of a fetus. This is a very impressive study of 913 pregnant women found that women who were exposed to higher EMF levels were **ALMOST THREE (3) TIMES MORE LIKELY TO MISCARRY**. This is backed up by multiple additional studies by top scientists.

[Exposure to Magnetic Field Non-Ionizing Radiation and the Risk of Miscarriage](#)

[Dr. De-Kun Li: Higher EMF During Pregnancy More Than Double Miscarriage Rate - YouTube](#)

[A study of personal exposure to magnetic fields during pregnancy and the risk of miscarriage](#)

As well as evidence of causing miscarriage, there is also compelling evidence that living near high voltage power lines puts a pregnant woman at risk of **preterm labor as well as BIRTH DEFECTS**. [Preterm birth among women living within 600 meters of high voltage overhead Power Lines:](#)

There are such a multitude of studies showing the connection with EMF pollution and health conditions affecting a woman's prenatally exposed children; that it can not continue to be looked at as just a coincidence.

Children who were exposed to high levels of EMF radiation while in their mother's womb had a **69% HIGHER RISK OF OBESITY** during childhood than children with lower in-utero exposures. [A Prospective Study of In-utero Exposure to Magnetic Fields and the Risk of](#)

[Childhood Obesity | Scientific Reports \(nature.com\)](#)

So MAYBE...OBESITY is MORE THAN JUST THE BAD JUNK FOODS we feed our children?

They also found that high electrical field exposure during pregnancy was associated with a higher risk of **ADHD and ASTHMA** in the woman's prenatally exposed children. [Maternal Exposure to Magnetic Field During Pregnancy and Risk of Attention-Deficit/Hyperactivity Disorder in Offspring](#)

[Maternal Exposure to Magnetic Fields During Pregnancy in Relation to the Risk of Asthma in Offspring](#)

A study of over 2000 pregnant women found that higher exposure to common electrical appliances such as computers, induction cookers and microwave ovens during their early pregnancy was associated with a **higher risk of birth to infants with CONGENITAL HEART DISEASE**. [Risk of congenital heart disease due to exposure to common electrical appliances during early pregnancy](#)

Here is a great website for pregnant women: [Pregnancy, Wireless and Electromagnetic Fields -](#)

Behavior Problems In Children AND Psychiatric Effects in Adults

Researchers studying tens of thousands of children associated **the cell phone use OF THEIR MOTHER during pregnancy** was more likely correlated with **ADHD** and emotional or behavior problems than children who were not exposed to phones.

[Prenatal and postnatal exposure to cell phone use and behavioral problems in children - Cell phone use and behavioural problems in young children -](#)

[Maternal cell phone use during pregnancy and child behavioral problems in five birth cohorts](#)

[Pregnancy, Wireless and Electromagnetic Fields - Environmental Health Trust \(ehtrust.org\)](#)

Another review of more than two dozen studies pointed that electromagnetic fields (EMFs) produce **WIDESPREAD NEURO-PSYCHIATRIC EFFECTS** on the human brain and nervous system by acting on the calcium channels of the cells which affects the release of neurotransmitters and neuroendocrine hormones.

Among the more commonly reported changes are sleep disturbance/insomnia, headache, depression/depressive symptoms, fatigue/tiredness, dysesthesia, concentration/attention dysfunction, memory changes, dizziness, irritability, loss of appetite/body weight, restlessness/anxiety, nausea, skin burning/tingling/dermographism and EEG changes.

[Microwave frequency electromagnetic fields \(EMFs\) produce widespread neuropsychiatric effects including depression - PubMed \(nih.gov\)](#)

This is associated with studies showing the severe impact EMF pollution could play in cognitive ability, and it may induce pathology similar to that of **Alzheimer's disease**. [Long-term electromagnetic pulse exposure induces Abeta deposition and cognitive dysfunction through oxidative stress and overexpression of APP and BACE1 - ScienceDirect](#)

On a positive note, newer research is showing that "healthy" EMF frequencies delivered in the proper timing is actually showing to benefit Alzheimer's disease. I'll share more about

this in the months to come as I have been working on a frequency generator support nervous system health. [Electromagnetic Field in Alzheimer's Disease: A Literature Review of Recent Preclinical and Clinical Studies](#) -

And even though all you hear about is **5G... the problems started with the 3G phones and continued to the 4G phones-** So these frequencies have been building up the effect upon us for decades now. Researchers found that the 15-minute placement of a 3G dialing mobile phone caused significant changes in the alpha, beta and gamma bands of the brain EEG test. [EEG Changes Due to Experimentally Induced 3G Mobile Phone Radiation](#)



THIS VIDEO: Two maple trees exactly same age and species- one grown more close to power lines <https://youtu.be/O-ocEBPDen4>

Most Common EMF Related Health Symptoms

1. Sleeping Problems

This is one of the most common areas that improve once you reduce EMF pollution interfering with the brain's electrical activity. Make sure your bed is pulled away from the wall and all electrical devices are plugged in on the opposite side of the room and all lights are more than an arm's length away.

2. Fatigue

Poor sleep will result in fatigue but there are likely more mechanisms affecting the electrical potential of each cell and making one likely to experience fatigue.

3. Memory Loss, Lack of Focus or Concentration

Because the brain is the center of electrical activity, anything that affects those electrical impulses can indeed affect the memory function of the brain as the studies above have shown.

4. Headaches

Again, brain function and flow of blood being affected will affect pain centers and result in headaches if the function is not optimal.

5. Tinnitus (Ringing In Ears)

A study found reasonable evidences to suggest caution for using mobile phones to prevent auditory damage and the onset or worsening of tinnitus." [Tinnitus and cell phones: the role of electromagnetic radiofrequency radiation - PubMed \(nih.gov\)](#)

6. Eye Problems

It has been observed that irradiation causes the formation of cataracts in the lens of the eye. The lens of the eye appears to be most susceptible radiation at frequencies between 1-10 gigahertz."

7. Heart Palpitations and Heart Arrhythmias

"[Radiation from wireless technology affects the blood, the heart, and the autonomic nervous system](#)" describes the different studies they conducted regarding health problems caused by RF or microwave radiation.

8. Leg Cramps, Restless Legs

There have also been studies done where scientists have concluded that in severe cases of intense exposure certain minerals and nutrients have been depleted by the body such as magnesium and potassium which may attribute to leg cramps

magnesium and potassium which may attribute to leg cramps.

9. Vertigo, Dizziness (Balance Problems)

Balance can be an earlier indicator of nerve conditions in those 65 and above. Dizziness or more severe vertigo are signs of nervous system instability. I often recommend seniors to practice walking on balance beams and spinning in counterclockwise circles.

10. Stress, Agitation, Anxiety, Irritability

Many people who have significant exposure complain of unexplained anxiety and irritability and unexplained stress. Many of these symptoms go away as soon as the radiation exposure is reduced.

11. Depression

Almost everyone that complains of hypersensitivity to EMF radiation complain of feelings of deep and abiding depression. It is like a deep fog and sadness that has no reasoning that you just can't shake.

12. Tremors, Seizures

There have been many reports of people who have a history of having tremors or seizures after EMF radiation. There are also those who have never had seizures before start having them when exposed and then have them stop once the radiation exposure is removed.

13. Arthritis, Sharp Stabbing Pains, Body Pain

Many studies on EMF radiation not only show that electromagnetic frequencies disrupt and damage our nervous system, but also encourage inflammation of the tissues.

14. Respiratory Problems, Allergy flares, Sinus, Cough, frequent colds

A cough for no reason, allergies when never before have had, or how about frequently ill with sinus, cough or cold... these are all possibilities of immune suppression from EMF pollution.

<https://www.radiationhealthrisks.com/health-symptoms-rf-radiation/>

ONE ANSWER: GROUNDING



Missed last Newsletters? Read them here:

News – Dr. I The Herbal Guy.com

Dr I's Recommendations:

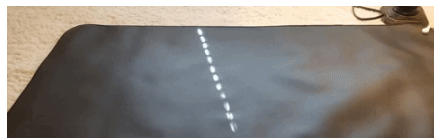
- Most reasonably **avoid the excess radiation**. It is so important to have an EMF gauss meter like Tri-field and measure the entire home to find where the hotspots are.
- **Turn off Wi-Fi at night** and charge phones far away from your body during sleep.
- **Don't wear your phone on your body** during the day and use the speaker phone or headphones to keep the frequency directly off the head.
- **Ground yourself- outside in the grass or in the garden...WALK, REST... TOUCH THE EARTH.**
- **Ground your HOME...** I installed tile floors in our house on top of the slab foundation so everyone in the home is grounded all the time- you can also ground your metal bed and your television.
- **USE A GROUNDING MAT or PILLOWCASE** to disperse the buildup of electrical energy back into the earth.

This is the one I had specifically designed for my patients. I made sure to get the largest I could manufacture at the best price using safe non-toxic materials.

[Grounding Mat EMF electromagnetic field protection – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://dritheherbalguy.com)

[Grounding PILLOW CASE, organic cotton, for EMF electromagnetic field p – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://dritheherbalguy.com)

I recommend having it under your feet while working on the computer or on the base of your mattress so your bare feet can touch the pad while you sleep at night. The pillow case is also wonderful and works to remove the electricity from the head.





THIS VIDEO: Watch how quickly the excess voltage in the body drops when touching the mat. https://youtu.be/Kbmz2HC8_wU

Now that we have read all the HARM that these man-made pollutions can cause- let us look at the benefit of RECONNECTING your body with the EARTH... or Grounding.

We walk around with shoes that have rubber soles which means we do not make direct connection with the earth as our ancestors once did. In our homes our electrical system is “grounded” out meaning that the excess voltage in the wires can “discharge” into the earth. If we don’t have this discharge system for our body then we store this excess electricity..... this impacts our antioxidants and as we see above can cause a lot of issues.

Scientists are being blown away by the INSTANT results of grounding out the electrical current of the body. **After just 30 minutes of sitting on the grass, or on a grounding mat, studies have shown that agglutination (clumping of blood) or viscosity, decreases dramatically and the charge on the cell, or the zeta potential triples allowing the blood to have high dispersion and better circulation.** Micro-clotting is one of the greatest threats to having a heart attack or stroke... and something this simple is protecting against this thickening of the blood. Also, the more oxygen and nutrients to your cells- the more energy and quicker recovery.

This is especially important now more than ever as the virus infection has its destructive effect by causing the blood to thicken and clot.

[Earthing \(grounding\) the human body reduces blood viscosity-a major factor in cardiovascular disease - PubMed \(nih.gov\)](#)

IN ADDITION... another **heart and stroke protective measure is seen as grounding improved blood sugar and lowered blood pressure by 22%.** [Grounding Patients With Hypertension Improves Blood Pressure](#)



The TRUE POWER of Grounding to the Earth! Watch the Electrical Voltage Dissipate!
<https://youtu.be/Qcb6kLEIM48>

Astronauts loose bone mass when in space and become osteoporotic. The opposite is seen in “earthing” or grounding where a study found that bones retained more calcium phosphate and thus may benefit bone strength. [Earthing the human body influences physiologic processes - PubMed \(nih.gov\)](#)

This study found that grounding **REDUCED PAIN by REDUCING INFLAMMATION** and cytokine molecules. Decreased inflammation literally means an improvement in **WHOLE BODY HEALTH and IMMUNITY.** [The effects of grounding \(earthing\) on inflammation, the immune response, wound healing, and prevention and treatment of chronic inflammatory and autoimmune diseases](#)

Even **muscle damage from injury or from over-exercise** is also studied to have beneficial

effects; [Grounding after exertion exercise reduces muscle damage](#)

It is proposed that grounding resets the biological clocks for hormones that regulate sleep and activity when the human body is connected to the earth. It is also suggested that free electrons from the earth neutralize the positively charged free radicals that are the hallmark of chronic inflammation= reducing all forms of dis-ease states. [Can electrons act as antioxidants? A review and commentary](#)

Multiple studies show **elevated mood and deeper states of relaxation , more profound sleep** cycles, reduced pain and less stress. Grounding the human body to the earth during sleep has shown to **REDUCE STRESS HORMONES** by reconnecting with the natural 24-hour circadian rhythm of the earth. [Grounding the human body during sleep as measured by cortisol levels and subjective reporting of sleep, pain, and stress](#)

[The effect of grounding the human body on mood - PubMed \(nih.gov\)](#)

And this very neat study clarified the benefit of using grounding mats to remove the electrical influence of neo-natal preterm infants thus improving their autonomic nervous system, lowering stress and reducing mortality.

[Electrical Grounding Improves Vagal Tone in Preterm Infants - PubMed \(nih.gov\)](#)



Thank you for Reading...

MAY THE FORCE BE WITH US ALL.

We live in the new age world of HIGH TECH... and their radiation effect it isn't going away.. but rather it is getting bigger and bigger.

It will continue to grow and magnify until the tentacles of EMF radiation are encompassing the entire planet.

Cleaning up the EMF pollution in our homes is just as important as cleaning up toxic chemicals in our homes and replacing toxic foods with wholesome organic foods.

I hope you enjoyed this newsletter with a very different perspective on natural healing. Please help to educate others on the dangers of these frequencies and pass on this research so they may as well protect their families from EMF pollution.

Best in Health- Dr. Andrew Iverson, Dr I, The Herbal Guy

Missed last Newsletters? Read them here:

News – Dr. I The Herbal Guy.com

Best Quality Mats and Pillow cases you will find



CLICK ON LINKS TO SEE THEM IN THE WEBSITE:

[Grounding Mat EMF electromagnetic field protection – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://www.dritheherbalguy.com)

[Grounding PILLOW CASE, organic cotton, for EMF electromagnetic field p – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://www.dritheherbalguy.com)



www.dritheherbalguy.com



CENSOR FREE
MEWE.COM

If you want to unsubscribe, click [here](#).