



The Adverse Health Effects of Digital TV

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As of June 12, 2009, Metro Detroit along with the rest of the United States made the full switch to Digital TV broadcasting. The conversion to this 'new and improved' format brings with it an end to the analog broadcasts that have been in use since the first TV transmissions began. But behind the hype of better picture quality, more channels, and freeing up bandwidth lies an insidious health hazard. To understand why this is, and more importantly, how we can protect ourselves and our families, we need to take a closer look at how this new digital signal works.

Analog vs. Digital – What's the Difference?

First, let's get a basic understanding of what an analog signal is. Simply put, an **analog signal** is an **unmodulated radio wave**. What this means is that the signal moves along through the air in a 'sine wave' (see Figure 1). Notice how the wave moves up and down in a continuous, rhythmical fashion. This is how energies in nature flow. Since normal radio waves move in this flowing manner, they are not dangerous to us (only exception is the heating effect to the body when standing too close to a transmitter tower). This is, in very basic terms, how analog TV signals work.

In contrast to the analog signal, a **digital signal** is a **modulated radio wave**. What this means is that instead of the smooth rhythm of the sine wave, we now have the unnatural, man-made 'square wave' (see Figure 2). This angular wave represents a **pulsed signal** which is either on (1) or off (0). This is exactly how Digital TV, Cell Phones, Bluetooth, Wi-Fi, Masts and all wireless technologies work. In order for all these technologies to carry the necessary information the signals have to be modulated.

Figure 1

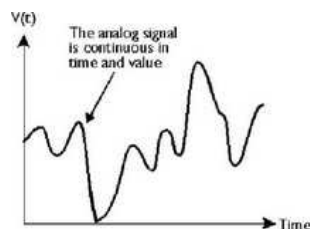
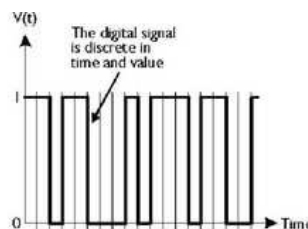


Figure 2



Digital TV and Microwave Radiation

Modulated / pulsed radio waves emit unnatural microwave radiation. Since Digital TV signals are pulsed radio waves as just discussed, then this new form of TV broadcasting is also emitting unnatural microwave radiation to all who can receive its signal. **NOTE:** Please be aware that having cable or satellite TV has nothing to do with digital TV. Digital TV is broadcast over the airwaves, just like the previous analog, but in a very different form. So whether you use paid service or view local channels for free, you are being exposed to digital broadcast transmissions, and therefore, unnatural microwave radiation!

We are already being exposed to unhealthy levels of microwave radiation on a daily basis through the use of Cell Phones, Bluetooth, Wi-Fi, and the ever-increasing number of Cell Phone Towers/Masts. Now with the full switchover, Digital TV transmissions have added an **enormous** amount of electro-pollution to our environment as their signals are approximately **250 times greater in strength** than the previous analog signal. And don't forget, this signal is broadcast 24 hours a day, 7 days a week, so our exposure to this increased level of microwave radiation is **constant!**

Digital TV and Metro Detroit

For a local perspective, in Metro Detroit we have 8 major television broadcast stations. These stations transmit a signal which can be received up to a 50 mile radius from the tower. To transmit over this area a strong signal is necessary and all 8 Metro Detroit stations are at full strength with a strong signal according to www.dtv.gov. You can go to this site and enter your zip code and find out where the towers are in the area and what the signal strength is for each broadcast station.

As an example, from our office in Livonia, we are on average 12 miles from 7 of the broadcast towers. This is a relatively short distance from numerous towers and exposure to a sudden increase in unnatural, man-made microwave radiation. According to several prominent physicians in Germany, they found that people were experiencing health problems from only 2 digital TV transmitter towers over a 20 Km radius (over 12 miles). But again, if you can receive a signal you are being exposed to radiation, regardless of distance. When we take into account the significant number of local stations, all at full strength, at the same time, in more or less the center of the Metro Detroit area where most of the population will be in close proximity, then we have a true cause for concern. This is ultimately the crux of the Digital TV problem from the health and biological perspective.



Digital TV and Radio Transmission Towers

Health Effects of Digital TV & Microwave Radiation

To understand how microwave radiation can have an adverse effect on our health and well-being we need to realize that we, as living matter, are **energy!** Because of this we have our own electromagnetic field (energy field) which keeps us mentally and physically healthy. Scientists have proven that when we are exposed to the unnatural, man-made radiation from our modern technology it will have a **direct negative effect** on our nervous system, immune system, cellular function, and ultimately our DNA. This is because we, as living matter and energy, will **always** interact with any other energy – good, bad, or neutral – that we are exposed to.

When we are exposed to this radiation, the body, in an effort to protect itself, will produce the counter oscillation of the unnatural frequencies to render them neutral. When the exposure is constant, so to is the protective effort. This process consumes a tremendous amount of the body's energy and leaves us with little reserves for other crucial repair and maintenance functions to maintain health. As a result, in both the short and long term, people will become ill with a wide variety of symptoms and conditions which may or may not be properly recognized as resulting from **Electro Hypersensitivity (EHS)**.

Symptoms of Electro Hypersensitivity

- Insomnia & other Sleep Disorders
- Depression
- Headaches
- Difficulty Concentrating
- Irritability
- Multiple Chemical Sensitivity
- Muscle & Joint Pain
- Dry Eyes & Mouth
- Frequent Urge to Urinate
- Fatigue / Exhaustion
- Anxiety
- Sinusitis
- Forgetfulness
- Impaired Balance
- Allergies
- Weight Increase
- Skin Complaints (Hives, Rash)
- and Many More!

Many people, including myself, have been experiencing one or more of these otherwise unexplainable symptoms since the June 12th Digital TV switchover. Others have been experiencing an unexplainable return of previous symptoms or worsening of current symptoms – usually related to **fatigue, sleep, depression, anxiety, and muscular pain**. Some have commented on feeling 'wired' – which is exactly how it feels to be interacting with unnatural radiation!

Children are especially sensitive to this radiation, so please be attuned to any recent sleep, behavioral, or cognitive issues that you notice with your young ones!

The Solution: Evaluation, Protection, Nutrition & Lifestyle

For those who are struggling with any of the above symptoms or those who wish to ward off the potential long term consequences of this constant radiation exposure then several steps are recommended.

1. Evaluation – Find out if/or where the Microwave Radiation and EMF ‘hot spots’ are in your home, especially in sleeping and living areas. You can purchase the meters yourself or have our office conduct a Home EMF Evaluation.

2. Protection – It is crucial to protect your sleeping environment so that the body can carry out its natural rest and repair functions that occur while we sleep. This is best done by utilizing the various shielding materials and grounding devices available today to block out microwave radiation and reduce **all** unnatural electromagnetic fields. Our office has access to the best shielding fabric on the market (Swiss Shield) for Bed Canopies or Curtains and we can direct you to the right products for you and your family’s needs.

3. Nutrition & Lifestyle – The body requires ample nutrients and hydration to deal with this stress. This is best done with high quality supplements and good diet. Our office is using a few special products to help clients maintain optimum levels of cellular nutrients.



Bed Canopy made from Swiss Shield fabric to block out Microwave Radiation.

Putting It All Together

When we are exposed to harmful energies which we cannot see it is easy to be unaware of the dangers that they can pose. In addition, we have everyone from the government to technology companies assuring us that all this radiation is ‘safe’. But research by distinguished scientists is mounting everyday to warn us all of the consequences of our untested technology. Cancers such as Leukemia and Brain Tumors are on the rise. More people are depressed, anxious, and more tired than ever before with anti-psychotic and anti-depressant sales in this country topping \$25 billion in 2007. Sleep disorders, such as insomnia, cost the U.S. \$100 billion annually in lost wages and medical expenses and we spend another \$1 billion a year on sleep medications. While there are many culprits that we can point to for any number of health problems, the fact is our health is just as profoundly being eroded away by the unseen forces of unnatural Microwave, Electrical and Magnetic Radiation. Those who are showing the signs of Electro Hypersensitivity are sounding the warning call for us all and we would be wise to listen to their message.

Holistic Solutions, LLC will be conducting classes to address this issue in more depth, and in particular, discuss the solutions to help deal with and protect ourselves and our families from these harmful energies. Please contact the office with any questions and we will be happy to assist you.

Yours in good health,

Kimberly Geck