Excerpt – What's Ailing You?

MELATONIN

EMFs harmful effect on melatonin production has been proven to occur at low intensity exposure. Why is this of great concern? Melatonin is a very powerful antioxidant. It is a free radical scavenger; it kills off or neutralizes the free radicals which are directly tied to DNA damage.

Research has tied reduced melatonin levels to cancer. With reduced melatonin, our immune system and repair processes are not as effective thus increasing the probability of mutations and proliferation of cancer cells. Since we develop cancer cells regularly and are daily in prolonged manmade EMF fields, we are giving cancer an edge to proliferate beyond the protection capability of our immune system. This also supports the finding that when cancer patients are in recovery, those who are in lower EMF fields do better than those in higher fields.

EMFs can interfere with our sleep, our circadian rhythm, and thus reduce the production of this potent antioxidant that is produced while we sleep. They can even eliminate melatonin production altogether. Any interference with our sleep is of great concern since this is the time the body repairs or replaces billions of cells, kills cancer cells, and strengthens our immune system.

Healthy melatonin production is not just about protection against cancer. Melatonin has been well studied and found to promote a healthy immune system, enhance memory and learning, and may help protect against dementia and Alzheimer's disease. In Dr. Andrew Weil's June 2014 newsletter, he discusses other potential benefits we more recently have started to understand such as – it helping to prevent diabetes, acid reflux, headaches, fibromyalgia and irritable bowel syndrome.

It is very important for us to make sure we are sleeping in a low EMF environment so our body will produce melatonin. Because our sleep environment is so important to our health it is given special attention in

the Supplement

– EMF Basics.

The Double Whammy

EMFs, whether ionizing or non-ionizing, produce an abundance of free radicals. Free radicals damage DNA which can lead to a host of adverse health effects. EMFs also reduce our melatonin production. Melatonin is a free radical scavenger that protects our DNA. We are getting a double whammy 1) EMFs increase free radicals 2) EMFs reduce one of our most potent scavengers of free radicals.