

STRESS FROM CURRENT AND RADIATION

The sick sleeping-room and its successful treatment

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Ladies and Gentleman, the Baubiologie - you can translate it into building biology - deals with the relation between human beings and their building environment.

I was on a party in San Franzisko talking about Baubiologie with friends and will never forget that nice elderly lady who asked me: What do you mean with bow? What has bowing to do with current and radiation? Or with ships? Or with violins? Do you mean bowel? She pointed to her tummy with a question mark in her face. It has nothing to do with bows and arrows, with ships, music instruments or guts, nothing to do with that.

The German word for building sounds like bow, but it is spelled B-A-U. "Bau" means house ore home. And "Bios" is life, the animated nature-directed world. "Logos" means creativity, order, harmony, health, vitality, wholeness... So, Baubiologie - Bau-Bio-Logie - is our closest environment protection. And, environment starts at home.

The Baubiologie aims at the implementation of a healthy building environment. For more than ten years building-biologists are trained in Germany, who promote this approach and are active in consulting, analyzing and sanitating of houses, apartments, workshop places being under construction or renovation.

A main aspect of the Baubiologie is the examination of homes and sleeping-rooms. The health risk from environment stress factors is particularly high in these areas. The main part of our life we live at home. Especially during the period of unconscious, regenerative and relaxing sleep we are very sensitive to all sorts of artificial, electrical, magnetic, radioactive, toxic and room-climatic but also natural geological stimuli.

The task of a modern building-biological inspection is to analyze the multiple fields, rays, gases and other corresponding environment risks with sensitive and reliable physical instruments in a reproducible way. Thereby risks can be detected, described, evaluated and excluded. Proposals for sanitating try to make the sick home, the sick working-place, the sick sleeping-room healthy again.

Ladies and Gentlemen, you have asked me to speak on this big international conference about the interesting and gripping topic:

**STRESS FROM CURRENT AND RADIATION -
THE SICK SLEEPING-ROOM AND ITS SUCCESSFUL TREATMENT**

and to share my experiences and ideas.

May I introduce myself: My name is Wolfgang Maes. I have been journalist at great German daily for 17 years and during my free time I have been very busy dealing with the quite complicated and multifarious problem how electromagnetic fields act on biological processes. Since I always had an "E" in physics at school and never had been really very interested in this subject my decision to work at this topic did not come spontaneously. As often the starting point was my own experience.

After a long time of despaired seeking for the reasons of continuous complaints in my life many chronic diseases let me finally think about a house and specially sleeping-room

examination. Numerous activities of orthodox and naturopath medicine and other, sometimes outrageous alternative approaches did not generate the desired success. I remained more or less sick for years. My odyssey brought me to all possible and impossible authorities of orthodox and naturopath doctors. The medical specialists found me a tough nut to crack. The insurance companies paid in the beginning and stopped it later on. I was not well. Quality of life, what was that about?

I followed the advise of a naturopath and called a dowser in my home. Visits of other dowsers followed during the coming weeks. Always I was astonished and horrified about the ambiguous contradiction of the results and the interpretations. Some spoke of a water vein, others about a dislocation. None of the reports were identical. Sometimes the alleged geological disturbances were at the left side of the room, then at the right side, then much more at the rear. Always they were beneath my bed, though this had been moved several times to another position within my sleeping-room. The five dowsers gave me five layouts, all of them were different.

Some weeks later a professional building and electricity biologist detected numerous and very strong artificial electrical and magnetic fields in my room. An electricity installation of my old house with a lot of defects and deficient grounding, too many electric sets like clock radio, stereo set, answering machine, TV set and some yards of live extension cords beside and under my bed radiated like mad and put my body on artificial "high voltage". The fields of the fuse box within the range of one yard of my bed added another involuntarily strong contribution.

I followed the many sanitation advises of the expert, cleared a strongly magnetic spring mattress away from my bed and an electrostatically charged synthetic carpet out of my sleeping-room and... felt a lot better during the weeks afterward. The first practical success after a long period of suffering!

My complaints decreased very soon. Two months later I did not need medicine any longer. The doctors seemed to be more confused than delighted. This happened some years ago. Looking backwards I am grateful, since those changes had been the most constructive ones of my life.

As a curious journalist I started with great interest to deplore in theory what I had experienced in practice. I wanted to write a story about that in my newspaper, since I had already a wonderful case study: my own person. Only some research on the scientific nuts and bolts was needed. But that caused difficulties. There were only a few building biologists who could answer my questions. And even their answers were inconsistent. Contacts to universities and medical doctors were met with ironic smile of professors and academic persons supposed to know everything but knew nothing.

This emerging science called Baubiologie hold me tight. I was a professional journalist and a private researching and experimenting man in one person. I looked for and found a lot of complicated but also understandable books. With enthusiasm I participated in seminars and met experts who were eager to help. I found many expensive measuring instruments and made experiments during a lot of nights. I was fascinated about the studies of building biology and naturopathy and invested the remainder of my limited time for that purpose.

Today persons call me an expert. I left my job as a newspaper journalist and turned my hobby into a job. Now I am a free lance worker. I am executing surveying and consulting in building biology for living rooms, sleeping-rooms, office buildings, consulting rooms of doctors and real estates. I am lecturing, organizing seminars, doing public relations and writing for scientific magazines. I cooperate with more then 50 doctors and naturopaths which refer clients with special problems to me, control my measurements from their orthodox medical and naturopath aspects and confirm the success of implemented sanitations.

Ladies and gentlemen, the core of my lecture will be the biological risks which we can change and improve with individual responsibility. I will inform you about things which really can be done and will avoid to concentrate on the illusion that it is possible to do

the impossible. Therefore you will be informed less about those radiations against we can not protect ourselves for the time being or radiations which are only marginally researched and which we cannot eliminate spontaneously.

A host of strange offshoots: The artificial cosmos

Among those are the high frequency electromagnetic waves beyond calculation and evaluation and potentials which penetrate our civilizations only for some decades till the last fibers of all technical and biological processes, all deriving from radio, TV, radar, radio relay systems, amateur radio, mobile phones, microwaves and satellites.

No other artificial environment factor has more strange offshoots than this electrification of our living space. Artificial micro wave smog from more than 10 000 satellites, thousands of radio relay arrays and radar installations, millions of mobiles, transmitters and receivers outside an inside... indicate an electromagnetic radiation all over the globe.

Times have passed when we were still able to measure the natural micro wave radiation of our atmosphere since the dramatic artificial interference of technical frequencies is billion times more than what had been the untouched yardstick till 1900: a sky without any artificial electromagnetic penetrations.

It is naive to assume that the organic processes of life will adjust themselves to those artificial and much stronger influences without any problem. Indeed, we do not taste anything, we do not hear anything, we do not feel anything directly from them. But that would be demanding too much. These technical beams, never having existed since the begin of our evolution, are so recent that nature taken by this quick surprise has no sensors, mechanisms of resistance and understanding available.

Let us change, what we can change

TV towers and radar stations, military intelligence installations and telecommunication radio relays... satellites and mobile telephones with their typical high frequency electromagnetic fields cannot be removed so easily from our civilization. Nor can cars, concrete, smoking chimneys, garbage combustion installations, polluted rivers and lakes, low level flying, ozone (too little at the top, too much at the bottom). Therefore we should prefer speaking about what we really can change if we want to change it.

That are the many electric and magnetic, radioactive and geologic disturbances at home and at our work place. These generate especially large and often totally unnecessary risks beyond calculation because they can be avoided and we can do without them.

I will draw your attention this time to these fields and show you where they like to hide themselves often: In our electric installations and devices, in many synthetic materials, in metals like steel, in construction materials but also in the geological underground of the earth.

The sick sleeping-room

Various scientific findings show that the human being during his regenerating passive sleep in the night reacts 10 to 100 times less resistant against stimuli. His immunity system, his adaptation capacity and his vegetative processes only function on a very low level. On daytime however, when the body aims at efficiency he has very active functions for counter-regulation and resistance against stress.

The sleeping-room is the workshop of the body. At night repairing takes place of things that have gone wrong during daytime. A sick sleeping-room cultivates sickness. Paracelsus has taught already more than 400 years ago: "A sick bed is a safe tool to ruin one's health". Therefore most of my arguments refer to the most important twenty square feet in your home: to your bed, where it is placed and its surroundings.

Since seven years I have made more then 3000 inspections of sleeping places as a building biologist. Many times I have learned that a good and undisturbed sleeping place is

the main base for health. Many persons react to a sleeping-place with stress factors in a remarkable way. They sweat, cannot find sleep, wake up often, get pains, fears, heart flutter, strains, pulled muscles, nightmares... Our body sends individually different warning signals which we should observe.

Many human beings do hardly react. Their sleep is deep, almost too deep, as heavy as lead... A better yardstick for the quality of sleep is the quality of awakening. Am I relaxed in the morning? Has sleep being a short vacation? Or am I deadbeat? Do I need two cups of coffee and a cold shower to become really awake? After an overstrained night I will be tired, regardless how long I have slept. I will lack motivations and my head will need a long time to think properly.

Let us now deal with the stressing beams in detail and extensively. We will speak a bit about electrical and magnetic alternating fields, about electrical and magnetic direct fields, about radioactivity and about terrestrial radiation.

1. Stress from electrical alternating fields

Electrical alternating fields derive from electrical alternating voltage. These are 220 volts with a frequency of 50 hertz in Germany and 110 volts with the frequency of 60 hertz in the USA. All sockets and junction boxes, all cables and devices with mains connection are radiating also if there is no current, i.e. no current consumption.

Normally an electrical installation with its existing inevitable fields is modest in its radiation extension and the biological risks are minimal. Normally means if the installation is technically well done, installed properly, grounded according to the regulations without cracked cables or defects, without any supra-electrification. Under such conditions the follow-up fields are in the size of square feet and a connection of our body to these emitters is not very probably provided you are in a sufficient distance.

But I realize in many rooms fields not in the size of square feet but of square yards as a consequence of installation hassle, defect or not existing grounding and too many cables and electrical devices just in the range of the body. In the bed or nearby we sometimes have arrangements like in a jet cockpit or at a high tech computer place of a manager.

The producers are not always evident, often they are hidden. Walls, rooms and even whole houses can be energized due to faulty technical conditions. Construction materials with conductor ability, aluminum foils, rolled metals, moisture and the metal parts of a bed themselves (springs, iron grating) make the risk even larger.

The small, cheap clamp and standard lamps can generate many more fields than a jet cockpit since they rarely are grounded. And that happens as I said even when they are not switched on. Only the power-supply line is sufficient. Not necessary fields all over the night. Only because 50 cents have been saved for the decisive third grounding wire in the cable.

A test screw driver flashes

If a person is connected like an antenna to the outstanding large field an electrical body potential is generated which may be ten thousand times larger than the existing one in our natural organism. It often happens, that my voltmeter shows hundreds of millivolt or even some volt when I make a body test for a person lying in the bed.

In some extreme cases I saw a cheap test screw driver flashing at the skin, the hairs and the tongue of a person being under voltage of artificial 50 or 60 hertz. You do not believe it? Put yourself on an electric pad and ask your partner to make a test at your body. Try it.

All that generates stress. Our precious potential for resistance wanes. The body resistance must work on extreme level... On the other hand there are thousands of case studies when a simple sanitating of electrical alternating fields produced amazing and challenging health improvements.

The frequency is important

It's interesting that those fields of our living and working environment are especially precarious since they are subject to a frequency which according to scientific research results interferes particularly sensibly with organic processes: the universal 50 and 60 hertz frequency. Technical environment from radio relay, radar etc. work with extreme high frequencies in the kilo-, mega- and gigahertz range. Our low 50 or 60 hertz frequency in electrical installation of our homes and work places are not comparable with them. Let us now not listen to what the sceptics and warning voices say about the problem but those who are in charge for electricity production and sell it.

Stimuli from the power-supply company

Germany's biggest power-supply company RWE in Essen reports in an internal company information dated from 1984: "A nerve cell realizes an electrical stimulus above 15 to 20 millivolt..." Continued: "Within alternating voltage the sensibility is dependent from the frequency. The highest sensibility of nerves is around 50 hertz." And: "Technical applications can disturb electrical physical processes."

That is a quote from an institution which would have justifiable reasons to resist against the suspicion of biological effects from electrical fields. When only 15-20 millivolts lead to nerve stress - that raises a lot of questions.

Nobody knows

What happens in a person when I detect electrical potentials of some volts at and within his body which is connected to adjacent voltage fields in his bed? What happens when the test screw driver flashes? That are 50-100 volts!! Is that already "a disturbance of physical processes"? Is it or is it not yet?

Nobody seems to know. No wonder. The soft scientific researches refer to short time tests with healthy test persons during the active day time period. Long time tests with senior and ill persons, children, sensible persons and unborn children do not yet exist. Not to mention any reference to the sensible unconscious sleeping phase.

Research is needed

My experience shows that the importance of biological risks of all artificial electromagnetic fields is higher than we thought so far. Otherwise what other would be the reason of recurrent spontaneous healing successes of seriously ill persons after they have been liberated from those chronic stimuli?

I am no scientist. I am a journalist. That is stimulating too. I have knowledge due to my experiments and experiences, because I check and detect things. I ask and check; I believe little and want to know much. This forms a total picture from various parts. You do not need proofs if you have experience. Experience is the pathfinder for scientific dialogue. And such a dialogue is missing.

The biggest computer of the world: the human being

Before this auditorium there is no debate necessary, that we have billions of electrical functions running every second in the organism. Cells have an electrical potential. Measurable currents flow in nerve fibers.

Medicine has defined the time of death by the end of electrical energy in the brain. The electro-cardiogram measures the electrical processes of the heart in the range of millivolt. The electro-encephalogram the processes in the brain in the even more sensitive range of microvolts.

The cardiac pacemaker generates with one millivolt the unquestionable result of contracting the heart muscle. There is no life without electric voltages. All of our billions of cells are procuring more than 100.000 biophysical and biochemical functions per second.

The electrical miracle of life...

The human body is such a manifold, multidimensional and hardly to be explained electrical process that the experimenting, researching and experiencing of its functions will lead even the most scientific mind to astonishment and respect. Or can you imagine how more than 25 billions of permanent active electrical nerve cells can control our sensations and feelings with an admirable regularity?

... should not be disturbed!

There is every reason to believe and nothing to argue against that we have radically underestimated the biological consequences of artificial electrical fields.

No reasonable lawful limit exists or substantial protective regulations but a lot of naive consumers have to pay dearly in the name of progress and prosperity for things which clever public relations managers praise as indispensable. And at a cost whatever high it may be. Not only the price of money but at the end also our most precious value: the own health, the health of our fellow-lodger and that of our living-space, called earth.

Day is not night

What is the benefit of a few legal limits and standards on a too high level if they only refer to the workshop place and not to the body in his sleeping phase where his reactions are completely different? It is the result of narrow-minded, intellectual professionals, to treat night and day all alike. At night the body reacts highly sensitive to electrical fields, during daytime it can tolerate a lot more.

That is logical, if we reflect a bit: A strong smoker, who smokes a pack during the day, becomes nervous at night when a cold ashtray stands at his nightstand. Noisy type-writers in a large office room, squeaking copy machines, shrilling phones and voices... all are tolerated well during working hours in the office. Mozart and Pink Floyd can be stimulating even at top sound level - during the day. And during the night?

Flickering light in a discotheque makes you jittery not tired. A cup of strong coffee is nice in the morning and bad at night. Good and enough food is fine during the day but the stomach needs a rest during the night.

The same is true for stress from current and radiation. Day is not the same as night.

Scientific experiments in a lab are limited to give a short stimulus to the test persons and thereby do not record any substantial results. If the laboratories would deprive the test persons of the same stimulus after a long time, perhaps after years, one would be surprised. Then we would realize reactions. All doubts would vanish because the effect would be self-evident.

How to measure electrical alternating fields

I measure electrical alternating fields at house inspections at first in the room. One can detect the extension of radiation for walls, cables, devices, sockets which are under voltage with sensitive field sondes. This gives you a first impression of the order of the fields and makes conclusions possible in regard to the technical quality of the electrifications. The measuring instruments react with pointer deflection and acoustic signals. The measuring unit for the electrical field strength is: volt per meter (V/m).

Such a measuring does not allow an exact judgement of the physical load from electrical voltages for the body. For that you need a further measuring and this time directly at the human being. Then I know what arrives at the body. Prerequisites are an appropriate digital voltmeter and a manual electrode. You measure the electrical alternating voltage at the skin of a person lying in bed which is the sum of all existing fields in the room. Therefore the body has - this is important - to be isolated from ground, from earth, as he is mostly when he lies in his bed. The voltmeter pointer must be always on zero. If you cannot realize that, the building biology tolerates a maximum of 10 millivolt.

Some hints for a healthy sleeping place without electrical alternating fields

- # Put as few electrical devices in the sleeping-room as possible! Draw off all plugs, because switching off the devices is often not enough.
- # Do without TV set, computer, recorder, fluorescent lamps, electric pads, dimmers near the bed and dispense with electrically adjustable beds and water beds...
- # Check attentively for grounded cables and devices! Avoid flat plugs and all not grounded cable leads.
- # Lay only screened mains if possible!
- # Switch off the fuse for the sleeping-room at night! Or fit a switch-off relay into the fuse box which switches if the fuse circuit connected with it automatically whenever you do not use the current. And which switches on at once whenever you want to have current.
- # Protect yourself against the fields from neighboring rooms with conductive paints or foils. You fix that on the radiating wall and care for a good grounding.

Let us ginger up the lecture with some of my interesting experiences:

35.000 Millivolt in an electrically adjustable bed

A case study comes to my mind. It refers to a particularly "delicate" new approach: beds which you can adjust with an electrical motor. A dentist slept in such a luxurious model and had racking pains in the spine, migraine and heart attacks, dizziness for years. The bed was not sufficient, he added an electrical pad. But it is sufficient that bed and pad have a mains connection to release huge electrical fields. That means: Even if the adjustable bed and the pad is not in function nevertheless the body lies in a field as long as the leads are in the plug.

I measured 35.000 Millivolt (!) at the body of this client lying in his bed. After removing the plug from the electric pad the outstanding voltage potential went down to still remarkable extreme 12.000 Millivolt. After removing the bed plug we had "only" a remainder of about 600 Millivolt in the body of the person. The reason: Defects in the cables of the sleeping-room wall.

We built in a switch-off relay and this stopped the connection of the body because no electrical fields remained: The measuring instrument showed: Zero Millivolt.

The client called already after a few weeks: The unbearable pains had subsided gradually and finally had disappeared completely for ever.

More madness: 155.000 Millivolt at one time!

An extreme case: A thoroughly healthy, vital person in the age of about 40 became extremely ill during a few weeks. The clinomobile came every other night. The man was despaired because the doctors could not find anything. In the hospital the dangerous symptoms abated every time.

At home they reappeared again: heart attacks, disturbed circulations, mysterious and intolerable pains. The person could not make a sensible thought any longer. Fear, depression. Again calling the first-aid doctor. The client was convinced to die soon...

A body measurement in the bed resulted in 155.000 Millivolt, i.e. a total of 150 Volt! The wife in the bed nearby was every evening astonished about little electrical shocks and winced back with fear when touching the body of her husband. What was the meaning of that? A human being is certainly no plug!

The reason: The electrical heating of his water bed was defective. After repairing and

screening the fields did not appear again. The sporting and dynamic gentleman was obviously filled with new life again. The clinomobile did not come again.

This field was so strong, that the above mentioned test screw driver flashed when brought into contact with the body of this Mister-155-volt in his bed.

Shrilling alarm clock not heard

Not less than a 6000 Millivolt voltage was found in the body of a young man in Marin County, California. He lived in his home for six years. And during this six years he never (!) could sleep for one whole night and was continuously overstrained and stressed. Without exception he woke up every morning one hour prior to the alarm clock and, though being dog-tired, he could not sleep again. In this case again switching off the fuse box removed the strong fields from the cabled walls too. Already the next morning the embarrassed person did not hear the shrilling of the alarm clock and slept away for five hours for the first time. During a few weeks wellbeing sleep returned. And, as a side effect, also the strong pains in the back during the last years disappeared.

Therapy-resistant doctor

In the German magazine "Wohnung+Gesundheit" I have reported about a doctor who became seriously ill due to electrical alternating fields and became healthy again after they had been removed (issue 54, 3/90). His wife is a nonmedical practitioner. Both applied all their vast orthodox and naturopathic knowledge. But in vain. The body measurement showed 3000 Millivolt at the heavily charged sleeping place. The practitioner wrote a letter after her husband was cured:

"My husband had strong heart attacks every night. All naturopathic and strong chemical medicines had no success. Twice he had to be brought with the ambulance into the intensive care unit. The diagnosis of the doctors in the hospital: coronary heart disease with scintillating of the atrium. Later he had an additional diarrhoea from which he lost strength and which could not be influenced by medicine. The liver values increased, thrombozytes decreased. He had to take cortisone to avoid an acute haemorrhage. According to your advice I switched off the fuse in the sleeping-room every night. My husband recovered immediately and reduced his medicine. No longer he had any heart problems, the values in the lab came to normal and he had no diarrhoea any more. Since that time he had never any problems for two years now."

Bedwetter with punk hair style

A 13 years of age schoolboy, modern dressed in black leather and ornamented with a modest punk hair style had been a bedwetter from the age of five. The poor boy had to undergo all sorts of treatment for years and had to go once a week to "some sort of a psycho guy". For one year he had to wear every night a device like a corset, so called ringing trousers which gave loud alarm with a humidity sensor when he wetted again. In the bathroom was the key to put off the alarm.

He also had allergies against dust mites and hay fever. The parents were already "biological style" believers: Excellent cork floor, natural painting on the wallpapers with rough fibers, no electrical devices in the sleeping-room of the boy, a good latex mattress on a pure wooden bedstead, no synthetics anywhere...

But the fields exploded from the desolate electrical installation: 4500 Millivolt touched the body of the boy in his bed. The remedy was simple: switching the fuse. The result: zero millivolt.

The bed remained dry from the first night! For one year no longer any bedwetting. And last spring also the well known symptoms of hay fever did not appear again.

Building biology in the town hall

The mayor of a large city in the Rhineland asked for a sleeping place examination. He

told me about strong headache, chronic tumefaction of the lymphatic nodes all over the body and exhaustion. And he told me about his regular drop in efficiency at noon time. An electric blanket put the politician under voltage: 16.000 millivolt!

After removal of this electrical "grenade" still a potential of 100 millivolt remained in the body. The reason: The electrical alternating field of a riser in the adjacent bathroom.

I am persistent and argue for zero. Therefore this small part of the bathroom had been screened too. Without electrical blanket and after screening the headache decreased, the sleep became better, the rising in the morning became more vivid and merry. The lymphatic nodes disappeared within three weeks and with them the pale color of the face too. The daily drop in efficiency has gone and is replaced by vitality.

His colleagues asked him about his looking so well and where he had been on vacation. "Nowhere" the mayor responded, "I take my rest in a healthy bed". Then he told his story. If there is a fierce debate in this town parliament now and a politician complains aggressively the colleagues now say: "He should let examine his sleeping place".

The price of electricity

The case studies are impressive and their advantage is that they are true. I could report about many other things. Many more case studies. The result is always the same. Electricity has its price. Not only when you get your bill.

Nevertheless, ladies and gentlemen, I also will inform you about situations where persons seemed not to react to electrical alternating fields. Their appearance seemed to be fit in spite of high measurement values of some volt. The success of sanitations is not always such positive. But mostly it is.

Science and practice

Why those effects are produced in some persons but not in others... I do not know. I only can report from my experiences that these effects exist. For many persons. Again and again. And that in most cases the sanitation of the electrical load results in impressive improvements for the health. That is sufficient for me demanding a quick, continuous and urgent scientific dealing with these phenomena.

We have not much research till now. The nature with its immense diversity asks millions of questions for which we have no answers to the very day. The destruction and exploitation of the earth by human beings with their vast cleverness and destructive power produces problems for which we even might not have answers tomorrow too. It is the illusion of the mind to think he could have everything under control.

What a science which spends millions of dollars, only to "prove" that an obviously harmful product cannot be harmful? Where do we find science which makes research independently from economic and political interests?

Apples and pears

I have not the ambition to please scientists, physicists, top managers and politicians. My intention is to be understood very practically. To be understood by you. That is not easy since the subject is so complex and complicated. Therefore I beg your pardon when I may compare apples with pears for once. I do not care when you get stomach troubles from 6 pounds of apples or from 6 pounds of pears. I want to demonstrate that I have experienced and detected that six pounds are too much anyway.

Technology without precarious voltage

It is a matter of course that sensitive technical rooms are free of fields. The highest fear of computer experts are disturbances and software crashes due to external electrical influences. Everybody who is concerned with that problem becomes moist hands if he only thinks about this possibility.

Electrical interferences are not allowed for a personal computer, a mainframe computer, in radio or TV stations, in the operating theatre, during an electrocardiogram or encephalogram recording... In the production line of electronic devices even the workers must be grounded and thus "discharged" before they are allowed to touch these "sensitive" products. Otherwise defects may arise which cannot be corrected later. There is a big sales market for devices to avoid electrical disturbances at the computer working place.

Voltage in the set of teeth

The dentist has the difficult responsibility to assess the biological risk of artificial voltage potentials in the oral cavity. Because various metals in the teeth can have unnatural electrical voltages and hereby produce corresponding unnatural current. One can measure that especially at fillings with amalgam. Often when different metals or metallic alloys are in close contact, too. The biological critical limit value is set for 100 mV voltage and 3 till 5 μ A (according to Türk, Schimmel, Kramer, Voll, Gasser).

Once again one should ask the question: When the RWE company testifies nerve stimuli already at the level of 15 to 20 mV, when the dentist sanitates the teeth at 100 mV what happens when I measure thousand or even ten thousand millivolt bodyvoltage in several modern sleeping-rooms? And not only in teeth but in the whole body. And you have to add the risk of the 50 or 60 Hertz frequency.

Thousand questions without any answer. Most questions have not been raised yet.

Nature is in order

I am glad to have found the best guarantor, advocate, lawyer and yardstick for my work: the nature. If nature is in order, then we are in order too. If the nature is out of order it is silly to believe that this will not have consequences in the long run because we then live in an unnatural disorder.

Especially during the last few decades we have innumerable proofs, that life-rejecting disorder is the result when the life-accepting cosmos is disturbed in its fundamental harmony. Every intervention in the natural processes has produced fatal consequences sooner or later. Nature takes revenge, it reacts, bio...logically.

Electrical alternating fields are contrary to the order of nature. They never exist nor ever have existed in nature. Neither the field value nor the frequency can be found in nature. Let us seek from Alaska till the Tierra del Fuego, from Siberia till Australia, at the summits of the mountains or in the valley, in the jungle or in the desert... you nowhere will find a living creature which has a voltage potential of some volts with a frequency of 50 or 60 hertz in his body. As long as the globe has turned, never and nowhere.

Nature is the yardstick. Who does not understand this fact, has not reckoned with one's host. Who does not understand that order means to live in order has to face consequences. A person who thinks that freedom is the total lacking of live-saving natural laws has a neurotic concept of freedom.

2. Stress from magnetic alternating fields

The electrification of our life brings two completely different radiators: Beside the electric alternating fields which are dependent from the voltage to which we referred above the magnetic alternating fields which are dependent from the live current produce additional unnatural risks. These magnetic fields are generated from current consuming devices which are switched on and remain in operation.

If a current flows in cables and devices of an electrical installation the corresponding fields are mostly only insignificantly small. Important prerequisite is however that the technical installation is properly done. If that is not the case the consequences can become large and beyond calculation.

Even in certain switched-on electrical sets like clock radios and all products which are

run with transformers the fields are so large that they can be detected even in a distance of more than one yard. That is the same for TV sets, fuse boxes, the choke coils of fluorescent tubes, computers, machines, motors, freezers, heaters and air conditioners.

A critical situation exists, because you cannot or only rarely sanitize them, when the magnetic fields reach our rooms from outside: high tension lines, low voltage overhead lines and underground cables in roads, transformer houses and current of the railway can penetrate construction material, fittings and the body in bad cases.

Another reason for the production of magnetic alternating fields are plumbing installation tubes if they have different grounding potentials. The fields of these plumbing can also come from outside via the under surface tubes for gas, water and distant heat supply. Or they exist from potential differences and straying currents of technically not valid gas, water and heating installation in our homes.

Do high tension lines make sick?

Especially the biological effect of these magnetic alternating fields produced by high tension lines has been examined by researchers of all countries without ambiguity. The mass media report increasingly about the corresponding risks. Numerous researchers report the connections with all sorts of diseases, especially with degenerative processes and cancer.

The proneness to leukemia of children living in homes near high tension lines is significantly higher according to various Swedish and American studies. The effects on various hormonal processes are found, remarkable connections with suicides are detected.

Researchers found increases of special blood values and the partial blood pressure, vegetative dystonies and other stress symptoms, behaviour anomalies and reaction lags, immune debility and changes in the pulse frequency, migraine and allergies, sleep and see disorders, heart troubles and circulatory debilities, changes of the cell growth and amnesia, cramps and hyperactivity, gray cataract and more...

The German Federal Health Agency

Even the Federal Health Agency recommends large-scale distances from high tension lines for development plans. As a precaution. And the agency admits that when fixing the legal limit values one has to consider a number of uncertainties.

Reactions in the USA...

Four years ago the power-supply company of Houston/Texas was convicted to pay a more than 25 millions dollars compensation to a private school. A high tension line over the school campus was a health hazard for more than 3000 children. The judges sentenced the company to move the line.

...in Canada

Under continuous pressure of the people in the Canadian province of Manitoba the power-supply company agreed to buy up all houses along a 100 miles long high tension line to avoid damage claims.

...in Italy

In 1988 a district court in the province of Torino ordered the moving of a 380 kilovolt high tension line and the raising of warning signs in the range of the line.

...and in Spain

At the border of Madrid the two towns San Sebastian and Alcobendas are crossed from two gigantic high tension lines. After the building of these buzzing giants there had been health complaints, mysterious diseases, more cancer than ever and leukemia Page

which never had appeared in these towns before. The first local scientific investigations report about a significant relation.

Warnings in the TV

I could not believe my eyes and ears when I saw during my last stay in the USA a public warning after the evening news: Do not walk beneath high tension lines or only for a short while and do not allow your children to play there because of the too high health hazard for human beings.

Fields similar to high tension lines in your own house

But there is no reason to relax only because you do not live under a high tension line. One fact is alarming: Many devices of our modern daily life produce the same fields in the same order of magnitude as those which you can measure under huge high tension lines, if the body comes sufficiently close to them.

Let us not speak about the vacuum cleaner, the hair dryer or the dry shaver, nor about kitchen gadgets and drilling machines even not about the enormous fields of the electrical tooth brush... With these devices we only have short contact and they are not staying switched on, when we want to have a good sleep at night.

But when the electric alarm clock on the nightstand is only eight inches away from your head it is a great pity but also the truth that it puts every night for eight hours a firework of electromagnetic fields into your head which corresponds to that of a high tension line. And you can avoid that.

The distance matters

Two yards are often sufficient to avoid great risks. For a TV set it is sufficient if it is put on standby function to produce a strong and unnecessary field. The same is true for a stereo set even if only a timer is switched on.

The babyphone, an accumulator charger, the motor of a freezer on the other side of the wall, the aquarium pump, radios and tape recorders... Keep away from those devices at least when you do not need them: at night!

The distance matters. Or even better: put these electronics out of the sleeping-room.

Attention: Intensive fields at fluorescent tubes...

Fluorescent lamps produce remarkably strong magnetic alternating fields. The reasons are their intermediate units. All fluorescent tubes have also the disadvantage of a flickering frequency. That means that the gas in the tubes goes on and goes out hundred times per second. This process which gets on your nerves is defined as "stress factor" even in the medical dictionary "Pschyrembel".

...fuse boxes

Fuse boxes have a wide range of field power. A large distance should be kept as a precaution. Mostly 2 yards are sufficient. But not always. Only a direct local measuring can give the final clarifying advice.

...night-current lead-in wires

The same is true for lead-in wires for night-current storage heatings which produce the largest fields during night time when they are charged. Particularly bad, if the current-carrying cables are going directly behind the head of your bed.

...electrical underfloor heating

An electrical underfloor heating can be a particularly strong radiator and should be ban-

ned from any healthy sleeping-room. When the heating is switched on or is charging the whole room is full of electromagnetic fields till the very last square foot. Cut the heating circuit of the sleeping-room completely off the net in the distribution box.

...halogen lamps

Do it without the super constructions of wires which are fixed zig-zag under the room ceiling and are equipped with the modern, high-styled halogen lamps. The long distance between the lead to and back and the high current produce alternating fields which easily equal those of high tension lines. Fashion is rarely healthy. There is no alternative to a simple incandescent lamp with little electric fields.

The imbecility of the always active transformers

A modern bad habit is the careless use of the dominating little low-volt lamps. The transformers of these handy gadgets produce large fields. Like many transformers. Regardless whether they are part of a low-volt lamp, digital clock, portable recorder and radio, babyphone or of many other devices.

Often these transformers consume current in switched-off time and radiate enormously. In terms of facts: If you have a low-volt lamp on your nightstand and the transformer is at the plug directly beside or behind your bed then you have a nonstop consumption of current (for which you must pay) and fields (which you have to endure) also after it is switched-off. Why?

Because you are switching only the lamp, not the transformer which still has connection to the power-supply. You had to disconnect it from the plug to be free of current and fields. If the suspected transformer is built in the stand of the lamp the ordinary man does not know at all whether it is on or off... Because in this case it is decisive whether it is a primary or secondary switch, i.e. whether it is still connected to the power-supply in spite of the switch and thereby remains active or whether the switch was installed prudently in a way, that it switches both, the lamp and the transformer.

Many devices have such built-in and therefore invisible transformers. They all work according to the same pattern: the devices can be switched but not the transformers.

Penetrating walls and bodies

The magnetic alternating fields penetrate building materials, walls and ceilings without absorption. And the human body too.

Screening is only possible if you cover the generator of the fields or the room which should be kept free of fields completely with special metal alloys, e.g. MU-metals. These materials are expensive and can be seldom used under every day conditions. The only remedy is to switch off and remove the producing device. Or to keep a sufficient distance and avoid contact.

Basically you have to take into account influences from neighboring rooms. The final of Boris Becker does not come to your own TV screen but via alternating field also into the body of the sleeping neighbour three yards away. So keep three yards distance for your bed. Even concrete is no obstacle. You should take a three yards distance also from bathrooms and kitchens. They are full of field-intensive devices and installations.

The solution

Electromagnetic fields cannot be removed from our everyday life. But from the night. What is indispensable and finally brings benefit, function and joy during day time can be renounced at night. Illness is very often the known and logical consequence of uninterrupted stress. The continuous unnatural electromagnetic attack against body and soul has to be stopped immediately sometimes.

A meaningful and pragmatic solution is a sound sleeping place. What is the use of all

the unused and unnecessary radiation junk near to my bed, if I want to sleep well and relax? Let us not change the world. Let us prefer to change things which are effective and are within the range of our own responsibility.

That does no harm to others and it brings benefit to many persons. Above all to yourself. Do not wait till lawmakers, politicians, the Federal Health Agency and the engineers' association are alert. Make spontaneous actions. It is possible. And necessary.

How to measure magnetic alternating fields

I measure magnetic alternating fields locally with sensitive sondes for electrical fields and with induction coils. The measuring instruments react to the field loads with optical and acoustic signals. Measuring unit of the magnetic field strength is: Ampere per meter (A/m). I prefer to detect the magnetic induction in Tesla (T). In the air the conversion is: 1 A/m = 1257 nT (Nanotesla / billionth part Tesla). In the coils the magnetic alternating fields induce a measurable voltage.

The field lines of the electric alternating fields of which we spoke above propagate open and radially. The field lines of the later discussed magnetic alternating fields are always closed and show one field direction.

The measuring follows this field direction and generates different results according to the position of the measuring coil. Therefore the expert can find exactly the position of the disturbing device even when it is hidden: the overhead line over the roof, the hidden high tension line, the transformer house, the railway, underground cables. All field producers and their real technical track can be detected by this method.

Zero Nanotesla would be optimal, 20 are acceptable

Magnetic alternating fields penetrate human beings unhindered. Above other things they induce unnatural currents and voltage in our body.

Ideal, that means natural measurement results of null Nanotesla are very rare. We all have a higher or lower price to pay for the electrification of our living space. Downtown in the cities we have nearly always a more or less strong load of 20 to 50 Nanotesla, generated from the numerous current inducing processes of the streets and the housing surroundings. Every possible reduction of electromagnetic influences is desirable. Let us start in our own home.

Some advises for a healthy sleeping-place without magnetic alternating fields

- # Remove all live electrical devices in your sleeping-room.
- # Keep distance to live wires in the walls. To fuse boxes, freezers, boilers, TV sets... also if they are behind a wall.
- # Care for trouble-free installed and well-grounded electrical and sanitary facilities without potential differences.
- # Do without fluorescent tubes, dimmers, halogen and low-volt lamps and remove all switched-off devices with transformers from the plug.
- # Cut any electrical underfloor heating off the power system.
- # Check for a distance of 200 yards from high tension lines and railway current.
- # Avoid the current-carrying into your house with a roof stand and object against overhead lines with low voltage fixed directly above your house.
- # Protest against transformer houses which are adjacent to your home.

For any valid evaluations one needs local measurements and advice from the expert. You

can contact an independent building biologist. Power-supply companies have mostly arbitrary, unreliable and only theoretical arguments. Sometimes however I got constructive and committed cooperation and aid from the power-suppliers. That differs locally and it is worth while to test it. You are the paying consumer and you have the right of a good consumers' service.

Legal threshold values according to the German Industry Standard VDE 0848...

The lawmakers are permissive: they allow 5 Millitesla of long range load. 5 Millitesla (mT) are five thousand Microtesla (μ T) or five million Nanotesla (nT).

5.000.000 Nanotesla! That is the result of exhausting studies and research. Some hours here, some hours there. Never on continuation. Never with sensitive and sick persons. Never with fetus. Never at night. Everything below that five millions is permitted.

Because it cannot make you sick, it is not allowed to make you sick. That is what the power-supply lobby thinks. They define a problem as solved which is not yet studied.

It is also interesting that you nowhere find this faithful German limit value in everyday life. Neither at home nor at your working place. To find it you have to put your head just in the centre of a transformer house of a big company. Or make rope-skipping on the wires of a high tension line. There you can find the German and the American limit values according to the industry standard VDE 0848.

...and recommendation of building biologists

I can report about many health improvements when my clients have removed fields of "only" 200 Nanotesla from their sleeping-rooms. Good bye to migraine and pains. Fare well to strains, giddiness, high blood pressure. Good morning, clear head!

I share my own personal experience with the recommendation as a building-biologist: 20 Nanotesla should be the limit value at your sleeping place. That is not always possible. But 100 is definitely the maximum. A precautionary calculation.

Downstairs

Limit values have the destiny to be lowered during the years. That has been the case for formaldehyde, asbestos, nitrate and car emissions. The official x-ray regulations from 1902 defined a dosage of 2.500.000 Millirem as harmless. 2 point five millions! The same regulations say today that already 150 Millirem cause harm and make cancer.

Cautious arguments of the RWE

The above mentioned publication of the RWE power-supply company about "Building-biological electrical installation" also refers to the topic "Defining limit values". With care.

You read on page 1: "Scientific debates about concomitant phenomena are often starting only once they have been already hazards and when it is too late for preventive measures." Page 10 and 12: "Both electrical and magnetic alternating fields produce current in the human body... Turbulence currents were induced... Power is executed on ions." Referring to test prerequisites the RWE writes on page 15: "In examinations the maximum duration of the field effects is one hour. Therefore the subsequent results are only valid for short term effects of the magnetic field. It is undecided whether one can transfer these results to long term effects and whether one has to take into account other effects." And on page 18: "The tests comprise only very small groups of 20 till 50 test persons. With those tests only the behaviour of the prevalent group of the population can be examined. Thus deviating behaviour of minorities like persons who react to electricity with allergies can hardly be examined..."

Unfortunately this interesting and informative RWE-brochure published in September 1984 is no longer available. Many inquiries at the power-supply company, but always the same answer. Out of stock. No reprint envisaged.

A specialist periodical for labor safety

The "Sicherheitsbeauftragte" is the specialist periodical for labor safety in business and civil service. In June 1990 it raises the question: "Do overhead lines have any harm for health?" Of course not. One does not reframe from deceiving the credulous readers with arguments faraway from physics and science.

Often the natural terrestrial magnetic field is taken as reference for comparison with the artificial magnetic fields of high tension lines. But this argument conceals the fact, that artificial electromagnetic fields from high tension lines have absolutely nothing in common in quantity and quality with the natural terrestrial magnetic field. There is no comparison admissible!

The power from the earth is without any frequency, that means it is static. It has balanced, harmonious constant field strength. It has obviously positive consequences for all life during millions of years. It stimulates all natural processes in a miraculous way. It is part of our order and quality of life.

The magnetic power from the electric current works with a frequency of 50 or 60 oscillations per second, i.e. 50 or 60 hertz. It has an unbalanced, disharmonious and always heavily changing field strength from minute to minute, from day to day. It is a brand new part of our modern totally artificial disorder of life.

We know that the artificial fields induce nonphysiological currents per frequency. The terrestrial fields can never do that. The artificial fields may be able to do even a lot more. Who knows? It would be much less harmful to compare apples with pears. Those authors compare chanterelles with fly agarics.

Even more awkward is the juggling with totally wrong values. According to the "Sicherheitsbeauftragte" the natural terrestrial magnetic fields have an intensity of 40.000 Microtesla. To give a private correcting lesson: It has only 50 Microtesla! What an enormous difference in the place of thousand! No wonder that the field strength beneath high tension lines is defined as minimal due to this mistake!

The electric industry expects rigid arguments from the critics. But it itself does not meet this standard. You can read just rubbish for which you would get an E at school.

Professor Schaefer in "Deutsches Ärzteblatt"

In November 1989 the "Deutsches Ärzteblatt", a spezial medical magazine only for doctors, published a firework of personal opinions from the editor and author Prof. Dr.med. Dr.h.c. Hans Schaefer on the subject "Electricity as Danger". For the author and scientist at the physiological institute at the university of Heidelberg the argument is sufficient that electromagnetic fields cannot be so bad, since (listen carefully!) "you cannot feel them with your fingers". Hazards for health are only those when it really cracks: fluttering of the ventricle after solid electric shocks. Or in the case of such extreme field strengths which produce already a warming of several degrees! Why not really boiling?

Also in his further arguments the scientist is not very convincing, as you can see from the following two quotations: "You will be either killed from the current, also when it comes only out of the plug, or - fortunately that is the rule - you survive the current without bad consequences." And finally: "The population is used to the hazards of current".

Period! So easy is the problem. The professor stubbornly defends the fairytale of the nondangerous current but admits in the same moment: "The scientific situation is still under discussion". He is also insulting and abuses the persons who "talk ignorant people into buying devices which switch off the fields in the apartments" as "charlatans and unscrupulous money makers"!

The last sentence of this joke in a medical magazine is reassuring and reasonable: "The way how one argues about environment hazards today lacks any control by the human reason". My compliment, knowledge of one's limitations is the start for improvement.

The letter to the editor was returned, unpublished...

My letter reacting to the editorial in the medical magazine has not been published. I had a lot of correspondence with the medical periodical. Finally I published an expensive advertisement in the "Ärzteblatt" that one could order a brochure from me with my letter, the correspondence and some comments. The result was overwhelming: Within three weeks I got 324 letters and cards and almost 100 calls from doctors. They all wanted to inform themselves and remembered vividly the article.

All of them got my 25-page brochure. Many of them have protested against the article in the "Ärzteblatt" and confirmed the dangers of electricity from their own medical practice. The time seems to have come.

Studies on health hazards from magnetic alternating fields in the USA...

The American biophysicist N. Wertheimer detected surprising relations: Women using electrical pads during her pregnancy had significantly more premature births.

A study ordered 1982 from the US navy shows with sound statistics: Electrical and magnetic alternating fields which exist in most living-, sleeping- and working-rooms can produce many species of cancer, malformations of children and even suicides.

Researches of a number of scientists lead to the conclusion that there is a relation between the mysterious sudden deaths of babies (4000 babies in Germany) and electromagnetic fields.

The clinic studies of the three physicians Monro, Choy and Smith clearly show, that fatigueness and extreme headaches are directly related to the relatively modest electromagnetic fields to which we are very often exposed in the household and at our working places. The team also detected reactions in form of migraine, cramps, pains in the glands, speech impediments, shortness of breath, unconsciousness and allergies. The three scientists argue that EMF fields like chemicals are the base for most allergies.

A scientific study of the department of health of New York State shows relations between children leukemia and disorders of cell functions.

The Savitz Study from Denver/Colorado has the same results: leukemia and other sorts of cancer had been significantly higher.

500.000 persons who are regularly exposed to strong electromagnetic fields had been examined in the state of Washington. 60% of them showed a higher rate of leukemia and 75% a higher rate of lymph gland cancer in comparison to a control group without such exposure.

The well known researcher Professor W. Ross Adey from the Loma Linda Medical Center has shown that the nerve, muscle and marrow cells are particularly susceptible to the low frequency magnetic fields which surround us everywhere. Already 1981 he showed with scientific preciseness and reproducibility that the let increase the growth of cancer cells significantly. Some years later he has once again shown the significantly pathologic reactions of the nerves. In the "Wissenschaftsshow" of the 3. WDR TV program in 1988 Adey has reported about his long term study which he made for the Energy Agency of New York. Again the horrible result had been the remarkable higher leukemia rate for children.

...from Sweden

Tomenius, a Swedish researcher, examined 45 families with high electromagnetic load, 32 children living there have cancer.

...from New Zealand

N.E. Pearce from the Clinical School of New Zealand took intense care for 500 persons

with leukemia. Engineers and workers from various electronic companies but also radio and TV mechanics were represented above average.

...from France

The three scientists Dutrus, Martinez and Fole have made laboratory experiments with young students. Electromagnetic exposures generated noticeable changes in heart activity, function disorders of the central nerve system, exhaustion, lacking motivation, headache. Whenever the stress from electricity was stopped without knowledge of the persons, the complaints of the eight students disappeared and their mood brightened.

...and from Germany

Professor Feindegen from the Institute for Medicine in Jülich has experimented with mice and found that an enzyme which is in charge for the cell metabolism had been slowed down in its activity for 80% under strong field exposure. After the field load had been removed the enzyme activity came to normal within minutes. The scientist had found similar relation for radiation from radioactivity too.

I have read the recommendation of a bee-keeper magazine not to place beehives in the near of high tension lines. The reason is a research which shows that the keen honey makers are especially aggressive and prone to bite there. And there are smaller harvests too. Wellenstein, Warnke and Altmann also report about bee observations. The higher the electromagnetic load of the beehives, the more remarkable the behaviour of the bees: unrest, abnormal movements, irritability, sealing the beehives from inside or removal. Exposed to strong fields even mutual biting to death.

Dr. Andras Varga, scientist at the Hygiene-Institut at the University of Heidelberg has observed the development of the embryo in the hen's egg. The embryos grew quicker under electromagnetic load, the egg became prematurely heavier. Many other scientists confirm the relation between technical electricity and growth acceleration based on similar tests. In addition Varga found in lab tests that modest fields of our home electrification cause changes in the blood which can be measured. He mocrite values increased for about 5% and the partial blood-pressure for about 6%.

I myself have demonstrated with electrical acupuncture that the skin resistance of human beings shows spontaneous changes under electromagnetic environment stimuli. The body reacts. While I found in a nonloaded environment normal 50 kilohm resistance that changed suddenly to values of 200 kilohm and more when a clock radio was put directly at the head. Similar reactions happened with an electric pad with body contact to the test person.

The magic consulting rooms of a dentist

Here, ladies and gentlemen, some particularly interesting and remarkable case studies of my examinations:

I know a dentist' practice in which two consulting rooms seem as if chinked. Some assistants became sick there. Others had headache. One assistant collapsed regularly and refused intuitively to enter these two rooms. The dentist did not perceive anything. But he liked experimenting.

According to my measuring research especially in these two rooms the fields of the fluorescent lamps, detached from the ceiling and very near to the heads of the assistants, were extremely high in comparison with the other rooms. According to my advice the intermediate units of the lamps were exchanged for expensive and field-free electronic intermediate units. The high values disappeared after the exchange of the intermediate units. And also - the dentist was enthusiastic - the complaints of his assistants.

Headache at the slide projector

Another case study: A sculptor asked for a house examination because he had terrible

headaches. No doctor could give him any advice. The agonizing pains always came during daytime. The artist was suspecting a hidden tumour in the brain.

In his office, directly at his working place, I found an unusual strong magnetic alternating field with a current consistency of 3000 Nanotesla. Directly beside his head was a slide projector which the gentleman used many hours a day to show his works to his clients with slides.

Only the advice to change the distance between the head and the projector from some inches to more than a yard and to use the remote control brought the desired result. The fear about a brain tumour turned about to be a mere nightmare.

Radio clock and migraine

In the magazine "Wohnung+Gesundheit" I have reported about a nonmedical practitioner in Cologne who cured patients with migraine only by moving clock radios and electrical alarms from the nightstand which had been too near to the head. These had not been exceptions.

Meanwhile I know 24 persons which had had migraine and now have a clear head after the removal of those field-intensive horrible gadgets still waiting for another attack but so far in vain.

Babyphone lets baby cry

There was a sweet baby in Koblenz which smiled at all persons during the whole day and charmed all adults. Only at bedtime the charm vanished and the nice little baby became a loud, howling bear. The parents were despaired. All night the same nerve-racking process. Every night scream attacks for hours till the baby slept when completely exhausted.

My measuring showed 600 nanotesla in the crib. In a distance of 8 inches and between the rods of the bed one of these cheap control devices called babyphone was put into the plug. With this set you can hear the crying of the baby three floors above.

The device was removed. From that moment on the baby slept the whole night long. Being silent as a mouse. So did the parents too. Later they called: Little Sarah keeps smiling now at night too.

Syncope at the vacuum cleaner

Ladies and gentlemen, I may also mention that I have met some extremely electro-sensitive persons. They react so intensely to such fields that living in our civilization has become a torture for them. They even react to short and particularly intense field generations which one can measure at vacuum cleaners, kitchen gadgets, office machines and TV sets with nausea, dizziness, pains and even fainting.

Electrosmog in the USA

I remark in passing that many measurements which I have made in the USA have shown remarkable strong electromagnetic fields in living homes. Often the defectively or not grounded installations and the normal criss-cross of overhead lines have been the cause. I have found especially high field strengths in the dream cities of California where due to the earthquake danger a lot of electrification is installed supra-terranously and some street blocks have been totally cabled like a cobweb.

Current and allergies

I realize every year more that in an unexpected and strange way a lot of allergies disappear with the electromagnetic fields. Allergies which apparently seem to have no direct relation to the fields. Allergies against food, toxic substances of colours and adhesives, natural stimuli of pollens, animal hairs and dust... Contact allergies, skin allergies.

Again I have no answer. Only questions. What is the reason that a dust allergy in the house can disappear with the elimination of electromagnetic fields? What is the relation between the hairs of a cat and high tension lines? Milk protein with clock radios? I have observed that with the elimination of electrical devices from sleeping-rooms the annoying itching of the skin ended and food allergies vanished.

Diabetes, heart, circulation, psyche, hormones

I have realized at my own body that a chronic diabetes had become less severe after a radical change of my diet in favour of natural, full and vegetarian food. But I was completely healed only when I banned all electromagnetic fields from my sleeping-room. My doctor was taken aback and would have had doubts if his own lab results would not have always shown sound results.

With the diabetes also my heart, circulation and digesting complaints disappeared which had caused me great fear for years and had forced me several times into hospitals and to their intensive care unit.

I had been sick for such a long period and ready to drop so that I thought my life was not worth a dime. No hope. Only helpless no-future feeling. For years I feel better now. I feel a new man and I am glad to be a again part of this wonderful creation. A lot of my newly gained life quality and vitality is certainly the (bio-) logical consequence of electric and magnetic stress reduction.

Indications are no evidences

I only can give indications. Indications are no evidences. I have no ambition, time and qualification for evidences.

When I watch thousand times that the thumb turns blue when I hit it with a hammer then I will warn against this dangerous act. Thereby my interest is less, which weight the hammer had, how it was manufactured, with which speed he hit the thumb, with which pressure he bounced and whether it is responsible at all in spite of its counter-typical and hurting acts.

Nor am I interested why the thumb turns blue and not green, how the nail bed and the bone beneath react, why the soothing liniment still fails after 500 attempts and whether blue thumbs are just fashionable now and therefore are a promising sale. I am much more interested that this silly hammering stops.

Premature assumptions are no counter-evidences

Scientists can make no counter-evidences even when they try very hard. For reliable scientific proofs the research prerequisites will be too difficult to meet. How can we make long term research at night? How can we evaluate the individual constitution and sensitivity? How can we detect and exclude mutual relations with other technical and natural stress factors?

3. Electromagnetic waves: High-frequency electrosmog

Let us consider the mutual relations with the still rarely examined high-frequency electromagnetic waves of relay systems, radio, TV, radar, senders and satellites with their thousands of frequencies and field strengths. The only thing the scientists know until now is that the high frequency radiation heatsens people up, makes muscles, nerves und body tissue warmer. Other biological effects exist, such as pains, blood pressure problems, hormone defects, mineral problems and many others, but they do not know enough about the danger potential.

If we could see the microwaves of our civilized world like light, then the night would be like day light. You would no longer be able to see any stars on the sky. If you could hear microwaves than you would here a nonstop roaring noise like thousand low level fighter planes. Microwaves everywhere in life, and nobody really knows what it means.

Microwaves killing trees

For years some researchers see close relations between microwaves and dying forests. Branches, leaves and needles are excellent antennas for high-frequency radiation.

I myself saw at various places of Germany that on wooden hills which faced particular transmitters the leaves and needles of the trees had turned brown. They look ill, seriously ill. Some of them are dead. Horrible skeletons. Total regions have been put under continuous stress. On the other side of the same hills, not facing the transmitters, you will find sappy green. No tracks of damages at all. Totally healthy forests. What is the reason? No cars nearby. Only two tractors. No single chimney along the horizon.

On another place transmitters too. But no forest damages. What is the reason? No one knows the answer. Nevertheless we continue with installing. The numbers of radiators increase. Day for day. More and more emitters. Always higher field strengths. Increasing high-frequency electrosmog.

Only if one detects a remarkable warming of the human tissue, one admits a health hazard. Crisp human beings like in a microwave... What a naive believe.

More problems in the future

I have an awfully expensive device from the USA which lets me measure at least the lonely tip of the high-frequency iceberg. To be able to give a loud warning if the danger is too large it detects reliably and exactly the load along radio relays, in the range of senders and radar installations, at the microwave stove... A stylus records the risky field strengths for a longer time period. I detect high-frequency fields at screens, TV sets and computers too. Soon I will get my first spectrumanalyser to become better results.

Until now, my experience with HF-radiation is not too good. I think we will get a big problem in the next years. HF will explode. This electromagnetic pollution will become more and stronger. The future will bring us millions of new antennas, spreading microwaves all over the world, more radio, more TV, more radar, more observation, more wireless communication, more radiation. New techniques will come, specially on the mobile telephone market. We have to be aware, in ten years, with the beginning of the year 2000, the biggest environmental problem will be the high frequency electromagnetic pollution from millions of transmitters, thousand times bigger than it is today.

If you want to know more about the risks of electromagnetic HF-radiation, please read Dr. Robert O. Beckers book "Cross Currents", it is published right now, coming on the book market in these days.

4. Stress from electrical direct fields

Voltage is not the only producer of the electrical fields. Synthetic can produce them too. One important difference: The voltage in our homes works with a low frequency. This results in an alternating field. Plastics are without frequency and static, they produce direct fields. Electrical direct fields in our everyday life are often called electrostatic charges. That always refers to those electrical powers which are generated at plastic materials and synthetic substances. Carpets, wallpapers, furniture, lacquers... Many screens of computers, TV sets and terminals are producing considerable electrostatic charges too if they are not sufficiently screened.

The health hazard of electrical direct fields has been hardly examined. It is played down and ignored negligently. But especially the removal of all such artificial synthetic and screen radiators from our living and sleeping space gets a particular reward.

No bang before several thousand volt

All of you know the sensations when you get an electrical shock having touched door-handles, hand-rails and phones. Many think they had been electrified. But the opposite is the fact. They have themselves discharged. The door-handle has electrified itself on

you. You have been full of the energized and straining evil. The door-handle, the hand-rail or - when kissing good-buy - your partner has taken over the potential like a grounding of surplus energy.

And this potential in the body is huge: several thousand volt. If it would be less you would not realize it as electrical shock when being discharged.

Electrostatic charges can be found at synthetic carpets, plastic laminated cupboards, plastic foils and plastic bags, foamed plastics, in "modern" kitchens, cars, even on garments... The charges increase with friction and dry air.

Nature knows these powers too: wool, silk, leather, hairs of animals can be electrostatically charged too. But the natural potentials are considerable less than the artificial ones. Their discharge is quicker in contrast to plastic which discharges only very slow or even not at all. And - what is very important - the natural charges only show a plus field, they are positively polarized. The artificial fields are often negatively polarized beside their unnaturally high potentials, they show minus charges. But minus charges never came to existence since evolution had started.

These loads have entered our living space only during the last decades and are dominating our everyday life everywhere: synthetic garments let decrepitate our hair and skin, when walking on synthetic carpets or plastic soles we generate with friction enormous artificial electrical powers in our bodies, inch long flashes are rushing from our finger tips. Already little circulations of the air in a room produced from central, storage or underfloor heatings are sufficient, especially combined with the intense dryness which you find everywhere, to induce electrostatic charges at synthetic carpets, curtains, floor-spaces, wallpapers.

When electrostatic is combined with the fact that the body is electrically isolated from the ground due to modern shoes and is not able to ground itself naturally with every step, then such electrical shocks can be produced quickly.

The climate of rooms breaks down

Beside the direct influences of electrostatic loads on the body one realizes also other substantial changes in the climate of a room. The electricity of the air increases dramatically. The ionization of the air is changed in its natural harmony. A continuous artificial atmosphere of a thunderstorm emerges. Irritant climate. Trouble brewing.

Whereas I measure an air-electrical balance of about 100 till 200 volt per meter (V/m) in nature, I may detect in rooms with many synthetic materials an increase till 10.000 or even 50.000 V/m. And such a value not near the strongly radiating material but in the centre of the room!

Potentials of such a value normally only exist for a few hours during the year: when finally a thunderstorm starts after a long period of sultry, muggy weather. Persons who are sensitive to changes of the weather know very well how badly they feel in such moments. Also other extreme weather conditions are accompanied with higher electricity of the air: foehn, smog, high pressure. This again causes heavy health complaints.

A balanced electricity of the air and a harmonious air ionization produce a healthy relaxing climate. That is the reason why we make vacation at the seaside and in the mountains. We find optimal climate conditions there. Our desire for a beautiful, bright blue sky is justified. Everything is perfect and the human being is filled with new life.

Electrostatic loads brutally violate the climate of our rooms. We are breathing dead air, put ourselves under high tension and look forward to our next vacation...

Computers go on strike, the human being does not?

Human beings are forced to stand such conditions. Sensitive technical processes cannot do that: Computer supply rooms, photo studios, measuring places for electro-encephalo-

grams and other medical departments for diagnosis and therapy have to be totally free from electrostatic elements. The devices refuse to work in these fields, show wrong results, go mad. If the place for the discharging of a person under high electrostatic tension would be not the above mentioned door-handle but the computer a technician would not be surprised that the total program crashes. If it would be the electro-cardiogram the doctor is not surprised if the pointer writes abnormal peaks which refer to the carpet not to the heart of the patient.

Let us look closer at computer rooms, operation theatres and manufacturing places for sensitive technical devices: The air humidity has to be perfect, no interference of electromagnetic fields is allowed, temperature is kept on an ideal middle level, total ban of any electrostatic potential... The smiling Japanese is not even allowed to wear a synthetic blouse when she assembles her Nikon camera. She is grounded with a chain from her copper wrist bracelet to the next heater. Working in leading-strings.

All these are preconditions which are self-evident for a sensitive technology. Once again the question: Why is that not also self-evident for the living and sleeping-room? That is the place of the most sensible and vulnerable computer in the world. His name is human being!

Allergic persons - pay attention!

Changes in the climate of rooms from electrostatic loads influence particularly allergic and asthmatic persons. Allergic producing particles, irritating materials and dust increase a thousand fold due to the artificial loading and depolarisation of the air and attack just those persons who are especially threatened.

Thorough ventilating has not much effect. Synthetic wins the game. You can smell it: The air in the room is musty, stale, flat, dead.

Out with it...

The only reasonable thing is: Put everything with synthetic and which starts with the word poly...or sounds like PVC, PE or similar to the place where it belongs to: To the bulky or toxic garbage. Your health will be thankful again. And the environment too. The production of plastics is nearly always a stress for the environment. Even more the combustion. Some plastics never rot. When thousand years later persons will excavate our age the descendants will be astonished how long plastic can keep. Mountains of plastics. Symbols of our time. And if your home will catch fire (which I do not hope neither for your sake nor for the benefit of the environment) then some of the burning plastics will smell more toxic and perilous than the official toxic waste combustion permits.

...in there

In a healthy home you should put only natural wallpapers: paper, textile, cork... Natural floor cover: wood, cork, stone, linoleum, cotton, wool, sisal, coir, felt, goat-hair... Natural materials in front of the windows and into the bed and natural garments at the body (cotton, linen, wool, viscose, leather...).

How to measure electrical direct fields

I measure electrical direct fields in rooms and outside with high sensitive electro field-meters (so called "Feldmühlen"). Measuring unit for the electrical field strength is: Volt per meter (V/m). If the climate of the rooms is in natural order the instrument receives only some hundred volts per meter. The same as during fine weather. For some plastics the value can reach ten thousands. It is always possible and easy to locate the materials which generate the fields precisely and to differentiate them from other influences in the room.

Some advises for a healthy sleeping place without electrical direct fields

You already know: Avoid plastic and synthetic wherever it is possible!

- # If that is not possible, here some compromises: Ground all conducting materials. Lift the air moisture to a level of 60%. Moisten carpets and materials in regular intervals. Wax, coat or paste over your furniture with natural products. Cover synthetic fibers (carpet, sofa) with natural materials.
- # Remove all your screens from the sleeping-room. They produce high voltages and remain loaded for many hours or even days after being switched off.
- # Stuffed animals are often made from strongly radiating synthetic. Take care that your child does not put its nose into the teddy bear all night provided that the bear is not very old.

Hay and oat, dust in the home and hair

A young man from Düsseldorf had been allergic for years and suffered from asthma attacks. Especially dust in the house, hair from cats and horses tormented him. Bad luck for him that his girl friend was a fanatic rider and took care for a number of horses in boxes beside the house. The symptoms came during each visit. Dozens of treatments, cortisone and desensibilizations had no positive effect.

Finally after a house examination which his doctor recommended the extremely loaded synthetic carpet went to the bulky garbage and from that point onwards the health condition of the patient improved quickly and increasingly. Today he is keen in assisting in the horse stable, carries hay and oat and lives without any symptoms. The medicine is left unused in his cupboard.

Big Brother with ignition lag

I have found electrostatic loads even more often in the USA than in Germany. The many totally healthy wooden houses become very ill from synthetic. Cosy artificial plush carpets adorn the floors. Healthy wooden planks are underneath. But also in the USA some little changes can be recognized: An increasing but still small number of special shops which offer natural materials for bed and home. In some points our "Big Brother" on the other side of the ocean is slightly slower and more reactionary than we are in Europe: According to my examinations the USA have only one institute for building biology, in Europe you find a number of them in various countries. There are neither special magazines nor specialized dealers. Even you cannot get a cut off relay in the USA, a country which is so often ahead of us.

1 carpet = 100 screens

We know the biological risk of electrostatic loads particularly what screen radiation is concerned. The high voltage of the tube produces a strong potential and radiates vehemently towards human beings. More than 100.000 V/m are no exception.

Pregnant women should not work at computers to avoid risks for the unborn child. Not to mention the risks for the mother. We speak about all sorts of allergies. Diseases of the respiratory tract, infections and skin diseases. The scientific books are abundant with warnings. What is less known: Synthetic carpets can produce just the same field like screens. In quality and in quantity.

Here we have a dozens of square yards, on the screen it is not more than a half. A valid calculation: 1 carpet = 100 screens.

The poorest victims are the children

Children have to suffer most due to their little height. They are especially near to the source of the radiation. They crawl on the loaded carpet, have always physical contact, are close to the ruined air in which they breathe.

They snuggle with extremely loaded synthetic pets. Fields from screens directly in front of their faces. I know highly allergic babies who immediately got rid of their symptoms

after dozens of plastic animals had been removed from their bed. A synthetic teddy bear showed 80.000 V/m, a cat made in Hong-Kong 60.000 V/m.

From the first week of their life they learn the rule of modern life: plastic everywhere. On the dressing-table. On the floor. Wallpapers. The plastic bed. Synthetic garments. Toys. The first sensation in the mouth and on the tongue: the plastic pacifier, the synthetic suck cloth. Later the plastic spoon. The first feeling in the tender hand of the baby: the plastic bottle, the rattle made from colourful Korea-plastic. The first feeling under the feet: plastic soles.

How on earth it is then possible that natural feelings and a natural taste can be developed? Independently from the electrostatic and toxic health hazards which are connected with plastic. I detect in child rooms - but not only there - ten thousands of volts per meter electricity in the air. If I turn round and measure outside of the window into the open landscape I find only hundred till two hundred volts per meter.

Understanding is necessary

Once more the question: What is the value of our health? We cut the most healthiest ground from under our own feet: exactly the one on which we (sur-)vive. Nature can do without us. It does not need us. We need the nature.

Culture is no substitute for nature. Artificial is no substitute for natural. Technology is no substitute for biology. Progress cannot justify destruction. Fashion is no legitimization for excess. Money is no guarantee for happiness. Who does not understand that message has once more not reckoned with one's host.

5. Stress from magnetic direct fields

Ladies and gentlemen, I also warn you of magnetic steel parts in, at, under or near your bed. They produce artificial magnetic fields which reach the sleeping body unchecked and can penetrate it. For an impressive presentation of these magnetic fields you do not even need expensive sensitive electronic magnetometers. A simple 10 bucks worth compass is sufficient. Lay it on the mattress and move it along the sleeping surface from head to foot. Very slowly and calmly. Look at the compass needle. You might be surprised that the needle shows to the north at the head, in the middle of the bed to the south, at the foot to east or south-west...

That is the pattern of a totally twisted and disturbed terrestrial magnetic field. That means, the natural magnetic balance of the earth is brought so much out of order from artificial magnetic fields that even a compass cannot find its point of reference (north) any longer. The cause for that biologically risky spectacle which one can demonstrate very easily is exclusively steel if it is magnetized.

Therefore the compass needle is confused

Unfortunately you can find that often already on spring mattresses which produce this precarious magnetic imbalance with their numerous steel coils. But also on steel beds, frames of spring mattresses, hinges to adjust the head. Or at home trainers, tool boxes, sewing-machines, objects d'art, vacuum cleaners, electronic organs, model railways, strong-boxes... in the space under a mattress.

Better to have a savings account

During a sleeping place examination which a doctor has recommended for a patient with brain tumour I did not find anything except an extreme twisting of the compass needle at the head of the bed. The needle deflected more than 180 degrees from the normal north position. Only after long arguing I was allowed to look under the mattress. Here I found a large strong-box only four inches away from the pillow. Having removed this treasure which had been placed there for fifteen years the compass remained strictly to the north all over the bed surface. That is the pattern of a natural field free from stress and risk.

A loudspeaker does not only emit music

Artificial magnetic fields are also produced at heaters and loudspeaker boxes, at steel girders and reinforcements of building materials, at tubes of the sanitary facilities, at machines and devices. Often the extension of the fields is very small. Only a too close contact of the body produces a risk which how ever can be avoided.

The fields cannot be screened or demagnetized. If they exist the only solution is to remove the disturbing metallic parts or - if that is impossible - to move to another place without magnetic turbulences. A distance of a yard is often sufficient.

Walls are no obstacle

Magnetic fields penetrate walls. Therefore pay attention if your bed is within the radiation range of your neighbour's heating because it is put only within a 12 inch distance on the other side of the separating wall. The same holds true for sleeping-rooms above garages. Cars parked there produce large magnetic fields. And you also should not store your steel tank for heating fuel directly beneath your bed.

Magnetic fields in the abdomen

At working places the common office chairs with their many adjusting mechanisms show more or less large magnetic fields. Medical experts assume here a relation between the increased number of diseases of the uterus, bladder, ovary, colon and prostate gland, obviously parts of the body which are reached particularly intensively and often from the artificial magnetic fields. Again you will get a significant result with a compass. Make a test.

The magnetic spectacle-frame

Even the metal parts of spectacle-frames can be so field-intensive that I have proved their existence within a distance of six inches before and beside the head with a compass needle. Permanent magnetic fields in the brain.

Customers called a well known international producer of spectacles on that problem after I had made some corresponding tests. With their spectacle-frame they complained about headache, dizziness, lack of concentration and other symptoms which disappeared without spectacles. The managers of the company asked me about the methods and results of my measuring. We had a correspondence. After a little while the embarrassed producer confirmed my results and gave orders to the research department to find a corresponding solution. The experts succeeded in detecting why their spectacle-frames generate magnetic fields but those of other companies did not. They kept me informed about their research with letters. I followed an invitation of the company and informed myself about the research in the company. Today the big company produces its spectacles without any magnetic fields.

Relations

As said before medical experts and researchers see a close connection between a locally present permanent magnetic field and corresponding local diseases. That exactly fits well to my experience. Permanent magnetic effects are particularly dangerous where I stay for a longer time and where my body is especially sensitive: in these two square yards of my bed. Keep your bed absolutely free of metal!

How you can measure magnetic direct fields

I measure magnetic direct fields with electronic magnetometers. They detect even the smallest artificial magnetic field with a pointer and a warning sound.

Always the compass is part of the equipment when demonstrating existing magnetic anomalies. Every client understands immediately when seeing the declination of the needle that there had happened an important event and that artificial influences exist.

Again nature is the yardstick here

The whole creature lives and orientates itself in a vital natural terrestrial magnetic field for millions of years. The current density of this static and frequency-free power is about 50 microtesla in North-America and Europe. Up to the poles it is stronger and down to the equator it is weaker. The body needs this magnetic field of the earth. Never it must be disturbed. Important functions are dependent from it.

Now imagine we all would walk over the whole earth. Criss-cross over all continents. Going by ship on the seas and by plane through the clouds. We would stand on the highest skyscrapers of the USA and go down to the deepest caverns. Our compass would always show into the same direction, to the North. Everywhere.

But not in the bed of aunt Mary. Here the compass points to South, West and East. Here the impossible is made possible: a field pattern which nowhere exists in the world and never had existed. And the cause is only a silly spring-mattress which cannot avoid to be magnetic. Do we need any further scientific debate? There is no bigger artificial setting. Get away with it. Let's play safe.

Nobody knows...

Every degree declination of the compass is one too much. Nobody knows what may happen in the body. Some researches are pointing cautiously on relations between artificial static magnetic fields and heart attacks. On disturbed circulation. On polyarthrititis and cramps of the muscles. On changes of the cell membrane. On disorders of the enzymes and the metabolism.

The US Department of Health gave the clinic and statistic proof that cancer diseases, malformations since birth and stillborn children are directly related to anomalies of terrestrial magnetic fields. Other scientists speak about hormonal disorders and changes in the level of the melatonin in serum. Others report about eye diseases.

Some recommendations for a healthy sleeping place without magnetic direct fields

- # Avoid any metals in your bed: spring-mattresses, duckboards with steel frame or adjusting mechanisms, spring and steel frames and steel bedsteads.
- # Keep at least one yard distance from heaters, loudspeakers and stereos, metal devices, machines, metal equipments, metal door frames...
- # Do not sleep directly above garages, fuel tanks or steel girders.
- # Keep a distance of minimum 16 inches to the reinforce (normal height of the bed).
- # Remember that magnetic fields can penetrate the walls.

The healthy bed

The alternative to magnetically infected beds are steelless beds. Buy mattresses from natural latex, horsehair, coir, cotton and only pure wooden duckboards. You will find also adjustable duckboards without any metal. And wooden beds without chemical painting and processing.

A young student - always without money - had serious complaints sleeping on a spring-mattress and had no money to buy a new one. Since two years he sleeps on a cheap air-mattress without any complaints... You must have phantasy.

Inside, not outside

Stress factors from the environment are more frequently inside than outside. Inside all the little life-rejecting things accumulate. But inside they are also avoidable. Inside it is solely your responsibility.

And that does not only refer to electrical and magnetic fields but also especially to the numerous chemical and toxic gases which we bring into our houses and flats unnecessarily and without realizing it and which I detect unfortunately often. I know a few number of houses which should be brought according to the current legislation (which is very modest) totally to the toxic garbage.

I ask you honestly...

Does it make sense to be afraid of the radioactivity after Chernobyl without knowing that gypsum plates and building materials alloyed with radioactive industrial waste products can produce more radiation than outside? I have found a higher level of radioactivity in houses than the one which caused the government to close kindergartens after Chernobyl!

Does it make sense to protest against plastic bags without realizing that you are clothed in "plastic bags"? I am referring to this fashionable and unhealthy garments which show in their label not 100% wool, cotton, linen or viscose but a amount of poly-a-something.

Does it make sense, if a doctor tinkers for years at symptoms of a disease without success but with many side effects without thinking for one minute about the cause of the disease? A sick bed will resist all therapy. A healer who gets its confirmation only in the victory over a brutally suppressed symptom becomes ridiculous or is guilty of exposure.

Does it make sense, to condemn chemical toxics and to overlook that the cigarette I am just smoking contains more formaldehyde per drag than the worst chipboard or the most dangerous wood lacquer?

Does it make sense to refer every disease to the electrostatic radiation at computer terminals without knowing that my synthetic carpet and the many plastic wallpapers offer far more stress of the same electrostatic quality? I even have measured synthetic pull-overs with more radiation than screens! And the pullovers are directly at my body!

Does it make sense to relate my headache to the high-tension line in a 100 yards distance and to ignore that my electric alarm clock on my nightstand - in 12 inches distance to my head - produces as many electromagnetic fields of absolutely the same species as we can detect under the high-tension line?

Does it make sense, that the lawmakers make regulations for the dentists to put the amalgam fillings removed from our teeth to the toxic garbage but the insurance companies with permission of the same lawmakers approve the continuous implementation of amalgam?

Does it make sense, to develop legal threshold values which are only applied for the protection of the working places? And what about sleeping places? On the most important place we find neither measurements nor protection.

Do you have the answer?

Questions, only questions. They are the result of experience got during years. They demand more caution against premature evaluations. And they should encourage to act independently. And not to hope that changes are the product which others deliver free of charge to my home.

Ashpit creation

Ignorance is no excuse. Inform yourself. Keep your own little environment in optimal order. Though that is only a part of the whole problem but an important one. I am not pessimistic but I grant myself a good part of reserve, caution and scepticism when dealing with other persons in a world which knows no limitation and is really mad.

I am cautious in a world where human beings think it is sufficient to pray to the creator but in the same time turn his work, his creation into an ashpit. I am sad and sceptical

about human beings who produce so many nuclear bombs that they could destroy the earth hundred times. You do not need the intelligence of a genius to understand that only one time would be too much.

Greetings from South Tyrol

To change the own home is less a matter of courageous but of reasonable persons. And how much it matters you only understand if you get - like me - greeting cards from South Tyrol written by cancer patients though these nice people are supposed to be dead already for five years according to the consulted professor. In this case one did not have reckoned with the sanitation of the sleeping place executed in the very last minute.

The last drop

According to my experiences already the removal of only one stress factor can produce decisive health improvements. Every step counts however little it may be. It is always the last drop which lets flow over a cask.

6. Stress from earth radiation

If the topic is the radiating earth, water veins and dislocations, the so called geological disturbances then the uninformed layman associates mysteriously garnished hocus-pocus. One thinks about dowzers with large whiskers and an ironic smile shows: I do not believe in that, that is all occult illusion. Not even success reports after changes of the bed place do convince, because there might be a placebo effect.

The reason is not the prejudice of the person listening who takes himself as modern and intelligent but especially the fact, that nowhere else there is so much charlatanism than in this field and that nowhere else so many absurdities, contradictions and silly things happen like in this area. It is a nicely prospering business with our fears.

Ten allegedly qualified dowzers come to ten different results in the same apartment, the sale of expensive screening and dejamming devices for which only the unreliable producer and distributor gets any profit, shockingly different overinterpretations of biological effects, daily even scientists and doctors design new and controversial theories.

I am often sick when I am told how persons play trick with the fear and hope of seriously ill persons. I hope to make a contribution for an objective discussion of the subject.

The earth radiates everywhere

If I disregard the level of sensual assumptions of the swing of a rod or a pendulum than I will learn quickly that one can detect different parameters in the electromagnetic area when executing measurements. For years sensitive electronic measuring verify the old knowledge about the earth radiation. We all know, that the earth - in fact the whole life - "radiates" as a natural process. There exists such a strong terrestrial magnetic field which guarantees that the top of a compass needle is drawn to the north also at the most distant place on earth. One can measure a natural radioactive radiation from the earth all over the globe. There is no square yard without terrestrial radiations. We are born amid these manifold radiating processes and have not the smallest doubt that they are right, important, healthy and life protecting.

Peculiar zones

But there are also conspicuous zones with radiation intensities which are noticeably different from the norm you can measure everywhere. If I measure always the same values during a longer line than this radiation intensity can change suddenly within a very limited zone and I find totally different values.

These zones have a diameter between several inches and some yards. Then the striking radiation intensity decreases and I get "normal" values again. Until that changes happen again somewhere. Sometime these zones of more intense radiation are frequent and can

be detected every other yard. Sometimes you find them only after a longer search and in large intervals. That is locally very different. It is interesting that gifted dowsers show swingings of rods or pendulums exactly where one measures these significant anomalies too. One knows for a long time, that under-surface watercourses and geological dislocations produce spectacular radiation intensities.

Research is necessary

I do not like to define prematurely every swing of a rod by a gifted dowser or every measured peculiarity as a "water vein" or a "dislocation". I have never dugged into the ground to find the object which I assumed so firmly over the surface.

It is the task of science to connect the one thing with the other and to analyze the connections. The experiences are not yet satisfactory especially in reference to mutual relations between radiation and health.

Reality with a question mark

For me the practical experience is sufficient that concentrations of the terrestrial radiation can be measured which deviate noticeably from natural points of reference in the environment. There is no doubt that this is part of our terrestrial reality. Debates and contrary know-all-manners are always starting when the question marks of evaluation of these biological risks is on the agenda.

The various possibilities to measure earth radiation

What do we really measure with our sensitive electronic instruments if the objects are earth radiation, geological disturbances, water veins and dislocations? I refer to my own experiences with different measuring approaches and do not pretend exclusiveness.

a) Distortions of the terrestrial magnetic field

Let us start with a small anomaly of the magnetic field. That means: Above geological disturbances you can measure the distortion of the terrestrial magnetic field, similar to magnetic steel. Here the compass is not the appropriate device because the declinations are so little that they cannot generate any substantial swing. But sensitive magnetometers can easily make these distortions visible and defined as biologically effective by experts. This measurement approach is not appropriate for house and sleeping place examinations because the artificial distortions of the terrestrial magnetic field from steel in the construction materials and the fixtures and the bed itself count a lot more and blur the measuring or make it impossible.

To apply this approach outside is by all means possible. Progressive dowsers like to use the magnetometer approach for confirming their sensitive swing of the rod or assumptions for pendulum swings. The method is only justified if you can firmly exclude that artificial fields from magnetic steel are in the environment.

1 spring mattress = 100 water veins

I think the argument of scientists is exaggerated that these anomalies of the terrestrial magnetic field above geological disturbances are sufficient for biological problems. That is hardly possible because otherwise the magnetic field of some spring mattresses would equal more than hundred water veins. Conclusion: Though you can measure magnetometric peculiarities, the application in rooms is rarely reliable and the importance of the biological effect in the magnitude above these geological disturbances is very disputed.

b) Air ions

Second peculiarity what earth radiation is concerned: The environment of the air ions has changed. I am only very at the beginning in that sort of research. It is promising, but by no means mature. After hundreds of tests I can say now: With special ion meters

(electronic instruments which measure the number of small ions in the air) you can detect regularly increased measurement values above disturbances, particularly in the range of positive air ions.

1 plastic bag = numerous water veins

Also this interesting measurement is extremely difficult and ambiguous, since many factors in our houses mix up the air ions even more than the terrestrial radiation is able to do it. Especially electric fields are an important factor. This measurement is just impossible under the influence of an electrically radiating wall or of an electrostatic loaded curtain. I have discovered that a plastic bag in five yards distance changed the environment of the air ions more radically than it would be possible from the geological subsoil.

c) The VHF field strength

Measurements of the VHF field strength show drops in the measuring curve when above disturbances. Many dowsers and building biologists use that approach. But just here evaluations are almost impossible and the measurements within walls are highly unreliable since you find always declinations of the field strength from construction materials and fixtures, from plants, walls, shelves, tables... and the measuring person. One has to be very critical and attentive not to be taken in by too rash and wrong conclusions.

Take a portable radio...

In addition the measuring approach takes a lot of time and you must have a good experience. Many manuals say that the locating of geological disturbances with measurements of the VHF field strength is a child's play. The result of this unqualified statement are credulous laymen who go with a 30-bucks portable radio across their sleeping-room and assume water veins and other phenomena of the terrestrial radiation wherever NBC or ABC show bad reception or Elvis is jammed from noise. It would be very nice if things were so easy.

d) Measurements of skin resistance

Above geological disturbances the human skin resistance changes quite quickly. The corresponding measurements are known as "Georhythmogram" or "Electrogeobioscopy". The georhythmogram measures the skin resistance of a person from hand to hand with simple electrodes and a fitting ohm-meter. The more exact electrogeobioscopy measures between one hand and the points of acupuncture of the other.

Work is done here with special electrodes and devices which are also known from the electroacupuncture. My electrogeobioscopic measurements are using test devices which are well-tried in medicine: Aschoff, MORA and Vega.

It sounds easy...

When the skin resistance of a test person is normally at 40 kiloohm (Aschoff) the values go up till 100, 200 or even more above zones of disturbance. That sounds easy. But it is not so in practice. Even experts have to face a lot of difficulties.

...but it is not

The measurement needs a lot of training and is dependent from a lot of factors, to be reproducible: the skin quality of the test person, the moisture of the skin, the pressure of the measuring electrodes on the skin, the correct and safe location of the acupuncture points, the quality of the devices, the degree of the traumatization of the measuring points at the hands, the general constitution...

The body does not tell lies

Even when all preconditions are fulfilled some problems remain: All stimuli towards the test person will be included into the measurement. All stimuli, a synthetic shirt, radiat-

ing construction materials, depression, an electromagnetic field, a heavy meal, a cigarette before the test, a gloomy thought about the mother-in-law... a lot of stimuli. That means: The human being reacts to all stress-like stimuli. And the reaction is perceivable in a measurable change of the skin resistance.

Water veins or radio alarm

Only with enough experience I can relate anomalies of the skin resistance to geological stimuli and totally exclude that they are not produced from a radio alarm or a spring mattress. If I am able to do that, than the physical measuring can be reproduced and gives reliable results. One should consider however that every response of a human being to stimuli of his environment is a specific one of him only and should not easily be transferred to others.

e) Measurement of radioactivity

Particularly interesting is the fifth possible approach to measure terrestrial radiations. Above geological disturbances you will detect significant rises of the natural radioactivity. That means: Do I receive the natural and everywhere existing radioactive radiation of the environment with sensitive radiometers than I will get certainly above the so called disturbance zones 20-50% and more higher values.

Though the basic radioactivity of the earth has some local differences, due to the climate and the earth level yet the relativity of the significant rising remains. According to my experiences regular and reproducible increases of radioactivity above geological stimuli in the range of 20 to 50% are significant. Sometimes the swing of the pointer even goes significantly beyond 100%. And that only from gamma and neutron rays. This radioactive electromagnetic radiation is considered as the most penetrating, strongest and biologically most hazardous kind of all known radioactive rays.

As matter of caution

Admittedly the increased dosage might be relatively small. But nobody can exclude that an avoidable risk exists under long term influence at the sleeping place, every night eight hours in the same physical position and that for years. If I can sleep after a change of the sleeping place position for the next 20 years with only half of the amount of radioactive disintegrations, then - as a matter of caution - I see no reason to prefer the double charged place. Harmless minimal dosages do not exist. Regardless to the kind of radiation. No sensible scientist dares to contradict.

I think it is greatly exaggerated to speak rashly of "cancer zones" if one refers to the terrestrial radiation and corresponding peculiarities. But I also think it is equally ignorant to do business as usual.

According to my own personal experience and the statements of innumerable research and test reports again the healing successes after moving the bed cannot be discounted merely as a psychological reaction, placebo or coincidence.

Again the sentence is true: "The dosage is the poison". All sorts of radiation can be healthy or hazardous. That is the same for the earth as for the sun. Too much sun is dangerous. To much earth too?

In the cellar and on the roof

This terrestrial radiation penetrates iron, plastic, glass, whole houses...everything. During a meeting in Seattle/USA I have detected the phenomenon in a 22 floor hotel on six different levels: Down in the underground garage, at the first floor near the reception and at the roof - always the same values. Down and at the top. On the same premises.

Chernobyl in your own home

One has to be cautious only if artificial radioactive radiators are nearby. I can tell you a

thing or two about that. I have found houses in which the radioactive radiation was higher than that which had been sufficient after the Chernobyl accident to close playgrounds and public swimming pools by decree. The reason: radioactive construction materials. Cinders, ashes, chemical gypsum, tiles, pumice and metallurgical stones, all sorts of possible and impossible industry waste. Dangerous recycling within the own home. In such an environment you should not care about terrestrial radiation any longer. Would you measure a chirping cricket in the mid of a noisy rock concert?

"Super-accident" at the sleeping place

A few antiques, minerals and glazes in direct range of the body can radiate so strongly, that the biological risk must be immense. Visiting three patients with brain tumours I have found just beside the head a radioactively radiating very old alarm clock, then a dark green glazed image of St. Mary and in the third room an orange ashtray in the art nouveau. In all three cases the radioactivity radiating into the head was several times higher than the law allows it for workers in nuclear power plants for a short time! It takes all kinds! Fortunately only rarely.

The measurement device, a scintillation counter

For measuring the terrestrial radiation I use my most expensive instruments: high-sensitive scintillation counters. For measuring construction material I use various proportional and Geiger-Müller-counter tubes and xenon-large-area detectors.

My experiences with measurements of radioactivity soon lead to the decision, to let build a measuring device which was especially well suited for building-biological and geo-biological work and constructed according to my own plans: the scintillation counter. The very high sensitivity of the third prototype convinced me: more than 250 impulses per second in a normal radiation background. That was the right device!

A scintillation counter receives gamma rays via a crystal sensor. The rays are converted into light flashes, boosted as electrical impulses via a photomultiplier and then calculated and displayed by sophisticated electronics. Beside its extreme measuring precision the scintillation counter has the particular advantage of an extreme sensitivity for gamma rays. And it is the only device with a sensitivity for neutrons.

The relations became more and more obvious. I became more and more excited. The search for books and exchange of experiences started. The frustration was large, I seemed to be the only person interested in the subject. Finally I got some little references. Already Wüst had reported about measurements of the gamma rays at "geopathic zones". The scientists, physicists and doctors Williams, Weber, Cody, Lorenz and Bickel (the last one comes from California) had made similar successful experiments.

The picture became more complete when I met Jakob Stängle for the first time. He more than anybody else has shown, that there is a relation between the subterraneous water sources and the ionizing radioactive radiation.

Jakob Stängle and his scintillation measuring

Hundreds of successful drillings are the result of his scintillation measurements. He has opened up thermal fountains in spas. Some of the well known mineral waters only exist because he found their origin deep in the earth. He has supplied communities and companies with precious water. He shows with his supra-sensitive measurement device - it makes more than 1000 impulses per second - on the ground what one will find beneath the surface with absolute guarantee: water.

More than 35 years of experience make it possible: Stängle defines with his measuring the exact depth, the richness till the very gallon, the mineralization and the temperature of the localized water.

The Daimler-Benz company had made already five expensive unsuccessful drillings before they called Jakob Stängle with his scintillation counter. The sixth drilling was the

final one. The found water had the prophesied 17 degree of hardness and flew abundantly. A similar situation happened at IBM. At other big companies too.

35 years ago Bad Zurzach became a spa. All bells rang when the drilling machine cut the granite crack 500 yards below out of which the curative water came. Jakob Stängle had spoken of 490 till 510 yards. He and his measurement device were right in the end. The future of the Swiss town was guaranteed.

More than 60 years ago Baron von Pohl assumed with his rod all subterraneous water veins in Vilsbiburg/Bavaria and recorded them in a map of the town under official supervision. One realized significant relations between these zones and the cancer patient of the town. They had their sleeping places exactly there.

1972 Jakob Stängle walked through Vilsbiburg with his scintillation counter and totally confirmed the work of his sensitive predecessor by exact measurement in two absolute blind tests.

Officially mapped and confirmed

An architect intended buying and renovating a large villa at the Baldeney lake in Essen/Germany. My measurement of radioactivity with the scintillation counter showed a 12 yards broad disturbance which could be detected in the whole house and almost on its total surface and outside the building in the nearby environment.

The sceptic went to the geological state agency and got the confirmation. Exactly there was a water-bearing dislocation which was officially plotted in two geological maps from 1911 and 1980. I would not have thought about that.

A doctor recommend to the manager of a concert agency to make a house examination by me. She lived in the south of the Baldeney lake. There I found the same rare result: anomalies in the total house. Also she looked into the geological maps and what did she find: the second disturbance which was mapped in the Krefeld agency.

After those challenging result I bought several geological maps from Northrhine-Westfalia/Germany and checked ten plotted geological disturbances with my measuring devices. In all cases my scintillation counter showed for hundreds of yards different values above or under the average. You cannot get a better reproduction.

Primary factor

The doctor Dieter Aschoff, active in the topic of terrestrial radiation and corresponding diseases for decades, confirmed that the scintillation counter shows the primary factor for the hazardous effects of disturbance zones: radioactivity. He sees relation between the measurements and the neutron radiation in the earth moderated from the water veins. To his opinion the radiation is received from the crystal in the device. That would explain a lot of things, for example why the geological stimulus can be fully detected even on the last floor of the skyscraper. Neutrons penetrate all solid materials nearly unmoderatedly for miles. Only water and a few other specific materials moderate. And therefore the radiation can be so distinctly measured because it does not penetrate without registration but disintegrates much earlier than normal in the measuring nose due to the moderation and by that it generates the impulse.

But the radioactivity does not only disintegrate in the measuring nose but also in the body. Dr Aschoff knows like any other doctor that neutron radiation can produce mutations. Neutrons are at the top of biological risk evaluation. They are not comparable with alpha, beta, gamma and x-ray radiations.

Little is much

It is astonishing to read the current results of several research institutes among them the radiation center in Gießen: Cell changes from very low radiation dosages were much more frequent than you would have expected based on our present knowledge.

Only a small amount of radiation proved to be more capable to change the genotype and to generate cancer than you would expect in relation to much larger amounts. Can little be much?

The present results are sufficient to challenge the corresponding science to do more research. Questions without answers do not change the facts: There are absolutely direct relations between ionized radiation how radioactivity is sometimes called and "geopathy" how the medicine calls the consequences of subterranean water veins and other geological dislocations.

A matter of faith...

You see, one has not to rely solely on the pendulum or the rod. Certainly we find experts in this field. But last not least you never know who enters your house and so it is a matter of faith or confidence.

I know three dowzers who are able to detect terrestrial radiation with a sufficient reliability. Unfortunately I know still more dowzers who make so much nonsense that I cannot understand why prudent persons can be taken in by them. I find it especially scandalous if one plays with seriously ill persons because of money or the reputation by helpless people.

Official examinations proof my experience: 99% are not able to do it

In America, Australia, Sweden and Germany many thousand dowzers have been tested thoroughly during the last couple of years. Are they capable or not? 99% are not capable. All test results of investigating scientists and universities have shown that. It is also my startling experience. After 3000 home examinations I have only found five cases where the results of dowzers have been identical with the physical measurements. And I have many encountering with dowzers. Often I am not the first investigator in the house.

Also Prof. H. König demands measurement instead of assumption. He made with other scientists a research which was funded by the Federal Minister for Research with 400.000 DM and has only recently published his results. He tested 500 dowzers, all of them agreed to the test conditions. The capability of five of them was "with high probability". That again is only one percent.

Seven dowzers

Again three case studies: A young ill lady ordered seven (!) dowzers during one year. Seven times she rearranged her sleeping-room and moved her bed. Seven times the dowzers assumed a new "water vein" under the sleeping place with rod swings. The result: The bed itself was loaded from extreme magnetic radiators (iron bed and springs). Thus the disturbing zone (bed) was moved around the house fleeing from the alleged water vein.

A wooden bed without iron parts in the frame and mattress brought the desired result: the lady recovered. The measuring result: no water veins in the house.

The bed in the tub

A dowser assumed in a home of a couple with its 12-years daughter with cancer disease so many water veins and dislocations that no square yard remained for stress-free sleeping. The family was despaired. It intended to sell its apartment. When the family did not agree to the very expensive "fault-clearing" they finally found a last stress-free place in the bathroom...

My local measurement: The total apartment had a loading of extreme 400.000 volt per meter because of an electrostatic synthetic floor. No wonder that the tiled bathroom was without stress. Today they have cork on the floor in kitchen, office, living room and sleeping-room. They never have thought again about selling their apartment.

The distant assumption

A notary has cancer and asks a dowser who not even enters the flat but makes a pendulum swing at the floor plan. Dowsers call that a distant assumption. Result: 300 Marks and the statement, that there is a water vein under the bed. Enclosed - again 100 DM - is a pencil drawing with chaotic scribbles. The statement: His curing energy had been transferred with the pencil on the paper and would care forever for an undisturbed sleeping place if the sheet of paper would be placed under the bed. The reality: The notary slept below the supply network room of a skyscraper. The change of the room avoided the high electromagnetic fields. No water veins at all. His health condition stabilized within a short period of time.

Anti-interference devices

Often one finds during house inspections a number of "anti-interference devices" like small boxes, blankets, mattresses and plates, flowerpots full of pebbles, systematically arranged coins under the bed and futuristically looking antenna arrangements, mysterious interference senders, pyramid-like constructions and wires, loops and circles made from copper, horseshoes on the room door, cork under the mattress, beer bottles full of holy water in the wardrobe or glass bulbs hidden in the garden, colored drawings with all sorts of symbols from all cultures and religions, ampullas at the wall with mysterious bad-smelling liquids, welded plastic boxes without any contents, emitters of magnetic waves, packages of peat, straw, highly polished crystals, resonators and absorbers with and without international certificates of unknown associations, little stripes of aluminum foil on the skirting. Alas, one might think to meet mad persons.

And all those things have no effect at all. How do you want to screen neutron radiation on the eighteenth floor? Even doctors recommend such or similar useless nonsense.

A pattern of good and evil

Every other year a new researcher detects a certain new radiation phenomenon, calls it by its own name and puts himself thereby into the dowsers' history. If you believe that then you do not find a square yard on the earth without disturbances by a "cosmic" zone. Be that from global or diagonal net or grid zones, from radiation pyramids, cubes, double and geomantic zones, telluric radiations and carbon grids, everything nicely portioned in one, two, three, four different priorities.

Thus the total cosmic wave jam splits our nice world criss-cross from the South to the North, from East to West into a pattern of good and evil yard for yard according to his inventors Hartmann, Curry, Wittman, Berschneider, Mettler, Schneider, Schweitzer, Benker and others.

Again many unsolved riddles

You see, ladies and gentlemen, we have contradictions here too. The number of theories equals the number of persons who are working with them. I am becoming sceptic if I hear of a self-called expert who has the right knowledge. We do not have yet such an expert. But in regard to the terrestrial radiation we still have a lot of unsolved riddles beside the ones which we have already solved.

I restrict myself to show the peculiarities which we can measure. As for any additional assumption referring to the existence of geological disturbances and their effects I react with extreme caution.

Undisturbed

I define a room or a house geologically undisturbed not before at least two measuring parameters are absolute in balance: the radioactivity and the magnetic field of the earth. If they are indications of geological disturbances then I always recommend a change of the sleeping place and the medical control as a matter of caution. The positive feedbacks of patients and the constructive cooperation with doctors and nonmedical

healers convince me to be on the right track.

All approaches of "dejamming" or "screening" are impossible. If you can still measure the natural terrestrial radioactive radiation and the strong magnetic field of the earth at the highest floor of the largest skyscraper how can you screen such thoroughly penetrating powers and with which tools? I have made hundreds of tests with hundreds of "dejamming devices". They are all useless. The only safe dejamming is the moving to a geologically undisturbed place.

More healthy and less stress

Ladies and gentlemen, I hope I have succeeded to present this complex and complicated topic as easy as possible. I am deeply convinced that it is right and important to give a modest contribution on every possible level to make our life and our environment more health and free of stress. The lack of information is considerable.

All these things make you sick

Certainly also the revelation of building-biological risks is only one of many mosaic pieces in the large picture of all biological stresses. Denatured and devaluated food, lack of physical exercises, chemical toxics everywhere... and the arrogance to think that the way we express civilization is the totally valid yardstick: all that makes you sick.

Malpractice

I am convinced - and I say that deliberately before this auditorium - that it is malpractice in the sense of a holistic medical diagnosis and therapy, not to look at the sleeping place of the patient.

Every third person dies with cancer

In a time where in Germany and America every third to fourth person dies with cancer, 350.000 German people with heart and circulatory diseases, in a time in which every third person is allergic, every fifth person of our affluent society is psychic ill, a time in which 50% of the mammals - the human being is a mammal too! - become extinct and a time in which in the name of progress risks are run beyond calculation, in such a time every whatever small attempt for mind-expansion matters.

Thank you for your attention and good luck.