



Body Voltage Information Sheet

Scientific Background

At this point there is over 30 years of research and scientific observation by Building Biologists and doctors in Germany and the US. This work has shown that pollution in the home can have significant implications for people who are ill and not responding to treatment and by extension to the health of every individual.



When inspections were made of homes at the request of doctors, the Building Biologists found that 90% of the time the trail led to the sleeping area and that 90% of the time the major pollutant in the sleeping area was the excessive man-made AC electric fields.

When these fields were reduced or eliminated, most patients responded to treatment and recovered. For patients with well spouses, the spouses often reported that they also saw beneficial changes in soundness of sleep and how they felt during the day. Our work associates high fields with sleep disturbance, increased allergy response, muscle pain, daytime tiredness, daytime irritability and childhood bedwetting.

This should not be surprising. AC Fields are wholly unnatural and did not exist in the human environment until the late 1800's. Recently, research has focused on electric fields and cancer. Before this, the focus was exclusively on AC magnetic fields. AC electric fields are found to be strongly associated with increased cancer risk – much more strongly than magnetic fields.

Electricity powering our homes produces *both* alternating *magnetic* and *electric* fields. These together are termed AC electromagnetic fields or EMF. **Magnetic** fields are present when current flows to power appliances and lights. More often than not, magnetic fields are not a sleeping place problem since circuits are shut off at night. However, **Electric** fields are present at all times and are produced by the wiring in the walls, floors and ceilings, wiring to appliances, etc. Most people cannot directly sense such fields so measurements must be made.

Discovery



We measure *electric field exposure* by using an indirect measurement. This is the AC voltage produced on a person's body by the electric field. This is called *Body Voltage*. You will be the surrogate whose body voltage will be measured while you are in the sleeping position. We will rate your situation as to biological risk using the standards developed from our 30 years of experience. In most cases we find that certain non-essential circuits must be turned off ONLY at night when you are sleeping. Normally, these circuits are not the ones powering refrigerators, freezers, or heating and air-conditioning.

Fixing the Problem



The best way to lower the body voltage in order to sleep peacefully and allow your body to recover at night is to turn off the influential circuits. Though the cheapest way to do this is to simply flip the appropriate circuit breakers each night, because this is often inconvenient it doesn't get done on a regular basis. Therefore, we suggest considering installing a remote control relay switch for each circuit. These are commercially available and have been used for years in the home automation industry (the X10 technology) and can be purchased from www.smarthome.com on-line.

There are three essential components required:

1. A relay with an external switch, typically a 20A rating is sufficient, but these are also available for 15A and 30A. *One relay is required per circuit to be remotely de-energized.* \$37.99 for the 20Amp. Part no: 2207 (This can be installed by a savvy homeowner in about ½ hour – installation requires a single electrical box, mounting hardware, wire nuts, and a small amount of electrical wire.)
2. A receiver (RF base) that will be plugged into any existing outlet of a circuit that is not to be de-energized. This will work with up to 16 different relays. \$21.99. Part no: 4002.
3. A remote transmitter that can be used to de-energize up to 8 different relays (circuits). \$19.99 Part no: 4001X.