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THE NEGATIVE EFFECTS OF ELECTROMAGNETIC FIELDS

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Joe Hall is the founder of Clarus Systems in San Clemente California. For the past 20 years, he has explored the effects of man-made electromagnetic field (EMF) radiation on human health and psychology, and has developed a family of devices to neutralize these negative effects and restore our own energy field to create healthier home, work and personal environments, and less stress and fatigue. Clarus Technology has been used by Bell Atlantic to reduce soft memory errors on stressed computer systems. Clarus Coherent Polarizing Field Effect "aligns" random charged particles (non-binary photons) associated with all EMF frequencies to produce an infinitely small trace of coherent binary photons.

SOURCES OF ELECTROMAGNETIC RADIATION In the last six years, our research group has made a lot of breakthroughs in understanding how electromagnetic fields affect living systems, not just humans, but plants, animals, and all living systems. Electro-magnetic fields (EMFs) come from everything that uses electricity in our world today. Every light fixture generates an EMF. *Fluorescent lights* at work or even in your home have *transformers*. The three biggest sources of electromagnetic radiation in our environment are transformers, either stepping up voltage or stepping down voltage. Fluorescent lights use step-up transformers to step the voltage up because they use much higher voltage than ordinary incandescent lights. An example of a step-down transformer would be *halogen lighting* which use much lower voltage. The *neighbourhood transformers* that step down voltage from the higher voltage neighbourhood distribution lines that bring electricity to our homes are step-down transformers and they generate very strong electromagnetic radiation fields. Another large source of EMF's in our environment are *motors*. Any electric motor generates very very strong EM radiation, for example an electric shaver. In fact, studies have shown that just a few minutes exposure to that kind of a field will affect you for more than 24 hours.

THREE MAJOR SOURCES OF EXTREMELY LOW FREQUENCY FIELDS

(ELFs) EMFs are in the category of what we call extremely low frequency fields or ELFs. Generally, anything that is working off the utility grid, things you plug in to the electrical plugs in your home and office, generate extremely low frequency fields defined as 60 cycles or less alternating current. That is the classic definition of ELF. However, modern electronics, TV's, stereo systems and computers, all the electronics generate high frequency fields when they are plugged in. Appliances generate higher frequency fields as well. The other big source of very very strong fields are cathode ray tubes, video display terminals, TV's monitors, all those kinds of things.

EMF AND THE PINEAL GLAND How many of you remember your parents saying don't sit too close to the television? What do we do when we work on computers? How close do we sit? Right up next to it. Most people working in front of a computer are eventually going to become environmentally sensitive because the pineal gland is chronically stressed, not only when we are sitting in front of

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the computer, but all the time. We are exposed to electromagnetic radiation every waking, sleeping moment, every moment of our lives. The only time you are not chronically exposed to EM radiation is when you are out in a wilderness area, far, far away. When you hike in the wilderness you feel different. When you camp, you sleep fantastically well, you are emotionally balanced and mentally clear.

MELATONIN The most sensitive part of your body to EM radiation is your eyes and the *pineal gland*. The pineal gland controls all the hormonal balances in your body. One of the most important hormones it controls is *melatonin*. Many people have multiple chemical sensitivities, or environmental illnesses - they are universal reactors who have *chronic fatigue* or *fibromyalgia*. All these things have been closely linked to low melatonin. Melatonin is related to the day or night sleep cycle and to jet lag when we travel by plane. Some people take melatonin so their body can reset itself more easily because that is exactly what melatonin does. When the pineal gland is stressed, melatonin levels go down, and the first thing that occurs is sleep problems. In addition, our immune system's ability to target chemicals in the body and metabolize them safely out of the body is decreased because melatonin does that for us. Our exposure to chemicals in our environment is unfortunately rapidly increasing every day. The other thing that melatonin does is help the body find abnormal cell growth. There have been media reports about the relationship between EMF and cancer. We don't think there is a direct relationship, but there may be an indirect relationship because EMF's put stress on the body and reduce the immune system's ability to deal normally with abnormal cell growth.

HIGH FREQUENCY FIELDS (HF) Examples of high frequency fields are microwave ovens, cellular phones, all wireless forms of communication, and TV and radio broadcasts. According to one top British researcher quoted in Reader's Digest 1980, who specializes in studying the negative effects of EM fields on human energy, the most rapidly growing forms of communications proliferating on this planet today are wireless, satellite, microwaves, and cellular. In the article, he stated that according to his research from 1940 to 1980, our daily exposure to electromagnetic radiation in industrialized countries has increased by a factor of 100 million times. You feel more stressed today than you did ten years ago because EMF's are still inundating us at a rapidly proliferating rate.

EMF'S CAUSE STRESS The physical body becomes stressed in ways we can directly measure. If we sent 1,000 people to a wilderness area and instrumented them with electromyography (EKG sensors) to read muscle tension and stress levels in their bodies over a 15 minute period, we would find that some would be relaxed and some stressed out. If we then induced artificially made electromagnetic radiation similar to that in a properly wired suburban home (one-half to one milligauss per square meter), we would see a big jump in everybody's stress level, a direct physiological response. Then if we increased the level to three to five milligauss per square meter as we might find in an office environment with all the fluorescent lights, computers, fax machines and copy machines, all that great stuff, we will see another big jump in stress levels. Maybe that's why people don't like to work very much, and why our work is so stressful. We live in a totally different world than our grandparents did. Every new cellular phone added to the environment you live in creates more physical stress in your life, and when the physical body is stressed, the emotional body goes into tunnel vision, into survival mode.

When we have a lot of magnetic radiation passing through us with a lot of random sub-particles, creating an enormous irritation to the limbic brain, the

limbic brain perceives that as omni-directional low-grade physical threat to our survival. That invokes an adrenal response. Virtually 99% of people who live in industrialized countries have weak adrenal systems because we are constantly under assault. Do cellular phone companies care about this? Do the computer manufacturers and utility companies care about this? They should because they live in the same environment that we do. They have children who are being affected.

THE TWO COMPONENTS OF ELECTROMAGNETIC RADIATION

Electromagnetic radiation has two components. There is a *weak electrical field* and a *strong magnetic field*. The electrical field, for example from your computer, goes out maybe one or two inches. This shows up as static, or positive ions, and attracts dust to your screen. Actually, both the electric and magnetic fields are full of random sub-particles, but the stronger field, the magnetic field travels at right angles to the magnetic field and goes out typically 10 or 20 times as far. The magnetic field affects us more strongly, and passes through virtually all materials; it goes through things like lead very easily. So if you have a screen in front of your computer to protect yourself from radiation, it's not protecting you at all from the magnetic field even though it may be called an "anti-rad" screen. It is only protecting you from the electrical field.

If you live in an apartment, the magnetic fields from your neighbours' TV's, computers, appliances, and microwaves are right on the other side of your wall, could even be on the other side of where you sleep, *going right through into your living space from above, below and from both sides*. When you are in your office sitting at your desk, there could be a fluorescent fixture right below you. *Telephone switching systems* have huge magnetic fields. They might be right on the other side of the wall from you and may eventually cause your system to break down.

PROPERTIES OF EMF'S Electromagnetic radiation is a frequency which is a perfect sine wave of energy passing through every cell of your body every second of the day. The sources of electromagnetic radiation are multiple and they are coupled. These frequencies in turn are made up of sub-particles called electrons and photons. Photons in quantum physics are thought of as packets or bits of information. They are either on or off, yes or no. They are binary. That is how they carry information. Some of these photons are coherent and some of them are random. If all the photons were coherent, your television and computer would feel incredibly good to you. This is passing through every cell in your body, and it would feel great if it were totally organized. Unfortunately the random photons have a lot of noise, or random sub-particle energy, associated with them.

THE BIO-ENERGY FIELD The body has an energy field - more accurately, the bio-energy field has a body. That bio-energy field is a field of light encoded information. In the ancient Celtic tradition they had a word for photon called "lutz" or light encoded information. You can think of that bioenergy field as a *holographic image* of yourself. There is a holographic image of yourself for every cell in your body, every molecule in your body, and one for all of you. We relate to this physical body as reality just as we relate to this table as reality. Literally they are holographic morphogenic images of energy. There is a vast distance in between every nucleus of the atom and its electrons, and in between there is just vacuum, space, nothing else. That is what physical reality is made up of. So literally, our bodies are really holographic images. Holographic images of reality are held together by photons that carry information that tell everything above them, the electrons and the atoms, and everything below them where they need

to be and what they need to do. Photons remember where everything is. They have memory and they have information carrying potential.

MAKING DISORGANIZED ENERGY FIELDS COHERENT The solution to electromagnetic radiation is very simple. It is basically getting the photons to make up their minds, to realize who they are, linking the photons to their higher self, organizing them. This would allow the photons to have a frequency wave form that is infinitely coherent and infinitely small passing through you transparently. These coherent fields make everything more of what it is. It is not creating any specialized effect one way or the other. Everything is more defined. Everything works better. Our research group stumbled upon this theory through a series of interesting accidental discoveries.

We have the ability to create fields in crystals and in circuit boards which have a lot of crystalline material in them like silicone, and cause these devices when they are plugged in to create fields which are non-Hertzian subtle energy fields that literally polarize random photons. They potentiate them and accelerate them one way or the other to produce a coherent energy field instead of a random energy field. We discovered that when you add a *quartz crystal oscillator* to the circuit, it starts polarizing to your unique bioenergy field signature. Crystals have the property of being able to stabilize and amplify our energy fields or any energy fields. That is why tiny chips of crystal are used in computers. That is why quartz clocks are based on quartz crystals, so that when you apply an electrical charge to them, they amplify it or they oscillate at a very specific frequency.

THE CLARUS SYSTEM DEVICES Our main system for homes, the home device, uses a quartz crystal oscillator, and has a clock display built into it, so that you can use it as a clock. People like that because they can take it to work and it looks just like a clock, not some weird thing that people ask about. It has an effective radius of 35 feet, so that if you have a little home, it would go beyond, and the neighbours close to you would have some benefit. We have a little device called a Power Clear system that looks like a surge protector for computers. When you use this device on a computer, you will feel instantly different. By the end of the first day, you will have so much more energy, and much less eye strain. It is good for your computer as well. We have a product called the Q-link which you can wear around your neck. We also have a device for cars. And we have an advanced home or office system that has a 50 foot radius.

WE ARE ALL ELECTROMAGNETIC BEINGS The human body grounds electromagnetic radiation in the environment because of the electrical conductivity of our body. It is attracted to us. All living systems are based on electromagnetic energy. Every cell in your body is generating an electromagnetic field, every plant, every rock, the planet itself, the whole universe is made up of energy. It is true that man-made electromagnetic radiation is not the only source of random photons in the environment, but the problem is these frequencies which we have never encountered before are a whole different spectrum of frequencies than the living system uses.

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BIOTRONIX products for protection against electromagnetic pollution are available at Consumer Health Organization. The BioShield is worn around your neck and harmonizes your frequency with the earth's frequency; the Power

Shield is a 6-outlet power bar to shield electromagnetic interference in your home.

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