

# Your House Your Health

**Summary by Aroon Ajmera based on A Presentation by Roy Riggs**

**Arranged by the Feng Shui Society of UK**

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In a recent Feng Shui Society workshop on 'Your House Your Health' causing Technopathic Stress, Geo Biologist Roy Riggs made an excellent presentation about how many everyday gadgets are filling our homes with electromagnetic fields - and doing untold damage to us all.

It's hard to imagine that less than 95 years ago, the man-made energy that powers such labour-saving devices, communications equipment and entertainment systems were simply not available to the ordinary person.

But the strange thing is that these have become such an essential part of our 21st-century lifestyle.

**These appliances and gadgets are creating a sea of electromagnetic fields (EMFs), a sort of 'electrosmog' that swirls invisibly around and through us every day.**

This does not come just from domestic appliances, but also power lines, the wiring in our home, and telephone, mast and radio signals - and are getting more aggressive as the time passes and more dangerous and harder to avoid in our day to day life. In fact, our exposure to electrosmog and the fields of force associated with electric charges in motion - has risen to a point where we are now experiencing levels that are millions of times higher than those encountered by anyone living at the start of the 20th century.

Back then, people had to contend only with natural electromagnetic fields - such as the earth's geomagnetic field, which causes compass needles to swivel north. As a result, all of us have become guinea pigs in a great electromagnetic experiment that is the cause of much of our daily stress, and may also be responsible for serious health problems by lowering our immune system and our ability to fight off viruses and bacterium.

We discovered that some of the first warnings about EMFs were made as early as 1972, when scientists in the Soviet Union reported strange health effects in rail yard workers who were exposed to high levels of electromagnetic fields. The workers experienced increased heart disease, nervous disorders, and unusual changes in blood pressure, recurring headaches, fatigue, stress and chronic depression.

Now the phenomenon is much more widely recognised, particularly when it comes to mobile phone technology. There are mounting claims, for example, that people who use their mobile phone frequently or over long periods develop symptoms ranging from headaches and mild disorientation to cancers of the brain and neck. Although these are disputed, but as yet no one knows the extent of harmful effects.

The Government's chief adviser on mobile phone safety, has called for a ban on erecting phone masts near schools and warned of the risks of allowing children, whose thin skulls can more easily be penetrated by radiation, to use mobile phones.

**Roy has prepared a quick guide to reducing electro-pollution from 4 external and 6 internal sources which are listed below.**

**External sources are: Mobile phone masts, neighbours electronic equipment, mains electricity substations and overhead high voltage cables.**

**1. Mobile phone masts:** If there is an unobstructed view of a mobile phone mast from your bedroom window located within 300 meters, then you can go to [www.emfields.org](http://www.emfields.org) and seek their advice about various screening products to deal with the situation. If you are looking to buy a new house, then check the postcode through [www.sitefinder.ofcom.org.uk](http://www.sitefinder.ofcom.org.uk) to see the existing masts within the vicinity.

**2. Electromog from neighbours:** To protect yourself, paint the party wall or offending wall with carbon paint from [www.emfields.org](http://www.emfields.org) for reflecting it back.

**3. Substations:** If it is too close to your home, you cannot do much except hire a meter to check out the field levels. In a street, the effect of a substation extends up to 6 meters.

**4. Overhead electricity Pylons:** The safer level would range from a distance of 150 meters from 400KV lines to 15 meters from 11KV lines.

**Internal Sources of EMF are: Dect cordless phones, Wi-Fi Router, digital baby alarms, transformers, TV and computer screens and main ring and lighting circuits:**

**1. Dect cordless phones:** They emit radiation all 24 hours a day regardless of the fact that you are using it or not. The solution is to change these to ordinary landline cabled phones. If you love cordless phones, buy eco friendly units emitting radiation only when used via [www.emfields.org](http://www.emfields.org). Orchid is the name of this phone.

**2. Wi-Fi router:** Both Dect phones and Wi-Fi routers are main contributors to household EMF. You do not need a Wi-Fi router in home, school or office. It would be better to buy a hard wired Linksys Cable/Dsl router or Netgear adsl2 Modem router with telephone connection and Ethernet installation starter kit.

However, if you do have a Wi-Fi router then the best solution is to go [www.devolo.com](http://www.devolo.com) that have solutions to reduce EMF intensity from it using your house ring circuit.

**3. Digital baby Alarms:** Digital alarms are like Dect cordless phones and pulsate the microwave energy or EMF continuously through baby's room and beyond. Use non-digital baby alarms. For suggestions go to [www.royriggs.co.uk](http://www.royriggs.co.uk)

**4. Transformers:** Bedside clocks usually contain these. Make sure they are at least 4 feet away from your body. The bedside clocks need only 6 volts to operate and are connected to 240 volts circuit. The additional 234 volts are radiated out as energy and heat.

**5. TV and Computer Screens:** Best solution is to change the old cathode-ray monitors with deep backs to flat screen monitors as they emit far less EMF compared to the old type. Also place amethyst crystals in front of them as they absorb most of EMF radiation.

**6 .Main Ring and lighting circuits:** If you have TV hi-fi and other gadgets in the room where you sleep, an economical solution is to use buy a socket called Bye-Bye standby which switches off all the gadgets with a remote at bed time. This will clean the room with reduced EMF as well as save on electricity bill.

However, if you wish to create a bubble of protection from EMF around you when you sleep, you need to sleep earthed. For more information on '**sleeping earthed**', please go to Roy's site- [www.royriggs.co.uk](http://www.royriggs.co.uk)

### **Additional precautions:**

#### **COOKERS**

The magnetic fields from a ceramic or glass-topped hob can be lower than those from a traditional electric hob, but some halogen rings can give off particularly high levels.

It is recommended that as well as avoiding halogen rings, you avoid magnetic induction hobs because, although they are very energy efficient and fast to use, they produce significant levels of EMFs. Safest of all are gas cookers, or slow cookers, which use very low power.

#### **MICROWAVE OVENS**

There have been claims of serious biochemical changes to the structure of proteins and amino acids in micro waved food. For safety's sake, it is important to avoid meals cooked in this way if possible.

Increasingly, there are allegations that the packaging of microwave-ready foods may release harmful toxins, so if a microwave must be used, put the food onto a plate before cooking it.

Be aware that radiation leaks from the seal of the microwave oven door, so children should not be allowed to stand nearby when it is on.

#### **LIGHTING**

Fluorescent lights, energy-saving bulbs and halogen lights all carry a risk.

Use ordinary bulbs and non-halogen spotlights, which do not cause an EMF problem. Beware of cheap and old dimmer switches because their wiring can significantly raise the levels of electromagnetic pollution.

Following the above advice will make an immense difference to yours family's health.

For a professional survey of your home, the contact details of Geo-biologist Roy are as follows:

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