

8/21/2019

## August 2019 -

What a difference a year makes? Well... more like – what can happen in a year!

Haven't written in a while, partially, because I was dealing with an emergency health issue that was affecting my eyesight. I only realized this in January 2019. And unbeknownst to me, it was slowly affecting me in most of 2018 as well.

But, first things first. Just had my annual eye exam – this time at an optometrist I visited in 2016 – Dr.Hsu at Vision Plus. ....and the results are the same as September 2018 (11 months ago). But better than when I visited him in 2016 by -0.25 less in each eye.

Am I disappointed, well considering where I was earlier in 2019 – not exactly. Multiple things were affecting my health in the past year – negatively. Sometimes to go forward, we must go backwards. The adventure to reach OPTIMAL HEALTH is not a straight line!

### 1) **Swiss Shield – BAD!**



Swiss Shield Naturell

In early 2018 I started to put on the walls of my bedroom a product called Swiss Shield Naturell (February – April). I also started to sleep covered with a bedsheet made of a related product called Swiss Shield Wear (February) – all to block wireless microwave radiation down to levels found in pristine nature / an uncontaminated place. Late 2018 (December) – I even started using Swiss Shield Daylite as a curtain. These products are highly regarded in the anti-EMF health field. All these products are embedded with copper and silver particles to reflect radiation waves. In that capacity, they do work – I measured the effect.

Then in mid-January 2019 I had an experience I will never forget. I went to work at a library where I had worked before with no issue of note. While I was there I all of a sudden started having this burning feeling on my forehead. I knew it was from the wireless routers – 2 of them nearby. Because the burning went away when I got away from them. My eyes were also drying out very easily. This was also during winter when it is dry inside from all the indoor heating.

Something had changed! After some investigation (User comments on a website and some related testing at home) I realized that these Swiss Shield products were flaking off bits of copper and silver – and I was breathing them in at night!

The official literature states that it doesn't flake off – or at least the last time I checked the place where I bought them. Can't seem to find the exact wording at the moment. Frankly, it was something I never even thought about. Buyer beware!

<https://slt.co/Products/RFShieldingFabrics/>

<http://lessemf.com/fabric2.html#330>

This excess of copper and silver was so great that it affected how microwave radiation was being absorbed / reflected in my body – the intense forehead burning sensation. [Normally, after a long enough exposure to wireless radiation I will get a headache. Though I have learned that eating foods with a higher iron (A metal like copper/silver) content seems to make me more susceptible to getting a headache. *For the record* – those who regularly consume caffeine / alcohol likely won't feel anything – the nerves get desensitized. Caffeine is a pain reliever.]

I realized quickly that I needed to get rid of this excess copper and silver – FAST! At all of my work sites I am exposed to wi-fi from routers. And now (January 2019) that my body's protections had been breached, I was suffering. Apart from taking down all the material and storing it in plastic bags, using a HEPA vacuum to (hopefully) remove any remnant particles, and keeping the window open, even though it was cold – it occurred to me that I needed to get more NEGATIVE IONS in my system. Copper and Silver are POSITIVE IONS, so I reckoned to get them out I needed to get more of the opposite. A co-worker used the word CHELATE.

Let's just say I found a new appreciation for hiking in forests – rain, snow, or shine. The fact that there are more negative ions in forests and by moving water is something I learned over the last few years. While I could be misinterpreting what I sensed – I felt that the excess metals in me were chelating / coming / leaching out.

One of the places I went hiking frequently has some **large power lines** dividing part of the trail. What's interesting is that as I started to get close to them – **my vision distorted!** It would then slowly return to "normal" as I got away from the power lines and my body "calmed down." The large magnetic field from these power lines was causing the copper / silver (And other metals in my body) to vibrate! Including the excess copper/silver/metals in my eye / brain.

As I slowly chelated the metals in my body to a more "normal" level – this effect went down – though admittedly I have not been back on that trail for a few months – I've been hiking elsewhere. Though I will go back soon to be a human guinea pig!

I have a video of me measuring the magnetic fields from these power lines. When/if I upload it I will try to remember to update this PDF.

I also noticed how magnetic fields affected my health / energy level while driving a rental car in New Mexico that puts out a much higher magnetic field than the regular VW I drive. The rental car was a Nissan Sentra. I also have multiple videos of this.

On the “bright side” I now have a personal experience of how being around large power lines and unshielded car engines is harmful to our health – something which I had already known from reading – but now something I know by experience very well. Don’t believe the power company / ignorant engineer lies! You can if you want.

7 months later I either am, or almost am back to where I was **before** I started using any of those Swiss Shield products. Along the way I learned a lot more about man-made wireless microwave radiation’s health effects AND environmental effects AND magnetic field health & planetary effects – but all of this is another story!

If you aren’t familiar with EMF – MAGNETIC fields and MAN-MADE WIRELESS MICROWAVE RADIATION are related, but different. I have many videos I made of these effects, only a couple of which I have uploaded to Youtube.

Trial by fire!

## 2) Non-Organic bedsheets – BAD! Ammonia poisoning!

<https://www.homegrowncotton.us/homegrown-products/heartland-sheets>



Was suspicious from the get go as they advertise “US Cotton,” but fail to prominently note how the product is – Made in INDIA. But the low price and feel of the fabric lured me in!

Also late in 2018 I changed bedsheets (American grown cotton they PRODULY advertise, but made in India). To make a long story short, over the first half of 2019 I started to have problems sleeping and getting hot at night. After trial & error I realized I was slowly being poisoned by these new bedsheets (Now returned). My skin was absorbing the ammonia that these sheets were processed with. It turns out many (all?) non-organic cotton products are processed with ammonia. One night I woke up and smelled ammonia from my breath – I almost thought I was dreaming.

When I first opened these bedsheets (Still sold at Bed, Bath, & Beyond prominently) they smelled quite bad – that should have been a red flag – but I was dumb, and too economy minded? I thought washing them a couple of times would do the trick. Yes, the smell went away, but apparently the chemical persisted. And my body slowly absorbed it at night.

As soon as switched to an old set of bedsheets, my sleeping improved the very next day.

## Conclusion

From early 2018 – 1Q/2Q 2019 my health was negatively affected by two “mostly invisible” factors. These two factors affected my eyesight and overall health in very negative ways. **They slowed down my health / eye improvement by about 15-18 months.** Calculated by the time using them and the time to recover from their ill effects.

Anecdotally / subjectively – my vision at the moment seems to be about the same as it was in Summer 2018 (July?) – before my September 2018 exam but after the Swiss Shield started affecting me – but wasn’t yet noticeable. It might be slightly worse. On a related note – maybe my vision did decline by 0.25 in that Taiwan optometrist visit? Maybe I was too hasty in my opinion of the result – emotional blindness!

The health issues related to the copper / silver poisoning spurred me to learn even more about microwave radiation.

Along the way I also learned a lot about the health effects of using natural vs synthetic fabrics for clothes. Polyester and natural fabrics have different properties when considering static charge and negative / positive ions. While I’ve usually always worn 100% cotton clothing, I realized virtually all my outerwear (rain jackets / warm down jacket) was either all, or mostly polyester / plastic based. But it goes under different names with heavy marketing. Like Gore-Tex, or proprietary North Face or Columbia fabrics, for example. Or jackets that have polyester linings in the sleeves or the polyester that is the shell for a down jacket.

I’ve now largely stopped using all polyester based outer wear (Bad for the earth anyway!). I’ve switched to jean and linen jackets. I even have a Levi’s jean jacket with a flannel lining for extra warmth. I say largely because I will occasionally still wear my plastic Arc’teryx Gore-Tex or Columbia rain jacket, but if I can avoid it – I will use my jean jacket in the rain – once I’ve coated it with all natural beeswax!

Over time, I expect to be wearing mostly 100% linen, which is superior to cotton in breathability. Even in the winter time – easier as my cold tolerance has improved.

Any future **cotton** bedding products will be organic only. As for **linen**, my understanding is that it is already organic by nature, though I will have to investigate this a little more.

## Another health issue resolved – the last mystery?

Apart from the lessons learned as I alluded to above, I solved another health issue. Really, it was the only health issue that was really perplexing me. It was perplexing because I was having problems with my teeth (Cavities / 3 root canals) while my vision has been improving over the years. Well – I finally discovered the problem. And it was also one my own making (As all of our problems usually are).

It turns out from late 2010-early 2012 and then from 2015-2019 I was drinking water that was TOO ALKALINE. I’ve known for many years that the best water to drink is SPRING water (Not purified water). Spring water is usually alkaline. Many years ago (2010) I spec’ed out a water purification and alkalizing system using reverse osmosis and a realkalizing cartridge. This

system would remove chlorine, fluoride, plastic particles (All that PVC piping!) and all other impurities then re-alkalize the water.

The water I was drinking came out around pH 9.1, which I thought was about right, even if it was a little high. Besides, you can now find many water bottle brands at the grocery store – advertising pH 9+! What I didn't realize is that the pH scale is LOGARITHMIC. Natural spring water tops out at 8.4 to maybe 8.5. So, while 9.1 doesn't sound like that much more – it is! I learned that this excess pH was throwing my system out of whack and affecting calcium absorption – in my teeth and gums. (Read this on a website!)

I had already largely eliminated acidic drinks (cola, tea, coffee) from my diet – though I still partake when I am emotionally weak – the decaffeinated versions or very low caffeine versions.

Years ago I suspected it might be the water, but I eliminated it due to teeth problems I had when I wasn't drinking it. My analysis was incomplete though. The alkaline water weakened my teeth, yes, but combined with a poor diet – caused earlier tooth problems. The problem only became apparent as I fixed my diet and everything else I could think of and was still having issues with weak teeth.

## **2020?**

To the best of my knowledge now I am now back on a proper healing track, even better now that I have eliminated this over-alkaline water – though my body now deals with more chlorine / fluoride (tap water in my area) – a potential solution for this I have not implemented yet. Even better since I understand how negative ions help us remove metals in our body. Iron, copper, and aluminum from cookware come to mind, let alone what we eat. Even better since I have started hiking and camping A LOT more.

While all this affects more than just my eyesight, this webpage is focused on that part of my health. How will this affect my eyesight going forward? Rather than speculate, I will let the facts speak for themselves in the future.

## Videos to Watch

Made many videos related to magnetic fields and microwave radiation. Would like to clean them up and upload them someday. Until then you might enjoy a BBC video series I recently watched called:

<https://www.bbc.co.uk/programmes/b03n2yxq/episodes/guide>

Hidden Killers of the Tudor Home

Hidden Killers of the Edwardian Home

Hidden Killers of the Victorian Home



**New** Hidden Killers of the Victorian Home

Hidden Killers of the Post-War Home