ARCHITECTURAL ELECTROMAGNETIC SHIELDING HANDBOOK

Design & Specification Guide by Leland Hemming

This practical handbook is a one-stop source for all sorts of shielding enclosures designed to prevent electromagnetic interference from reaching either sensitive piece of equipment or an unauthorized agency. Includes: extensive supporting information on penetrations such as doors, vents, piping, and electromagnetic filters for each type of shielding; design checklists for shielded performance enclosure installation; specifications for various materials and structural components; methods for the testing necessary to prove performance; and so much more! Excellent illustrations. This is a "must have" if you are shielding RF. Soft cover, 222 Pages, 1992.

(Cat. #N630) \$167.00

BACKYARD SECRET EXPOSED

The True Story of My Healing Path Back to Life By Beth Sturdivant

Hiding in Beth's backyard is an EMF ugly secret – one that will threaten to destroy her life. It all begins when she is pulled over by the police and is arrested on a DWI, without having consumed the alcohol required to sustain such a charge. This inexplicable event starts a chain reaction of baffling circumstances that ultimately leads Beth on a mission to find out what's tormenting her. Blindsided, with no obvious means of defense, Beth suffers persecution and misunderstanding while she travels the country during her desperate quest to expose this malicious secret and save her life.

"After receiving good environmental treatment, this patient got dramatically better. She was able to resume function in society. Her saga shows that an individual who was very sick can recover with environmental manipulation if the individual persists like Beth Sturdivant did. I recommend this book." William J. Rea, M.D.

Both an intriguing detective story and valuable resource for others fighting a similar battle. Paperback 2013, 226 pages. (Cat. #N612) \$17.95

BASIC INTRODUCTION TO BIOELECTROMAGNETICS

by Carl Durney & Douglas Christensen

Explains the basic concepts, fundamental principles and characteristic behaviors of electric and magnetic fields as they pertain to biologic systems to those who do not have a background in calculus and differential equations. The emphasis is qualitative and graphical rather than mathematical. Requires only an algebra background and offers practical rule of thumb concepts to help the reader understand real life situations. Covers the entire spectrum from DC up through optical frequencies. 200 pages, 1999.

(Cat. #N574) \$113.95

BIOLOGICAL AND MEDICAL ASPECTS OF ELECTROMAGNETIC FIELDS

by Frank S. Barnes

Examines potential health hazards, exposure standards, and medical applications of electromagnetic (EM) fields. The second volume in the bestselling and newly revised Handbook of Biological Effects of Electromagnetic Fields, Third Edition, this book draws from the latest studies on the possible health effects of exposure to electric and magnetic fields. In addition to extensive reviews of physiological effects, the book contains now separate reviews of behavioral and cognitive responses to various exposures. The book also details several approaches to setting standards for exposure limits and explores the beneficial uses of EM in medical applications, diagnostics and in treatment. 480 pages 2006 (Cat. #N569) \$139.95

THE BODY ELECTRIC

by R. Becker & G. Selden Electromagnetism & Foundation of Life

Becker's famous work demonstrates the sensitivity of living organisms to subtle electric forces. This book details his pioneering research on limb regeneration and includes a chapter entitled "The Politics of Science," which documents the bureaucratic crushing of his important research program. 1985

(Cat. #N590) \$14.95

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Bulletin 56:

Q&A ABOUT THE BIOLOGICAL EFFECTS AND POTENTIAL HAZARDS OF RADIO-FREQUENCY RADIATION

FCC Office Of Eng. & Technology

The expanding use of radiofrequency technology has resulted in speculation concerning the alleged "electromagnetic pollution" of the environment and the potential dangers of exposure to nonionizing radiation. This publication is designed to provide factual information to the public by answering some of the most commonly asked questions such as What biological effects can be caused by radiation?, What are safe levels for exposure to radiofrequency/microwave radiation?, How safe is the radio frequency radiation emitted by radio and television broadcasting antennas? and much more. 17 pages, 1989. (Cat. #N554) \$14.00

Bulletin 65:

EVALUATING COMPLIANCE WITH FCC GUIDELINES FOR HUMAN EXPOSURE TO RADIOFREQUENCY ELECTROMAG-NETIC FIELDS

FCC Office Of Eng. & Technology

This bulletin provides assistance in determining whether FCC-regulated transmitting facilities, operations and devices comply with limits adopted by the Commission in 1996 for human exposure to radiofrequency (RF) electromagnetic fields. One of the areas discussed in Bulletin 65 is compliance with the limits adopted by the Commission for safe exposure to RF emissions from mobile and portable devices, such as non-fixed transmitters and wireless handheld cellular telephones.

Supplement C, entitled, 'Additional Information for Evaluating Compliance of Mobile and Portable Devices with FCC Limits for Human Exposure to Radiofrequency Emissions.' is included which provides further guidance for use by applicants for FCC equipment authorization in evaluating these devices for compliance with RF safety limits. 84 pages 1997. (Cat. #N553) \$15.00

CELL PHONES & THE DARK DECEPTION

By Carleigh Cooper

This book once and for all puts to rest the controversy about cell phones and their associated dangers and helps the reader understand why there are so many contradicting reports and why we aren't being informed of the cold, hard facts. The

Toll free in USA: 1-888-537-7363 International: +1-518-608-6479 adverse impacts that cell phone radiation has on the human body, and how it interferes with the normal, healthy functioning of each and every one of our major systems: the neurological system, the cardiovascular system, the reproductive system, the respiratory system and others are all examined in great detail. And for those of you who are not going to give up your cell phone, Cell Phones and The Dark Deception provides a number of easy ways in which to reduce exposure and risk of harm. Very readable, and powerful. 2009. Soft cover.

Deception (Cat. #N605) \$14.95

CELL PHONES: INVISIBLE HAZARDS IN THE WIRELESS AGE

By George Carlo & Martin Schram Although the cell phone industry hired one of the authors in 1993 to inform consumers that cell phone usage is harmless, he discovered otherwise. His findings suggest that radiation from cell phones can lead to brain cancer. In 1999 funds for Dr. Carlo's research were not renewed, and the industry sought to discredit him. Carlo now makes his case to the public with a powerful assessment of the dangers posed by the microwave radiation from cell phone antennas disruption of pacemakers, penetration of developing skulls of children, compromise to the blood-brain barrier, and, most startlingly, genetic damage that is a known diagnostic marker for cancer as well as a presentation of safeguards that consumers can implement right now to protect their health. Even the most skeptical may want to take a few of the simple safety precautions the authors recommend, such as wearing a headset or earpiece when using a cell phone. One look at the photos in the book, which show how radiation easily penetrates skulls, will give anyone second thoughts. 2002 (Cat. #N656) \$15.95

CELL TOWERS: WIRELESS CONVENIENCE? OR ENVIRONMENTAL

HAZARD? Ed. by B. Blake Levitt

Cell towers and hidden "stealth" antennas are cropping up all over, despite vehement objections from community members. Health & safety questions arise, but are often dismissed by the very people entrusted to protect community welfare who have been told they cannot

consider such questions. Those concerns have yet to be resolved, despite our increasing exposures. Cell Towers cuts through the rhetoric to address the complex issues of low level RF. Some of the issues addressed: Are the health concerns justified? What does the science really say? What are the roles of the lead government agencies: EPA and FCC? Are the RF exposures standards reliable? Are they current? What are other countries doing? What can communities do? What are good zoning regulations? prominent contributed bv chapters research scientists, government officials, engineers, and attorneys, the book is the most comprehensive and balanced cell tower radiation information resource available for lay people today. 348 pages. 2001 (Cat. #N581) \$22.95

CHEMICAL AND ELECTRICAL **HYPERSENSITIVITY**

A Sufferer's Memoir by Jerry Evans Electrical and multiple sensitivities are disabling illnesses, yet many doctors know little of these conditions, or worse, dismiss them. This timely memoir recounts one man's experience when he became afflicted by electrical and multiple chemical sensitivities in his line of work as an engineer. The onset of the diseases is explored, as is his struggle with the mainstream medical establishment, which was largely hostile to his diagnosis. When the symptoms became unbearable, he was forced to leave his home and seek out a physical environment that would be healthier for him and where he could begin his recovery. This is an inspirational text for those living with electrical or multiple chemical sensitivity and an educational one for those first learning about these conditions, 230 pages, 2010

(Cat. #N690) \$ 29.95

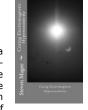
CROSSCURRENTS by Robert O. Becker Promise of Electromagnetism, Perils of Electropollution Crosscurrents describes the meeting of opposing trends: the rapid rise electromedicine, which promises to unlock the secrets of healing, and the parallel rise of electropollution, which poses a pressing environmental danger. At the same time that exciting insights into how to use the body's inherent healing abilities are gained, electromagnetic fields radiating

from power lines, radar, microwave ovens, VDT's, satellites, radios, and even electric blankets are attacking our bodies' resources. Crosscurrents offers practical ways to protect ourselves in our homes and offices from the hazardous effects of electromagnetic pollution, and teaches us how to engage the healing energies of electromagnetism. 1990

(Cat. #N600) \$17.95

CURING **ELECTROMAGNETIC HYPERSENSITIVITY**

By Steven Magee Steven Magee received a biologically toxic electromagnetic radiation exposure in 2009. This led to the realization that he had been displaying the symptoms of



low level radiation sickness for many years. This book documents his journey into the radiation sickness condition of Electromagnetic Hypersensitivity and the many steps that he took to cure it. 2014, 116 pages. (Cat. #N618) \$14.99

DIRTY ELECTRICITY

Electrification and the Diseases of Civilization by Samuel Milham, MD, MPH When Thomas Edison began wiring New York City with a direct current electricity distribution system in the 1880s, he gave humankind the magic of electric light, heat, and power; in the process, though, he inadvertently opened a Pandora's Box of unimaginable illness and death.

Dirty Electricity tells the story of Dr. Samuel Milham, the scientist who first alerted the world about the frightening link between occupational exposure to electromagnetic fields and human disease. Milham takes readers through his early years and education, following twisting path that led to his discovery that most of the twentieth century diseases of civilization, includina cardiovascular disease, diabetes, suicide, are caused by electromagnetic field exposure.

Dr. Milham warns that because of the recent proliferation of radio frequency radiation from cell phones and towers, terrestrial antennas, Wi-Fi and Wi-max systems, broadband internet over power lines, and personal electronic equipment, we may be facing a looming epidemic of

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morbidity and mortality. In *Dirty Electricity*, he reveals the steps we must take, personally and as a society, to coexist with this marvelous but dangerous technology. 104 pages, 2010

(Cat. #N511) \$12.95

DISASTER PREPAREDNESS FOR EMP ATTACKS AND SOLAR STORMS

by Arthur T. Bradley

What would happen if terrorists detonated



a nuclear device high above the United States? What about if the Sun emitted a large coronal mass ejection that resulted in a damaging geomagnetic storm? In either case, electrical power could be lost for months. Shortages

would quickly ensue—food, water, and fuel would disappear within days. Widespread panic and suffering would be unavoidable. Are you prepared for these large-scale disasters?

This book will help you to prepare for two end-of-the-world-as-we-know-it

(TEOTWAWKI) events: the EMP attack and the solar storm. Each threat is carefully studied with analyses of its likelihood and potential impacts on our nation's critical infrastructures. Practical preparations are outlined, including steps to meet the fourteen basic needs in the absence of modern utilities, and the use of Faraday cages and uninterruptible power supplies to protect personal electronics. Several techniques for constructing ad-hoc presented. Faraday cages are shielding effectiveness of homemade Faraday cages is measured and compared, including metal garbage cans, foilwrapped boxes, fire safes, anti-static bags, ammo cans, microwave ovens, and full-sized protective rooms.

The Expanded Edition includes 25 additional pages with discussions of how to establish your own micro-infrastructures, such as food, water, and electricity. Also, the susceptibility and protection of personal automobiles is presented. 128 pages, 2012.

Disaster Preparedness for EMP Attacks and Solar Storms (Cat. #N611) \$14.95

DISCONNECT: The Truth About Cell Phone Radiation, What the Industry Has Done to Hide It, and How to **Protect Your Family** by Devra Davis Devra Davis presents an array of recent and long suppressed research in this timely bombshell. Cell phone radiation is a national emergency. Stunningly, the most popular gadget of our age has now been shown to damage DNA, break down the brain's defenses, and reduce sperm count while increasing memory loss, the risk of Alzheimer's disease, and even cancer. The growing brains of children make them especially vulnerable. And half of the world's four billion cell phone are used by people under twenty.

Davis, the founding director of the toxicology and environmental studies board at the U.S. National Academy of Sciences, takes readers through the dark side of this trillion-dollar industry. Health experts have long been frozen out of policy-making decisions about cell phones; federal regulatory standards are set by the cell phone industry itself. Cell phone manufacturers have borrowed the playbook of the tobacco industry. One secret memo reveals their war plan against reports of cell phone dangers.

Among a host of fascinating characters, Davis introduces Om P. Gandhi, a world expert on how cell phone radiation penetrates the human brain. Once a consultant to major cell phone companies, Gandhi now refuses to work with them. Franz Adlkofer led the multi-lab study that showed once and for all that brain cell DNA is unraveled by cell phone microwave radiation. And, as Davis dramatically portrays, it nearly cost her career.

As this eye-opening call to action shows, we can make safer cell phones now. Why would we put our children at risk of a devastating epidemic of brain illness in the years to come? 2010, 271 pages.

Disconnect: (Cat. #N599) \$26.95

ELECTRICITY 2: DEVICES, CIRCUITS AND MATERIALS by Thomas Kubala

Building on the foundation established in <u>Electricity 1</u>, this book goes on to explore alternating current principles and important concepts of inductive reactance, capacitive reactance, and impedance. Completely updated to the 2005 National

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Electrical Code, Electricity 2 acquaints newcomers to the field with various types of alternating current circuits, while developing a solid understanding of the concepts of power, power factor, and power factor correction. Sample problems and solutions at the end of each unit provide a direct route to understanding as readers apply key electrical principles in realistic troubleshooting situations.

Features:

- includes the latest terminology current photographs of electrical equipment
- modern applications of power installations help prepare readers for work in the field
- pragmatic troubleshooting methods are explored to help develop critical thinking skills
- problems and solutions at the end of each unit help readers identify topics that require further review

ELECTRICITY 2 (Cat. #N561).. \$19.95

ELECTROMAGNETIC FIELDS

A Consumer's Guide to the Issues & How to Protect Ourselves by B. Blake Levitt With ubiquitous electro-pollution from cell phones/towers, powerlines, computers, and wireless devices, this eye-opening book is the best resource for parents, planners, healthcare community professionals, and scientists alike. Winner, 1996 Award of Excellence from the American Medical Writers Association, A frank. balanced, informative explaining where electromagnetic fields are in nature, what illnesses may have a connection to EMFs, why doctors' knowledge may be limited, how the safety of homes and offices can be determined, and what action citizens and communities can toward protection. Beautifully written. In our opinion, it is the most comprehensive, easy to read, informative book on the topic of EMF. 462 pages. 2007. (Cat. #N580) \$28.95

ELECTROMAGNETIC ENVIRONMENTS AND HEALTH IN BUILDINGS

With increasing use of mobile phones and VDUs, levels of background radiation and electromagnetism are rising, particularly in the workplace and also in the home. To some extent this is unavoidable, but the level of dangers is unclear: is it trivially small, moderate or high? What are the risks of illness, and how can these be reduced to minimal or tolerable levels?

Are some people more vulnerable than others? What can or should employers, building engineers and designers, product designers, workers and other members of the public do?

This book, of which the chapters derive from presentations given by distinguished authorities at a major international conference, aims to present sound technical information on the whole range of key issues in a clear and accessible way.

Electromagnetic Environments and Health in Buildings (Cat. #N565) \$83

ELECTROMAGNETIC FIELD MEASUREMENT IN THE NEAR FIELD

2nd Edition, by Hubert Trzaska

In this book, internationally respected EMF measurement expert Hubert Trzaska discusses the specific problems of EMF measurements in the often confusing near field and the main factors limiting measurement accuracy. Book describes methods that provide accurate data to aid development of new, Measuring standards. methods examined for electric fields and magnetic fields; measurement discussions include density and photonic measurements. 232 pages, 2011

(Cat. #N538) \$89.00

ELECTROMAGNETIC FIELDS & RADIA-TION: HUMAN BIOEFFECTS & SAFETY by Riadh W. y. Habash

Summarizes the latest research regarding the effect of electric and magnetic field exposure on human health. Discusses current safety standards and guidelines in the United States, Europe, and Asia.

Topics include: traffic radar devices, main panel box, plumbing currents, electric utility workers, magnetic field exposure, equivalent power density, radio frequency radiation, nonthermal effects, protection quidelines, cellular telephone use. distance from the antenna, field quidelines, broadcast antennas, residential exposure, magnetic field sources, melatonin guidelines, concentration, exposure specific absorption rate. Hard cover, 424 pages. 2001. (Cat. #N576) \$249.95

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ELECTROMAGNETIC HEALTH:

Making Sense of the Research and Practical Solutions for Electromagnetic Fields (EMF) and Radio Frequencies (RF) By Case Adams

Our modern technologies are bombarding us with electromagnetic fields (EMFs) now more than ever. Are EMFs really harmful and if so, to what degree? Are all EMFs bad? The EMF controversy has now pitted scientists, action groups and technology industry into rigid corners. In "Electromagnetic Health," the objectively presents the clearly and evidence and latest research from a perspective that embraces both the scientific and natural health communities. The entire spectrum of electromagnetic radiation is thoroughly examined, from modern technologies to nature's sources. importantly, the information "Electromagnetic Health" provided in invokes an entirely new and engaging perspective — one that may just change the EMF conversation completely, 304 pages, 2012. (Cat. #N539) \$15.95

THE ELECTROMAGNETIC HYPERSENSITIVITY WORKBOOK:

A Guided Journey to Feeling Better. by former EHS victim Angela Hobbs Electromagnetic Hypersensitivity (EHS) is so much more than an allergy and treating it as little else dooms it's victims to small worlds and big hits. Although there's plenty of "allergy" in electrosensitivity, there's also a whole lot more to it. Recovery demands that we understand and work with it in a broader context. It demands a lot more than simply avoiding electrical equipment and wireless devices.

In this Workbook Angela Hobbs, a fully recovered EHS victim, takes the reader through her "groundbreaking" approach to healing from this poorly understood sensitivity. Step by step we're lead to a better understanding of why we're sensitive, what we're reacting to and how to become significantly less bothered by this hidden foe.

The EHS Workbook claims to show you how to:

- right-size your recovery toolkit
- tidy-up <u>all</u> the informational cues that burden your body

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- reduce the electromagnetic strength
- make delicious, hot meals without a kitchen
- create and follow your healing pathway
- waste less time being dysfunctional
- be less isolated and feel better fast 2012, 50 pages, spiral bound

The Electromagnetic Hypersensitivity
Workbook (Cat. #N657) \$24.95

ELECTROMAGNETIC RADIATION SUR-VIVAL GUIDE:

Step by Step Solutions -Protect Yourself &

Family NOW! By Dr Jonathan Halpern Electromagnetic Radiation Survival Guide is a practical and actionable step by step, complete and up to date EMF/EMR detection and protection



guide and reference manual. It covers the most important EMF/EMR issues including cell phone & telecommunication towers, cell phones, tablets. smart meters, laptops, Wi-Fi, Blue-tooth, hi voltage electrical cables, electrical appliances and wiring. Dr. Jonathan Halpern, PhD has extensive background in Health Sciences and Engineering and a keen interest in EMF's role in health and sickness. The proliferation of electrical power and wireless technology has caused a massive increase in electromagnetic fields (EMF) in our environment. There is now substantial scientific evidence that Electromagnetic Radiation (EMR) exposure well below existing safety standards may cause a range of bio-effects that increase the risk of serious diseases including cancer, neuro-degenerative disorders, disorders and behavioral disorders. Indeed EMF has become one of the greatest health hazards of our times. The time to protect ourselves against electromagnetic radiation is NOW. 206 pages 2014.

(Cat. #N619) \$9.70

AN ELECTRONIC SILENT SPRING: Facing the Dangers and Creating Safe Limits

by Katie Singer

Over millions of years, living creatures have evolved in relation to the Earth's electromagnetic energy. Now, we're surrounded by human-made frequencies that challenge our health and survival. An

Electric Silent Spring reports the effects of electrification and wireless devices on

people, plants, bee colonies, and frogs around the globe. It presents solutions for people who want to reduce their exposure to electromagnetic radiation. This pioneering book is for anyone concerned about



the health of the environment and the people and other creatures that inhabit it. Paperback, 310 pages, 2014.

(Cat. #N615) \$18.00

EMF HEALTH ALERT

by Holly Manion and Alfred Pacheco



EMF Health Alert is a reader friendly, easy to follow, "how to" guide, on eliminating the harmful electro-magnetic fields (EMF) from wired and wireless devices in your home and workspace to

create a healthier living environment. In today's age of digital technology, we are constantly connected through our wireless devices to a world we cannot see, hear, or touch. We rely on cellphones, computers, tablets, iPads and many other electronic devices to get us through our daily lives. However with this new technology comes somethina our bodies have never experienced before, information carrying radio waves (ICRW). These microwaves allow information to be delivered from one source to another. The problem is that these man-made microwaves cause harm to our bodies at the cellular level, and as a result create many negative health symptoms like headaches, tinnitus-ringing in the ears, insomnia, lack of focus, irritability, rashes, anxiety, and heart palpitations. In this simple to follow guide, we make this information easy to understand; make the sources of radiation easy to find; and solutions easy to implement. This guide is intended for everyone, especially those who are interested in learning about the radio frequency (RF) radiation and dirty electricity that surrounds us today in our world of digital technologies. Paperback, 58 pages, 2014.

EMF Health Alert (Cat. #N613) . \$7.99

EMF IN YOUR ENVIRONMENT

Magnetic Field Measurements of Everyday Devices This publication, produced by the EPA, presents helpful pieces of the EMF puzzle: info about how magnetic field strengths of various everyday appliances compare with each other, and how their strength diminishes the farther away you are from these appliances. A good resource. 32 page pamphlet. Photocopy 1992.

(Cat. #N510) \$3.50

EM SIGNAL ATTENUATION IN CONSTRUCTION MATERIALS

NIST Construction Automation Program Report #3 Laboratory studies of electromagnetic signal propagation through construction materials were carried out as part of the NIST initiative. In this report, power attenuation aspects are discussed. The materials investigated included brick, masonry block, 8 different concrete mixes, plywood, lumber, drywall, reinforced concrete, steel reinforcing bar grids, variations of the plywood and lumber tests in which the specimens were with water, and composite specimens involving brick faced masonry block and brick faced concrete. For each material, varying thickness specimens were fabricated in order to measure attenuation as a function of penetration distance. Measurements of power loss were taken at 2 MHz intervals from 0.5 to 2 GHz and from 3 to 8 GHz. Frequency power spectra were discretely generated for each material as a function of thickness. Excellent tables and graphical data. Extremely useful for predicting the effectiveness of building materials. 200 pages, (Cat. #N555) \$20.00

EPIDEMIOLOGY OF ELECTROMAGNETIC FIELDS

By Martin Roosli
Generally, all types of
electromagnetic fields are
suspected to harm
human health. A
substantial number of
epidemiological studies
have addressed possible
effects on human health.
Nevertheless, there is an



ongoing public and scientific controversy about possible health effects. This book gives an overview of epidemiological

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methods that have been used for EMF research. The first part of the book introduces epidemiological concepts and principles, along with appropriate examples and practical usage. The second part details the state of scientific knowledge for some controversial issues in EMF research. 2014, 350 pages.

Epidemiology of Electromagnetic Fields (Cat. #N567) 149.95

EVIDENCE OF HARM (DVD)

This DVD contains a conversation and presentations by Martin Blank, Ph.D and Devra Davis, Ph.D from the Wireless Safety Summit held in 2011 in Washington, D.C. sponsored by the Center for Safer Wireless. It was a gathering of experts and activists from U.S. and Canada, Switzerland, Italy, Israel, and South Africa. Talks about the effects of electro-magnetic frequencies cellphones and other wireless devices like "smart meters" on DNA and human health and exposes industry efforts to suppress evidence of harm to human health from exposure to wireless radiation. minutes. (Cat. #N635) \$25.00

THE FORCE:

Living Safely in a World of Electromagnetic Pollution By Lyn McLean Examining research from around the world, this analysis explains how and why electropollution is among the most important health issues of our time. Technology's health implications exposed as this account demonstrates from mobile phones, how radiation wireless connections, power lines, and electronic devices can lead to depression, fatigue, miscarriages, childhood leukemia, and brain tumors. Filled with the most current data on the subject, it offers practical advice for homeowners, parents, and employees who wish to reduce their exposure at home and in the workplace. 400 pages, 2011. (Cat. #N544). \$28.95

FULL SIGNAL (DVD) By Talal Jabari This is the DVD you want if you need to explain or convince someone about the dangers of all the microwave radiation in our world. Full Signal is about the proliferation of cellular technology across the globe. It has spread unabated like

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wildfire. More than half the world's population owns a phone. And nearly everybody lives within the range of a cell tower. Yet no one truly knows to what extent this technology impacts on the human population. Full Signal talks to scientists around the world who are researching the health effects related to cellular technology; to activists who are fighting to regulate the placement of antennas; and to lawyers and law makers who represent the people wanting those antennas regulated. No punches are pulled as the experts state in no uncertain terms that the danger is real. Filmed in ten countries and six US states, Full Signal examines the contradiction between health and finance, one of the many ironies of the fight to regulate antenna placement. (Cat. #N685) \$19.99

GROUNDED

A Feature Film (DVD)

The movie tells the true tale of an Alaskan wildlife filmmaker's persistent curiosity and quest to test the claims of what appears to be an outrageously simple and "too good to be true" healing concept physical, bare skin contact with the Earth which may have been known by civilizations throughout history. research has started to confirm the unexpected, that the surface of the Earth has healing power, like a gigantic treatment table. He introduces concept to his fellow townsmen in Haines. Alaska (population 1,700), many of whom suffer from major pain or disabling conditions. Starting with his own pain relief, he witnesses and films a surprising and miraculous healing in the town generated by simply grounding people to the Earth, that is, reconnecting them to the Earth's healing energy. Even an orphaned moose calf named "Karen" participates in the healing.

The news of the town's response draws the attention of Apollo astronauts who walked on the moon, as well as doctors and scientists. This highly unusual and eye-opening movie will change the way you look at the Earth beneath your feet!

Grounded DVD (Cat. #N686) .. \$19.95

HAARP: THE ULTIMATE WEAPON OF THE CONSPIRACY The HAARP project in Alaska is one of the most controversial projects ever

undertaken by the US Government. HAARP has many possible scientific and military applications, from raising a planetary defense shield, to super beam weapon, to blowing holes in the ionosphere, "just to see what happens." Jerry Smith, the author, gives a history of the HAARP project and explains how it can be used as an awesome weapon of destruction. By the end of the book, you could be convinced that HAARP represents the ultimate in science out of control. It could well be the most dangerous device ever created. 1998.

(Cat. #N559) \$14.95

"HANG UP AND DRIVE"

BUMPER STICKER Get the message out!



This nice full color vinyl bumper sticker is a not-so-gentle reminder to fellow motorists of the many dangers of cellphone use! If you ever get the chance, you can also explain the other hazards as well: reaction time, increased permeability of the bloodbrain barrier, and possibly brain tumors. Good for cars, trucks, bikes, skates and just about any other vehicle.

(Cat. #N637) \$5.00

HEALING SEVERE CHEMICAL AND EMF SENSITIVITY

Our Breakthrough Cure for Multiple Chemical Sensitivities & Electrohypersensitivity by Gary Patera

From surviving to thriving! The author and his wife went through an unimaginable 5 months of a harrowing search of a cure for the extreme chemical and EMF sensitivity that developed



almost overnight after she had been managing Multiple Chemical Sensitivity fairly well for about two years. She needed to be completely housebound for about 4 months to avoid any exposure to chemicals or EMF.

This journey entailed a truly no-stoneunturned, all-out effort of finding and wholeheartedly trying almost 40 different healing methods/modalities and

Toll free in USA: 1-888-537-7363 International: +1-518-608-6479 treatments. Some were used to manage the devastating physical, mental, and emotional symptoms, but most were in an attempt to find what was ultimately the correct blend, or 'recipe' of treatments. Once this right blend was finally found they did bring about a complete and lasting healing/cure for her. The end result is that she went from being confined to her home in to back at work at her office full-time with no chemical or EMF sensitivities 6 months later with no restrictions or limitations needed. She participates fully in every activity of normal life and has not had any recurrence for 22 months now.

Based on this dramatic experience and successful outcome, the husband shares what they found to be most effective and critical components of that 'recipe' - and lists exactly what they would do with the knowledge they have gained if they were now being faced with devastating afflictions. The exact steps they would take are listed as the Essentials and Essentials on a Tight Budget, and they all can be done from home if need be. Alternatives are discussed as a primary treatment should that resource not be available as an option. Additional treatment options are examined and 'rated ' by the author. This book also shares the knowledge and their first-hand experience with numerous and some quite powerful modalities and techniques that can be used as an addition to the 'essentials', many of which are free or almost free.

The author and his wife hope others with these afflictions might benefit from what they learned from their intense journey, and perhaps find real hope and an optional path to complete healing. 158 pages, 2012.

Healing Severe Chemical and EMF Sensitivity (Cat. #N616) \$17.95

HEALTH HAZARDS OF ELECTROMAGNETIC RADIATION

A Startling Look at the Effects of Electropollution on Your Health **by Bruce Fife**

Offers practical ways to protect yourself in your home and office from the effects of EMR. You will learn how to take simple precautionary steps to reduce EMF exposure and minimize the threat of

IS YOUR CELLPHONE KILLING YOU? (DVD) Ø

This 2011 DVD critically examines one of the most important scientific debates of the 21st century. Based on a television documentary produced in New Zealand, Cell Phone Your Killina investigates whether the electromagnetic radiation emitted by cell phones, cell and broadcast towers, wi-fi and powerlines could be hazardous to our health. Many scientists and health professionals are now warning that our long term exposure to EMR at levels well below the existing safety standards could result in a global public health crisis - a crisis because we are all exposed. Compelling scientific research links electromagnetic radiation to host of serious health problems, depression, miscarriage, includina Alzheimer's disease and cancer. In May 2011, the World Health Organization announced that cell phone radiation could possibly cause cancer and revised its previous stance that cell phones posed no long term health risk. This documentary compelling interviews international scientists and experts, health professionals. concerned citizens and people who claim that everyday exposure to electromagnetic radiation is making them sick. PAL format, so you can play it on your computer, but it may not work on your NTSC DVD player.

(Cat. #N693) \$19.95

LIVING SAFELY WITH ELECTROMAGNETIC RADIATION

by Jim Waugh

Different than most books on the subject because it discusses the theory and background behind EMR in Part 1 and then explains what the reader can do to reduce his or her exposure in Part 2. A well researched book that explains complex terms and issues clearly in a very readable form. Gives simple steps for testing your environment and protecting yourself from the dangers of EMR.

Toll free in USA: 1-888-537-7363 International: +1-518-608-6479 Numerous recommendations assist the reader in using electrical and wireless technologies safely. The book also explains how to:

- recognize symptoms of electromagnetic sensitivity
- make your home safe for you and your family
- reduce your risks of serious illness and cancer

Paperback. 2010, 234 pages.

Living Safely with Electromagnetic Radiation (Cat. #N520) \$24.95

MAGNETIC RESONANCE PROCEDURES: Health Effects & Safety

Edited by Frank G. Shellock

If you have concerns about having an MRI, or feel that you have been injured by one, this is the information you need. A compilation of work from 15 experts in the field, this book is a guide to safe and effective MRI usage. It contains theoretical and practical information, including shielding, pregnancy, safe use of contrast agents and anxiety due to claustrophobia. Also included are the most current FDA guidelines for MR patient exposure. Of particular relevance are chapters on health effects and safety of DC magnetic fields, intense gradient fields radiofrequency power deposition associated with MR procedures, and siting and shielding of MR systems. While a highly technical book, it contains a wealth of information about magnetic resonance. 300 pp hard bound, 2000.

(Cat. #N576) \$157.95

NO CELL PHONE ZONE SIGN

Clear Message, Large Format

Post this sign anywhere you want to discourage cell phone use: at home, at work, at school, etc. Corrugated plastic backing. Suitable for indoor or outdoor use. 12x18 inch

(Cat. #N637-2) ... \$18.00



THE PHYSIOLOGY OF BIOELECTRICITY IN DEVELOPMENT, TISSUE REGENERATION AND CANCER Edited to Christian Co. Man.

Edited by Christine E. Pullar

New information indicates that electric fields play a role in initiating and coordinating complex regenerative responses in cell development and wound

repair and that they may also have a part in cancer progression and metastasis.

Chapters examine methods for detecting endogenous electric field gradients and studying applied electric fields in the lab. The book addresses bioelectricity's roles in behavior cell morphogenesis and orchestrating higher order patterning. It also covers the response of stem cells to applied electric fields, which reveals bioelectricity as an exciting new player in tissue engineering and regenerative medicine.

This book provides an in-depth exploration of how electric signals control corneal wound repair and skin re-epithelialization, angiogenesis, and inflammation. It also delves into the bioelectric responses of cells derived from the musculoskeletal system, bioelectrical guidance of neurons, and the beneficial application of voltage gradients to promote regeneration in the spinal cord. It concludes with a discussion of bioelectricity and cancer progression and the potential for novel cancer biomarkers, new methods for early and detection, bioelectricity-based therapies to target both the tumor and metastatic cancer cells, 342 pages, 2011 (Cat. #N568) \$125.95

POSTER: ELECTROMAGNETIC

RADIATION SPECTRUM Giga-, kilo- and micro- got your head

swimming? Want to know how long is a microwave wavelength? Interested in what is going on at different EM frequencies? This finely detailed poster relates all known ranges of EMR including gamma rays, X-rays, ultraviolet light, visible light, infrared, microwaves, radio waves (ULF, VLF, LF, MF, HF, long, short, HAM, VHF, UHF, SHF, EHF), cosmic microwave background radiation and brain waves, all organized by octaves. The audio frequency spectrum is also included. Reference to everyday items such as music, brainwaves, football fields and cellphones makes understanding EMR easier. Colorful descriptions are included for all ranges and properties of EMR including reflection, refraction, LASER, television, gravity waves, emission and absorption. There is also a handy chart of SI unit prefixes ranging from yocto to yotta (this is the "Giga, kilo, micro" part).

24" x 36" professionally printed posters on 100lb glossy paper suitable for framing. Great for home, office, or classroom.

Poster: Electromagnetic Radiation Spectrum (Cat. #N500) \$9.95

POWER FREQUENCY MAGNETIC FIELDS & PUBLIC HEALTH

by Horton & Goldberg

An impressive textbook format summary of studies, findings, and reports of the last 15 years regarding the effects of EMF on humans. Discusses the magnetic fields produced by electric power lines at length, details techniques for shielding magnetic fields, and provides important information developing safety policies procedures for dealing with magnetic fields. Invaluable as a tool for design, construction, and valuation of homes, offices and commercial spaces with regard to EMF safety. Technically oriented. 1995 (Cat. #N570) \$199.95

THE POWERWATCH HANDBOOK

Simple Ways To Make You And Your Family Safer Alasdair and Jean Philips

Are you keeping safe? Electrical wiring and appliances, overhead power lines, machinery, photocopiers, mobiles and cordless telephones, radio masts, TVs, tube trains, x-rays and laser beams are amongst the hundreds of everyday items that are now known to give off high levels of EMF. Electromagnetic fields (EMFs) can be biologically active and capable of making changes to the structure of human and animal cells which are exposed to them. Long-term exposure is believed by an increasing number of scientists and environmentalists to be connected to tumors, fertility problems, behavior and mood changes, concentration and memory loss, and also to affect melatonin production and impair our immune system's repair mechanisms. Powerwatch Handbook is a simple nononsense guide to EMFs and how to reduce their harmful effect. Here is practical information on: How to test for EMFs in the home

Star ratings for different items and products Simple ways to reduce your exposure to high level pollution Reduce the effect of telephones, mobiles, TV masts and other outside sources EMFs at work and in hospitals, dental surgeries and shops

How EMFs affect babies and young children How to avoid becoming electrically sensitive

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Alasdair and Jean Philips present their information in a practical, positive and lively way, in an easy-to-follow handbook style. EMF levels are graded using a star rating system, high level items are highlighted, and practical tips given in step-by-step, bullet point form. 256 pages, 2006 (Cat. #N545) \$18.95

NO CELLPHONES DECAL

Clearly Gets the Idea Across
Let people know that cell
phones cannot be used in
certain areas without an
embarrassing confrontation!
Suitable for putting up in
schools, restaurants, theaters,

stores, taxi cabs, busses, trains, hospitals, offices, homes or *any other place that's appropriate for a cellphone-free zone* High quality color decals, 3½" by 3½". Nice strong adhesive, simply peel and stick. (Cat. #N609)\$4.00

OVERPOWERED

By Martin Blank PhD Overpowered brings readers, in accessible and fascinating prose, through the science, indicating biological effects resultina from low, non-thermal levels of non-ionizing



electromagnetic radiation (levels considered safe by regulatory agencies), coming not only from cell phones, but many other devices we use in our homes and offices every day.

It is generally accepted that there should be a limit on exposure of the public to EMF. However, industry pushes the envelope. Dr. Blank advises applying the precautionary principle when it comes to demonstrably hazardous EMF--and teaches us how we can take steps in our daily lives to reduce exposures. In this incredibly timely book, he arms us with the information we need to keep ourselves and our families safe. Hardcover 256 pages, 2014.

Overpowered (Cat. #N614) ... \$23.95

PUBLIC EXPOSURE: DNA, DEMOCRACY AND THE WIRELESS REVOLUTION (DVD)

This 58 minute film is the first of its kind to explore the potential health risks and consequences of proliferating wireless devices and transmitting antennas (especially cell phones). The state of the science and needed public policy solutions are reviewed from an international citizen's rights and consumer advocacy perspective. This video talks about what the communications industry prefers not to discuss --- how exposure to radiation from wireless communications technology poses a major environmental health threat. See footage of experts discussing the known biological threats posed by wireless radiation, sit in on public hearings discussing the need for a rational policy on cell tower siting, and gain valuable ammunition to help you discuss this important issue intelligently with neighbors, town boards, school boards, anyone involved in tower siting and attorneys. Also a great teaching tool for students. (Cat. #N636) . \$20.00

PUBLIC HEALTH SOS:

The Shadow Side Of The Wireless Revolution Electromagnetic effects on health (including electrical sensitivity and links to illnesses of many kinds) are an emerging global public health issue. Read this primer on EMF and health to learn what the independent science shows, what you can do to create electromagnetic safety and how you can help get Congress to pay attention to this important issue affecting humans, animals and nature. This book resulted from 110 questions asked of the audience at The Commonwealth Club of California in 2008, the nations leading public affairs forum. 120 pages 2009.

Public Health SOS (Cat. #N681) \$19.95

O & A: EMF IN THE WORKPLACE

National Institute of Occupational Safety & Health Government publication which tends to lean in favor of the idea that EMF dangers are unproved. Even so, it is written in clear non-technical language with good graphics explaining the concepts of EMF basics, current health study findings especially with respect to workplace settings, ongoing research, and an extensive listing of scientific references. 66 pages. 1996 Photocopy.

(Cat. #N514) \$4.95

Toll free in USA: 1-888-537-7363 International: +1-518-608-6479 Fax: 1-309-422-4355 www.lessemf.com

RADIO FREQUENCY & ELF ELECTROMAGNETIC ENERGIES

A Handbook for Professionals

The first practical guide to focus on understanding and evaluating the health effects of radio frequency and extremely frequency electromagnetic (cellular phones, computers, microwave towers, and power lines). Explains how to identify sources and measure leakage, including how to select your monitoring eauipment. Includes latest findings on the biological effects of RF fields and exposure standards. Entire section on specific problems and how they can be solved, including a "Radio Control Program". 1995

(Cat. #N625) \$260.00

THE SICK HOUSE SURVIVAL GUIDE

by Angela Hobbs

Electricity as a pollutant? Curtains that make you sick?? More people suffer with electrical and chemical sensitivities from indoor pollution than we realize. This book has information on existing research into EMFs and the interaction of chemicals and hormones. It outlines a series of steps that readers can follow to identify and transform their sick house into a "Healthy Home". These include:

- Keep track of spaces that make you sick
- Discovering sanctuary spots for sleep
- Lifting the burden of synthetic fabrics
- Reducing your exposure to EMFs

2003 (Cat. #N655) \$18.95

TAKE BACK YOUR POWER (DVD)

The award-winning documentary Take Back Your Power uncovers the shocking story behind why hundreds of local governments are standing against the multi-billion dollar roll-out of 'smart' utility meters. Take a journey of revelation, examining evidence of in-home privacy invasions, systemic over-billing, extortion, health & environmental harm, fires and unprecedented hacking vulnerability. And be inspired by emerging solutions.

With compelling insight from whistleblowers, government agents, lawyers, doctors, researchers and environmentalists, Take Back Your Power investigates the claimed benefits and emerging risks of a profit-based global initiative that seeks to change the way we live. What you'll discover will surprise, unsettle and ultimately empower you.

Toll free in USA: 1-888-537-7363 International: +1-518-608-6479

101

NTSC version (N America style) 88 minutes, 2014 edition.

(Cat. #N532) \$19.95

TRACING EMFs 3rd ed by Karl Riley in Building Wiring and Grounding

Latest edition, practical guide for reducing AC magnetic fields produced by building wiring and improper grounding practices. Step-by-step instructions for detecting wiring problems and a full description of common wiring errors and how to correct them. This guide is for anyone who wants to inspect their own home, electricians and electrical inspectors, those starting a new profession in EMF consulting, as well as those involved with the process of building construction such as architects and contractors. Utility personnel involved in EMF measurements can also profit from this information. Make sure you and your electrician read this book before any renovations or mitigation!! 96 pages, spiral bound. 2012.

Tracing EMFs (Cat. #N530) \$28.00

TRACING MAGNETIC FIELDS IN **BUILDING WIRING**



This DVD graphically explains how certain wiring errors create high magnetic fields. shows step-by-step methods measuring the fields and then how to find the faulty circuit and the wiring error. Created under a grant from California Health Services to help school electricians reduce the magnetic fields found in the state's schools during a 90 school

magnetic field survey. Filmed by the video dept. of Southern California Edison and using their graphics animation to show how the currents move misconnected circuits. Written and hosted by Karl Riley, author of Tracing EMFs book, 23 minutes.



(Cat. #N531) \$19.95

UNIT CONVERSION TABLES, GRAPHS & FORMULAE

Converting between mW/cm² and V/m? Need to know how many microTesla per milliGauss? What is a dB? These sheets are a handy reference for converting between Amps/meter, Volts/meter, Tesla,

Gauss, and mW/cm² plus understanding and using dB. (Cat. #N694) \$2.50

A WELLNESS GUIDE FOR THE DIGITAL AGE:

With Safer-Tech Solutions For All Things Wired & Wireless

By Kerry Crofton PhD

Most parents and grandparents are unknowingly putting their children - born and unborn - at risk with the unsafe use of all things wired and wireless. We



want our children to be tech-savvy, but we also want them healthy - they can be connected in this digital age in much safer ways - at home and at school. With contributions from 24 of the world's leading scientific and technical experts, guide comprehensive resource includes information all of us need to know:

- The research and recommendations for reducing exposure with easy and affordable solution.
- How to keep the convenience of digital and mobile devices and reduce the potential health hazards - at all stages of life
- A detailed survey to assess risks and symptoms
- Simple strategies targeting: sleep problems, dizziness, headaches, tingling in the hands, ringing in the ears, eye pain, bloodshot eyes, skin rashes, cardiac symptoms, electro-sensitivity, ADD/ADHD, autism. 384 pages. 2014

A Wellness Guide For The Digital Age (Cat. #N639) \$19.95

WOULD YOU PUT YOUR HEAD IN A **MICROWAVE OVEN?**

by Gerald Goldberg, MD



The book starts by examining dosimetry which shows which parts of the body are most sensitive radiation microwave based on studies done by US Armed Forces. Dosimetry is predictive of the pattern of injury that one would expect to

find. The second chapter explains how

microwave radiation hetween exposure. 91 pages. 2006. **ZAPPED** Why Your Cell Phone Shouldn't Be Your the Hazards of Electronic Pollution By Ann Louise Gittleman A groundbreaking exposé of the hidden

microwave radiation produces disease. It examines the mechanisms of disease production in living systems. It also explains how microwave injury manifests specific organ dysfunction, be it neurological, behavioral, immune, cancer etc. The third demonstrates through the use of graphs that the parallel and symmetrical rise of certain illnesses across broad geographic areas suggests common force acting equally on all these regions. The graphs also demonstrate that it is the rate of increase not the absolute number of cases in a given region that is important. Examines the common link seemingly unrelated illnesses. Presented in a clear language that the layman can understand. Liberally referenced from the scientific literature. The book is designed to be generally informative as well as a reference source for the average reader. Even provides a wealth of resources that have been shown to be beneficial to offset the consequences of excess microwave (Cat. #N684) \$16.49

Alarm Clock and 1,268 Wavs to Outsmart

truths of electropollution, Zapped is a comprehensive, step-by-step guide to counteracting the invisible hazards of everyday electromagnetic exposure.

We're being zapped: today 84 percent of Americans own a cell phone, 89 million of us watch TV beamed in by satellite, and we can't sip a cup of coffee at our local café without being exposed to Wi-Fi.

But we don't have to simply surrender. Ann Louise Gittleman brings forth the latest research into electromagnetic fields to create this groundbreaking guide for every citizen of the wireless age. With a proactive, levelheaded approach, she not only clarifies the risks but also offers specific, step-by-step information for how anyone can minimize them. From where you place your sofa to when you use your cell phone to what you eat for dinner, Zapped is packed with strategies for avoiding and mitigating the damaging effects of electropollution. As she

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examines modern life room by room, device by device, Gittleman reveals a master plan for detoxifying your surroundings and protecting yourself and your family. (Cat. #N591) \$25.99

YOUR GUIDE TO UNDERSTANDING EMF



simple thorough explanation of what are EMFs, what is the difference between electric and magnetic fields, and where do they come from. A nice primer on the topic, great students. 16 pages, photocopy.

Your Guide ... (Cat. #N519) \$4.95

MONDO MAGNETS

40 Attractive (and Repulsive) Devices and Demos by Fred Jeffers

Surprising and seemingly impossible effects result from the 40 experiments included in this fascinating science resource — all with a concise explanation of the underlying magnetic physics. Each experiment — such as using a common refrigerator magnet to create a three-dimensional image or floating a magnet and carbon sheet in midair is outlined with step-by-step instructions and diagrams that illustrate the key concepts of magnetism. Even the most experienced science teacher or at home tinkerer will find dozens of new tricks in this amazing collection. Great for students. Clearly written and easy to understand with lots of good photos. 2007. (Cat. #N601) \$16.95

SAFE & SIMPLE ELECTRICAL EXPERIMENTS by R.F. Graf

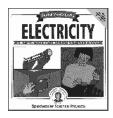
Here are 101 entertaining experiments for fast and reliable learning of the basic principles of electricity categorized into electricity (38 experiments), magnetism (32), and current electricity and electro-magnetism (31) for maximum exposure to the fundamentals. Each experiment beginning with a list of safe and inexpensive materials needed and some introductory remarks, is presented with detailed step-by-step instructions and clear illustrations. The reader learns where to get/make electricity, how to store it, and how to use it in a number of creative ways. Although carefully selected to be safe for children, this book is suitable for all students of electromagnetism. 117 paperbound pages. 1964. (Cat. #N593)\$11.95

"SPECTACULAR SCIENCE PROJECTS"

Mind-Boggling Experiments You Can Turn Into Science Fair Projects, in 2 volumes by Janice VanCleave:

ELECTRICITY

Includes 20 simple and fun experiments that allow you to learn about electric charges using modeling clay and a plastic straw; about voltage using a bowl, paper towels,



and a raw egg; about conductors with some clothes pins, aluminum foil, and a flashlight bulb; plus dozens of additional suggestions for developing your own science fair projects. All experiments are safe, use inexpensive household materials, and involve a minimum of preparation and clean up. Clearly written. 1994. (Cat. #J626)\$14.95

MAGNETS

- ~ How does a compass work?
- What is a magnetic field?
- ~ Make a magnet with electricity?

Janice VanCleave's other book includes 20



great experiments that allow you to answer these questions, plus many more ideas developing for further science fair projects. about Learn magnetic poles;

magnetic force fields; even magnetic shielding!

(Cat. #J627) \$12.95

Call us if you have questions



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