

QUARTERLY EMF ECHO

ELECTROMAGNETIC FIELD CONSULTANT'S NEWSLETTER



SPRING ISSUE

by *Phillip Woodard, PhD, Certified EMF Expert Consultant*

Hello, and welcome to our spring maiden issue of the Quarterly EMF Echo! I am excited to share Electromagnetic Field (EMF) news and information with my audience.

The purpose of our newsletter is to share, and hopefully enlighten you about EMF and the effects it can have on your health. We will also share mitigation strategies to reduce your exposure levels in your home, office, or automobile. Our goal is to improve your quality of life, particularly if you are electro hypersensitive (EHS).

I keep people safe from electro smog from cellphones, Wi-Fi, baby monitors, DECT phones (wireless devices in general), smart meters, cell towers, and autonomous cars just to name a few. We are all dependent on our technology to some degree just to function in everyday life.





GOT EMF?

by Phillip Woodard, PhD

In 2002 the World Health Organization listed Magnetic Fields from Power lines as a Class 2B Carcinogen. In 2012 they listed Cellphones.

Today, we have over 1,800 scientific studies detailing a very long list of health issues linked to EMF and Wireless Radiation exposure: headaches, rashes, sleeplessness, low energy, brain fog, mood disorders, ADD, learning disorders, A-Fib, diabetes, EHS, cancerous tumors, Lyme Disease, and a host of serious chronic illnesses. I can show you these studies, or I can show you how to reduce your exposure without delay!

RF – Radio Frequency 30 MHz to 300 Ghz: Cellphones, Wireless Communication, WiFi, mobile phones, digital radio and TV, Smart Devices and Appliances, Microwave Ovens, Radar, 5G.

VLF- Very Low Frequency 3kHz to 300 kHz: Power line Communication, Florescent Lights (CFL), Switch Mode Power Supplies.

ELF – Extremely Low Frequency 1 Hz to 3 kHz: AC (50/60 Cycle) Electrical Wiring, Home Appliances.

These Precautionary Guidelines are based on scientifically known biological effects and not merely tissue heating effects, which is the basis of FCC and ICNIRP EMF Exposure Guidelines. Unlike other EMF safety guidelines they represent no conflict of interest.

The most important room in your home/life is your sleeping area. Knowing your exposure levels in the bedroom is paramount to your health and wellbeing. Call me today to schedule your home risk assessment. Visit our website below to sign up for our newsletter and for my contact information.

		Anomaly	No	Slight	Severe	Extreme	
High Frequency	HF	$\mu\text{W}/\text{m}^2$ (Peak)	< 0.1	0.1 - 10	10 - 1000	> 1000	
		M	nT	< 20	20 - 100	100 - 500	> 500
Low Frequency	E	with grounding cable	V/m	< 1	1 - 5	5 - 50	> 50
		potential-free	V/m	< 0.3	0.3 - 1.5	1.5 - 10	> 10