

Are you on the hunt for solutions to an elusive, health issue?

Even though some things improve, does there still seem to be an underlying problem unresolved?

If you, or your child, are experiencing difficulty resolving any of the following symptoms: difficulty in maintaining concentration, tiredness, poor sleep, headaches, depression, skin problems, nausea, , limb pain/ aches, irritability or forgetfulness, it is possible that your electromagnetic environment may be having an effect, and if so, there is something that can be done about it.

Some people are very sensitive to electromagnetic fields. In fact they may be labelled as having Electromagnetic Hypersensitivity Syndrome (EHS). EHS symptoms are frustratingly subjective and vary between individuals, yet EHS is a real clinical entity¹. Symptoms may diminish or disappear when the person moves away from the source.

Around 3% - 7% of the population are EHS to some degree and maybe up to 35% show some mild indications of electro-stress.²

More than 30 studies have been conducted to determine what link the condition has to exposure to electromagnetic fields from sources such as radar dishes, mobile phone signals and Wi-Fi hotspots. ³

Our world is full of naturally occurring electromagnetic fields. Our human body is one of these! However these days there are also three other groups of manmade EMF's - Microwave frequency, power frequency and radio frequency.

Microwave frequency

We know that microwave ovens are designed to switch off as soon as the door is opened for good reason. And it's acknowledged that if you stood in front of the microwave oven with the door open your insides would begin to cook just like the food inside it does!⁴

Microwave frequency EMF's also come from Mobile phones, Mobile Phone masts, Digital cordless phones, WiFi and WiMax.

Power frequency

These are what occur once you plug in any appliance. It is the magnetic aspect of these currents that have been found to affect our health. Power frequency EMF's also come from - Overhead and underground powerlines; Electrical substations - including the smaller ones found in your neighbourhood; House wiring and many standard electrical appliances.

What exactly are electromagnetic fields?

Electromagnetic fields are areas of energy that surround electronic devices. The World Health Organisation (WHO) explains that they are the result of electric fields which are created by differences in voltage and magnetic fields that occur when electric currents flow.

When an appliance is plugged in, but not switched on, it has an electric field. Once it is on, there is a magnetic field. The magnetic field is considered to have a greater effect on us than the electric field.

Is our exposure to electromagnetic fields really a problem?

Tiny electrical currents exist in the human body and are a normal part of the many chemical reactions that occur as part of the normal bodily functions. For example our nerves relay messages by transmitting electrical impulses and our digestion, brain and heart functions are also electrically active. Put simply, our bodies are made up of negatively and positively charged particles.

Low frequency electromagnetic fields are also charged particles. Infact EMF currents create an increase in positive ions per cubic metre of air. They influence our bodies, just as they influence anything made up of charged particles. Specifically it has been "unequivocally shown that our cells are affected...changes occur in the DNA synthesis, RNA transcription and the response of cells, to signalling molecules in the membrane such as hormones and neuro-transmitters." Some biochemical reactions are also altered at a cellular level.⁵

When electromagnetic currents are strong enough, they can cause stimulation of nerves and muscles or affect other biological processes, says the World Health Organisation ⁶

Are you sure it matters if the air around us is positively charged?

Canadian Ion Scientist, Guy Kramer has been studying the effects of positive and negative ions on human behaviour for two decades.

Within his work he examined the success of the Russians who were using a secret and unique performance enhancement device. This device increased endurance levels by as much as 900%, balance coordination by 300%, and reaction time by 100%. What was it? It was a negative ion generator used during training. These athlete's were being exposed to negatively charged air on their team bus, changing rooms and ice rinks (they were not aware of it at the time).

Kramer points out, "The Russians competed in their first international hockey tournament in 1958, only five years after the Czechs showed them how to play, and they won the world championship by beating the Canadians 7-2 in the final game. They literally skated our boys off their feet!" In the 1972 Summit Series between Canada and the Russians, Paul Henderson commented after the first game, "I worked really hard in training... by this

time I was really gasping for air. And I look up and this Russian is standing beside me... not breathing at all... I just felt sick. I knew we'd been sucked in."

This may all sound a little far-fetched for the average sports fan, but the scientific community recognises the significant and measurable effects of ions on human behaviour.

An excess of positive ions produces detrimental effects both physically (headaches, dizziness, fatigue, circulatory disorders etc.) and mentally (irritation, apathy, anxiety, depression etc). Negative ions are beneficial, and can improve alertness, concentration and overall body function.

These findings are based on research with air ions from groups and organizations such as Oxford University, RCA Laboratories, U.S. Air Force, Mercedes Benz, and the Swiss Bank... just to name a few of the more than 5000 studies.⁷

Electromagnetic fields suppress the activity of the Pineal Gland and reduce melatonin production. They also affect serotonin production.⁸

Serotonin participates in producing neurovascular, endocrinal, and metabolic effects throughout the body and plays an important role in mood and sleep patterns.

Negative ions act to reduce serotonin levels in the respiratory system, blood and brain, whilst positive ions increase serotonin levels. It's preferable to have reduced serotonin levels, as this lowers the incidence of migraine headaches and results in a mentally relaxed state and reduction in feelings of depression.⁹

What are the effects of electromagnetic fields?

- Using a mobile phone for more than 10 years doubles the incidence of certain types of brain tumours, on the side of your head most frequently in contact with the phone.

A statistically significant increase in brain tumour incidence is reported by the Central Brain Tumour Registry of the United States (CBTRUS) for certain types of brain tumour for people 0 -19 years old and these and other equally morbid varieties have increased significantly for the 20 - 64 year old age group.

Brain tumour incidence as measured by (CBTRUS) has increased by 36% overall in the last decade and is not explained by an aging population.

In September 2009 the group of neurosurgeons who discovered the above points called for further research on the effects of mobile phones and say federal legislation is needed to require mobile phone companies to cooperate with providing data.¹⁰

- EMF's are definitely linked to childhood leukaemia
- There is significant research linking EMF to adult leukaemia, clinical depression and miscarriage.
- Low frequency electromagnetic fields can suppress the body's immune system function

Why does EMF sensitivity occur?

Some of us are more sensitive to what we are conducting than the general population. Others of us have been exposed to a substance or event that has triggered our sensitivity.

EHS commonly also develops with MCS (Multiple Chemical Sensitivity)¹¹

Exactly what levels of electromagnetic field have a negative effect on bodily functions varies person to person. So it is very difficult to get scientific studies with conclusive results regarding sensitivity. The WHO acknowledges that human health studies are good at identifying large effects such as the connection between smoking and cancer. They concede that the effect of EMF's "could be undetectable with our method of measurement".¹²

Remember it took literally decades for the link between cancer and smoking to be acknowledged officially.

What can I do about EMF sensitivity?

"Your body is actually the most conductive thing in your house, which means the EMF's are attracted right to you...and your voltage shoots up. My equipment shows that change." Says Roy Riggs, Geobiologist and author of How to reduce EMF's in your home.

We believe the effect of EMF's is significant for all of us, and especially for children. We think it is important for each of us to address our lifestyle and environment in order to support our health, wellbeing and centeredness.

Take action at two levels:

1. Reduce your exposure to EMF

That means reducing time on and around the technology that emits EMF; and:

- Wear natural fibres
- Aim for natural flooring
- Earth yourself frequently by touching metal objects or walking barefoot on the earth
- Drink plenty of good water (sub-clinical dehydration seems to be more of a problem for EHS people)¹³

2. Minimise the effects of EMF's on you

There are products available which may shield you or protect you from EMF's. The very subtle effects of such products are immeasurable by scientific equipment at this time. You can best tell by trying and testing the products yourself. We suggest you obtain a money back guarantee, in case what you've bought does not work for you.

The solutions we recommend:

- Wear something that attracts negative ions e.g. a Titan ion Energiser bracelet
- Breathe negatively charged air by diffusing therapeutic grade essential oils and thereby increasing negative ions (and oxygen levels) in the air.
- Go outside in nature often - the beach, the bush, anywhere that is natural.

What am I likely to experience by reducing the effect EMF's?

Medical research has shown that negative ions produce many positive health benefits which include:-

- increased alertness
- increased work productivity
- help combat fatigue
- relief from migraine headaches
- reduction in severity of asthma attacks
- increased lung capacity
- normalisation of hormone imbalances
- decreased depression, irritability and tension
- improved concentration
- enhanced physical performance
- relief from allergies and hay fever
- relief from sinus congestion and inflammation
- less susceptibility to colds and flu
- improved sleep and relaxation
- enhanced immune system
- improvement in breathing and filtering the effects of smoking through more efficient operation of cilia

Nurture House resources to support your family

1. Titan Ioniser Bracelets & Wristbands

The composition of these Titan Ion Energiser wristbands includes soft silicon rubber, titanium, tourmaline and ceramic. It is these characteristics that attract negative ions to your body. Depending on your ionic balance, they may offer relief.

Titan Ion Energiser technology is not medicine (like aspirin) but could be compared more to vitamins. Negative ions are sometimes referred to as "Vitamins of the Air".

How do we know Titan Ion Energiser Bracelets work?

We test the coherence of the body by using simple muscle testing, with and without a mobile phone in their hands. Then we place a Titan bracelet or wristband on the person and repeat the test. You can view this process on the video clip.

Each time we test someone we find that the Titan band increases the coherence of the body i.e. its strength. We have also measured the ionisation levels in the air both with and without Titan bands, and observed an increase in negative ions around the Titan bands.



[More info & purchase](#)

2. Diffuse therapeutic grade essential oils

[Click here to purchase](#)

Therapeutic grade YL* essential oils are not simple substances. They are mosaics of hundreds - even thousands of different chemicals, derived through the finest distillation processes. They have been used medicinally since time immemorial.



Oils are to be taken or applied in various ways, depending on the need. For the purpose of support with EMF's it is recommended to diffuse oils in order to negatively ionise the air you are breathing. Therapeutic grade YL* oils may also benefit you by being worn on the skin or inhaled directly from the bottle as a mini-support.

*we supply Young Living essential oils because we are confident in the high quality of this source

[More info & purchase](#)

For further information and to purchase Titan Ion Energiser products and Young Living Therapeutic Grade Essential oils please visit www.nurturehouse.com.au

Sources:

¹ www.emfnews.com

² www.ei-resource.org Electrical sensitivity and electrical hypersensitivity

³ www.emfnews.com

⁴ www.powerwatch.org.uk - A Basic Guide to EMF's

⁵ John Iovine, From "Popular Electronics" March 1993

⁶ <http://www.who.int/peh-emf/about/WhatisEMF/en/> What Are Electromagnetic Fields? World Health Organization

⁷ <http://www.superforce.com/Press-Releases/press-release-Special-Olympic-Report.htm>

⁸ John Iovine, From "Popular Electronics" March 1993

⁹ Advanced Research on Atmospheric Ions, Guy Cramer July 11, 1996

¹⁰ Khurana et al. Surgical Neurology Volume 72, Issue 3, September 2009, pages 205 - 214

¹¹ www.ei-resource.org Electrical sensitivity and electrical hypersensitivity

¹² <http://www.who.int/peh-emf/about/WhatisEMF/en/> What Are Electromagnetic Fields? World Health Organization.

¹³ www.ei-resource.org Electrical sensitivity and electrical hypersensitivity

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