

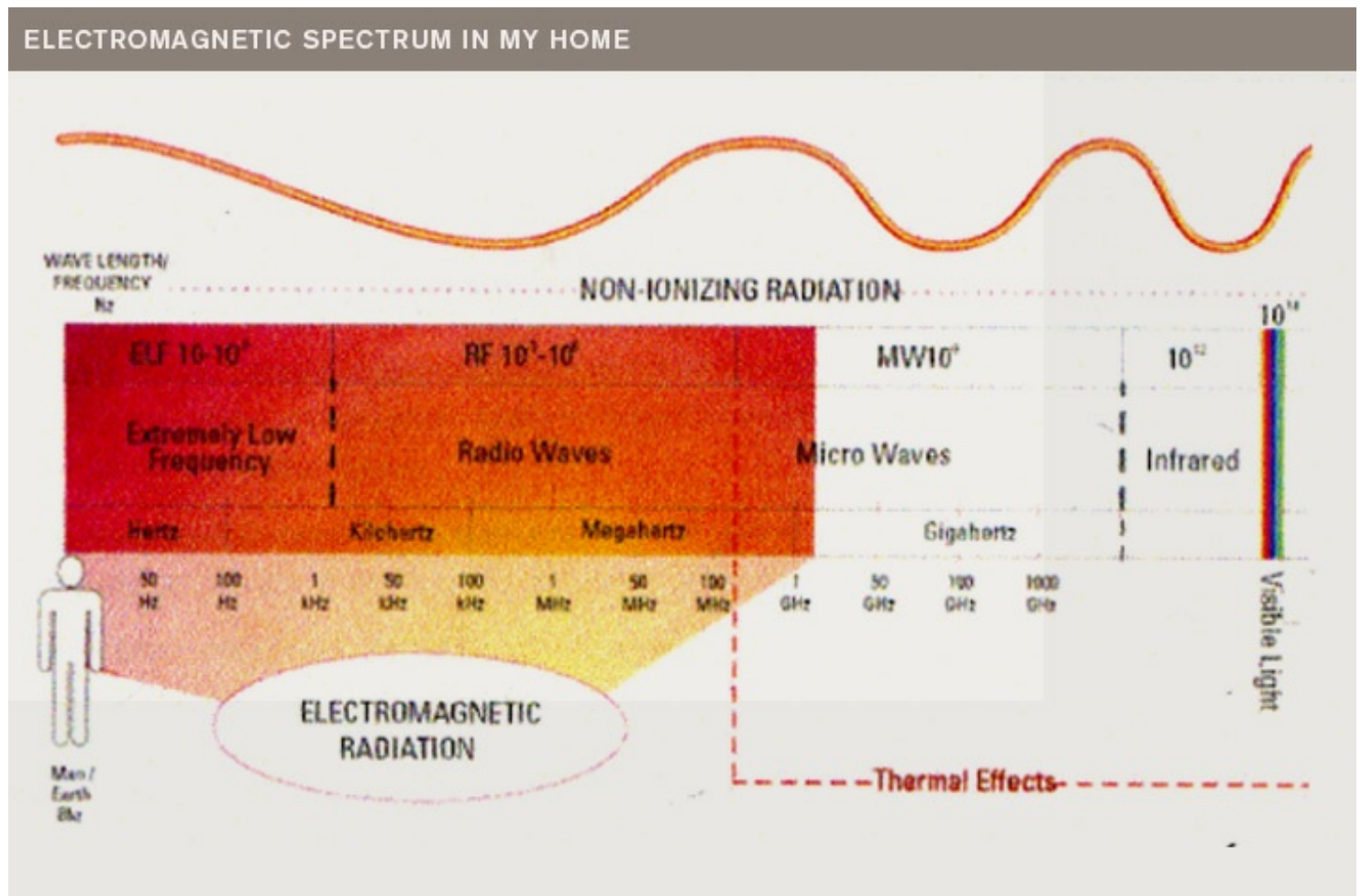
What Is EMF? - Electromagnetic Field (EMF) Safety from Safe Space Protection

www.safespaceprotection.com/emf-health-risks/what-is-emf/

The natural world, including your body, produces electromagnetic fields. But these fields are low in intensity. Technology produces much more intense electromagnetic fields, and these fields can cause health risks. You cannot see or hear them. But if you live where there is cell phone service or power lines, for example, you are exposed to artificial EMFs.

The Electromagnetic Spectrum

The electromagnetic (EM) spectrum is the scientific name for types of photon radiation. Electromagnetic radiation consists of photons (light particles) that travel in a wave-like pattern at the speed of light.



The amount of energy found in these photons forms the various types of electromagnetic radiation in the spectrum, which is expressed in terms of energy, wavelength or frequency.

Frequency is measured in cycles per second (hertz), wavelength is measured in meters, and energy is measured in electron volts. The strength of an EMF depends on its wavelength and frequency. More waves with shorter

wavelengths create more energy as you move up the spectrum.

What Is the Range of Wavelength of Electromagnetic Waves?

At the low end of the electromagnetic spectrum are extremely low-frequency (ELF) waves. These have longer wavelengths and come from the 50- to 60-hertz power lines that feed household appliances. They can pose health risks, especially when they are close to the body for extended periods.

On the high end is radio frequency (RF) radiation. This comes from cell phones, cordless phones, mobile antennas, broadcast towers, electrical security systems and more. The higher the frequency, the greater the risk to health. For example, microwaves are very-high-frequency radiation, and they can pose a significant health risk. Many cell phone towers operate in the microwave range.

TECHNOLOGIES IN THE ELECTROMAGNETIC SPECTRUM							
NONIONIZING RADIATION RADIO FREQUENCIES AND MICROWAVES					Visible Light	IONIZING RADIATION X-RAYS AND GAMMA RAYS	
Extremely Low Frequency	Very Low Frequency	Radio Frequencies	Microwaves	Infrared		Ultra-violet	Soft X-ray
Power lines Hydro lines Computer terminals Electric appliances Telephones Mobile phones Cell phones	Navigation Computer terminals Pagers Mobile phones Cell phones	Radio / CB Television Computer terminals Mobile phones Pagers Cell phones	Radar Computer terminals Microwave ovens Mobile phones(@2.56Hz) Cell phones	Sunlight Computer terminals	Sunlight Computer terminals	Medical X-rays Television Computer terminals	Nuclear fall out
Possible Health Effects Associated With Overexposure Based On Scientific Studies							
Blood disorders Leukemia Cancer Cell growth Embryonic effect	CNS effects Central Nervous System Immune System Cell Membrane Effects	Cataracts Miscarriages Birth defects Blood disorders Embryonic effect CNS effects Central Nervous System	Cataracts Miscarriages Birth defects Genetic damage Birth defects CNS effects Central Nervous System	Cataracts	Skin cancer Cataracts	Cancer Genetic damage Premature aging	

How Are Electromagnetic Waves Dangerous?

Bioelectrical signals help to regulate many processes of the human body. In fact, science suggests that every cell in your body might have its own EMF.

However, strong artificial EMFs can enter your body and interfere with the natural way your body works. This can affect virtually any system within your body, from your sleep cycles to your stress levels to your immunities to your DNA.