

Contents

Introduction	1
Electromog	1
Magnetic Fields.....	3
Temperature and Humidity Effect.....	3
High-frequency electromagnetic waves	3
Zone of Geological Interference	4
How Electromog Affecting Human.....	5
Solution.....	7

Introduction

Different type of disturbance/exposure are know in building biology and can be categorized as follows:

- Electromog
- Zones of geological interference
- Toxins and gases
- Air and ions
- Fibres, microscope dust, allergens
- Microbiology (bacteria, moulds,...)
- Noise and vibrations
- Light, illumination, UV radiation
- Radioactivity

Electromog

Electromog is defined as all side effects that arise when electricity is generated, transported or used; when an electric voltage is conducted; when there is an electric current; or when a transmitter emits electromagnetic waves.

Electromog ca be divided into five categories, each of which we will explore in turn by drawing on examples from daily life:

- Alternating electric fields
- Alternating magnetic fields
- Static constant electric fields
- Static constant magnetic fields
- High-frequency electromagnetic waves

Alternating electrical fields are caused by altering electric currents in all electrical installations (i.e. sockets, supply lines, and extension cables), even if no electricity is flowing. The size of an alternating electrical field is given in Volt per meter (V/m).

Title: Bioresonance Protection on Electromog Disturbance

Date: 2020/10/11

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As early as 1996, the British scientist, dr Reger Coghill, published a study on childhood leukaemia, which showed that the childhood leukaemia risk almost doubles in children, when even relatively weak alternating electrical fields are found in the bedroom. It is suggested that the biological threshold values for alternating electrical fields: 1. Living area – maximum 10 V/m; 2. Sleeping area – Minor burden – below 10V/m, weak burden – form 1 to 5 V/m, major burden: above 5 V/m; 3. A distance of more that 200m from the nearest high-voltage power line puts you on the safe side.

Electric blankets generate a high body voltage, even unplug, it can still generate smaller fields owing to the metal components they contain. A study by David A. Savitz, published in 1990, which concluded that children up to 15 years, who were regularly kept warm with electric blankets during the first four months of their lives, developed brain trmours and leukaemia more frequently. The best solution is the tried and trusted hot water bottle.

How to achieve a sleep environment with less field disturbances:

- Do not use mains-connected electrical devices in your bedroom.
- Unplug all unnecessary cables and remove them.
- If you renovate your bedroom, run the connecting cable between the sockets in such a way that the fields cannot interfere with the body. For example, from the left socket vertically up to the ceiling, along the ceiling edge, and down again vertically to the right socket.
- If you use an alarm clock this should be battery-operated and not connected to the main power supply.
- Radio alarm clock is also not good. Radio alarm clocks with integrated transformers are enormous field generators (more on this topic under alternating magnetic fields).
- Cordless telephones with their base stations and mobile phones are out of place in a bedroom.
- The bed and bed frame should be made from solid wood. Metal beds or metal bed frames amplify

alternating electrical fields enormously. The frames of water beds are often made of metal, because of the sheer weight of these beds. Every water bed has a heating system, which brings the alternating electrical field very close to the body.

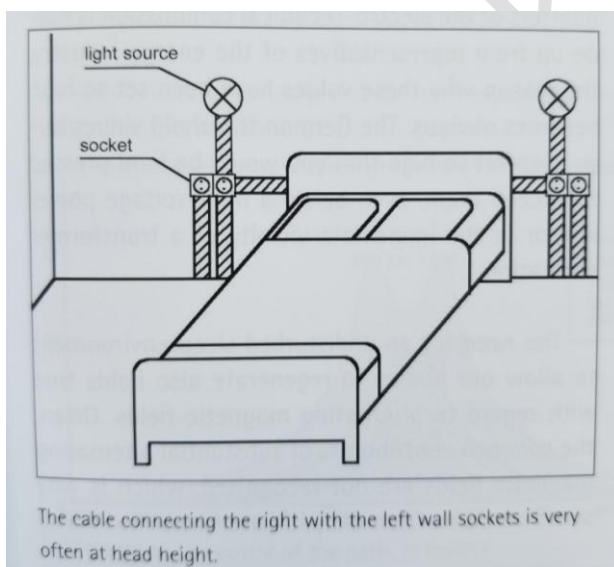
- The mattress should definitely not contain coiled metal springs, because they distribute alternating electrical fields across the entire bed.

- Do you get cold in bed? Please do not reach for the electric blanket, use a hot-water bottle, instead.

- Where possible use a mains disconnecter to reducealternating electrical fields.

- Please also consider what is behind the bedroom wall closest to your bed. Is the fuse box or air-conditioner perhaps

on this wall, or a transformer, or the neighbour's TV, or the base station of the cordless telephone? And also consider these questions in relation to the rooms that lie above and below the bedroom.



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Magnetic Fields

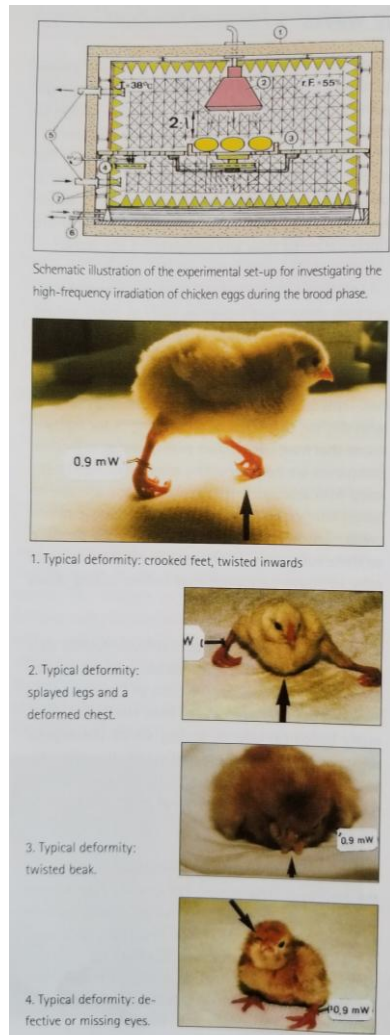
Alternating magnetic fields are generated in all electrical installations (distribution boxes, supply lines, extension cables), in transformers, machines, lamps etc. wherever and whenever an electrical current flows. The size of an alternating magnetic field is measured in Tesla (T) (magnetic flux density). Because this unit is very large, the order of magnitude commonly used is Nanotesla (nT).

Biological threshold values for alternating magnetic fields: 1) Living area – maximum 200 nT; 2) Sleeping area: minor burden – below 20 nT, weak burden – from 20 up to 100 nT, major burden – above 100nT.

Temperature and Humidity Effect

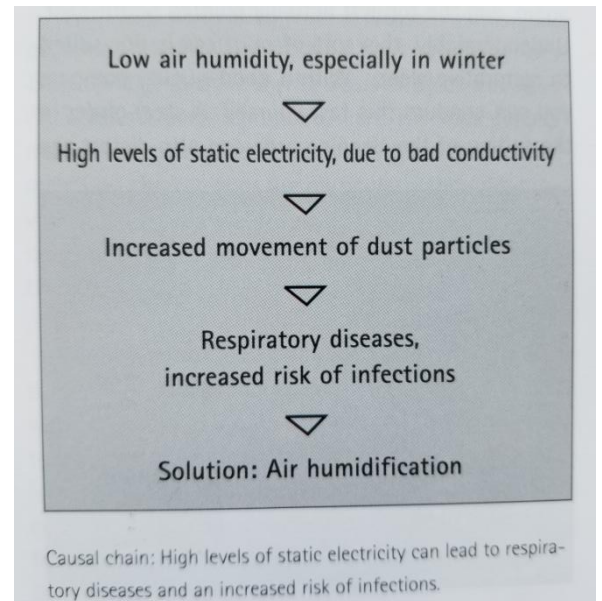
When the air becomes colder, it cannot store as much water as warmer air. This reduction in humidity leads to a higher degree of static electricity, i.e. a larger constant electrical field, because discharge becomes more difficult. At the same time, the degree of dust particle movement within rooms increases, causing an additional burden to our already dry mucous membranes. The consequences are respiratory diseases and an increase risk of infections. Increasing humidity by means of suitable devices offers a possible solution.

High-frequency electromagnetic waves



Experiment of chicken eggs underwent brooding in a fully acclimatized room, exposed to the electromagnetic radiation. The power used to apply the frequencies to the eggs was equivalent to 0.9mW. The analysis identified four different type of malformation. The chicks hatched with crooked, inward twisting feet. Many of the chicks had chest deformities and splayed legs. Twisted or off-set beaks were another type of malformation observed among these chicks. The fourth typical malformation was missing or deficient eyes.

At a comparable frequency the operating power of a DECT cordless telephone is as high as 250mW. High frequency of phone radiation will pass through the head area. Cordless phone are not only transmitting when a call is made, but all day long! A leather mobile phone pouch with a metal foil lining, for instance, is a sensible solution because it limits the high radiation intensity in the head area by means of reflection. Electromog-free head sets are also a sensible idea. They can reduce radiation intensity by up to 90%.



Zone of Geological Interference

A geological gault describes a fracture or discontinuity in the upper layers of the earth’s crust. Strongly polarized oscillations develop above these displaced rock strata, which can be detected by bioresonance devices. For instance, when a zone of geological interference ran parallel to the street and thus through the houses, in particular through the bedrooms, different inhabitants of these terraced houses developed the same diseases. In those days, it was common to speak of cancer houses or cancer streets.

The fundamental frequency values for global magnetic grids, water veins and geological faults, are listed in the table below:

Global geomagnetic grid intersections (intersection with positive and negative polarisation)	Water veins (strong negative polarisation)	Geological faults (strong negative polarisation)
+/- 7.00		- 7.00
+/- 22.00		- 14.00
+/- 22.25	- 22.00	- 22.00
+/- 22.50	↓	↓
+/- 33.00		
+/- 35.00		- 24.75
+/- 46.50	- 24.75	- 34.00
+/- 51.00		- 62.00
+/- 54.00	- 62.50	- 63.00
+/- 62.00	↓	- 69.00
+/- 66.00		- 77.00
+/- 81.50	- 80.00	- 79.00
+/- 83.00		- 80.00
+/- 89.00	- 90.00	- 81.00
+/- 93.50	↓	↓
+/- 98.00		
+/- 99.50	- 100.00	- 100.00

Zones of geological interference, their fundamental frequency values and polarities.

- Water veins and geological faults can be associated with fundamental frequency ranges that contain a great number of resonance points, such as the range 22.00 to 24.75.
- The fundamental frequency value of 22.50 can be found at all interference zones.
- It is possible to determine interference zone-specific fundamental frequency values. Thus, the fundamental frequency value of 46.50 is only associated with the global geomagnetic grid, the fundamental frequency value of 64.00 is exclusive to water veins, and the fundamental frequency value of 14.00 is only found in case of geological faults.

Title: Bioresonance Protection on Electromog Disturbance

Date: 2020/10/11

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The table shown below list the fundamental frequency values of the cellular system that the human cellular system can be affected by zones of geological interference.

Fundamental frequency value	Latin name	English name
Fundamental frequency value 22.00:	Cellula - Chromatin	Cell - genetic information
Fundamental frequency value 22.25:	Cellula - Caryotheca	Cell - nuclear membrane
Fundamental frequency value 22.50:	Cellula - Plasmolemm	Cell - plasma membrane
Fundamental frequency value 22.75:	Cellula - Reticulum endoplasmaticum	Cell - endoplasmic reticulum
Fundamental frequency value 23.00:	Cellula - Mitochondrium	Cell - mitochondrium
Fundamental frequency value 23.25:	Cellula - Nucleolus	Cell - nucleolus
Fundamental frequency value 23.50:	Cellula - Nucleus	Cell - nucleus
Fundamental frequency value 23.75:	Cellula - Zentriolum	Cell - centriole (central body)
Fundamental frequency value 24.00:	Cellula - Complexus golgiensis	Cell - Golgi apparatus
Fundamental frequency value 24.25:	Cellula - Ribosoma	Cell - ribosomes
Fundamental frequency value 24.50:	Cellula - Lysosoma	Cell - lysosomes
Fundamental frequency value 24.75:	Cellula - Cytoplasma	Cell - cytoplasm

Table: Fundamental frequency values of the cell system (cellular components).

How Electromog Affecting Human

The following symptoms were defected:

- Susceptibility to upper respiratory tract infections
- Sleep disorders
- Inability to concentrate
- Exhaustion
- Aggressive behaviour
- Overwrought behaviour
- Foolish behaviour
- Lack of motivation
- Reservedness

Title: Bioresonance Protection on Electrosmog Disturbance

Date: 2020/10/11

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- Slow performance
- Frequent chatting in class
- Inability to listen
- Nervous movement
- Interrupting
- Bed-wetting
- Stuttering
- Migraine
- Inability to express emotion
- Sleep walking
- Discontentment
- Weak social skills
- Frequent crying and whining behavior
- Reading and writing deficiencies
- Cancer
- Memory loss
- Memory disorders
- Episodic cramping
- Lack of self confidence
- Anorexia
- Depression

For children, removing those suppression can improve a lot, such as the following:

- Increasing in self-confidence
- Able to concentrate
- Active participation
- Good spelling ability
- No bed wetting

Solution

Regarding to electromag, we can reduce the stresses on our body by using Duplex IV (diagram 5). If an top of this there are disturbances from high-frequency or pulse-modulated radiation. The quality of interference “suppression” can be achieve.

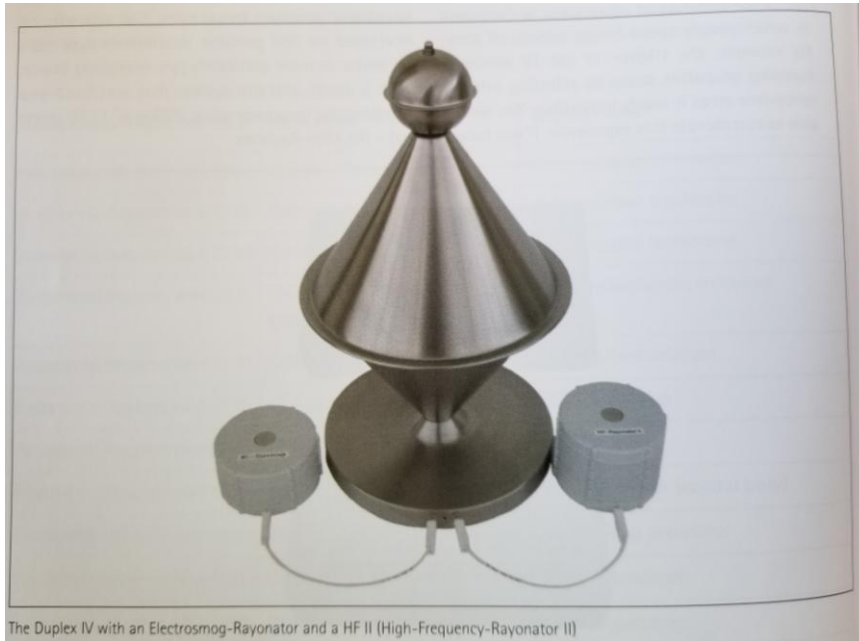


Diagram 5

Secondly, we can use Healy device’s protection programs (diagram 6) to reduce the stresses of electromog on our human body. These programs can energetically balance electromog, stress, geopathic disturbances or negative influences and protect you from bioenergetic breakdowns. The protection programs unfold their effect directly in the Information Field. The information field has many different names, such as Morphogenetic Field, Akashic Record, etc. The Information Field is a field surrounding us everywhere at all times, interacting between the mental and physical world.



Diagram 6

Reference Book: Bioresonance according to Paul Schmidt introduction – Devices – Application (Prof. Dietmar Heimes)