

EMF BOOKS & VIDEOS

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 a 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 enclosure installation; performance 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. #Q630) \$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. #Q612) \$17.95**

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. #Q590) \$14.95

Bulletin 56: FCC Office Of Eng. & Technology Q&A ABOUT THE BIOLOGICAL EFFECTS AND POTENTIAL HAZARDS OF RADIO- FREQUENCY RADIATION

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 non-ionizing 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. #Q554) \$14.00**

Bulletin 65: FCC Office Of Eng. & Technology EVALUATING COMPLIANCE WITH FCC GUIDELINES FOR HUMAN EXPOSURE TO RADIOFREQUENCY ELECTROMAG- NETIC FIELDS

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 wireless transmitters and 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. #Q553) \$15.00**

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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

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. #Q605) \$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 the 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. #Q656) **\$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

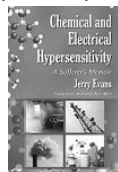
consider such questions. Those concerns have yet to be resolved, despite our increasing exposures. Cell Towers cuts through the rhetoric to address the complex issues of low level RF. Some of the issues addressed: Are the health concerns justified? What does the science really say? What are the roles 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? With chapters contributed by prominent 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. #Q581) **\$22.95**

CHEMICAL AND ELECTRICAL HYPERSENSITIVITY

A Sufferer's Memoir by Jerry Evans

Electrical and multiple chemical 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 healthier environment that would 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. #Q690) **\$ 29.95**



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CROSSCURRENTS by Robert O. Becker
Promise of Electromagnetism, Perils of Electropollution
Crosscurrents describes the meeting of opposing trends: the rapid rise of 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. #Q600) \$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. #Q618) \$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 the twisting path that led to his discovery that most of the twentieth century diseases of

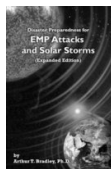
civilization, including cancer, cardiovascular disease, diabetes, and suicide, are caused by electromagnetic field exposure. Dr. Milham warns that because of the recent proliferation of radio frequency radiation from cell phones and towers, terrestrial antennas, Wi-Fi and Wi-max systems, broadband internet over power lines, and personal electronic equipment, we may be facing a looming epidemic of 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. #Q511) \$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 Faraday cages are presented. The shielding effectiveness of homemade Faraday cages is measured and compared, including metal garbage cans, foil-wrapped boxes, fire safes, anti-static bags, ammo cans, microwave ovens, and full-sized protective rooms. 128 pages, 2012.

Disaster Preparedness for EMP Attacks and Solar Storms (Cat. #Q611) \$14.95

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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

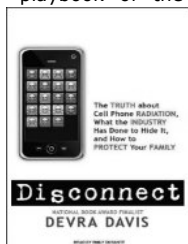
secret memo reveals their war plan against reports of cell phone dangers.

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. #Q599) \$26.95



ELECTRICITY 2: DEVICES, CIRCUITS AND MATERIALS by Thomas Kubala

Building on the foundation established in Electricity 1, 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

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

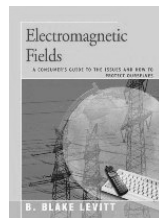
ELECTRICITY 2 (Cat. #Q561).. \$19.95

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, community planners, healthcare professionals, and scientists alike. Winner, 1996 Award of Excellence from the American Medical Writers Association. A frank, balanced, informative book explaining where electromagnetic fields are in nature, what illnesses may have a connection to EMFs, why doctors' know-ledge may be limited, how the safety of homes and offices can be determined, and what action citizens and communities can take toward protection. Beautifully written. In our opinion, it is the most comprehensive, easy to read, and informative book on the topic of EMF. 462 pages. 2007.

(Cat. #Q580) \$28.95



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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 its victims to small worlds and big hits. Although there's plenty of "allergy" in electro-sensitivity, 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:

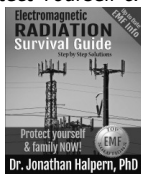
- right-size your recovery toolkit
 - tidy-up all the informational cues that burden your body
 - reduce the electromagnetic strength
 - make delicious, hot meals without a kitchen
 - create and follow your healing pathway
 - waste less time being dysfunctional
 - be less isolated and feel better fast
- 2012, 50 pages, spiral bound

The Electromagnetic Hypersensitivity Workbook (Cat. #Q657) \$24.95

ELECTROMAGNETIC RADIATION SURVIVAL 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, smart meters, cell phones, tablets, 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, sleep 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. #Q619) \$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. #Q615) \$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



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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 something 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. #Q613) . \$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. #Q510) \$3.50

EM SIGNAL ATTENUATION IN CONSTRUCTION MATERIALS

NIST Construction Automation Program Report #3
Laboratory studies of electromagnetic (EM) 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, glass, plywood, lumber, drywall, reinforced concrete, steel reinforcing bar grids, variations of the plywood and lumber tests in which the specimens were soaked 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 shielding effectiveness of common building materials. 200 pages, 1997.
(Cat. #Q555) \$20.00

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 from 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. 94 minutes. **(Cat. #Q635) \$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 are exposed as this account demonstrates how radiation from mobile phones, 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. #Q544). \$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. #Q685) \$19.99

GROUNDING

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. New research has started to confirm the unexpected, that the surface of the Earth has healing power, like a gigantic treatment table. He introduces this 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. #Q686) .. \$19.95

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

taken 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. #Q559) \$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 blood-brain barrier, and possibly brain tumors. Good for cars, trucks, bikes, skates and just about any other vehicle.

(Cat. #Q637) \$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-stone-unturned, all-out effort of finding and wholeheartedly trying almost 40 different healing methods/modalities and



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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 just now being faced with these 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. #Q616) \$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

electro-pollution on your health. Includes chapters describing EMFs, what they are and how they are produced; human health studies and their conclusions; where and how to search your home for EMFs; and what you can do to minimize your exposure. 56 pages, paperback. 1998 **(Cat. #Q582) \$12.00**

IS YOUR CELLPHONE KILLING YOU?

(DVD) 📺

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, "Is Your Cell Phone Killing You?" 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 a host of serious health problems, including depression, miscarriage, 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 features compelling interviews with 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. #Q693) \$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.

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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. #Q520) \$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 and 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. #Q576) \$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. #Q637-2) ... \$18.00



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. #Q500) \$9.95

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. The Powerwatch Handbook is a simple no-nonsense 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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EMF BOOKS & VIDEOS

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. #Q545) \$18.95

NO CELLPHONES DECAL

Clearly Gets the Idea Across

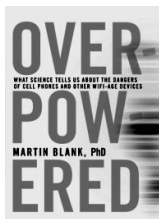
Let people know that cell phones cannot be used in certain areas without an embarrassing confrontation! Suitable for putting up in schools, restaurants, theaters, stores, taxi cabs, busses, trains, hospitals, offices, homes or *any other place that's appropriate for a cellphone-free zone*. High quality color decals, 3½" by 3½". Nice strong adhesive, simply peel and stick. (Cat. #Q609) \$4.00



OVERPOWERED

By Martin Blank PhD

Overpowered brings readers, in accessible and fascinating prose, through the science, indicating biological effects resulting 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. #Q614) ... \$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. #Q636) . \$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. #Q681) \$19.95

Q & 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. #Q514) \$4.95

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EMF BOOKS & VIDEOS

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 low frequency electromagnetic fields (cellular phones, computers, microwave towers, and power lines). Explains how to identify sources and measure leakage, including how to select your monitoring equipment. Includes latest research 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. #Q625) \$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. #Q655) \$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

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initiative that seeks to change the way we live. What you'll discover will surprise, unsettle and ultimately empower you.

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

(Cat. #Q532) \$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. #Q530) \$28.00

TRACING MAGNETIC FIELDS IN BUILDING WIRING DVD

This DVD graphically explains how certain wiring errors create high magnetic fields. It shows step-by-step methods of 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 in misconnected circuits. Written and hosted by Karl Riley, author of Tracing EMFs book. 23 minutes.

(Cat. #Q531) \$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. #Q694) \$2.50**

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EMF BOOKS & VIDEOS

A WELLNESS GUIDE FOR THE DIGITAL AGE:

With Safer-Tech Solutions For All Things Wired & Wireless
By Kerry Crofton PhD

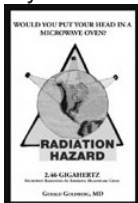
Most parents and grandparents are unknowingly putting their children - born and unborn - at risk with the unsafe use of all things wired and wireless. We want our children to be tech-savvy, but we also want them healthy - they can be connected in this digital age in much safer ways - at home and at school. With contributions from 24 of the world's leading scientific and technical experts, this comprehensive resource guide 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. #Q639) \$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 to microwave radiation based on studies done by US Armed Forces. Dosimetry is also predictive of the pattern of injury that one would expect to find. The second chapter explains how

microwave radiation produces disease. It examines the mechanisms of disease production in living systems. It also explains how microwave injury manifests as specific organ dysfunction, be it

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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 a 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 between microwave radiation and 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 exposure. 91 pages. 2006.

(Cat. #Q684) \$16.49

ZAPPED

Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution
By Ann Louise Gittleman

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

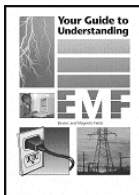
We're being zapped: today 84 percent of Americans own a cell phone, 89 million of us watch TV beamed in by satellite, and we can't sip a cup of coffee at our local café without being exposed to Wi-Fi.

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 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. #Q591) \$14.99**

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EMF BOOKS & VIDEOS

YOUR GUIDE TO UNDERSTANDING EMF



A simple yet 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 for students. 16 pages, photocopy.

Your Guide ... (Cat. #Q519) \$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. #Q601) \$16.95**

SAFE & SIMPLE ELECTRICAL EXPERIMENTS

by R.F. Graf

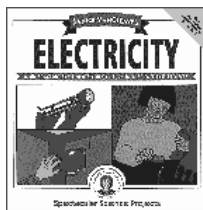
Here are 101 entertaining experiments for fast and reliable learning of the basic principles of electricity categorized into static electricity (38 experiments), magnetism (32), and current electricity and electro-magnetism (31) for maximum exposure to the fundamentals. Each experiment beginning with 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 electro-magnetism. 117 paperbound pages. 1964. **(Cat. #Q593) \$11.95**

"SPECTACULAR SCIENCE PROJECTS"

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

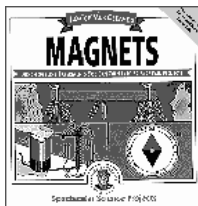
ELECTRICITY

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. #Q626) \$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 for developing further science fair

projects. Learn about magnetic poles; magnetic force fields; even magnetic shielding!

(Cat. #Q627) \$12.95

Call us if you have questions



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