

What is EMF?



We live in an invisible sea of electromagnetic energy. Subtle energies constantly swirl in and around our bodies, whether or not we are aware of them. Electromagnetic Fields (EMF) are energy waves with frequencies below 300 hertz or cycles per second. The electromagnetic fields we encounter daily come from every day things such as power lines, radar and microwave towers, television and computer screens, motors, fluorescent lights, microwave ovens, cell phones, electric blankets, house wiring and hundreds of other common electrical devices.

Distance from Source (Strength in mG) - <i>median readings</i>	6"	1'	2'	4'
Hair dryers	300			
Electric shavers	100	20		
Blenders	70	10	2	
Can openers	600	150	20	2
Microwave ovens	200	40	10	2
Electric ranges	30	8	2	
Refrigerators	2	2	1	
Toaster	10	3		
Washing Machine	20	7	1	
Vacuum cleaners	300	60	10	1
Color TV's	7	2		
Electric blankets	3			
Drills	150	30	4	
Power Saws	200	40	5	
Fluorescent Lighting	6	2	2	1

Some health effects linked with EMF:

- Memory Loss
- Depression
- Loss of Energy
- Irritability
- Inability To Concentrate
- Weakened Immune System
- Chronic Fatigue
- Headaches