Astma

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, Olstad A. (2008), Science of the Total Environment (2008), DOI: 10.1016/j.scitotenv.2008.04.046.

- **Background:** Poor power quality (dirty electricity) is ubiquitous especially in schools with fluorescent lights and computers. Previous studies have shown a relationship between power quality and student behavior/teacher health.
- **Objectives:** The purpose of this study is to determine the ability of power line filters to reduce dirty electricity in a school environment and to document changes in health and behavior among teachers and students.
- **Method:** We installed Graham Stetzer filters and dummy filters and measured power quality in three Minnesota Schools. Teachers completed a daily questionnaire regarding their health and the behavior of their students for an 8-week period. Teachers were unaware of which filters were installed at any one time (single blind study).
- **Results:** Dirty electricity was reduced by more than 90% in the three schools and during this period teacher health improved as did student behavior in the middle/elementary schools. Headaches, general weakness, dry eyes/mouth, facial flushing, asthma, skin irritations, overall mood including depression and anxiety improved significantly among staff. Of the 44 teachers who participated 64% were better, 30% were worse, and 6% did not change. Behavior of high school students did not improve but elementary/middle school students were more active in class; more responsive, more focused; had fewer health complaints; and had a better overall learning experience.
- **Conclusion:** Dirty electricity in schools may be adversely affecting wellbeing of teachers and behavior of their students, especially younger students in middle and elementary school. Power line filters improve power quality and may also protect those who are sensitive to this energy. Work on electric and magnetic field metrics with and without Stetzer filters urgently needs to be carried out to determine just what characteristics of the dirty electricity may be interacting with the people.

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Genuis 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.
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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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Arther Firstenberg, Sun Monthly, 01 Jan 2006.

Introduction: In 2002, Gro Harlem Brundtland, then head of the World Health Organization, told a Norwegian journalist that cell phones were banned from her office in Geneva because she personally becomes ill if a cell phone is brought within about four meters (13 feet) of her. Mrs. Brundtland is a medical doctor and former Prime Minister of Norway. This sensational news, published March 9, 2002 in Dagbladet, was ignored by every other newspaper in the world. The following week Michael Repacholi, her subordinate in charge of the International EMF (electromagnetic field) Project, responded with a public statement belittling his boss's concerns. Five months later, for reasons that many suspect were related to these circumstances, Mrs. Brundtland announced she would step down from her leadership post at the WHO after just one term. Nothing could better illustrate our collective schizophrenia when it comes to thinking about electromagnetic radiation. We respond to those who are worried about its dangers - hence the International EMF Project - but we ignore and marginalize those, like Mrs. Brundtland, who have already succumbed to its effects.

Download PDF: 25-2006Jan-fristenberg-the_largest_biological_experiment_ever

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 pdf: 6-2004OctHavas_Stetzer_WHO04

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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