



SMART METERS EMF RADIATION CAUSES STRANGE AND UNKNOWN HEALTH PROBLEMS

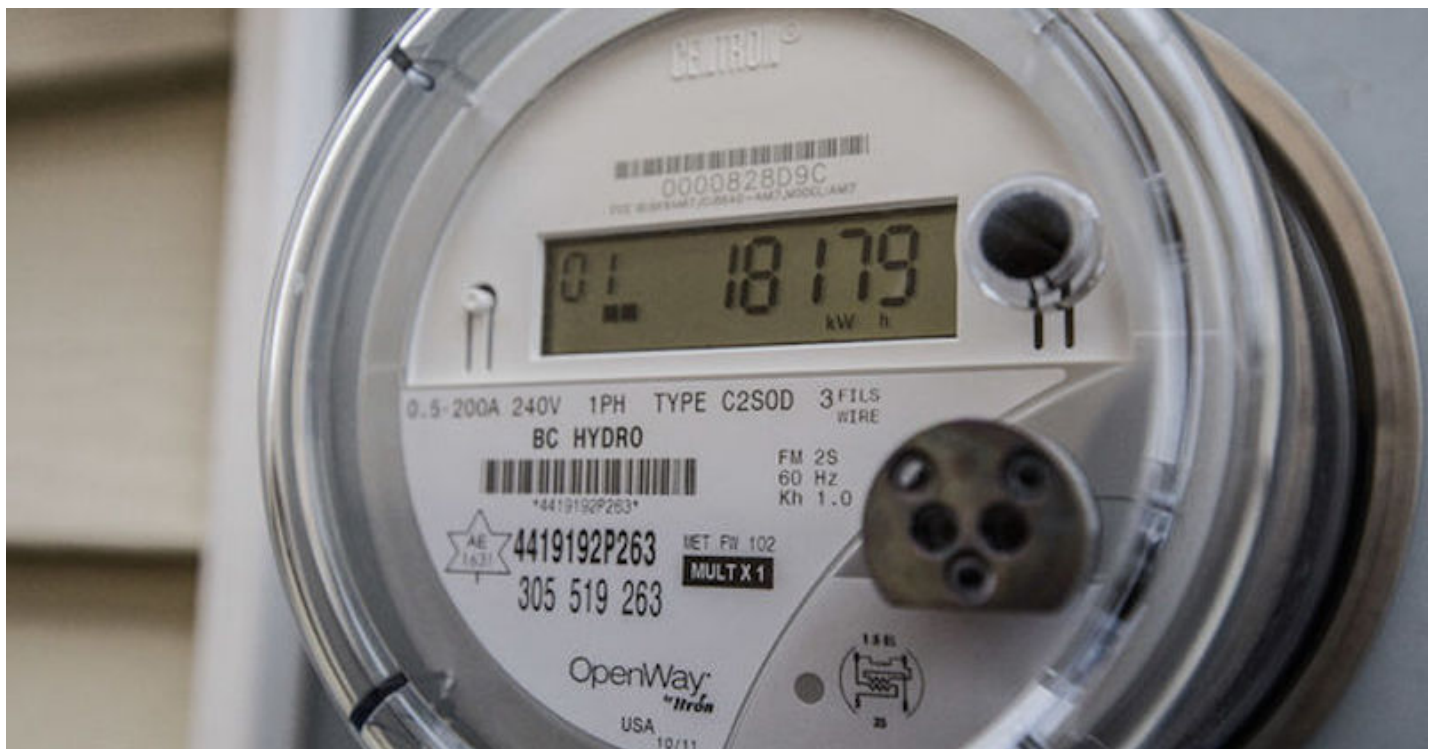
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Exposure to smart meters EMF radiation has been reported to cause many strange and unknown health problems. Many of the illnesses caused by EMF radiation have no name. People who are affected begin to lose interest in life, they have lost their zest, enthusiasm and joy. They experience anxiety and depression, not knowing the cause of the symptoms.

WHAT IS A SMART METER?

A smart meter is an electronic device that records consumption of electric energy in intervals of an hour or less and communicates that information back to the utility for monitoring and billing. Smart meters enable two-way communication between the meter and the central system.



Today, many states in the U.S. and many countries in the world are turning to smart meters to record usage of electricity and water. Smart meters automatically send usage information to the utility supplier

using radio frequency transmissions, or internet communication method.

Users of smart meters have complained of overcharging and irregularities reported from utility usage. Some reported skyrocketing bills after installation of smart meter, despite using the same amount of electricity prior to smart meter installation.

SYMPTOMS OF EXPOSURE TO SMART METERS EMF RADIATION

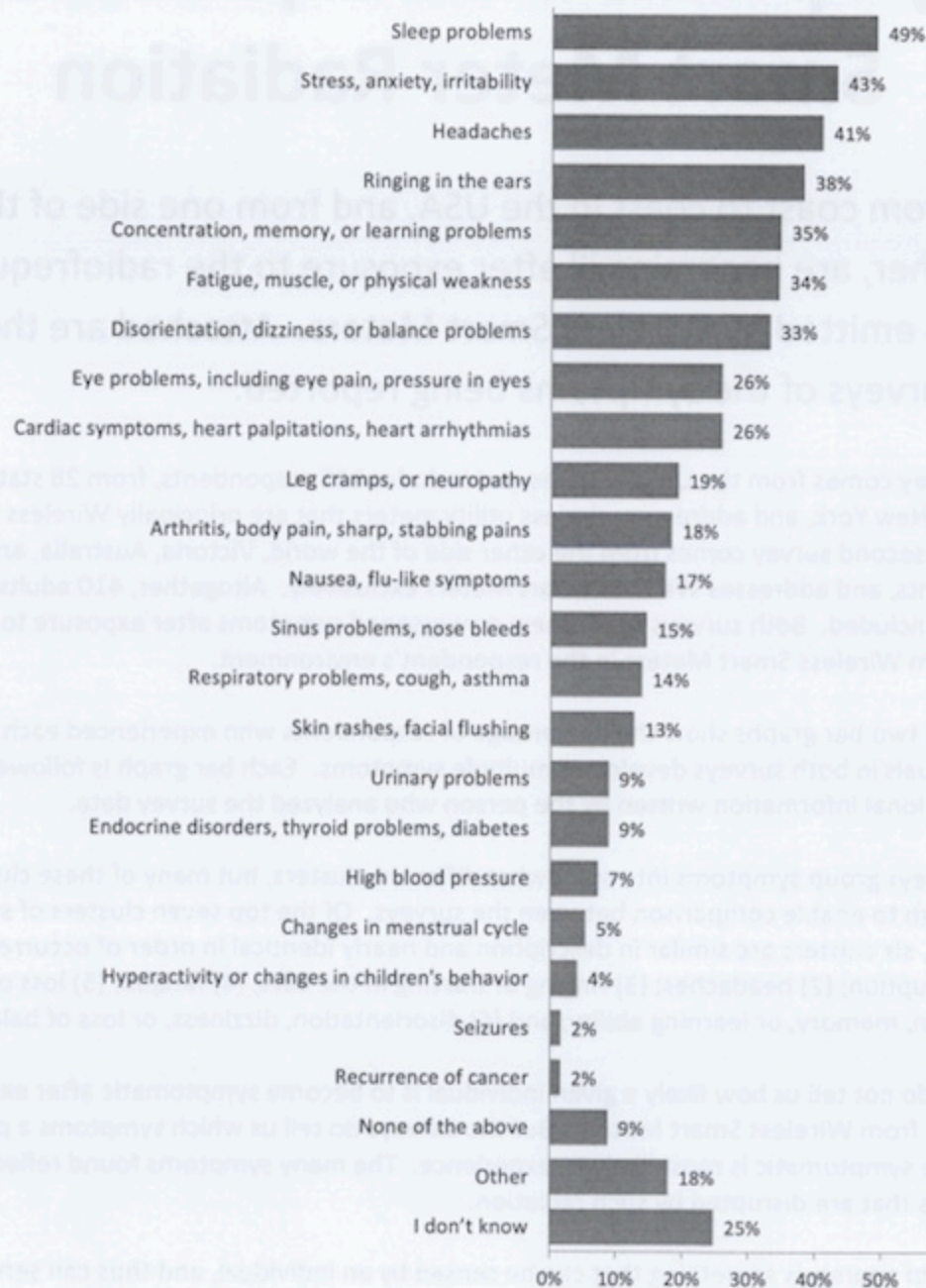
There are many disadvantages of having a smart meter installed at your home, and this article focuses on the health side effects of this new technology. Utility companies claim that smart meters are safe, but studies are showing that the meters expose users to **high frequency of electromagnetic fields** (EMF) radiation that are known to **alter human biological functioning**.

The World Health Organization (WHO) **classifies wireless radiation as a 2B carcinogen**, based on studies linking cell phone radiation to brain tumors.

The **BioInitiative** report, updated in 2012 contains nearly 2000 papers reviewed by 29 international scientists from over 20 countries on the health and environmental effects of electromagnetic fields.

This chart lists reported symptoms after exposure to utility smart meters:

New or Worsened Symptoms Reported by 318 Individuals after Exposure to Wireless Utility Meters in the USA¹



¹ Ed Halteman, Ph.D., statistics, Wireless Utility Meter Safety Impacts Survey: Final Results Summary, September 13, 2011, p. 22 (<http://emfsafetynetwork.org/wp-content/uploads/2011/09/Wireless-Utility-Meter-Safety-Impacts-Survey-Results-Final.pdf>). 97 percent of respondents to full survey were in the USA, from 28 states, with most in California (78 percent) and New York (16 percent). In the Final Results Summary, the four clusters of symptom's with the fewest responses (2 to 5 percent each, totaling 13 percent) were included in "Other" but are broken out separately in the above bar graph, reducing the responses listed as "Other" (from 31 percent to 18 percent, a reduction of 13 percent).

Although the majority of people feel nothing when exposed to EMF radiation, proteins within their cells are being permanently altered and may cause symptoms later in life. The harmful effects are cumulative and can take between 5 and 10 years of exposure to evoke a life-threatening illness.

Watch this video on how your blood cells are altered just within 2 minutes after exposure to close distance smart meter EMF radiation. Imagine the long-term effects!

Live Blood Analysis - Observable Effects of RF/MW Radiatio...



Some of the reported symptoms of exposure to smart meters EMF radiation include, but not limited to:

- Sleep problems
- Stress, agitation, anxiety, irritability
- Headaches
- Ringing in the ears
- Concentration and memory problems
- Fatigue, muscle and physical weakness
- Heart palpitations and chest pain
- Arthritis and other bodily pains
- Respiratory problems, sinus, asthma
- Endocrine disorders
- Seizures

Individuals who are already suffering these symptoms before installation of smart meters may find that with time, the symptoms will intensify after installation of the meters.

WHY DO SMART METERS POSE A THREAT TO YOUR HEALTH?

Many modern chronic illnesses are caused by, or influenced by long-term exposure to sources of EMF radiation such as cell phones, wifi routers, cordless phone base stations, bluetooth devices, baby monitors and other wireless devices that are used every day by modern civilization. However, smart meters are by far, **the worst offenders** in this list because the radiation is so persistent and powerful.

Utility companies want you to believe that the smart meters only broadcast information once a day or only once every 4 hours. This is not true! They actually broadcast intense levels of radiation several times per minute—non-stop and two ways—up to **190,000 times a day!**

Sensitivity to EMF radiation differs among individuals due to the composition of minerals, density of minerals, electrolytes in the body, and even the body size. The amount of heavy metals in the body serve as “antenna” that responds to the radiation.

Watch this video: **How Smart Meters Affect Your Body**

REAL EXAMPLES OF HEALTH PROBLEMS CAUSED BY SMART METERS

Below are just a few examples of how smart meters are affecting people’s health. These are edited for brevity. You can [read more here](#).

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The first smart meters installed on the side of my apartment building were just steps away from my apartment. I had lived in this apartment for 5 years with no problems. Suddenly I started having terrible problems sleeping. I tried everything I could think of and finally went to my doctor who gave me sleeping pills. For over a year I needed a pill every night, sometimes a half worked, but only for a few hours and soon I would be using the second half.

More recently, newer and stronger meters were put in to replace the ones installed a little over a year ago. Now I cannot sleep, even with the sleeping pill and I am feeling so fatigued and muddle-brained that I can barely think straight and even have trouble standing up straight. I have literally done nothing since they have been put in and feel achy all over and disoriented, slightly dizzy.

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I live in an upstairs apartment. I have been feeling sick since they installed 16 smart meters on a panel 6 feet away from my building. I have developed respiratory problems and insomnia and anxiety and pressure in my head. They have checked me for physical problems and the doctor says there is nothing wrong with me and they keep prescribing me anxiety meds to help me sleep at night that are messing with my heart and my head.

In a desperate attempt to figure out what is wrong with me, I came across a website that revealed a possibility that I may be exposed to smart meter radiation. My husband has also developed asthma, coughing, bloody nose headaches.

*** **

I am an engineer. I have used technology my entire adult life – cell phones, smart phones, wi-fi, laptops, you name it. I really enjoyed all of this and had no issues or fears related to technology.

Then, when a bank of smart meters were put next to our apartment, both my wife and I starting experiencing headaches, insomnia, heart palpitations and tinnitus. Within a couple weeks, I could no longer use a cell phone without the same symptoms. Within a month I could feel the microwave radiation from cell towers. I have had to completely change my life because of this.

WHAT YOU CAN DO TO REDUCE HYPERSENSITIVITY TO EMF RADIATION

[Dr. Darren Schmidt](#), a chiropractor from Ann Arbor, Michigan, specializes in using nutritional approaches to help people with their healing. His work with electromagnetic radiation exposure began with helping people who are exposed to electromagnetic fields and frequencies from the computer equipment they use. He reported that smart meters are an even greater concern.

For about three years he looked for supplements that would fix symptoms brought on by exposure to EMF radiation but found NONE. There is no supplement that can fix hypersensitivity to EMF and radio frequencies.

However, he discovered that heavy metals in the body such as implants and [amalgam teeth fillings](#) act as an antenna that attracts EMFs to the body that cause harm. Here are a few ways you can detoxify your body of heavy metals to help reduce your hypersensitivity to EMF radiation:

- [Top natural strategies and heavy metal chelating foods to treat heavy metal toxicity](#)
- [How to detoxify heavy metals with clay bath](#)
- [How to detoxify heavy metals with these two powerful clays](#)
- [How to detoxify heavy metals with this juice for 14 days](#)
- [How to remove your mercury dental filling safely](#)

AVOID IT OR MINIMIZE EXPOSURE!

If your State still allows you to use the analog meter, you should consider it. Analog meters do not incur the same health and system reliability risks that the smart readers do.

If you already have a smart meter installed, locate where it is and ensure that no one spend much time within 3 meters radius from it. Do not place a couch or bed just behind the wall of where the meter is located.

Putting a **Smart Meter Guard** over it may be helpful. It is a little pricey but it brings down the frequency significantly. Or, **make your own**—watch this video:

Parts used: Heavy duty aluminum kitchen foil, tape, aluminum window screening, 5 to 7 inch hose clamp.

The metal fuse board shields the RF at the back of the utility meter. It does not stop the RF, it simply attenuates it to a lower level.

Hence, why I advise using an RF meter to check their shielding. You should have RF screening behind the fuse board on the wall that the fuse board is mounted to.

A few layers of heavy duty kitchen foil or aluminum window screening is generally sufficient on the wall behind the fuse board.

More information can be found at <http://www.environmentalradiation.com/>

References:

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About Sara Ding

Sara Ding is the founder of Juicing-for-Health.com. She is a certified Wellness Health Coach, Nutritional Consultant and a Detox Specialist. She helps busy men and women identify their health issues at the root cause, in order to eliminate the problems for optimum physical/mental health and wellbeing.

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