

DO YOU HAVE ELFITIS?

By Hollaye B. Shayne

The following article is directed toward those people who are familiar with the effects that Electro Pollution is having on the human system, to indicate the possible connection of society's ailing health and ELFS - Extra Low Frequency Vibrations, from 35-100 hertz-and to offer one possible solution to this growing problem.

I am not a scientist, but a conventional office worker who for 20 years has experienced the typical office environment - that of V.D.T.'s (often called word processors), fluorescent lighting and other electronic gadgetry. In 1985 I became so ill that I was given leave and have spent the last 2 years in searching for better health and answers to the puzzling condition which plagued me, particularly in the Office.

To coin a new term, I have called this condition ELFITIS, as my symptoms do not really "fit" into any known disease category. Headaches, tension, loss of vision, exhaustion, loss of weight are all part of this condition. It improves and deteriorates without seemingly any reason. My search led me to Kinesiology and indirectly to the problem of ELFS, which I know now to be the major cause of this condition. I am now practising Biokinesiology.

"We are all living in an environment of electro magnetic pollution. All types of frequencies are striking our bodies from all different angles, the results of which are a wide range of psychological and physical disorders." The human species has changed its electro magnetic background more than any other aspect of the environment. The greatest changes have come in the one generation since W.W. II. The war produced many electric devices and long distance communication techniques. Since then nearly every human

action has involved an electrical appliance and today we are all "awash in a sea of energies life has never before experienced."

The most important aspects of the natural electro magnetic field for the biological timing systems are the lunar circadian rhythm and the micro-pulsations of 0.1 to 35 hertz. It seems logical that cells will perceive frequencies close to normal more readily than those further removed from the norm. Therefore, we can postulate that ELF band from 35-100 hertz would be the most damaging, while higher frequencies might go more or less unnoticed until the energy injected into the cells became intense and prolonged enough to be significant.

Of special importance then in this report are those waves that are referred to as ELFS. The following is a list, covering a vast range of frequencies, which only skims the surface of our electro magnetic pollution:

1. Everything that runs on a battery - digital watches, cameras, flashlights, portable radios...
2. Strong magnetic fields as used in refining ore, purifying sewage...
3. Anti-theft systems...
4. CB radios, as well as short wave bands, police and taxi radios, YHF televisions and FM radio also inhabit this region - now over 10,000 commercial radio and T.V. stations in the U.S. and 7 million other radio transmitters, not counting the millions operated by the military, spy satellites
5. Stopping and starting of an electric train turns the power rail into a giant antennae that radiates waves for over 100 miles...

6. Over 500,000 miles of high voltage power lines in the U.S. alone...
7. Low frequency radio waves for air and sea navigation, emergency signals, and military communications...
8. More than 10 million microwave ovens, automatic garage door openers, highway emergency call boxes, weather satellites, some kinds of radar, diathermy machines, all compete for low microwave frequencies
9. Higher microwave bands crowded with more military talk, channels and radar, navigational signals, commercial communications, walkie talkies and Americas 250,000 microwave and T.V. relay towers.

The enormity of our electromagnetic pollution cannot be over emphasized. ELFS and electro magnetic pollution is presenting humans and perhaps all animals with a double challenge: weaker immune systems and stronger diseases.

The following diseases are 'new' since the 1950's.

- a) Ryes Syndrome,
- b) Lyme Disease,
- c) Aids,
- d) Polythemia.

Herpes Genitalis is not a new disease but its prevalence and severity have increased tremendously in the past decade - as have birth defects, depression, infertility, reproductive problems - and teenage suicides. With regard to cancer, in the 1960's roughly one quarter of the U.S. population could be expected to develop it; by the mid 1970's that figure had risen to one third and it is now even higher. Cancer is on the increase 6 - 10% every year in Ontario, Canada. New animal diseases include Parvo and Feline Leukemia. The depressing news continues ...

Modern technology, on the other hand, is a fantastic thing. In a report entitled "In the Chips" compiled by the Labour Canada Task Force in Micro Electronics and Employment, it has been stated that:

"First, technology, in itself an inanimate tool, is neither good nor bad and the benefit or harm it brings is dependent on how people employ it. Technological advance does not have to result in the stultifying work environment. Depending on the values that people bring to the work place and the structures set up to deal with the work issues, technology, including micro-electronics, can be diminishing or life-enhancing for workers. The second conclusion is that micro-electronics promises to bring enormous gains in efficiency and productivity. Thirdly, in order that micro-chip technology may be used to its fullest extent, technocrats and decision-makers must be receptive to social and human considerations - the introduction to micro-electronic technology in the work place promises to bring enormous gains in efficiency and productivity".

Obviously our society cannot function without our modern technology, with all of its electromagnetic pollutants, with all its positive and negative attributes.

Is there an answer? Up until now there has been little action on the part of authorities to openly recognize this problem - certain unions have won the right to wear lead lined aprons in front of V.D.T.'s (Ontario, Canada) and other unions have won the right to have pregnant women transferred to other jobs. F.I.E.T., an international coalition of trade unions, has already published tough guide lines limiting V.L.F. and E.L.F. electric field exposure. However, progress is slow and the subject a difficult one. Obviously, we can all become aware of the E.L.F. factor and try to avoid, as much as possible, any exposure to E.L.F.s. Because of their interaction with the ionosphere, even weak signals in this frequency range (from 0.1 - 100 cycles per second) travel all the way around the world without dying out.

There are other possibilities. Certain items worn on the thymus point of the body, approximately 1" under the jugular notch, seem to protect the

body from the distressing effects of E.L.F. and help combat the symptoms of what I call Elfitis.

Why the Thymus point? The last quarter of the century has provided us with a wealth of knowledge on the role of the Thymus gland in the body's immune response. Even as early as 1906, Sir William Osler in his textbook of Medicine made a prophetic remark in regard to the Thymus Gland. "It has been thought that its internal secretion has an influence in combatting effective agents".

The immune system is made up of the thymus gland, the spleen, lymph nodes and ducts, white blood cells, bone marrow (where white cells are made) antibodies and interferon. The Thymus gland located behind the breast bone instructs certain white blood cells that make antibodies.

When the Thymus gland no longer directs efficiently, harmful substances such as bacteria, viruses and cancer cells are not attacked but are left free to invade the body. Further research shows that the Thymus gland is responsive in changes in thinking and imaging.

In the 1960's it was discovered that if the thymus were removed from a new born animal, it would not develop immunologic competence and would soon die. It would fail to reject grafts of foreign tissues, and its ability to develop antibodies against invading organisms would be impaired, the Thymus has come to be regarded as one of the most important organs of the body, serving as the basic organ responsible for the development of the body's defense mechanisms.



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