



Electro-pollution is a complex and controversial subject, but whichever way you look at it, EM pollution does have an adverse effect on people. The only real point to debate is the level at which harm begins. Effects often only show in the more vulnerable sector of our population: the very young and the very old, the unwell and the pregnant.

The damaging effects of ionising radiation such as X-rays, gamma rays, particle radiation and ultraviolet radiation are well understood and documented, even at very low dosages. However, non-ionising electromagnetic radiation such as radar, radio frequency, laser rays, extremely low frequency fields from power lines, and static electric and magnetic fields can also have detrimental biological effects at very low exposure levels, especially if you are exposed for long periods of time. In spite of this, countries keep producing more and more emitters of non-ionising radiation such as cellular phones, digital TV and home electronics.

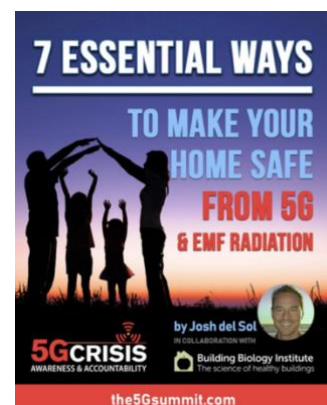
5G radiation

5G stands for fifth-generation cellular wireless and is the latest in wireless technology. It has a higher frequency (1mm), so travels shorter distances than current wireless signals. This means more transmission devices must be installed to provide connectivity. Countless independent studies have concluded that wireless radiation from these devices causes biological harm such as weakened immunity, cancer, sterility and DNA damage, yet despite this, the wireless industry is working with governments to deploy 5G without public consent.

Aside from prudent avoidance, there some relatively simple ways of making your home safe from 5G and other electro-magnetic pollution. Josh del Sol's [Make Your Home Safe from 5G and EMF Radiation](#) is an easy to read and practical guide that includes tips on:

- Changing to wired internet;
- Safe cell phone use;
- Changing to wired devices;
- Keeping your bed space safe;
- Dealing with dirty electricity, electric and magnetic fields in the home;
- Shielding your home from 4G and 5G radiation.

Start making your home a healthier place to live today!



Electro-magnetic pollution shielding paints

You can block higher frequency radiation coming through your walls with literally a coat of paint. By earthing the special conductive paint you can also draw away low frequency electric fields caused by wiring in the walls, but if you have an appliance plugged in inside the room, there will still be electric fields around it.

However, the paint does not shield low frequency magnetic fields from power lines and cables, and wiring or appliances when they are in use. This is where keeping your distance from wiring and appliances is the simplest remedy.

For maximum protection you need to create a "box" of paint, painting all the walls and the ceiling. The paint is black, so you need to add regular layers of undercoat and top coats to achieve a normal room colour.

T98 is a shielding paint developed by [Geovital](#). Geovital is an international organisation and is pretty much a one stop shop for everything EM pollution, so their website is worth a visit if you need to know anything more. They have a video that shows you how to apply the T98 shielding paint. Go to <https://youtu.be/oie0duGG5rM>

Magnetic fields in electric cars

Electric cars have high magnetic fields and you can be quite close to the source of them, but a DC field is less stress on the body than an AC one. Many models, including the Nissan Leaf use a DC motor. With normal petrol cars you also have a magnetic field, but it is usually contained near the driver. Both types of modern cars now have permanent connections to the cell phone networks, so have high radio frequencies too.



Tested levels are generally too high from a Building Biology perspective, but so are cell phones, smart meters, wifi, laptop keyboards, or standing close to electrical appliances. You need to assess your general tolerance. Radiation in cars from wifi and bluetooth (which would be both petrol and electric) can make some people drowsy, not a good thing for long distance driving.

If you are concerned, alternative options could be:

- Go for a model with a DC motor;
- Wait till someone comes up with a shielded model (hmm...);
- Convert an older model car and make sure the problems are minimised. Maybe restore a classic model. Tips on how to minimise magnetic fields can be found on the [EM Safety](#) website;
- Convert your existing car to ethanol: simple and non-polluting, and you can make your own fuel. See David Blume's [Alcohol can be a Gas](#);
- Stick to an electric bike!