Diabetesy

Havas, Magda (2008), Electromagnetic Biology and Medicine, 27:2, 135 - 146.

Background: Transient electromagnetic fields (dirty electricity), in the kilohertz range on electrical wiring, may be contributing to elevated blood sugar levels among diabetics and prediabetics. By closely following plasma glucose levels in four Type 1 and Type 2 diabetics, we find that they responded directly to the amount of dirty electricity in their environment. In an electromagnetically clean environment, Type 1 diabetics require less insulin and Type 2 diabetics have lower levels of plasma glucose. Dirty electricity, generated by electronic equipment and wireless devices, is ubiquitous in the environment. Exercise on a treadmill, which produces dirty electricity, increases plasma glucose. These findings may explain why brittle diabetics have difficulty regulating blood sugar. Based on estimates of people who suffer from symptoms of electrical hypersensitivity (3-35%), as many as 5-60 million diabetics worldwide may be affected. Exposure to electromagnetic pollution in its various forms may account for higher plasma glucose levels and may contribute to the misdiagnosis of diabetes. Reducing exposure to electromagnetic pollution by avoidance or with specially designed STETZERiZER Filters may enable some diabetics to better regulate their blood sugar with less medication and borderline or pre-diabetics to remain non diabetic longer.

Download the 4-2008JuneHavas-Diabetes-EBM.pdf

Havas, M. (2006), Electromagnetic Biology and Medicine, 25: 259-268, 2006.

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 24-2006Biological_effects_of_dirty_electricity.pdf

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.

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.

Download the 3-Public-Health-EMF _ ADDADHD.pdf

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 the 25-2006Jan-Fristenberg-the_largest_biological_experiment_ever.pdf

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 the6-2004OctHavas_Stetzer_WHO04 _ ADD ADHD.pdf

Arther Firstenberg, Sun Monthly, 01 Jan 2006.

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Download the6-2004OctHavas_Stetzer_WHO04 _ ADD ADHD.pdf

International Scientific Conference on Childhood Leukaemia, London, 6th-10th September, 2004. 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

Summary: Graham/Stetzer filters significantly reduce radio frequency electrical noise on indoor wiring generated by computers, energy efficient lighting, dimmer switches, and entertainment units within the home or workplace and transported into buildings by power lines from neighbouring property. The resultant improvements in power quality in homes and in schools are associated with fewer and less severe headaches, more energy, lower blood sugar levels for diabetics, and improved balance for those with multiple sclerosis. Results are observed within a matter of hours or days. Cases studies for blood sugar, multiple sclerosis, and general wellbeing are presented.

Download the 8-2004Sephavas_stetzer_london.pdf

Sakurai, T, Satake A, Sumi, S., Inoue, K and Miyakoshi, J. (2004). Bioelectromagnetics 25:160-166, Wiley-Liss, Inc.

Abstract: In this study, we investigated the effects of exposure to an extremely low frequency magnetic field (ELFMF) on hormone secretion from an islet derived insulinoma cell line, RIN-m. We stimulated RIN-m cells to secrete insulin under exposure to an ELFMF, using our established system for the exposure of cultured cells to an ELFMF at 5 mTand 60Hz, or under sham exposure conditions for 1 h and observed the effects. In the presence of a depolarizing concentration of potassium (45 mM KCl), exposure to ELFMF significantly attenuated insulin release from RIN-m cells, compared to sham exposed cells. Treatment with nifedipine reduced the difference in insulin secretion between cells exposed to an ELFMFand sham exposed cells. The expression ofmRNAencoding synaptosomal associated protein of 25 kDa (SNAP-25) and synaptotagmin 1, which play a role in exocytosis in hormone secretion and influx of calcium ions, decreased with exposure to an ELFMF in the presence of 45 mM KCl. These results suggest that exposure to ELFMF attenuates insulin secretion from RIN-m cells by affecting calcium influx through calcium channels.

Download the7-2004magnetic_field_insulin.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.

Download the 11-health_effects add.pdf

Lloyd Morgan, 510 841-4362, Revised 16 June 2003.

- **Introduction:** This study examines data collected from April 23 to May 29 for a 51-year old male resident of Blair, WI, Dave Stetzer. The study examines R2 factors derived from scatter plots of various combinations of two variables. This study, while focused on one person, also includes the results from three other individuals.
- **Abstract:** Dave Stetzer was diagnosed as diabetic. Yet, removed from higher levels of dirty power, he can eat a large bowl of ice cream and a piece of pie without having any appreciable change in his blood glucose levels. However, even without eating, when in higher levels of dirty power, his blood sugar is sharply elevated.

Download the 19-2003Juneblood_glucose_correlation.pdf