

*Scientific Study****Low Dose Electromagnetic Radiation Shown to Deplete Nutrients in Rats***

In the past, science has maintained that the non-ionizing radiation from electromagnetic fields does not have health effects. Increasingly, this is proving not to be the case.

Science is beginning to show that non-ionizing radiation, which does not create heat, does have health effects.

Researchers in Turkey at the Medical School of Dicle University, Diyarbakir say, "Electromagnetic field (EMF) can affect cells due to biochemical change followed by a change in level of ions trafficking through membrane."



An experiment was conducted in which rats were exposed to various levels of EMFs which are considered within the safety standards for exposure.

The results of the experiment showed that EMFs affect the chemical structure and metabolism of bone by changing the levels of some important elements such as calcium, zinc, and magnesium.

A statistically significant decrease was found in magnesium levels of rats exposed to EMFs. Magnesium deficiency has been linked to heart arrhythmias, visual deficiency, anxiety, confusion, agitation, restless leg syndrome (RLS), sleep disorders, irritability, nausea and vomiting, low blood pressure, muscle spasms, and seizures.

Zinc levels were lower in EMF exposed rats. Zinc is required for normal immune function, fertility, and protein synthesis. Insufficient zinc can lead to

sleep disorders, behavioral problems, diarrhea, skin rashes, hair loss, hyperactivity, allergies, bowel disease, and reduced fertility.

Calcium levels were lower in EMF exposed rats as well. Calcium is essential for proper bone formation and teeth, as well as certain hormones and muscle contraction. A deficiency of calcium leads to muscle cramps, eye twitching, sleep disorders, and bone disorders like osteoporosis.

With the increasing use of cell phones and, thus, placement of cell towers on top of buildings and in residential areas, exposure to EMFs has dramatically increased in the last decade. Scientists are just beginning to understand the effects of human exposure to EMFs.

Certain paints can help reduce the movement of EMFs into the indoor environment. Keeping cell phones turned off and using hard wiring instead of wireless computer devices can significantly reduce exposure to EMFs.

People regularly exposed to EMFs may wish to consult a physician for testing and supplementation of calcium, magnesium, and zinc.

Reference

Ulku R, Akdag MZ, Erdogan S, Akkus Z, Dasdag S. Extremely Low-Frequency Magnetic Field Decreased Calcium, Zinc and Magnesium Levels in Costa of Rat. *Biol Trace Elem Res*. 2010 Sep 25. [Epub ahead of print]