



# YOUR EMF GUIDE

INCLUDING HOME EMF AND GEOPATHIC STRESS SURVEY  
WITH SOLUTIONS

*BY LEONARD STAFFORD*



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# Introduction

The Earth has an electromagnetic field which many (if not all) animals are sensitive to, as are some bacteria. Living beings (including humans) can sense the Earth's magnetic field by means of magnetite crystals in the brain.

Migratory birds and turtles navigate with reference to the Earth's magnetic field. Bees operate within the natural background field of electromagnetic energy from the Earth and also use this field to locate their food sources and their hive and to communicate with the rest of the bees. There are many other examples which demonstrate that animals (and humans) are sensitive to the Earth's magnetic field.

Man made Electro Magnetic Fields (EMFs) are AC (alternating current) fields which change direction regularly (twice per cycle) causing drastic changes in their electromagnetic field. This is in direct contrast to the Earth's magnetic field to which we are all exposed and which is a DC (direct current) field. As such it flows only in one direction and therefore creates a static field without variation.

Man made EMFs are being rolled out across the world in increasing numbers and intensity. We are seeing major effects on wildlife as a result of the ever increasing EMF pollution.

Migratory birds are being deflected off their migratory routes, in some cases being drawn straight into the telecommunications towers to perish by hitting the support wires.

We are seeing the collapse of bee colonies across the world. In a German study Ulrich Warnke placed a base station from a standard cordless phone near several bee hives and left other bee hives unexposed as controls. He then moved the bees 800 metres from the hives and monitored their return to the hives. The exposed bees took between one and two hours to return to the hive, and 30-40% of the bees never made it back to the hive. This is in direct contrast to the control bees which were not subjected to radiation from a cordless phone. 100% of the bees from these hives returned after 30 minutes.

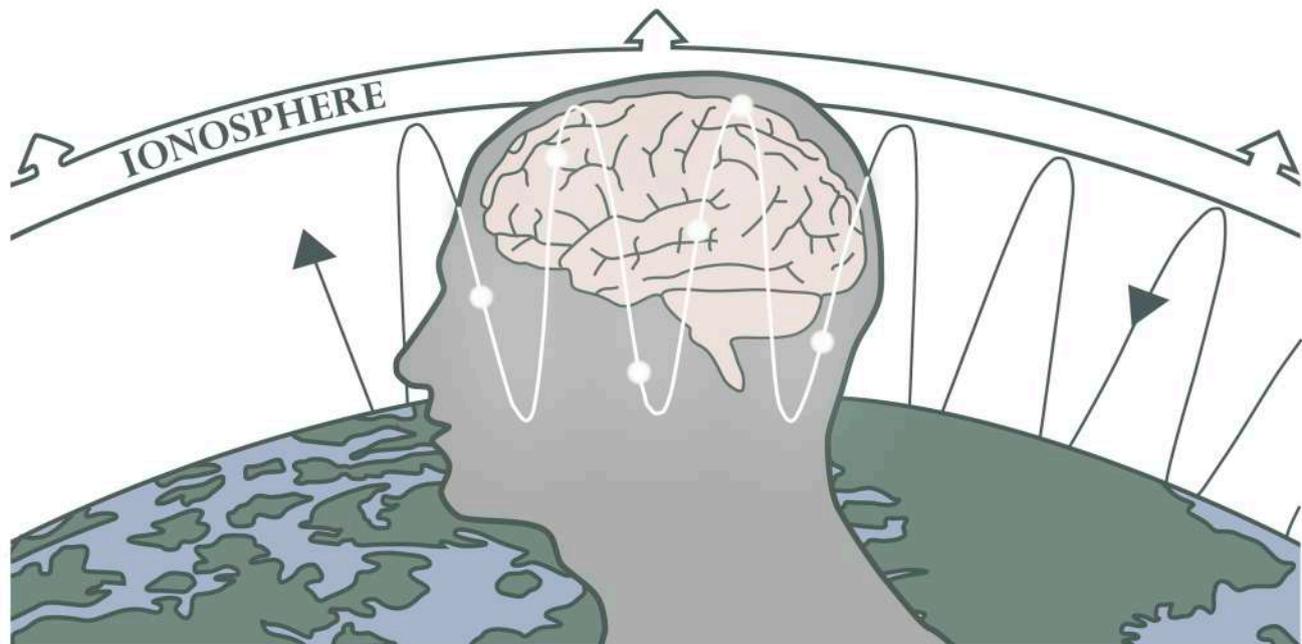


In a Spanish study of frog eggs two identical tanks containing frog eggs were placed 140 metres from a communication mast. A faraday cage (which shields from radiation) was placed over one of the tanks and the other was left exposed to the radiation from the mast. The tadpoles were observed in both tanks. In the shielded tank the tadpoles developed normally into frogs. In the unshielded tank the tadpoles showed poor 'form' development, some died and others did not develop fully. ([www.vimeo.com/17268728](http://www.vimeo.com/17268728) – video *Starling Childs talk at Commonwealth Club 18th November 2010*)

In addition to these animal studies and observations there is a massive body of research which shows that the increasing amount of EMFs we are continually being exposed to on a daily basis have an adverse effect on our bodies. There are

literally thousands of peer reviewed studies that demonstrate this. It also makes eminent sense that this would indeed be the case in view of the fact that we are electromagnetic beings.

Another factor to consider is Schumann Resonances which are natural electromagnetic waves which circle the Earth. They are caused by lightning strikes (approximately 200 every second) which create electromagnetic waves. These circle the Earth captured between Earth's surface and the ionosphere (60 miles up). Some of the waves combine, increasing in strength, to make a repeating atmospheric heartbeat known as Schumann Resonance (*NASA Website – 'Lightning Made Waves in Earth's Atmosphere Leak into Space'*).



Schumann Waves have a very low frequency of 7.83 hertz which is the vibrational pulse of the Earth. Our theta and alpha brain waves show a very similar frequency when we are in a meditative state (approximately 8 hertz).

It was demonstrated by Professor Rutger Wever from the renowned Max Planck Institute in Germany in the 60's to 80's that when human subjects are deprived of Schumann waves by living in a bunker their physical and mental wellbeing suffers. However, their sense of wellbeing was restored when a 7.8 hertz frequency was introduced to the bunker with a magnetic pulse generator.

([www.vimeo.com/54189727](http://www.vimeo.com/54189727) - video by James Russell - Resonance - Beings of Frequency)

This is further evidence (if any more was needed) that we are electromagnetic beings with an acute sensitivity to electromagnetic fields of very low frequency. Further research findings follow but the most important message is:

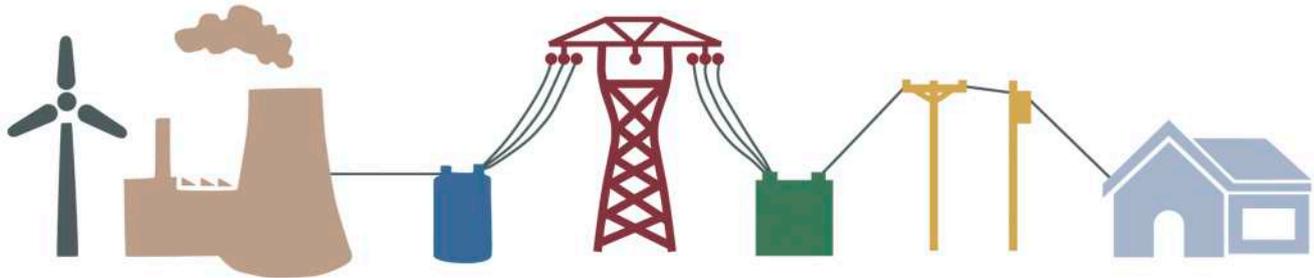
EMFS CAN HAVE AN ADVERSE EFFECT ON OUR BODIES – IRRESPECTIVE OF WHAT THE GOVERNMENT (or anyone else) TELLS YOU.

**BUT THE GOOD NEWS IS THAT WE CAN DO SOMETHING ABOUT IT!**

# Technical Bit (simplified)

The man made EMFs that are referred to in this paper mainly come from two sources.

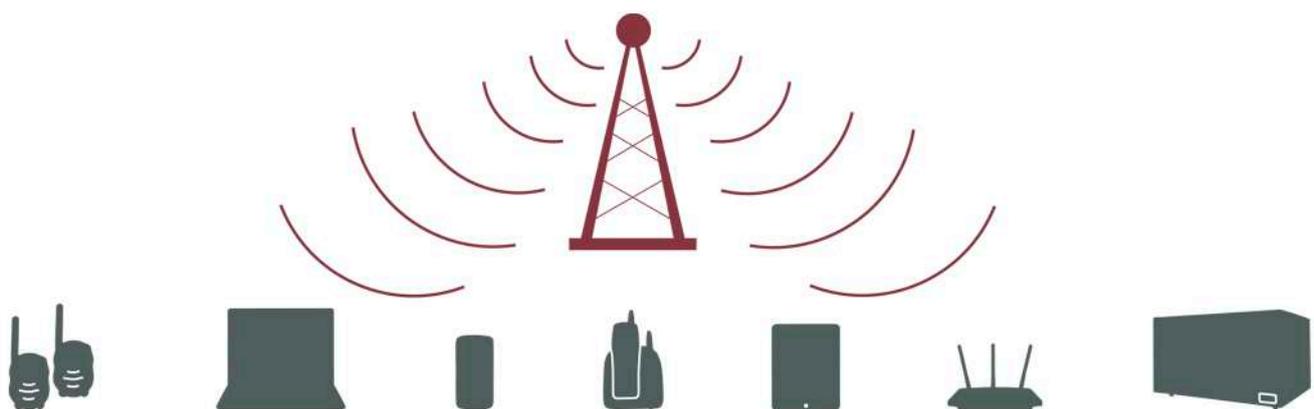
1) The electricity distribution system - pylons, house wiring, electrical appliances.



The electrical distribution system produces electric fields due to the voltage in the wires and a magnetic field due to the current flow. These are known as Extra Low Frequency (ELF) EMFs as they have a frequency of between one and 300 hertz (cycles per second) and are also known as power frequency EMFs. In the UK the electricity network operates at 50 hertz and the corresponding wavelength is 6,000 kilometres.

'Dirty electricity' is found on wires in the home, as well as the general distribution network. Dirty electricity is caused by high voltage transients on the wires as explained on page 4 & 5 and is a biologically detrimental.

2) Telecommunications system - mobile phones, DECT phones, WIFI, laptops, routers, smart meters, radar, TETRA (emergency services communications system), baby monitors.



EMFs generated by the telecommunications system are known as High Frequency EMFs (also known as Radio Frequency or Microwaves). They have frequencies of between 10 million hertz (10 MHz) and 300 billion hertz (300 GHz). To put the frequencies into context, over an 80 year lifespan at an average heartbeat of 60 per minute, a person's heart will beat approximately 2.5 billion times. RF microwaves change direction up to 600 billion times PER SECOND. The RF EMF wavelengths vary from 100 kilometres down to 1 millimetre.

# How do we know that EMFs have an adverse effect on human health?

## Power-frequency Electric and Magnetic Fields

Research by Wertheimer and Leeper in the 1970's demonstrated that exposure to power frequency magnetic fields increased the incidence of leukemia in children, as explained below.

In 1974 Dr Nancy Wertheimer of Colorado thought that childhood leukaemia may have an environmental cause. Rates of this disease had increased from 2 per 100,000 in the 1920's (at 2 years old) to in excess of 8 per 100,000 in the 1960's - a fourfold increase. She obtained the home addresses at birth for every child who had died of leukaemia in the Greater Denver area between 1950 & 1969, along with birthed children without cancer (note that it would be impossible to get this information now). She then drove around each house where the children with leukaemia resided. There were no 'clusters' but she noticed that the houses were often close to electricity poles with cylindrical transformers on them.

She contacted a physicist (Ed Leeper) to ask him if he could think of an electrical effect that might be causing the problem. He built a meter that would read magnetic fields, and Wertheimer spent 18 months visiting each house on the list and taking magnetic field readings and also noting other factors such as population density, air pollution, traffic noise. They found high levels of 60 Hz magnetic fields near the poles.

In 1979 they published a paper in the American journal of Epidemiology – 'Electrical Wiring Configurations and Childhood Cancer' which put EMFs on the cancer research agenda.

This study, along with subsequent studies, have shown that living in magnetic EMF fields of above 4 milligauss (0.4 microtesla) doubles the risk of a child developing leukaemia before the age of 15 – from 1 in 1,600 to 1 in 800. (*The Power-watch Handbook by Alasdair and Jean Philips p23-24.*)

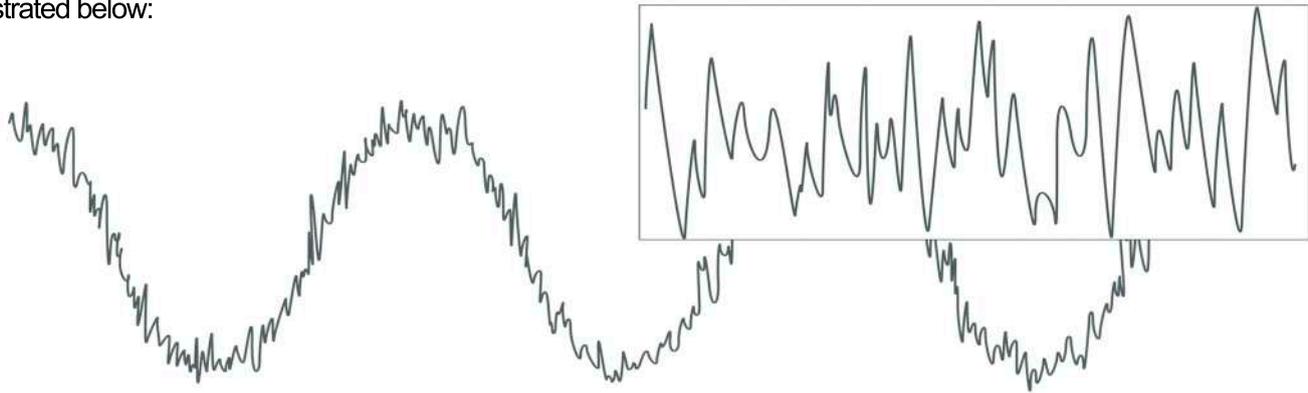
In addition there are a number of other health effects associated with exposure to power-frequency ELF EMFs, such as Alzheimer's disease, dementia, brain tumours, breast cancer, depression, miscarriage. ([www.Power-watch.org.uk/elf/overview.asp](http://www.Power-watch.org.uk/elf/overview.asp))

## Dirty Electricity

Electricity flows through wires in a UK home at 50 hertz (cycles per second) and should be a simple sine wave as;



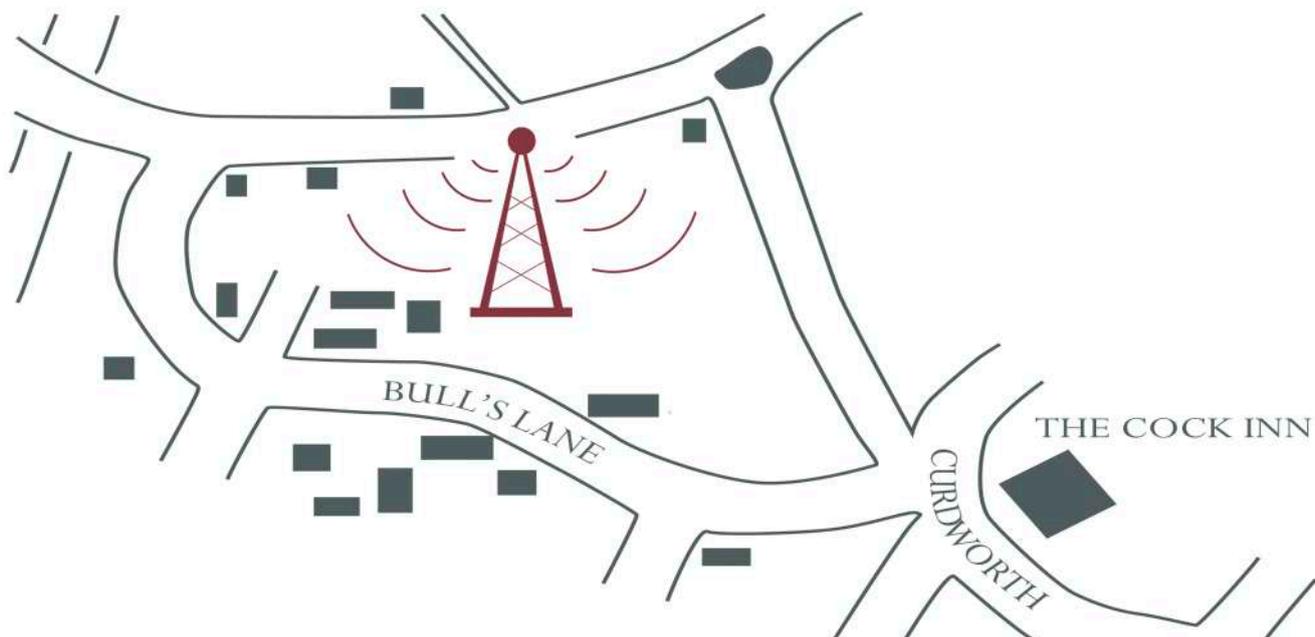
However interference in the home electrical supply – caused by dimmer switches, CFT lights, electrical equipment being turned on and off and so on – means that the signal is distorted and carries high frequency voltage transients, as illustrated below:



Samuel Milham's brilliant book called 'Dirty Electricity' illustrates his hypothesis that dirty electricity is possibly one of the root causes for the 'modern' diseases associated with EMF exposure. In an investigation into a cancer cluster at La Quinta Middle School in California, Samuel Milham demonstrated that the cluster was strongly associated with high frequency voltage transients (dirty electricity). In a similar investigation into a cancer cluster at Vista Del Monte Elementary School in Palm Springs he came to a similar conclusion. Indeed at this school one teacher complained that her students were hyperactive and unteachable. The dirty electricity readings in her classroom were very high indeed. Once the dirty electricity readings had been reduced using filters the teacher reported an immediate dramatic improvement in the pupils' behaviour the following week. Later the teacher said that she could change the pupils' behaviour by removing or reintroducing the filters.

## Mobile Phone Masts

Proximity to mobile phone masts can cause cancer clusters as illustrated by the situation in the small village of Wishaw in Cheshire (which hit the national news headlines in 2004). In 1994 a mobile phone mast was erected in the village within 500 metres of the 18 houses – see map below.



After seven years the following health problems were reported in the village:

Five ladies developed breast cancer

One case of prostate cancer

One bladder cancer

One lung cancer

Three cases of pre-cancer cervical cells

One motor neurone disease, age 51, who also had a massive spinal tumour

People have developed benign lumps

Electro-sensitivity

Three cases of severe skin rashes

In addition, many villagers suffering with sleep problems, headaches, dizziness and low immune system problems. Indeed it is estimated that 77% of the residents became ill as a result of the mast.

The mast was forcibly removed in 2004 and many of the residents started reporting feelings of wellbeing, sleep problems disappeared, and 3 ladies who had been suffering from fertility problems became pregnant.

*([www.vimeo.com/17271105](http://www.vimeo.com/17271105) – video Eileen O'Connor's talk to Commonwealth Club 18th November 2010)*

## **Radio Frequency (RF)/Microwave EMFs**

RF EMFs are generated largely from the telecommunications network (see page 3). There are literally thousands of peer reviewed scientific studies that demonstrate an adverse effect of RF EMFs on the human body, but for reasons discussed on pages 10 and 11 are not generally known or accepted by the general public.

Studies by Professor Lennart Hardell in Sweden found significant increased risk of gliomas (the most common form of malignant brain tumours) associated with mobile phone and cordless phone use.

The significant findings are as follows:

- 1) Any mobile phone use increased the risk of glioma by 30%
- 2) Use of mobile phones for 25 years or more increased the risk of glioma threefold (a 300% increase)
- 3) 3G phones are more damaging than 2G with a fourfold increased risk of glioma after only 5-10 years use
- 4) People who start to use mobile phones before the age of 20 are at a higher risk than older age groups

*([www.i-sis.org.uk/Wireless\\_Phone\\_Use\\_Increase\\_Malignant\\_Brain\\_Tumour.php](http://www.i-sis.org.uk/Wireless_Phone_Use_Increase_Malignant_Brain_Tumour.php))*

In 2005 CancerBackup (now Macmillan Cancer Support) reported that brain tumours affected approximately 350 children in the UK per annum and in 2007 there were 47% more deaths from brain tumours than from leukaemia among the under 15 year olds.

*([www.powerwatch.org.uk/library/downloads/child-cancer-1-incidence-2014-08.pdf](http://www.powerwatch.org.uk/library/downloads/child-cancer-1-incidence-2014-08.pdf))*

Children are more susceptible to the harmful effects of cell phones for a number of reasons:

- 1) Pre-teen children have a smaller head and brain size, the skull bones are thinner, and the percentage of water volume is greater (water conducts electricity).
- 2) Children's brains and central nervous systems are still developing so they are more sensitive to exposures.
- 3) Today's children have started to use cell phones at a younger age, therefore their lifetime exposure to RFs will be greater.

The incidence of brain tumours in the UK is rising at 3% per annum, mainly among the 1-2 year olds.

The illustration below shows how much higher the absorption rates are for children compared to adults.



## Electromagnetic Hypersensitivity (EHS)

EHS is defined as a phenomenon where individuals experience adverse health effects while using or being in the vicinity of devices emanating electric, magnetic, or electromagnetic fields (EMFs). The following paragraph is a direct quotation from the book 'An electronic Silent Spring' by Katie Singer (page 82).

'Soviet researchers first identified the syndrome they called microwave sickness (now called EHS). They found that exposure to Radio Frequency (RF) radiation can develop into tumours, blood changes, reproductive and cardiovascular abnormalities, depression and other problems. In 1953 the Soviets installed a wireless system that radiated the American embassy in Moscow, which continued until the mid seventies. Because they were exposed to RF radiation many of the workers, including ambassadors, got leukaemia and other disorders. The "low level" of radiation that employees were exposed to was remarkably similar to exposures people now experience when they live near cellular antennas. The US senate studied the effects of this low level radiation on embassy personnel. They found eczema, psoriasis, allergic and inflammatory reactions, neurological and reproductive problems, an increase in tumours, blood abnormalities, irritability, depression, loss of appetite. The symptoms are nearly identical to those reported by people with EHS.'

**This whole section demonstrates very clearly that EMFs can have a significantly detrimental effect on the human body, especially in children. When we bear in mind that there is up to a 40 year latency period for the appearance of cancers the potential effect – especially on children – is horrendous. We should also be aware that official Government advice (from the Department of Health Website) is that 'children and young people under the age of 16 should not be encouraged to use mobile phones except for essential purposes only'.**

# How can EMFs cause such a wide range of effects on the human body?

From all of the evidence presented above, there can be no doubt that exposure to both power frequency ELF and RF EMFs increases the risk of many 'modern' diseases such as brain tumours, Alzheimer's disease, leukaemia, dementia, breast cancer, depression and others.

Scientific research indicates that the inflammation response is the likely mechanism at work within the human body to give such a wide range of outcomes from exposure to EMFs. Inflammation is the body's response to harmful stimuli, such as pathogens. It is a protective mechanism to remove the injurious or threatening agents as well as starting the healing process of the affected tissue.

The immune system facilitates the body's response to a harmful stimulus by a number of means. White blood cells produce a shower of free radicals (called an oxidative burst). The free radicals are positively charged molecules which then attract electrons (negative charge) from a pathogen or damaged tissue. By this mechanism the pathogen is killed and the damaged tissue is broken down. As the remedial work is completed, excess free radicals are neutralised by anti-oxidants or free electrons in the body. This response is called the 'inflammatory response' and results in the familiar signs of inflammation such as swelling, redness and heat.

Inflammation can be acute (as described above) or chronic. Chronic inflammation is prolonged and occurs when free radicals are not neutralised and continue their destructive activity, but this time attacking healthy cells. It is generally accepted that free radical activity (and hence inflammation) is at the core of the many 'modern' diseases listed above.

*(Earthing – The most important health discovery ever?' by C. Ober, S. Sinatra, M. Zucker)*

It has been demonstrated by a number of researchers that exposure of cells to low levels of both ELF and RF EMFs causes the movement of calcium ions through the cell wall. This then sets up an oxidative stress reaction in the cell which leads to free radical production in the cell.

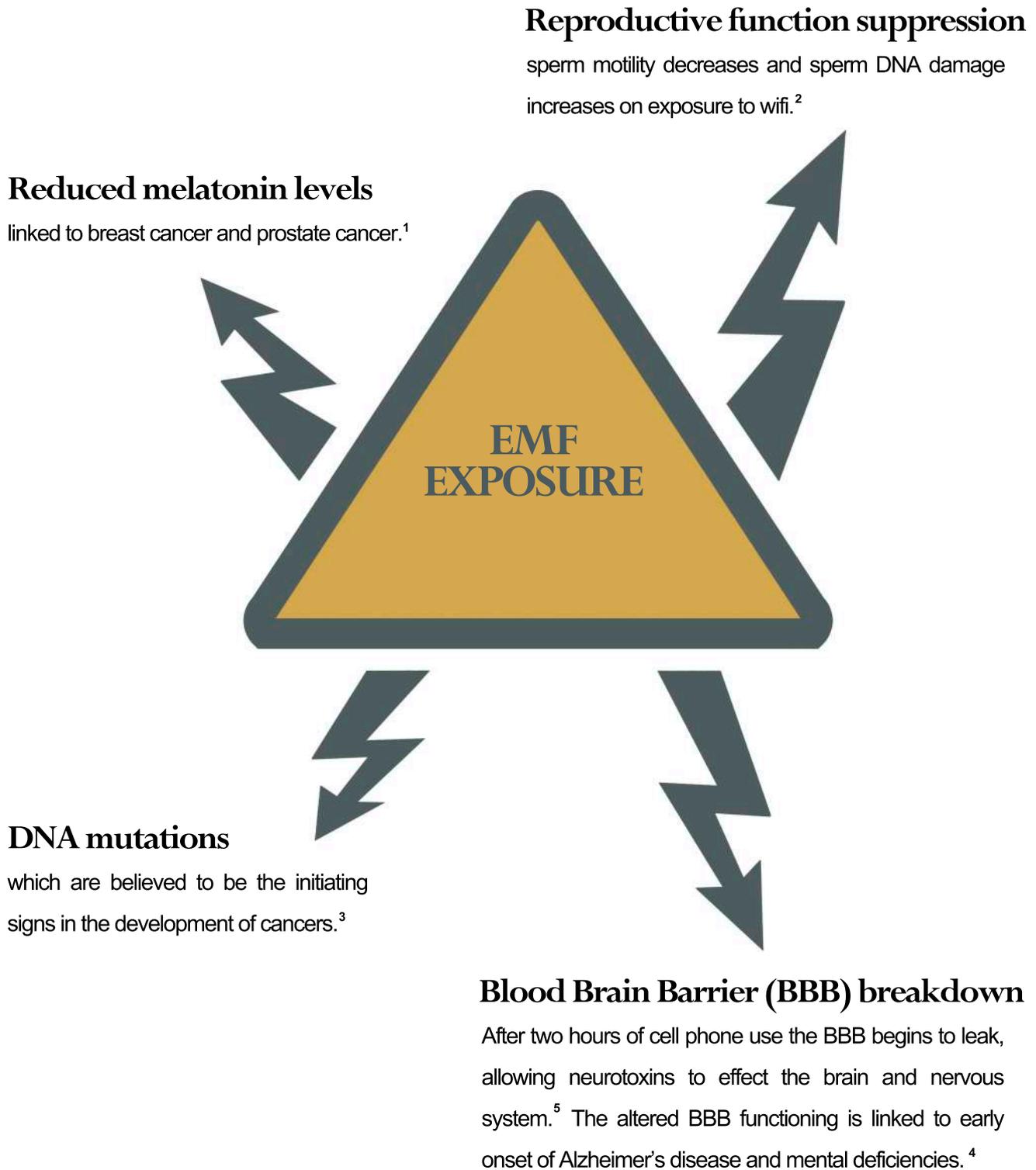
*(Dr Erica Mallery-Blythe – Electromagnetic Radiation, Health and Children - you tube)*

**In other words, EMF exposure can lead to the production of free radicals within the body, which can then be a precursor for the 'modern' diseases which are known to be associated with EMFs.**

When a cell is subjected to a stimulus that is harmful, it responds by producing 'stress' proteins (also called heat shock proteins). It produces these proteins as a defence mechanism and their production is a marker that the cell perceives something in its environment as potentially damaging. They are produced when cells are exposed to heat, pH changes, antigens, bacteria, heavy metals.

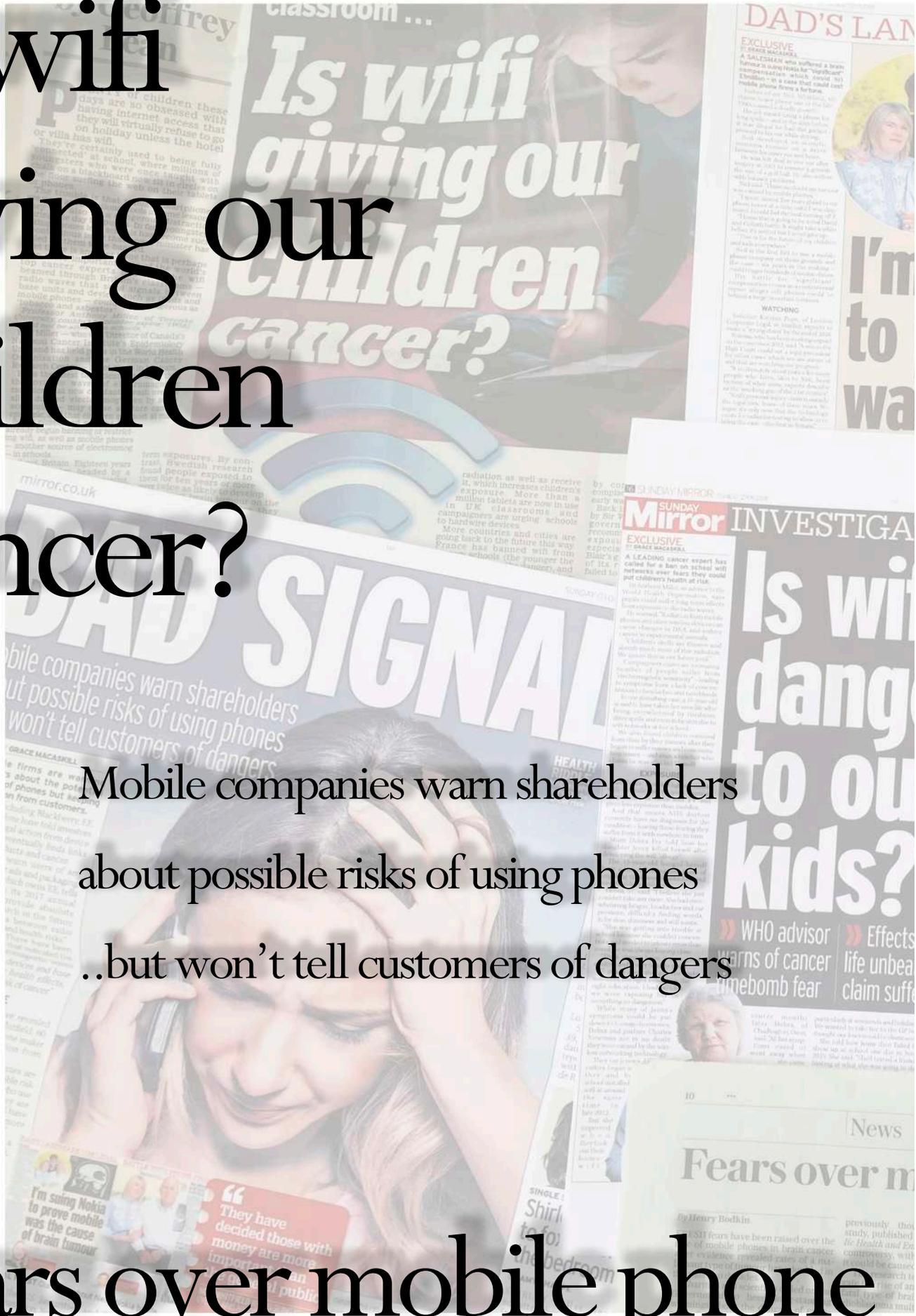
**Stress proteins are formed by cells when they are subjected to low doses of ELF and RF EMFs. The cells are therefore indicating that EMFs are a harmful stimulus.**

Exposure to EMFs has been shown to have a number of additional adverse effects on the human body - some of which are illustrated below.



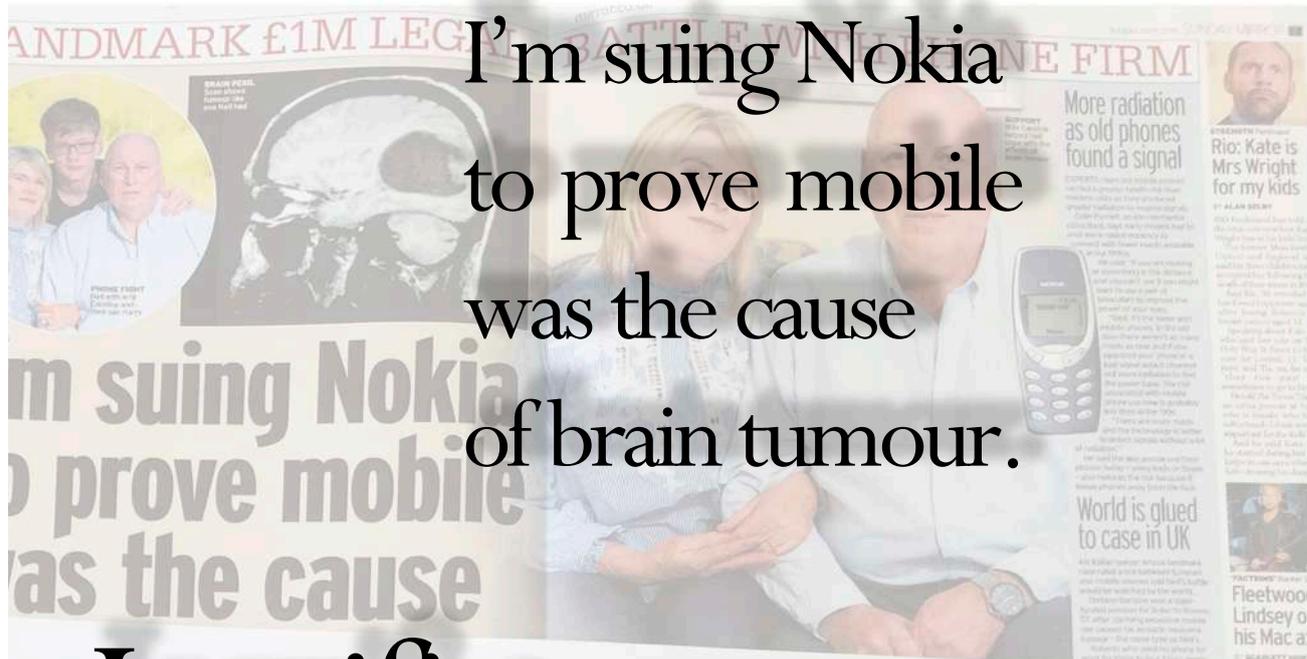
- Light that heals - 1. Page 58, 2. Page 62, 3. Page 133 and 4. Page 65
- An Electronic Silent Spring - 5. Page 77
- See References and Resources section for details of the books listed above

# Is wifi giving our children cancer?



Mobile companies warn shareholders about possible risks of using phones ..but won't tell customers of dangers

# Fears over mobile phone



use as brain cancers rise.

# Geopathic Stress

Geopathic Stress (GS) - or harmful earth rays as it is sometimes called - is natural radiation that rises from the earth and is distorted by weak electromagnetic fields created by water veins, fault lines, ground mixing, Curry and Hartmann lines.

Studies by a team of researchers in Austria in 1989 led by Dr Otto Bergsmann on 985 patients demonstrated that GS resulted in measurable bodily changes after only a few minutes exposure. The report concluded that spending time over a Geopathic stress zone gives rise to similar risk factors such as Environmental Chemicals, Poisons and Pollutants, Malnutrition, and Electromagnetic Pollution.

Some very interesting research relating to GS and cancer was undertaken in Germany in the 1920's and 30's. In 1929 an eminent dowser, Baron von Pohl, demonstrated in a blind study that all houses where people had died of cancer in the town of Vilsbiburg were located over Geopathic Stress lines. Many other subsequent studies found very similar results and indeed Dr Hans Neiper, a widely respected cancer specialist, states in his book 'Revolution in Technology Medicine and Society': "According to studies I have initiated, at least 92% of cancer patients I have examined have remained for long periods of time , especially in respect of their sleeping place, in geopathically stressed zones".

## Importance of Sleeping Stress Free

It is generally accepted by the medical profession that the body recovers and repairs during a good night's sleep. Exposure to EMFs and GS at night causes individual cells to produce stress proteins and the body is therefore unable to produce adequate quantities of melatonin (a natural antioxidant) to enable the body to recuperate.

A health clinic in Austria, the Geovital Academy, has clearly demonstrated the importance of an EMF-free sleeping environment for the health of their patients. As part of the treatment the Academy surveys the patients' bedrooms, and reduces the EMFs and Geopathic stress to as close to zero as possible. Over the 32 years that the Academy has been operating this protocol, they have seen exceptional results in the recovery of their patients.

**The evidence suggests that once the sleeping area is cleared of EMFs and Geopathic Stress our bodies can recover and repair during sleep so that healing can take place.**

Good health is more than an absence of disease, it is about living a 'vital' life, full of energy and 'joie de vivre'. It is thought that an inevitable consequence of growing older is the likelihood of contracting one or more of the 'modern' diseases of civilisation – cancer, Alzheimer's disease, dementia, insomnia, arthritis, depression, memory loss and so on. These illnesses can be caused by a myriad of factors such as stress, diet, air quality, etc. However sleeping EMF and GS free allows the body to rejuvenate overnight with the possibility of achieving good health.

# Home Survey

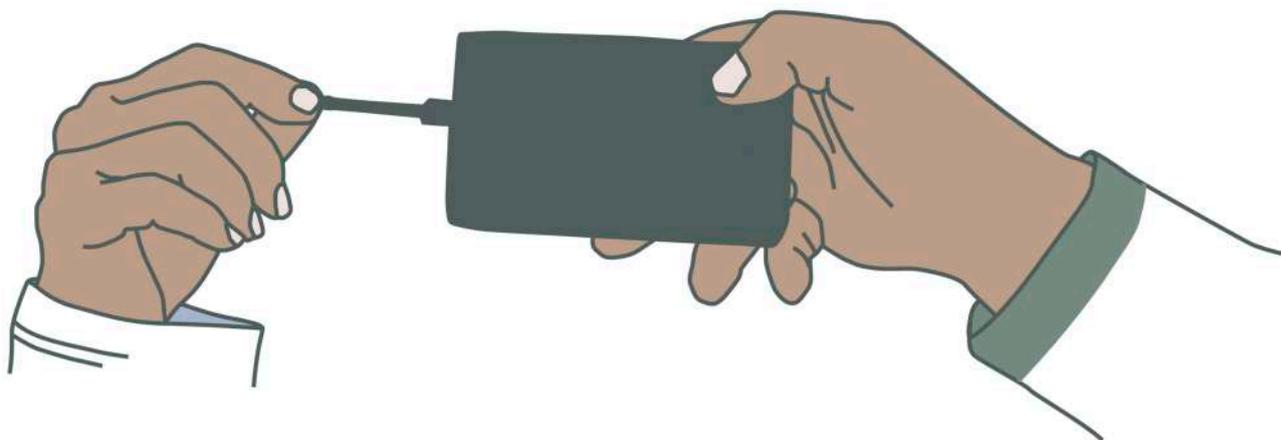
**The most important point to remember is that in most cases you can take action to mitigate the effects of EMFs and Geopathic Stress in your home.**

The starting point in a home survey will be a general review of EMFs and Geopathic Stress and their potential affects on the body. We will then look at any concerns that you may have.

We will take measurements in the sleeping area for power frequency electric and magnetic fields, dirty electricity (electrical pollution which is biologically active), and high frequency (RF) fields. If any of these are present we will look at ways of reducing them to make the sleeping area as close to an EMF free zone as possible. We may also measure the Earth's natural magnetic field over the mattress, as sprung mattresses can have the effect of distorting the Earth's magnetic field, which can lead to problems with sleeping.

Using age-old dowsing techniques, we will establish if there is any Geopathic Stress, such as underground water veins, in the sleeping area. We will measure the strength of radiation due to Geopathic Stress and suggest measures (if appropriate) for reducing their effect.

An integral part of these readings is to measure the high and low frequency radiation being absorbed by the body whilst sleeping. These readings are taken in the sleeping area and give an indication of the stress on the body from EMFs. They can also be an indicator of the effectiveness of any proposed solution.



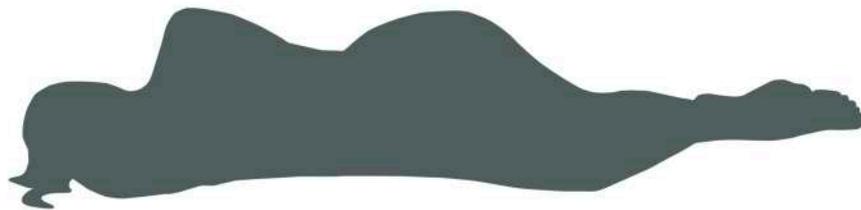
**My aim is to assist you to have, as far as possible, a radiation free sleeping area, and to reduce the effects of EMFs throughout the rest of the home.**

# Solutions

THE MAIN AIM OF THE SURVEY IS TO OFFER ADVICE TO ASSIST YOU IN REDUCING THE LEVEL OF RADIATION IN THE HOME.

THERE ARE FREQUENTLY A NUMBER OF SIMPLE INEXPENSIVE SOLUTIONS THAT CAN BE TAKEN TO DO THIS IMMEDIATELY. THESE INCLUDE REPLACING DECT PHONES WITH WIRED PHONES, SWITCHING OFF THE ROUTER AT NIGHT OR HARDWIRING THE ROUTER WITH ETHERNET CABLES AND SWITCHING OFF THE WIFI FUNCTION. FOR LOW FREQUENCY RADIATION CONSIDER SWITCHING OFF ELECTRICAL CIRCUITS AT NIGHT AND FITTING CUT-OFF SWITCHES TO CERTAIN CIRCUITS.

HOWEVER THE MOST IMPORTANT ADVICE WILL BE TO EXPLAIN HOW TO SLEEP 'RADIATION FREE'. THE REASON FOR THIS IS THAT OUR BODIES REPAIR AND REJUVENATE OVERNIGHT AND RADIATION CAN INTERFERE WITH THIS PROCESS. THIS IS WHY MANY CLIENTS FIND THEIR QUALITY OF SLEEP IMPROVES AFTER SHIELDING THE BEDROOM.



## Sleeping 'Radiation Free'

There are two main ways of creating a low EMF sleeping environment. The first involves shielding the whole room, the second shielding the bed.

### Shielding the Bedroom (or any other room)

- 1) Special shielding paint (black) is applied to the walls and ceiling (note: it can be painted over to any colour of your choice) to reflect and absorb high frequency (HF) radiation.
- 2) The paint is connected to the electrical ground with earthing tape which takes low frequency (LF) radiation to ground.
- 3) GPA mesh is placed over the floor (ideally under the carpet) and grounded, which reduces both HF and LF radiation coming through the floor.
- 4) Circuit cut-off switches to be considered for lighting and bedroom socket circuits.
- 5) Shielding lining fabric is sewn onto the back of the curtains to reduce levels of HF entering the room through the windows

- 6) If Geopathic Stress (GS) is present then a GS mat may be placed under the bed to deflect the GS around the bed.
- 7) A metal bedframe and sprung mattress should ideally be replaced with a wooden bed frame and a non-sprung mattress because metal can act as an antenna for the radiation. It can also disrupt the Earth's geomagnetic field.

These measures dramatically reduce the levels of radiation in the bedroom. Dr Klinghardt recommends sleeping in a room with a HF level of 5 microwatts per metre squared or less. Geovital recommend sleeping with less than 30- 50 microvolts in the body and less than 30 V/M for low frequency.

I advise on the following:

- 1) Which of the above measures are necessary, depending on the survey findings.
- 2) Sourcing of required materials
- 3) Assistance with the application of the shielding materials
- 4) Recommend experienced workmen to carry out the work.



I LOVE THE END RESULT. IT IS TRULY AN OASIS OF CALM AND I CANNOT WAIT TO GET INTO BED AT NIGHT SECURE IN THE FACT THAT IT IS FREE FROM ALL THE DRAINING NASTIES OF ELECTROMAGNETIC POLLUTION AND GEOPATHIC STRESS. IT HAS A LOVELY SOOTHING AND HEALING ENERGY ABOUT IT NOW. RECENTLY I HAD FAMILY OVER TO STAY AND I GAVE UP MY BEDROOM FOR THEM. BOTH MY BROTHER AND MY SISTER-IN-LAW COMMENTED HOW SOUNDLY THEY SLEPT IN THAT RENEWED SPACE.

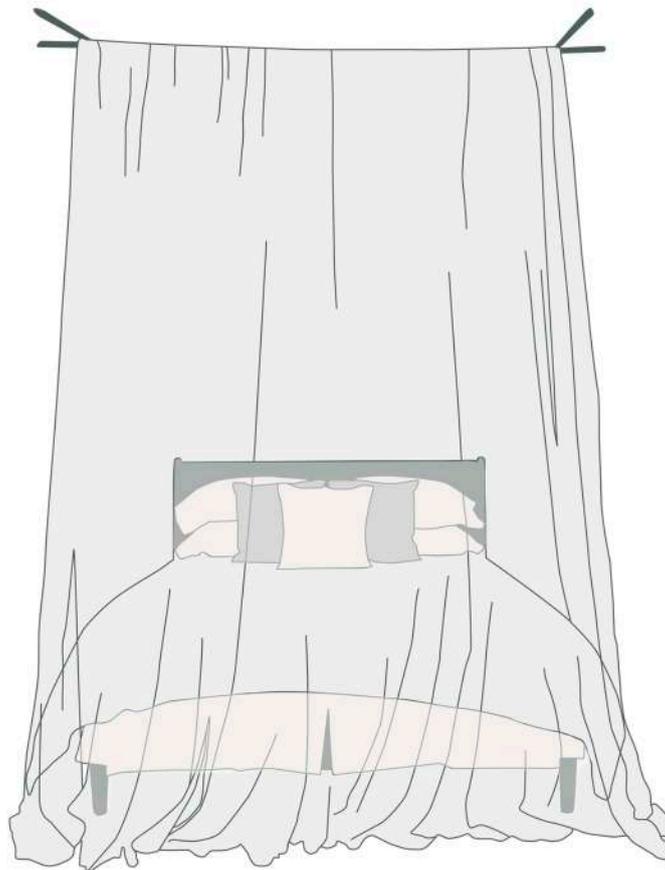
I WHOLEHEARTEDLY RECOMMEND LEONARD AS AN EXPERT WHO CAN THOROUGHLY INVESTIGATE AND REMEDY THE EFFECTS OF THESE STRESSES IN SUCH AN IMPORTANT PART OF ANY HOUSE, THE BEDROOM, WHERE I AM NOW ABLE TO REST AND RESTORE MY HEALTH.

*Sam (Berkshire)*

IN THOSE 9 WEEKS ( AFTER GEOPATHIC STRESS MATS WERE INSTALLED AND THE BED AND MATTRESS WERE CHANGED) MY SLEEP IMPROVED, MY PAIN DISAPPEARED, MY BLOOD PRESSURE NORMALISED AND MY IMMUNE SYSTEM BECAME STRONG AGAIN”

*Jeanne (West Yorkshire)*

## Shielding the bed - Canopies



There are situations in which the shielding of a bedroom may not be appropriate – for example in a rented apartment. A more flexible solution is a canopy around your bed.

I supply a number of types of canopy to cover a range of situations, from a pyramid canopy for babies and young children through to our 'Top of the Range' canopy. In every case the canopy is supplied as a set to shield against both High and Low Frequency radiation. The exception to this is our 'Top of the Range' canopy which requires additional shielding work for Low Frequency radiation shielding.

All canopies have been selected for their high shielding effectiveness.

A Geopathic Stress mat can be used with any of the canopies to deflect the burden of GS around the bed.

**CANOPIES CAN BE RENTED FOR A TWO WEEK PERIOD** (TERMS AND CONDITIONS APPLY) SO THAT YOU HAVE THE OPTION OF SLEEPING 'RADIATION FREE' FOR A TRIAL PERIOD, BEFORE EITHER SHIELDING YOUR BEDROOM OR PURCHASING A CANOPY. THIS IS A USEFUL FACILITY FOR PEOPLE WHO WOULD LIKE TO FEEL THE BENEFITS OF 'RADIATION FREE' SLEEP BEFORE INVESTING IN THE FULL SHIELDING SERVICE.

# References and Resources

## Books

**'The Powerwatch Handbook - Simple Ways to Make You and Your Family Safer'** Alasdair and Jean Philips

**'Dirty Electricity – Electrification and the Diseases of Civilization'** (2nd edition) Samuel Milham, MD, MPH

**Something In The Air** Roger W Coghill

**An Electronic Silent Spring – Facing the Dangers and Creating Safe Limits** Katie Singer

**Light That Heals – Energy Medicine Today and Beyond** Donna Fisher

**Beating Electrical Sensitivity - The Path to Tread** Lloyd Burrell

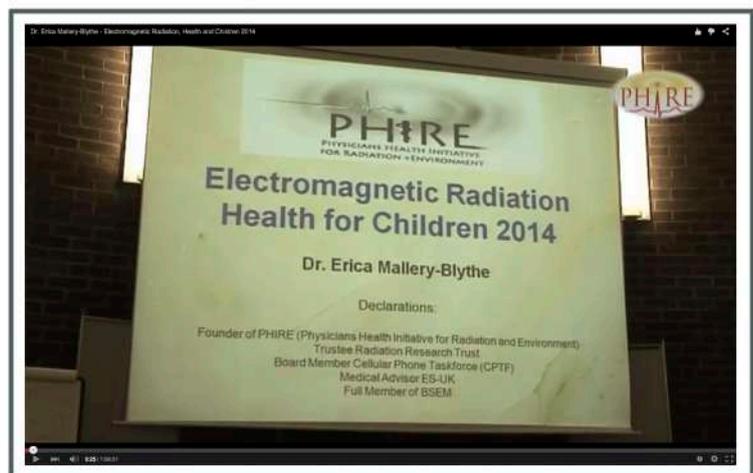
**Earth Radiation** Kathe Bachler

**The invisible Rainbow** Arthur Firstenberg

**The Non – Tinfoil Guide to EMFs** Nicolas Pineault

## Youtube

The most comprehensive and clear presentation of the dangers associated with EMFs that I have come across is a youtube presentation by Dr Erica Mallery-Blythe entitled **Electromagnetic Radiation, Health and Children.**



## Websites

**www.emfradiation.co.uk** Geovital - Suppliers of a range of shielding materials, cut-off switches and indicator lights.

**www.powerwatch.org.uk** An independent website which is a brilliant resource for a range of articles on virtually every aspect of EMFs.

**www.emfields-solutions.com** A sister website to Powerwatch and suppliers of quality measuring equipment, tested screening products, and low EMF products (e.g. gigaset DECT phones) to reduce your EMF/RF exposure.

**www.pronature24.com** Supplier of shielding materials.

**www.electricsense.com** Lloyd Burrell's website contains a wealth of information about many aspects of EMFs and electrohypersensitivity.

**www.rayonex.co.uk** Suppliers of Bioresonance devices.

# Testimonials

*What a difference you have made to our lives; it has been life changing and we are so grateful for the expert advice you gave us in your EMF and Geopathic Stress Surveys. We could never have navigated around the complex issues ourselves or indeed implemented the necessary changes.*

*Your knowledge of the subject is second to none and has given us huge reassurance that we can live our lives in an EMF-free home. Thank you so much for completing the task with minimum fuss and good humour. Your proactive measures and support will enable us to live healthily in our modern day environment.*

*My family now has improved quality of sleep and general well-being.*  
*Caroline and Lydia (from Berkshire)*

## Shielded Bedroom

*My bedroom is truly an oasis of calm. I wholeheartedly recommend Leonard as an expert who can thoroughly investigate and remedy the effects of these stresses (emf and geopathic stress) in the bedroom, where I am now able to rest and restore my health.*

*Sam (Berkshire)*

*I am immensely grateful to have been helped by Leonard. He has guided me through difficult times, and now my home has a sense of calm: a place where at night my body can recover from the effects of wifi, 4G, and electromagnetic stresses and geopathic stress.*

*Maggie (Cambridge)*

## Geopathic Stress

*Following the initial survey, the steps that Leonard recommended (which included a GS mat and cut-off switch) so vastly altered our sleep environment that even my husband noticed the difference and we both began sleeping so much better it was astonishing.*

*Helen (Berkshire)*

*My sleep improved, my pain disappeared, my blood pressure normalised and my immune system became strong again. (After installation of a wooden bed frame, non-sprung mattress and GS mat).*

*Jeanne (Yorkshire)*

## Canopy

*I started to enjoy very restful and uninterrupted sleep for the first days after the shielding, which is spectacular. . . . I enjoy energy during the day and my daily work is not a problem any more.*

*Kaina (London)*

## Geovital Mattress

*The biggest impact so far has been the mattresses we now have. They are brilliant, mine has helped my back and stops me getting radiation as it is coil free, all making for a better night's sleep.*

*Rebecca (London)*