

The Price of Plugging In

HOW EMFS AFFECT OUR HEALTH

It's no secret that environments can affect the way we feel. Bright, sunny patios or a cozy, cool bedroom can instantly put us in a better state, while cramped, musty elevators or a table by the restaurant's bathroom can put us on edge. How we decorate and arrange a space and the materials we choose are an expression to support our health and productivity. But feng shui goes much deeper than furniture and

paint shades — all the way down to the invisible electromagnetic frequencies (EMFs) emitted by your devices, appliances, and the power lines and cell towers surrounding your home.

Humans are beings of nature, but we often find ourselves in synthetic habitats of asphalt, automobiles, and air conditioning. Many of the spaces we occupy are built and filled with chemically treated components and radiation. As we interact with manufactured carpet fibers, fabrics, insulation, and wireless signals in our living spaces, we're going to be affected by them, and these effects are not always good. Thankfully, Building Biology specialists like Shane Reilly exist to educate us on the risks and ramifications of living in EMF-saturated environments.



Shane Reilly is a Building Biologist in the Pacific Northwest specializing in electromagnetic field (EMF) pollution identification and mitigation in residential and commercial settings. A former firefighter-paramedic, Shane is now devoted to preventing EMF-associated symptoms and diseases by helping people optimize their homes to support health.

Photography: Liz Wade Photography

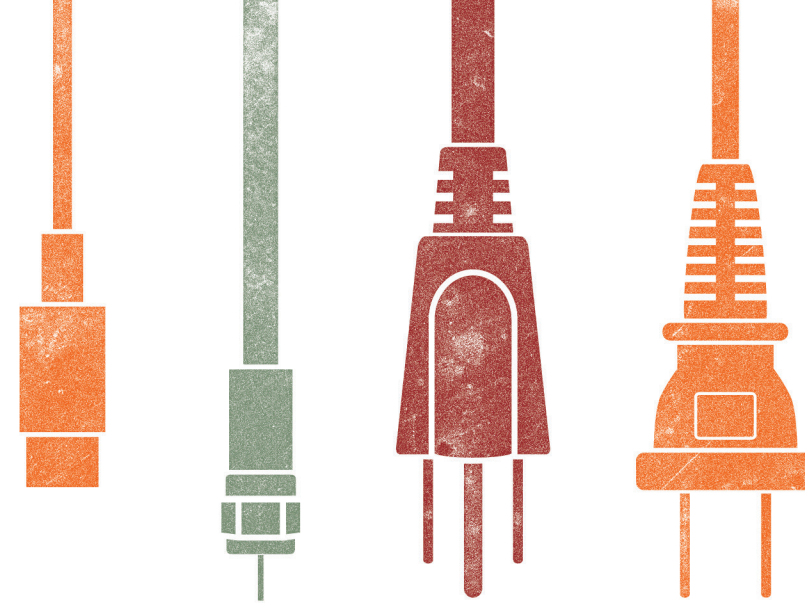
MY: What is a Building Biology Consultant, and why do we need to know one?

Shane Reilly: Building Biology Consultants are critical in creating healthy homes. We focus on things like air/water quality, non-toxic building materials, layout/design, and sources of unhealthy radiation, because these components, while convenient, all have the power to disconnect us from nature and optimal health. We can also assist professionals in the medical, real estate, home design, and construction fields to better support their client's needs — especially in cases of mysterious illnesses not improved by exercise, nutrition, supplements, or medical treatment.

MY: What led you to dive into the world of EMFs?

SR: I really enjoyed working as a firefighter-paramedic until I started to break down physically and emotionally to the point where I had to leave that career. I didn't understand why; I thought I was in perfect health. Through the paleo movement, I heard about EMFs and started to connect the dots. As a firefighter, I had multiple wireless EMF communications devices on my body most of the day — cell phone, pager, and radio. Plus, I was up all night under artificial lighting, destroying my body's circadian rhythm. It occurred to me that I had actually been injured by excessive EMF radiation while on the job, what's referred to as electro-hypersensitivity syndrome (EHS).

A few years later, my mother contracted a very aggressive form of brain cancer that's been associated with cell phone use and died within nine months of her diagnosis. At that point, I committed myself to helping raise awareness around EMFs.



MY: How does EMF radiation end up in our homes and in our bodies?

SR: EMF radiation is a byproduct of many of our modern technologies. Anytime something in your home uses electricity or sends/receives a wireless signal, EMF radiation is produced. This radiation can also come inside from external sources, like power lines and cell towers. This poses a problem to the natural internal electrical system of our bodies. Artificial EMFs can easily penetrate and interfere with the electric function of our brains and hearts; the impacts are well studied and researched with links to many negative health issues.

MY: What rooms tend to be most notorious for holding EMF radiation?

SR: Offices and common living areas like a family room usually have the strongest EMF radiation. Exposure time is really important to consider as well. Any areas where you spend a lot of time, like a bedroom, can be just as potent.

MY: What steps can be taken to immediately reduce EMFs?

SR: Start by addressing WiFi and wireless communications devices in your home. The greatest health improvements happen when the home network is switched from wireless to wired (ethernet), and this is easier to set up than you might think. Another step is to power off your WiFi router at night. I recommend a wall plug with a timer or scheduling it inside your router's control panel. You can also turn down both the beacon signal and transmit power of your router in the control panel without sacrificing performance. An IT professional can help with this. Cell

phones are another culprit. If you like to stash your phone in your pocket, or for ladies who tuck their phone into their bra on a run, consider getting an EMF-proof case or keeping it in airplane mode. Use speakerphone at arm's length whenever possible. To maintain privacy, look into a specialty headset called an AirTube. Avoid using laptops, tablets, or phones when plugged in and charging. And despite the name, it's best not to set these devices on your lap or body in general. Use a cushion, or set them away on a stand.

MY: If someone lives in an apartment complex, townhome, or other multi-family housing structure, what's the best protocol to reduce EMF or chemical exposure?

SR: Use a quality EMF meter to find out where the hotspots are located. I provide meter recommendations on my website. Once you know where most of your radiation is, you can connect with a Building Biologist about appropriate shielding options and having an electrical audit done.

MY: How do EMFs affect our immune systems and natural physiological processes?

SR: Just like mold, lead, or asbestos, EMF radiation is an environmental stressor. I'm not a doctor, but I've learned our bodies do sense it and respond with different messaging and immune responses like inflammation. But since EMFs is unavoidable in the modern world, the condition becomes chronic and can cause an array of symptoms that affect your mood and energy. For example, if you see

artificial lighting like an LED light bulb or tech screen well after the sun goes down, your circadian timing can be disrupted, and your body may have a harder time maintaining proper melatonin levels or be able to fully scavenge cancerous growths while sleeping.

MY: What adverse health symptoms can manifest as a result of overexposure to EMF radiation?

SR: Common symptoms of overexposure are brain fog, blurred vision, fatigue, skin rashes, ringing of the ears, and headaches. Very sensitive clients have reported specific spots of pressure or discomfort on the back of their heads. Those that aren't particularly sensitive will report feeling slightly off and notice a lapse in their performance.

MY: Are there health supplements or diet practices that can mitigate and repair bodily distress from EMFs?

SR: Although supplements, nutrition, exercise, meditation, and others play a role in health, I find connecting to the Earth's natural frequencies to be the most potent and powerful factor in repairing the damage from artificial EMF radiation. Get outside every day for sun, air, and grounding barefoot to the earth. The further you get from the city or suburbs, the better.

MY: Why don't more people know about this?

SR: Cognitive dissonance is a big factor. It's really inconvenient to think that our homes and technologies can have a dark side and might need to be used differently or with more precaution. It's on us to educate ourselves and consider our own health priorities. This type of thinking is a big leap for most people, and certainly was for me once upon a time.

To schedule a consultation with Shane or to learn more about how EMFs may be impacting your home and health, visit optimaldwellingspaces.com.

