

Electropollution



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There are many times, of course, when taking the conventional medical or pharmaceutical path is the only route back to health. But there are also times when choosing a more holistic approach to health and wellbeing is a realistic alternative. Over the many years I've been in this business I have noticed a definite shift in attitude. Slowly but surely, both professionals and patients alike are becoming increasingly open to

the possibility of alternative healthcare. And although there are many grey areas when it comes to regulating the quality and efficacy of products such as herbal medicines, I think complementary medicine is an exciting area full of possibility.

I must admit that I become especially interested in an idea whenever conventional and complementary opinions coincide. Recently I came across the work of Dr Steven Sinatra who integrates conventional medical treatments with complementary, nutritional and psychological therapies. One of his areas of research is the field of 'electropollution'. Studies show that electrical appliances emit electromagnetic radiation – a collective term for unseen and unnatural electromagnetic fields (also referred to as EMFs). These EMFs are divided into two categories: Wireless and Low Frequency. Wireless (also known as microwave frequency) is a term given to the radiation that comes from devices such as mobile phones, microwaves, cordless tele-

phones, laptops and Wi Fi connections. Low Frequency (power frequency) is a term given to the radiation that comes from all building wiring, overhead and underground power lines, and electrical home appliances, such as televisions, radios, toasters and ovens.

Dr Sinatra strongly believes that scientific evidence shows that these EMFs flooding the environment have a negative or toxic impact on our health, and highly recommends that we try to limit the intensity of and length of exposure to them. His advice? Don't keep electrical devices next to your bed, especially near your head. Instead, move your alarm clock radio to the other side of the room or replace it with a battery-operated or wind-up model. Ideally, move your cordless telephone base out of the bedroom and keep only its handset next to your bed. Keep your TV and CD player out of the bedroom, or at least move them as far as possible from your head. Use microwave ovens sparingly, and be sure to stand at least six feet away while it's in use. Raise your awareness of workplace exposure, where EMFs are not only abundant but constant. Large electric motors, electric cables, power saws, drills, not to mention computers, scanners, copiers, and electric pencil sharpeners, generate EMFs.

Unplug any electrical devices when you're not using them. Finally limit your mobile use and cordless phone use. If you have to use a mobile (and let's face it, it's a difficult business tool to be without these days) then use the speaker feature or the texting function where possible. Better still, use a landline. But beware, as not all landlines are created equal. Cordless phones, which have become the norm in many households in recent years, generate alarming amounts of EMF radiation and therefore, like mobiles, should be used sparingly. If you need to use a phone for a long period of time, then use a phone with a cord if you can.

Also, Dr Sinatra recommends a device called the Electrosmog Detector, which is a lightweight, pocket-sized device that allows you to measure the intensity of wireless EMFs wherever you are. And once you know what you're dealing with, you can then take precautionary measures to minimise exposure to EMFs. Durbin PLC is now stocking the Electrosmog Detector. For details email electrosmog@durbin.co.uk or phone +44 (0)20 8869 6583.

We live in a technological age and I'm the first one to confess that I love my gadgets! This isn't about shunning modern life, it's about making it safer. **MEH**



The Electrosmog Detector

Durbin PLC is a British company based in South Harrow, London. Established in 1963, the company specialises in supplying quality assured pharmaceuticals, medical equipment and consumable supplies to healthcare professionals and aid agencies in over 180 countries. As well as reacting rapidly to emergency situations, Durbin PLC responds to healthcare supply needs from local project level to national scale programmes. Web address: www.durbin.co.uk Email: L.morgan@durbin.co.uk