

DIRTY ELECTRICITY:

Microwaves on your house wiring!

***You don't get what you EXPECT
You get what you INSPECT***

(Revision dated: SFD 8/21/14)

Dear Fellow Health Seeker:

In May 2011, the World Health Organization (W.H.O.) declared wireless, non-ionizing microwave radiation as a “possible carcinogen.” The only reason it wasn’t declared a “known carcinogen” is because one person on the WHO panel didn’t vote that way – it wasn’t 100% unanimous. Their opinion is based on thousands of research studies which are very clear – microwave radiation causes cancer.

Then, in August 13, 2014, the US Center for Disease Control (CDC), the lead Federal health action agency, put out an alert advising American citizens to “reduce radio frequency radiation near the body”. The CDC went on to recommend that *independent* research studies into wireless radiation be implemented immediately stating that there is “considerable evidence” the wireless industry has undermined much of the wireless research it has funded in the past.

Last but not least, we have the BioInitiative Report (www.bioinitiative.org) , co-authored by dozens of esteemed PhD’s and MDs, itemizing the health impacts of microwave radiation at extremely low levels and recommending extreme caution with the use of wireless devices including cell phones, WiFi, cordless phones, baby monitors, Smart Meters and other wireless devices.

Microwave exposure causes many health issues – not just cancer. Cardio issues. Diabetes. Obesity. An unlimited list of neurological and emotional diseases. Autoimmune illnesses. And much more. Microwave exposure is not a good thing. Plants nor animals evolved around this stuff – with the exception of an itty bitty dose of microwave radiation during solar flares or electrical storms. That’s why plants won’t grow and they die near Smart Meters and WiFi etc. That’s why molecular tests show that bacteria won’t grow and they die with the same exposure. That’s why birds won’t fly into rooms with microwave emissions and don’t like to land on cell towers. And that’s the simple reason why people get sick from it too.

Pure and simple: Microwaves are toxic. The only thing that behaves like microwaves in terms of its biological effect on life forms is ionizing radiation – nuclear bombs, nuclear power plants, therapy for certain cancers, Chernobyl/Fukushima accidents etc.

When I mention microwave avoidance to people, everyone seems to think I am talking about their microwave oven. If we could only roll back the clock to the days when our only exposure to microwave radiation was the few minutes our microwave oven was on OR those that lived near an airport or Air Force facility (their radar domes emit microwave radiation as well). If only...

Today it is very different. Everyone is being microwave zapped. And some of us at very high levels. Microwaves are coming from cell towers, cell phones, cordless phones, baby monitors, Smart Meters, WiFi and basically, anything that operates wirelessly.

It is because of this universal zapping of my patients that I have written the article “Are You Zapped? I was!” and I rent out microwave meters to my patients to measure their microwave exposure outside their home, inside their home and at work.

Like I, many patients have been SHOCKED by their “off the chart” microwave dosing - - typically from devices that they have allowed to sneak into their homes such as WiFi, cordless phones, baby monitors and a long list of office and leisure ‘devices’ that now come equipped to run wirelessly (whether you want them to run wirelessly or not). But that’s good news. If your main exposure to microwaves is from devices you brought into your home, you can change that! You can quickly and dramatically reduce your microwave exposure via making some important health decisions regarding devices you will allow in your home and/or how you use these devices.

In terms of my own life, I had to make a few changes too. And guess what? My quality of life is better! Who knew? More on that at the end of this article...

There is no lab test for microwave poisoning. The only test for microwave poisoning is the removal of microwaves from a person’s life, and then sit back and wait (usually just a few minutes to a couple days max). Most people report a sense of bliss, calmness, removal of stress etc. We are hearing that their pets are behaving completely differently. Birds will now fly to rooms they wouldn’t occupy before. Old dogs have been re-born with renewed energy. I’m not making this stuff. I’m just repeating what my patients are telling me.

What did I do?

PHASE I: PROTECTION FROM SELF CAUSED MICROWAVES:

I have protected myself from my Smart Meter by using a Smart Meter Blocker OR converting to a digital non-transmitting meter. I got a landline. I forwarded my cell phone to my landline at home or at work. I use Verizon because its wireless technology puts out 28x less microwave radiation than T-Mobile or ATT. I rarely use my cell phone. I bought a special cell phone holster that blocks microwave emissions coming from the phone while carrying it (available at our clinic and online store). I use phone ear buds or speaker phone whenever I do use a cell phone (rare). I use my cell phone for only emergencies and other situations where I MUST talk to someone. My WiFi was shut off and my computers are all hardwired. I haven’t used my microwave in 25 years. And I threw out my cordless phones. I was VERY motivated to do this once I saw the meter maxing microwave exposures I was getting from these devices (via our rented meter). My microwave meter now shows virtually zero microwaves inside my home (with the exception of my 2nd floor) and zero microwaves at my clinic (with the exception of my lobby).

PHASE II: PROTECTION FROM MICROWAVES CAUSED BY SOMEONE ELSE:

This phase involved reducing the microwaves that were beyond my control – stuff that was leaching in from the outside. Most people don’t have this problem. But I did. At my home, my second floor was in the cross hairs of a cell tower 1.4 miles away! As for my clinic, there is a strong power density pushing in from the street due to the city-wide WiFi, three Smart Meters on my south neighbor’s office, the cell towers at both ends

of my street, the airport radar and (sigh) the new microwave radar antenna that is currently being built by Grumman for their recently won Magellan contract.

To fix these, special paint and window coverings are used to block what microwave emissions are coming in from the outside. But like I said, MOST people don't have these microwave problems. MOST people, when they measure their outside find that the microwaves are low in their yard. In most cases, the microwaves are worse INSIDE their home. But like I said, this is GOOD news. Because you can easily and cheaply change what is inside your home. It is more difficult and expensive to change what microwaves are pushing in from the outside. If you have a problem like this, just ask me for details.

But I do have to admit there have been just a few patients who have realized that their unwellness started when they moved into their home and/or when the cell tower was erected down the street – and their entire home (inside and out) is flooded with microwave radiation due to a nearby microwave transmitter. These people had no choice. They put their homes up for sale and have moved.

PHASE III: PROTECTION FROM MICROWAVES ON MY HOUSE WIRING – AKA DIRTY ELECTRICITY:

Dirty electricity – equally (if not more) harmful than a direct hit of microwave radiation from your modem, cell phone, cell tower etc. No one knows for sure. The research is indicating they are both pretty bad! And from my own research with my patients, every single one of my patients is dealing with a significant exposure of microwave exposure via dirty electricity -- some worse than others – and at some frighteningly high levels.

What is dirty electricity and where does it come from? In short, dirty electricity is microwaves (high frequencies) running on your house wiring and zipping around you 24/7 every time you are in your house. Your body is absorbing these microwaves as well (provable via special oscilloscope meters and EKG patches on the person). The symptoms from dirty electricity are the same as symptoms from any other microwave emitter – a long, long list. The microwaves are either coming in off the power grid OR are being produced by digital devices within your own home.

Here are the details to understand exactly what dirty electricity is:

Here in the USA, our homes run on 60 hertz (Hz) alternating current (AC) electricity. This means that the electricity cycles positive to negative back and forth 60 times PER SECOND. This electricity enters our home and services all our wiring. Even if NOTHING is plugged in to the outlet and even if an appliance IS plugged into the outlet but its power is off there is electricity running through the walls to that outlet – 24/7 – back and forth, back and forth. That's why it is called “alternating” current. In short, the wires that circulate around us in our home are “alive” with electricity circulating around us 24/7 – at 60 hertz. The only way to stop it is to turn off all our breakers at the circuit panel box. That way the electric stops at your panel box and doesn't reach the outlets in the rooms.

Prior to the microwave and digital revolution, the amount of “dirt” on our house wiring was minimal. “Dirt” is defined as electrical frequencies that are NOT 60 Hz. When an electrician is trained in ‘old school’ dirty electricity, he is trained that there will always be a certain amount of ‘electrical harmonics’---his technical term for “dirt”. A 3rd harmonic, for example, means 3 times 60 Hz or 180 Hz. A 5th harmonic is 5 times 60

Hz or 300 Hz. The electrician was trained that anything less than about 5% harmonics is a-ok. That means that 95% of your electricity in your home wiring is at 60 Hz and only 5% max is at something other than 60 Hz. Long ago, it was not uncommon to simply find 3, 5, and 7 harmonics on house wiring. But keep in mind that this meant that the dirt was only at 420 Hz (60 Hz x 7). That means that the electricity was cycling back and forth 420 times per second. Repeat and remember: Oscillation at 420 times per second.

Today is a different story. Two things have happened. The digital revolution and the wireless revolution. Because much of our equipment is now digital, this means it must take the calm and rolling 60 Hz signal and literally “chop it up” and put it back together into something that will “power” the digital appliance. This act of “chopping up” the 60 Hz signal (via an inverter inside the appliance) creates high frequencies – including microwaves. These microwaves are fed back to your circuit panel box and from there spread like an out of control virus to every outlet in your home. Microwaves are defined as 300 MHz (mega hertz) to 300 GHz (giga hertz). Microwaves oscillate at *millions* and *billions* of times per second. WiFi, for example, uses 2.4 GHz, 2.4 *billion* cycles per second. Yes, your microwave oven uses that exact same frequency. The only difference between your WiFi and your microwave oven is that your oven has more ‘push’ or ‘watts’. But still, microwaves nonetheless.

A microwave oven fast cooks food. Low watt microwaves slow cooks its victims.

But if only our digital electronics were the only problem creating some dirty electricity here and there.

With the advent of removing the *analog* meters off of our homes and installing a *digital* meter instead, we have basically magnified our dirt creating appliances from one or two here and there to a meter that pollutes the whole house with dirty microwave electricity. All digital power meters on the side of your house create dirty electricity – whether they are transmitting wirelessly back to the electric company or not.

Other items that create dirty electricity are fluorescent bulbs, CFL (curly) bulbs, dimmer switches and powerline adapters (devices that put your internet through your house wiring).

In addition to all of the above sources of microwaves, we also have cell towers saturating our air with microwave radiation. These microwaves are attracted to carbon (we are carbon based lifeforms) as well as to metal --- like the power lines running down the street to your home. Thus, the cell tower microwaves hitchhike on the 60 Hz wave coming down the wire and get into your home that way.

Keep in mind something very important: Neither our bodies NOR our house wiring NOR our appliances/devices were designed to handle these high microwave frequencies. In other words, microwaves on your house wiring not only is impacting YOUR life expectancy it is also impacting the life expectancy of your home wiring AND the life expectancy of your appliances/devices.

Dr. Sam Milham is a famous epidemiologist with decades of experience and being an expert witness in courts of law. An epidemiologist is a medical person whose job is to find out ‘why’ there are clusters of health problems in certain areas. For example, it is his job to find out if a group of people are sick due to a common toxin or pathogen.

Dr. Milham’s research, using the same methods he uses to find the cause of other clusters of disease, has determined that many places are sick due to ‘dirty electricity’. In other words, microwave radiation being brought into the home on the house wiring. He wrote an excellent book by the same name and it is for sale on

Amazon.com. Unfortunately, his “dirty electricity” alerts are not being heeded by the electric company. And thus was the reason he wrote the book and went straight to us--- the public –to trigger his alarm. And btw, he also found that companies that reduced their dirty electricity had less repair bills for their office equipment and other devices/appliances!

Measuring dirty electricity is easy to measure and easy to fix. You can NOT measure dirty electricity via using the microwave meters we rent to measure microwaves in the air/space.

To measure dirty electricity you need a special meter that you plug into each and every outlet in your home. This meter measures BOTH high frequencies and the voltage of those high frequencies. Frequencies above 1.7 kHz short-circuits the body’s natural resistance of 500 ohms and ‘goes internal to the body’ and does its health damage. The higher the frequency and the higher the voltage the more potential health damage. This meter measures BOTH and displays it in units called G/S units (which stands for the inventors of the meter Graham and Stetzer).

HOW TO USE THE DIRTY ELECTRICITY METER AND FILTERS

You start by turning on all appliances and lights etc in your home – everything. Including your outside lights. Including washer, dryers, refrigerators cycling on, computers, TV, stereo, a/c etc.

Then, you go to the room that has the most appliances/devices – like your home office and/or your media room. Plug the dirty electricity meter into one of the outlets. What is the reading?

In Russia, where they take the health issues of microwave exposures very seriously and use this meter, a reading above 50 on the Stetzer meter will shut that public building down until the owner takes action to reduce the reading. My clinic, for example, would be ‘shut down’ in Russia – my readings were over 200. One patient’s office building’s readings were 1900 G/S! Another patient’s office was over 700 G/S. My home was over 2000 G/S! That alone was motivating enough for me to get to work and reduce my dirty electricity in every way possible including ridding my dimmer switches and to rid my few outside CFL bulbs and replace with LEDs. Interestingly, two outlets were so off the scale that I could clearly hear a radio station out of these outlets using a specialized ‘audio’ high frequency dirty meter! I was so shocked at my ability to sit there and listen to a radio show out of one of my outlets that I quickly called a friend over to my house to verify my discovery. I didn’t want people to think me crazy if I shared this story....

Back to how to test and fix dirty electricity within YOUR home and office....

While keeping the meter plugged into the top wall outlet, plug in a dirty filter into the bottom outlet. What is the new reading? Did it drop 20% or more? If no, that filter on that outlet wasn’t that effective. Move on to the next outlet in the room.

If the meter did drop by 20%+, great! That filter was highly effective. Is the meter reading now less than 25 (the lower the better btw)? If yes, move on to the next outlet. If no, plug another filter into that outlet and see if you get another 20% drop on the meter. Repeat.

Be sure to keep the filters in the outlets that you just checked before moving on to the next outlet. Each and every filter will have a multiplicative effect on your entire home.

Every outlet in the home needs to be checked. But that doesn't mean that every outlet in the home/office will need a filter. Every home/office is different.

Once you've checked every outlet in your home/office and you have all your filters installed, go back through the whole house (with all the electric still on). Don't be surprised if you find that readings are lower than the first time through. This is because you may have stopped some dirty electricity 'at its source' in one of your rooms and stopped it from spreading through the rest of the house.

For example: I have an outlet in my clinic hallway and another in my personal office that I would use for 'show and tell' to show a patient how bad my clinic dirty electricity was and how well the filters removed the dirty electricity. HOWEVER, after I went through the entire clinic and checked and rechecked every outlet I could no longer use those two particular outlets as "show and tell" outlets and thus, had to find another outlet that could dramatically show the difference with the filter in vs the filter removed. Why did this happen? Because one of the filters in one of the rooms on the far end of the clinic was removing the microwaves before it had a chance to 'infect' my hallway and personal office.

As stated above, after finishing your entire home you might find your meter readings now in the teens (below 20). The lower the better. This is a very good thing. Remember, dirty electricity is only going to get worse. These microwaves are coming in off the power grid, from new appliances/devices you bring into your home and even from your neighbor that you share your transformer with! So the lower the better.

In fact there is a second dirty meter. What I like about this meter it is looking for frequencies even higher than the Stetzer meter. What I don't like about this meter is that it is NOT looking at the combined biological impact of the freq * voltage impact.

I have devised a system I call the "udder system" whereby I can use BOTH meters simultaneously out of one outlet AND add filters too! What I have noticed is that the Stetzer meter is the typically (but not always) the first meter to get happy (ie: below 25). But as more filters are applied to make the second meter happy as well (ie: below 50 on that meter), the first Stetzer meter runs closer to the teens (ie: 13 – 18).

Also, during my research on people with neurological disorders and diabetes, the patient's neuro symptoms and insulin use per se were LESS within one week of fixing the dirty electricity --- and the typical post dirty electricity G/S readings in those studies were in the teens.

In other words, if you seek the best for your health, keep adding Stetzer filters as long as the Stetzer meter drops at least 20% AND when you are done with the house, you find your readings are typically less than 20 (the lower the better). What appears to be happening is that some super high frequencies are sneaking into people's homes "via the grid". Why? Because the detected higher frequencies don't seem to be the typical dirty electricity frequencies generated by home devices. To know for sure, use our 'udder system' using both meters and make BOTH meters "happy" OR drive the more important Stetzer meter which displays a multiplicative factor of frequency times voltage and drive the number as low as you can---preferably below 20.

The filters never "fill up", never need replacing and can move with you to a new residence. As our nation's dirty electricity epidemic grows, however, you may find you need more filters to keep your dirty electricity low.

In my case, I found that my home was flooded with dirty electricity. In fact, my readings were so high that neither meter could register it and just ‘went blank’. All I know is my dirty readings were over 2000 G/S. They might be 2001 or 20,000. I don’t know. If your home max’s out the meter, plug in a filter and it will bring the readings down low enough to read so you can proceed.

Because my readings were so high and ‘something’ was obviously infecting my entire circuit panel, I went to work to find out what device in my home was creating the dirty electricity, sending it back to my panel box and then, spreading it through my entire home.

To find the offending dirty appliance I removed all filters. I plugged the meter into my highest outlet. Then I turned off every circuit breaker EXCEPT for the one connected to that outlet. What I found was that the reading was ok. Then I turned on the breakers one by one to find out which breaker was fueling the dirty electricity. Once I found the breaker, then I went to studying each appliance fueled by that breaker. I found it! The mega dirty electricity was being generated by my new split a/c system. When it was on, the dirt was off the chart. When it was off, dirt was your typical unhealthy dirt level.

I called the manufacturer of the a/c. They admitted their device produced much microwaves due to the inverter inside the device. In fact, they admitted they have to add a microwave filter (ie: a capacitor just like what is in the Stetzer filters) to sell that machine in other countries that care about dirty electricity on their home wiring!

Keep in mind there are two good reasons to care about microwaves on your house wiring:

1. Health impact
2. The excessive wear and tear that these high frequencies are doing to your devices/appliances

If you too have an off the chart mega dirty electricity reading like me, and you can’t find the source of your dirty electricity AND you have a digital OR Smart Meter (ie: anything but an analog meter), then it might be coming from that! Or maybe you need to invite an electrician to check things out....

But be forewarned, you WILL find dirty electricity with our meter. Hopefully it will be the ‘typical unhealthy amount’ that can easily be fixed with the typical 12-20 filters per home. My home, however, needed 40 filters!

Another warning: Working with an electrician! I invited an intelligent electrical engineer and owner of an electrician company over to my house one day. He was curious about my claims of dirty electricity and my claims that it was caused by my a/c compressor. After spending 4 hours at my house analyzing everything he could think of his final conclusion was I didn’t have any dirty electricity! Don’t get me wrong. I’m glad he came out and gave me a clean bill of health “in his world”.

His national electric standards: His world allows up to 5% dirt on the wire. That means 95% of the electricity should be at 60 Hz and no more than 5% at any frequency other than that. When he measured with his machine, he said I had 5.8% dirty electricity. But not to worry. Because all the dirt was at the 3, 5 and 7 harmonics (180 Hz, 300 Hz and 420 Hz).

So then I asked the simple question: Why does my meter show so much dirt? His answer: My meter is a toy...probably broken. So, I got another meter – in fact, I got 3 more dirty meters. They all said the same thing...I had a mega dirty electricity problem and it went “on and off” with the a/c compressor.

Then I looked at his measuring machine and I noticed it ‘max’d out’ at 2 KHz (2000 Hz). My meters STARTED measuring at that frequency!

His answer: You have no dirty electricity. Your meter is simply too sensitive!

I explained to him that the research indicates that frequencies above 1.7 kHz are the most biologically damaging. That this has been known by the Russians and the Moscow American Embassy incident since the 1970’s.

He didn’t want to agree. His training was simple. Keep at 5% and below “dirt” and don’t look for dirt in the biologically damaging frequencies!

So, we went our separate ways. I was left with my dirty electricity problem to fix on my own. But at least I knew there was nothing wrong with my house wiring otherwise. But I was shocked and saddened that our electrician professionals ‘act’ like they care about dirty electricity...but they aren’t even looking for it because their meters aren’t sensitive enough. Of course an electrician is going to give someone a clean bill of “dirty” health if they aren’t even going to LOOK for microwaves on the home wiring....sigh.

Last but not least, there are certain people that either don’t believe dirty electricity can impact health or could care less about their health. To these people, let’s talk about money and your precious toys, devices and appliances...

Back in the early 1990’s when computer/digital revolution was taking off, the power companies KNEW about all this dirty electricity. Remember, all 60 Hz that comes to your home has to go back to the power company as well. The problem was that after that electricity circulated through YOUR digital devices, it became ‘toxic’ with microwaves. The power companies power lines (the neutrals) weren’t designed to handle microwaves – they are designed to handle 60 Hz. So what happened? The power company’s neutral power lines started to fry and fall apart. Basically, *the same thing* that is happening to your precious digital devices but you just don’t know it. But the power company knew it was frying their neutral lines and they knew their lines were going to fry and fail faster and faster.

To solve this problem and be able to handle all these microwave frequencies, the power company would have to replace all the neutral wires with thicker, more durable wire that could ‘handle the brute force’ of these microwaves. But guess what? They didn’t want to do this. Why? It would cost money! So, in the USA our power companies went to the government and gave them an alternate plan. That plan was to allow the neutral wire to carry the microwaves from your home to the power pole’s transformer but not farther! Why? Because they didn’t want to fry their wires, that’s why. But what to do with all those 60 Hz and microwaves that still need to return to the power company?

Answer: The government gave the power company permission to dump all that electricity from the power pole straight into the ground outside your home. And from there, the electricity would run on the surface top soil back to the power plant that way.

Yep, you heard me right. Our ground is electrified. I discovered this accidentally when I couldn't figure out (via oscilloscope meter reading of my body) how the 60 Hz kept jumping on my body no matter where I went in or outside my home. It was coming from the soil!

Unbelievable as this sounds, it is true. Ground in the USA is electrified. And it is also the reason for a great number of lawsuits against the power companies because farmer's dairy cows and other farmers livestock are getting deathly ill from these '60 Hz + microwaves' entering their livestock via their paw.....

What did Europe do with the same problem? They built thicker neutral wires back to the power company. They knew putting the electricity and the microwaves into the soil wasn't a good idea.

Bottom-line: To all those that don't give a bean about the health of themselves or their family, how about the health of your toys/devices? If these microwaves fry a power company's wires, you don't think it is frying your toys/devices? In fact, one school found that their annual \$30k repair/replacement costs for equipment dropped to only \$5k per year after filtering out the dirty electricity from the school's wiring. In short, measure your dirty electricity at home and at work. Fix it with filters. If not for the health of your family, then for the health of your tender electrical toys....

Last but not least, I promised you a few words on how microwave minimization has affected my life. In one word: Fantastic! For years I battled with insomnia and required a fist full of natural sleep aids to sleep. Only grounding fixed my insomnia problem. But with microwave elimination, I can still sleep without grounding but I still do ground nightly. During the same 7 years I battled with insomnia, I also battled with a really bad case of 'dry heels'. I mean a really bad case. My heels peeled in deep thick sheets. I literally had holes in my heels. I tried everything! I knew this was a bad sign – a sign that I was essential fatty acid deficient. Which didn't make sense because I consumed a good daily quantity of essential fats. I was so upset. I had always been proud of my 'baby butt soft skin' –right down to my heels – from all the detox and essential fatty acid correction I had done. What happened for it to change 7 years ago (along with my insomnia)?

Two days after shutting off my WiFi and reducing my ambient 'air' exposure to microwaves I was shocked to notice that my heels were about 90-95% heeled. I was happy. Periodically there would still be an extra dry, cracking, flaking spot that I would dig at and leave a hole. But nothing like it was before. Then, after getting rid of my dirty electricity at home and work, I was shocked to notice that my heels were 100% healed – back to their baby butt softness. I changed nothing else. Not my diet nor my shoes. Nothing. My theory is this: We know microwaves cause rapid aging – accelerated cell turnover. I think my body was turning over its cells so fast due to damage that no amount of fatty acid intake was enough to provide for the building of new cells. Lastly, I feel a bliss and peace in my home and at work that wasn't there before. That silent level of stress inside my home and work has vanished. Also, I no longer listen Sean Hannity's radio show through two of my house outlets!

As for my patients, they are reporting their own long list of health improvements after ridding space and wiring microwaves: Here's a sampling of what my patients have told me resolve or significantly improve: heart pain, heart palpitations, heart abnormal rhythm, anxiety, nervousness, insomnia, rashes, skin peeling, memory, nausea, hot flashes, weight loss, headaches, bad mood, seizures, tremors, sounds in their head/ears, neurological symptoms. The list of microwave symptoms is truly mind bogglingly long. To see the list, go to my website, go to 'electro health' and then click on the 'electro symptoms' button.

Bottom-line: Microwaves create a stress response within the human body. Anything that excess stress can cause, microwaves can cause.... including cancer....

One last important comment about dirty electricity on your home wiring. In fact, what I am about to say is the most important part of this article...

I kept hearing repeatedly from patients how much better they felt – even though the cell tower was still outside their office or despite the fact that their husband was still refusing to shut off the WiFi. This perplexed me. We saw so much improvement with WiFi/wireless elimination, then why were we seeing so much improvement with dirty electricity fixing when the WiFi (and or cell tower) remained?

To answer this question, I called the two world’s leaders on dirty electricity and to date, we have talked hours on the phone and hopefully will be meeting in person very soon. The men? Dave Stetzer and Dr. Sam Milham (author of the book “Dirty Electricity”).

Anyway, Dr. Milham saw the same thing during his epidemiological studies. For example, in one of his studies at a Washington library, he measured all the neurotransmitters in the librarians before fixing the dirty electricity. The library WiFi was left unchanged. Then, he fixed the dirty electricity. And then one week later re-measured their neurotransmitters. The librarians reported their subjective improvement in wellbeing ...and neurotransmitter testing showed a significant increase in the ‘wellbeing’ neurotransmitters and a lowering of the ‘stress’ neurotransmitters. All by fixing the dirty electricity and NOT changing the WiFi! He saw the same improvement in the student behavior at the California school with the cell tower directly outside and the school’s WiFi unchanged.

Why?

All higher frequencies are toxic. But those above 1.7 kHz are the MOST toxic because they short circuit the body’s innate 500 ohms resistance and “go internal” to fry the internal organs. WiFi and cell towers are up in the GHz range – very high and thus, yes, they do damage. BUT, the MOST biologically damaging of all the frequencies are in the 4 kHz – 100 kHz range. The Russians said this first. Then Japan. Then the World Health Organization (WHO). They all agree. These are the worst of the worst biologically damaging frequencies. In fact, Dave said that with his work while in Russia, they found that just 6 months at 25 kHz would cause leukemia!

So, if microwaves are like “heavy metals” that are all toxic, the most toxic *mercury* would be the 4 kHz – 100 kHz and the WiFi, cell towers etc, would be more like the *arsenic* or *lead*. And where do you find these most mega biologically toxic 4 kHz – 100 kHz? On your home wiring from your own appliances, coming in off the grid from everyone else serviced by your power company (FPL), from the person you share the transformer with and (the biggie) from FPL that installed 4.5 million Smart Meters in the last year. And what if you live an apartment or condo? In rare cases, the ‘shared wall’ between the units may be part of the problem. Sometimes the only way to bring down the dirty electricity in your condo/apt is to put a filter on the *shared* wall in their condo/apt because they are creating it by having something like a computer on the wall you are trying to fix.

Just a few examples of dirty electricity generators: A Dell Inspiron puts 25 kHz back on the line. A Dell Vostro puts 50 kHz back on the line. MAC computers put 12.5 kHz back on the line. A CFL bulb puts 50-100 kHz back on the line. And a digital FPL meter (whether a transmitting Smart Meter or not) puts 50 kHz

back on the line. So, you see, even if you had the electricity to your house turned on but not one appliance plugged in, you would still measure dirty electricity because it is coming from your Digital/Smart Meter and your transformer neighbor's devices and other homes "on the grid". That's why your dirty numbers can vary with the time of day (more people home) or the temperature (more a/c usage) or your transformer neighbor turning on all his dimmer switches!

So what's the summary to this entire article? If you seek optimal health, deal with ALL your microwave sources including dirty electricity – OR at the very least, deal with the most biologically damaging of all which is the kHz frequencies found on your home's wiring....

I hope this article was interesting and helped you understand another insidious way the microwaves can ruin your health – hidden on your house wiring. If you have any questions, please feel free to email me at BeckNatMed@gmail.com.

And remember, you do NOT get what you EXPECT. You get what you INSPECT. Know for sure....test with our borrowed (no fee, only a deposit) dirty meter. And solve the problem with microwave filters.

Linnette M. Beck AP, DOM
Beck Natural Medicine
www.BeckNaturalMedicine.com
321-259-9090

DISCLAIMER:

The content found here is for informational purposes only, and is in no way intended as medical advice, as a substitute for medical counseling, or as a treatment/cure for any disease or health condition and nor should it be construed as such. Always work with a qualified health professional before making any changes to your diet, prescription drug use, lifestyle, or exercise activities. This information is provided as-is, and the reader/viewer assumes all risks from the use, non-use or misuse of this information.

[Click here to visit our online Grounding Store](#)

[Click here to visit our online EMF Safety Store](#)

[Click here to visit our online Mega EMF Safety Store](#)

Graham-Stetzer Filter Frequently Asked Questions

1. What do Graham-Stetzer Filters do?

Graham-Stetzer Filters remove or reduce high-frequency pollutants from the electrical wiring in your home/business.

2. How can I tell if I need Graham-Stetzer Filters?

If you and your neighbors have electronic equipment connected to electric outlets you need Graham-Stetzer Filters. A handheld meter is available to measure the amount of high frequency noise in your wiring.

3. How many Graham-Stetzer Filters do I need?

It usually takes 20 filters to effectively "clean up" an average home. Homes with more electronic equipment (i.e. computers, printers, fax machines, televisions) may require more filters.

4. What is the lifespan of Graham-Stetzer Filters?

Graham-Stetzer Filters aren't like oil filters that fill up with use. They are an electronic component and should last a lifetime.

5. Do I need an electrician to install Graham-Stetzer Filters?

No. Simply plug the filters into an electrical outlet or power strip. Graham-Stetzer Filters are designed so that anyone can properly install them.

6. I plugged in a Graham-Stetzer Filter and there was a spark. Is this normal?

Yes, it is normal for the filters to spark when being plugged in. This will not hurt you, your electronic equipment, or the filters.

7. I plugged in a Graham-Stetzer Filter and it started humming. Should it do this?

No. When a Graham-Stetzer Filter is humming it is overloaded. To resolve

this problem simply plug in more filters. Remember, it takes 20 filters to clean up the average home. One or two filters cannot do the work of 20.