

ADD/ADHD

Dirty electricity and its effects on our health has attracted more and more attention from medical and health professionals over recent years.

Below is a list of some articles where you can find out more about the research that has been reported on the effects of dirty electricity on health.

Havas, M. (2006), *Electromagnetic Biology and Medicine*, 25: 259-268, 2006.
© Informa Healthcare, ISSN 1536-8378 print, DOI: 10.1080/15368370601044192.

Abstract: Dirty electricity is a ubiquitous pollutant. It flows along wires and radiates from them and involves both extremely low frequency electromagnetic fields and radio frequency radiation. Until recently, dirty electricity has been largely ignored by the scientific community. Recent inventions of metering and filter equipment provide scientists with the tools to measure and reduce dirty electricity on electrical wires. Several case studies and anecdotal reports are presented. Graham/Stetzer (GS) filters have been installed in schools with sick building syndrome and both staff and students reported improved health and more energy. The number of students needing inhalers for asthma was reduced in one school and student behavior associated with ADD/ADHD improved in another school. Blood sugar levels for some diabetics respond to the amount of dirty electricity in their environment. Type 1 diabetics require less insulin and Type 2 diabetics have lower blood sugar levels in an electromagnetically clean environment. Individuals diagnosed with multiple sclerosis have better balance and fewer tremors. Those requiring a cane walked unassisted within a few days to weeks after GS filters were installed in their home. Several disorders, including asthma, ADD/ADHD, diabetes, multiple sclerosis, chronic fatigue, fibromyalgia, are increasing at an alarming rate, as is electromagnetic pollution in the form of dirty electricity, ground current, and radio frequency radiation from wireless devices. The connection between electromagnetic pollution and these disorders needs to be investigated and the percentage of people sensitive to this form of energy needs to be determined.

Download the **[Biological_effects_of_dirty_electricity_Sclerosis.pdf 24-2006](#)**

Genius SJ. Fielding (2007), A Current Idea: Exploring the Public Health Impact of Electromagnetic Radiation. Public Health (2007), DOI: 10.1016/j.puhe.2007.04.008. © 2007 The Royal Institute of Public Health. Published by Elsevier Ltd. All rights reserved.

Summary: Several publications in the scientific literature have raised concern about the individual and public health impact of adverse non-ionizing radiation (a-NIR) from electromagnetic field (EMF) exposure emanating from certain power, electrical and wireless devices commonly found in the home, workplace, school and community. Despite the many challenges in establishing irrefutable scientific proof of harm and the various gaps in elucidating the precise mechanisms of harm, epidemiological analyses continue to suggest considerable potential for injury and affliction as a result of a-NIR exposure. As environmental health has not been emphasized in medical education, some clinicians are not fully aware of possible EMF-related health problems and, as a result, manifestations of a-NIR may remain misdiagnosed and ineffectually managed. It is important for physicians and public health officials to be aware of the fundamental science and clinical implications of EMF exposure. A review of the scientific literature relating to the link recommendations, and four case histories are presented for consideration.

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World Health Organization Workshop on Electrical Hypersensitivity, 25-26 October, 2004, Prague, Czech Republic. Magda Havas, Environmental & Resource Studies, Trent University, Peterborough, ON, K9J 7B8, Canada; Dave Stetzer, Stetzer Electric Inc., 520 West Broadway St., Blair, WI 54616, USA

Abstract: Deteriorating power quality is becoming increasingly common in developed countries. Poor power quality, also known as dirty electricity, refers to a combination of harmonics and transients generated primarily by electronic devices and by non-linear loads. We have assumed, until recently, that this form of energy is not biologically active. However, when Graham/Stetzer® filters were installed in homes and schools, symptoms associated with electrical hypersensitivity (such as chronic fatigue, depression, headaches, body aches and pains, ringing in the ears, dizziness, impaired sleep, memory loss, and confusion) were reduced. Five case studies are presented that include one healthy individual; one person with electrical hypersensitivity; another with diabetes; and a person with multiple sclerosis. Results for 18 teachers and their classes at a school in Toronto are also presented. These individuals experienced major to moderate improvements in their health and wellbeing after Graham/Stetzer filters improved power quality in their home or work environment. The results suggest that poor power quality may be contributing to electrical hypersensitivity and that as much as 50% of the population may be hypersensitive; children may be more sensitive than adults and dirty electricity in schools may be interfering with education and possibly contributing to disruptive behavior associated with attention deficit disorder (ADD); dirty electricity may elevate plasma glucose levels among diabetics, and exacerbate symptoms for those with multiple sclerosis and tinnitus. Graham/Stetzer [Filters](#)

and [Meters](#) enable individuals to monitor and improve power quality in buildings and they provide scientists with a tool for studying the effects of dirty electricity. For the first time we can progress from simply documenting electrical hypersensitivity to alleviating some of the symptoms. These results are dramatic and warrant further investigation. If they are representative of what is happening worldwide, then dirty electricity is adversely affecting the lives of millions of people.

[Download the 6-2004OctHavas_Stetzer_WHO04 _ ADD ADHD.pdf](#)

The National Foundation for Alternative Medicine (2003), 1629 K Street NW, Suite 402, Washington, D.C. 20006, 202.463.4900.

Abstract: Americans are surrounded by electrical devices - computers, VCRs and a plethora of household gadgets and consumer appliances. There is also the assumption that the electricity (and associated electrical phenomena) are safely confined to the wires carrying electricity and to the electrical devices themselves. For a variety of reasons, including the very design of the electrical distribution system, this assumption is no longer valid. Electricity is a trusted component of contemporary civilization. Few notice the poles, wires, substations and transformers that deliver electricity. Fewer still pay any attention to the hidden lattice of wires in the walls of homes, offices, churches, factories and schools. Yet all contribute to an increasingly dangerous electrical environment that has largely escaped systematic monitoring. The increased demand for electricity, and the proliferation of computers and other electronic devices have markedly increased our exposure to electrical phenomena. These phenomena are a ubiquitous presence in our lives, albeit invisible and odorless. There is the widespread (and mistaken) assumption that our electrical environment has been carefully studied and monitored and, save for a few exceptions, found to be harmless. The truth is that the millions of Americans live and work in environments that subject them to a variety of harmful electric phenomena.

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