

## How to protect your health from SMART meters // 1 of 8

### What is it like to be electrosensitive?

I was damaged by SMART meters 20 years ago and knew that I would be dealing with them again soon, because my local utility (EWEB) was pushing for 100% compliance. I am already highly electrosensitive and wanted to reduce any further sensitization, so I took steps and they worked. Let me tell you about what worked, but before I do, let me tell you about what being highly electrosensitive is like:

*Using a cell phone for two minutes and getting a headache that lasts for hours. Not being able to use a cell phone as regular people do, at all, and getting sick when other people around me do, particularly indoors or in vehicles. When it is indoors, not being able to think, getting anxious, having one side of my head start pulsing with pain, and having to leave. When it is in a car, getting a headache that lasts for days. Being in a room where wifi devices are being used and getting headaches and not being able to think. Not being able to fly or take other public transportation because these things are used. Not being able to drive on certain streets or be in certain parts of town because the radiation from cell towers causes the same effects. Not being able to sleep in houses where there is heavy cell phone or wifi activity, SMART meters are installed, or that are near cell towers. Not being able to eat in many restaurants. Getting headaches from compact fluorescent lightbulbs, bad ones, and not being able to think.*

These things began for me when SMART meters were installed in my building. I got home one day and something was different: I could no longer sleep there. I could lay in bed, but could not sleep. I had no idea why. I started sleeping in my van. I was like a homeless person, sneaking around trying to find a place to sleep. I eventually walked by the bank of utility meters on my building, felt really sick, and did the math. I found out thousands of other people were having similar problems. Now it is millions. The causes are known, the studies have been done, and the utilities ignore the harm to make money.

For twenty years I have slept poorly and aged more quickly than usual. I became insanely sensitive to light, sound, and scents. So fixing the problem is a really big deal for me: The happy outcome is that I am now able to sleep well for the first time in decades — even seven or eight hours per night — and my body is healing from things that have not healed for 20 years, when my SMART meter nightmare began. EWEB did install meters in my building this year, and even though I am in an apartment building with multiple meters and am not too far from the bank (second apartment in), because of what I have installed myself, I am improving. This is what I did and why.

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### Radiation, two kinds, and what it does to us

The first thing to do is learn about radiation. There are many kinds of radiation around us. Some are usually healthy, in natural forms, but are unhealthy when they are unbalanced or focused in unnatural patterns. Like natural light: It is usually healthy and necessary for life. It regulates our moods. It creates vitamin D in us that gives us immunity and maintains genetic stability. Without enough vitamin D, genetic changes happen that create diseases. Light is good for us, mostly, but focus light into a laser and it can burn us or cut right through us.

Electromagnetic radiation, that the Earth gives off, is similar: It helps us harmonize with what is around us, relax, and function. It helps birds and bees navigate the world. Our bodies are used to it. Like light from the sun, we need electromagnetic stimulation from the Earth to be healthy. But when it is focused in unnatural ways and pulsed in artificial patterns, it destroys our hormonal balance, freaks our bodies out, and can kill us. Radio frequency radiation is similar. There is some that occurs naturally, but when it is focused and amplified it causes cancer, genetic damage, and countless other problems.

These things have been known for over 80 years. The most informative recent book on the topic is called [The Invisible Rainbow](#), by Arthur Firstenberg. The problem is, governments and utilities are ignoring health science to make money. SMART meters collect data about usage patterns and that data is sold to governments and private businesses. Selling data can make more money than selling power, and the utilities want that money. The meters also allow the utility to know how much power you are using at specific times of day. They can charge you more money for using power at “peak use times” and make more money that way, too. The meters are huge money makers for the utility all the way around. If they hurt or kill people to get that money, radiation is invisible, so it is not their problem.

SMART meters produce both electromagnetic fields (EMF) and radio frequency radiation (RF). Both have terrible effects. RF causes cancer and that is scary. The telecommunications industry has known this for 30 years: Cell phones cause cancer. In 1993 they funded a huge study and the doctor running the study [told the truth about what he found](#). They spent over \$20 million to gather information and analyze it. But it was not convenient to making money, so they ignored it, and funded a bunch of other studies, run by scientutes, doctors or scientists who will do anything to get paid, that said cell phones are safe. SMART meters have a built-in transmitter, like a cell phone's, that transmits your usage data to the utility multiple times a day. If you have SMART appliances inside your house, they also talk to them, a lot, as if these things were all active cell phones in your house. So having these meters means a lot more RF exposure. And the more exposure, the more cancer.

So yes, RF is bad, and cancer is bad, but the EMF the meters produce acts faster and is in some ways more devastating: If you are close to the meters it can kill you. The heart is

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electromagnetic and organizes its activity based on its environment. If it cannot hear the Earth, that has active and quiet times, and hears an aggressive, spastic meter all the time instead, it may spazz out and have a heart attack. EMF from meters makes pacemakers malfunction and kills people. This is a known problem. And pacemakers are just doing what the heart does itself, so think about that.

If you are further away from the meter, it does not kill you as quickly, but you may not sleep well or at all, and with your brain chemicals thrown off by sleeping poorly, you suddenly cannot think well and start making bad decisions. You may become anxious, you may have panic attacks, or you may become badly depressed and unmotivated. Kids and teenagers have horrendous problems when pulsed with unnatural radiation. ADHD is linked to it in tons of studies. Teen suicide and self-harm, like cutting, has gone up incredibly since our EMF environment became perverted by this new technology. Giving your kids a safe place to live, where their bodies are not electromagnetically messed with, can be as important as making sure they eat good food. If you have these meters, you have a serious problem. Most doctors will not blame the meter, they will drug your kid, who will become a pharmaceutical drug addict and have lifelong challenges. This is really not good.

In SMART meters, EMF is created by what is called the Switching Mode Power Supply. The tech in the meter that gathers data about you and what appliances you use runs on DC — direct current — and the power coming into the meter is AC — alternating current. The appliances in the house use AC, so the power must be converted back to AC again. So converting from AC to DC to AC causes these fields. That is the short answer. The fields radiate directly from the meter and also travel through the wiring and plumbing of the building, radiate into the house and make us sick. They also [carry the RF on top of the EMF](#), creating a new kind of toxic radiation known as “dirty electricity” that is more damaging and deadly than either form alone.

A similar thing happens with solar panels, but without the RF: They produce DC that must be converted to AC and converting it creates strong EMF fields, conducted by wiring, that make us sick. Sorry about the bad news. The good news is that the home improvements for SMART meters help with solar-powered houses too, whether or not they have the meters.

The same thing does not happen with traditional analog meters. They are pure AC. There is no converting to DC and back so there is no problem. This is why people are so serious about wanting to keep their old meter and not get the new one. They do not want their health destroyed or their kids harmed. It is that simple.

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### Fixing my apartment

So, to fix my apartment, I had to deal with the RF and EMF. I read about other people doing successful things and did those things. Those included 1) buying electronic devices that put out healthy radiation, that help my body ignore the synthetic radiation and connect with natural patterns instead; a big device for at home and a little one to carry with me as I travel through the world, 2) buying sheets of metal fabric to block the radiation through the walls and floor, and 3) buying devices that plug into the wall sockets and minimize the radiation they transmit.

1) I bought the devices that put out healthy radiation before the meter was installed and immediately started sleeping better, feeling better, and being more relaxed. When the meters were installed, eight in my building, I felt it, but continued to improve. Before buying the devices, I did a bunch of research and found a brand that got results. After six months of using them I sleep well, am calm and focused, and am putting on weight and strength — none of these things were possible for me without them. When I drive by cell towers in town, the bad effects end in minutes instead of hours. I have had a bunch of interaction with the company and would trust their less expensive units as well. After twenty years of suffering, I was ready to try the best they had, but you may do fine with less powerful models that cost less than half as much. I bought the Evo Cube home unit and T1 portable from [Blushield](#). Use my code “biovibe” (minus the “ ”) to get a 10% discount, 15% during Labor Day and some other holidays, on whatever you buy. The two units I bought, using discount codes, cost me about \$2300. They currently have a bundle, the Phi 2 bundle, for \$425, that has both a home unit and portable. If your nervous system has not been as badly traumatized as mine, it might work great. Blushield allows you to test their products for a month to see if they work for you. If they don't, you pay a restocking fee, but get 80% of your money back. Returned units are available at discounts. These are seriously good people.

2) I bought fabric for the walls. The stuff that works the best is a blend of copper, nickel, and polyester. It blocks both RF and EMF, and costs about \$20 per yard on a 54” bolt. I put it up on my bedroom walls and under rugs on the floors. In the walls I used [big stainless steel tacks](#). I have also used the fabric when working outside by a meter bank; just double up the fabric and cover the bank, holding it on with magnets. It works great. You can [buy it here](#). Because I did not have tons of money, I used cheaper fabric on other walls and floors: [aluminum](#) to block RF and [mylar](#) to block EMF. They are only \$3 to \$4 per yard, each, but you have to use both. They definitely help some. The most important thing, for health, according to those who have dealt with these issues is to protect your bedroom so that you can sleep and heal. So spend money on making a

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sleep cave and if there is a meter against your wall, cover the wall area closest to the SMART meter in layers till no RF or EMF gets through. I spent \$400 on fabric.

- 3) The devices I plugged into the wall sockets are called [Stetzer Filters](#), and were designed specifically to reduce EMF in buildings. To get the right number for your home, you need to have a tester and to add filters till your levels are safely low. I bought the item with 7 filters and a tester. This was enough for a 600 square foot apartment. I also gifted a few filters to my neighbor closer to the meter bank on the other side of the wall from my kitchen. When she plugged them in, on her side, the EMF in my kitchen dropped sharply. The microsurge meter and seven filters cost me \$390.
- 4) If I owned my own home, and could afford it, I would skip the Stetzer Filters and buy a whole building filter called a [SineTamer](#). The company that makes them, Cratus, was the first to publicize how SMART meters' switching mode power supplies created dangerous EMF. Cratus has a serious engineering department that manufactures energy harmonization devices for huge factories as well as home use. This is industrial grade protection and your device is matched to your house's specific energy consumption. You do have to pay a local electrician to install it. The company that sells them seems to be very thorough and sells them [specifically to deal with SMART meters](#). As they point out, SMART meters combine RF and EMF in a nasty cocktail of "dirty electricity" that is far worse than cell phones alone. The unit I saw costs \$1700 and paying the electrician to install it might cost \$300.
- 5) Earthing or grounding devices: Are they a good idea? Before installing all this stuff, I used Earthing or grounding devices for years. I specifically used [this mat](#) under my feet and to sleep on. These products deliver a stream of electrons from the Earth that helps the body heal and prevents chronic inflammation. This mat also comes with a tester to make sure your outlets are configured right. Getting a tester is important: If your home is not wired to code, you could fry yourself. This mat helped me survive high RF and EMF environments and kept me sane. But there is a risk: SMART meters create dirty electricity that tends to connect with grounded items or people. So, though the electrons help there can be dangers too. It is your call. Read Clint Ober's book, [Earthing](#), it is inspiring. The pad, with tester and cable, costs \$70.
- 6) Meters for testing: Besides the Stetzer tester, mentioned above, I also bought RF and EMF meters. I bought [this RF meter](#) and [this meter for EMF](#). Although the second so-called Tri-Field meter is supposed to do electric fields, magnetic fields, and radio frequencies it is notoriously bad at accurately measuring RF, so I bought the other meter just for RF. Having these meters helps you know if the improvements you make in your house actually work. RF meter: \$170. EMF meter: \$186.

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### **Summary: To protect your health get expert advice from a Building Biologist**

There are experts in the field of making your house safe from these forms of radiation and they are called Building Biologists. You can hire one for a few thousand dollars and they will either tell you how to fix your house or tell you to move. Some neighborhoods are so bad from SMART meters, cell towers, and EMF from other polluters that no fix works.

I am not an expert. I am not giving you advice or telling you what to do: I am telling you what I did and why I did it based on what I understand. I am not available to consult on these things. I am sharing everything I know right here, so you have it. If you need guidance, call or email an expert: One national expert is [Eric Windheim](#). He is in NorCal. There is also one in Portland, Oregon named [Shane Reilly](#). I have spoken with both and they seem to be very informed, thorough, and competent people. Both travel. Talking with them costs money. If you pay them money, they will answer your questions.

### **What happened in Eugene, Oregon?**

Hundreds of customers, between 2006 and 2013, provided evidence to the City of Eugene and the Eugene Water and Electric Board (EWEB) about health, safety, and environmental concerns related to SMART Meters. Activists brought in neutral national and international public health experts, gave concise, documented summaries of complex topics, and provided access to expert witnesses to consult with the board as needed.

After being presented with that evidence, the EWEB Board of Commissioners, Mayor of Eugene, and City Council of Eugene agreed that environmental concerns and customer safety concerns required careful guidelines for SMART meters. The board responded to environmental concerns, enacted principles to prioritize customer safety, and required that the General Manager develop policies guided by these principles.<sup>1</sup>

In February of 2018, after the appointment of a new General Manager, a full reverse of policy occurred—without transparent disclosure of the decision-making process. Carefully negotiated agreements with customers were abandoned without cause or comment. The Oregon Government Ethics Commissions requires that Officials or Officers of a political subdivision of the State, “behave in an open, honest and transparent manner.”<sup>2</sup> Those requirements were violated and ignored.

At the meeting where an updated metering policy was authorized, the board voted unanimously to uphold the statement of principles of the 2013 decision and required new

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<sup>1</sup> EWEB Memorandum to approve AMI Project Direction Resolution No. 1322.

Page 15: Now be it resolved by the Board of the Eugene Water and Electric Board that...

(Point 4) Requires the General Manager and his/her designee(s) to execute the Advanced Metering Infrastructure project in accordance with the AMI Statement of Principles adopted herein. [On page 14 of this document.]

<sup>2</sup> [www.oregon.gov/ogec/](http://www.oregon.gov/ogec/) Oregon Government Ethics Committee—homepage website text

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policies conform with them.<sup>3</sup> Those principles include the right of Customers to refuse the installation of Smart Meters, to keep analog meters, and to revert to analog meters after Smart Meters were installed. The principles also protected Customers from Utility policy mandates—i.e., requiring specific service changes or time-of-use rates.<sup>4</sup>

The following month, March of 2018, the General Manager presented the board with a new set of policies. A Commissioner asked the General Manager if the guiding principles established in 2013 and reaffirmed the month before had been rescinded—if the General Manager had decided to cancel them. The General Manager replied that they had.<sup>5</sup> The General Manager and his staff cancelled the rules that were supposed to guide and limit their activities. The EWEB board of supervisors and City of Eugene let the General Manager get away with this. They are his supervisors, share responsibility for his actions, and share his legal liability.

A seven-year fact-finding and decision-making process was cancelled in one month by a single government employee who decided to pursue profit over human health. The policies he is enforcing violate federal law. Utilities and other businesses are required to provide accommodations to people with health conditions under the Americans with Disabilities Act (ADA) so that people with disabilities are able to receive equal services without being harmed or worsening existing conditions. One example, already mentioned here, is that EMF from SMART meters makes pacemakers malfunction and causes heart attacks. The only accommodation that EWEB is making for any ADA customer, regardless of which medical condition they have, is to install a non-broadcasting meter, that does not produce RF. These meters still produce EMF that kills people with pacemakers. The EWEB “accommodation” does not actually meet federal requirements.

Local activists claim to have evidence that EWEB received a \$2 million grant for installing SMART meters and that the grant has claw-back provisions: If less than 100% of homes have the meters installed, EWEB has to give some of the money back. The motivation

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<sup>3</sup> EWEB approved board minutes 6 February 2018:

*[In reference to Resolution No. 1811, A Resolution Amending Resolution No. 1322 Regarding Advanced Metering Infrastructure] Commissioner Helgeson moved to amend the previous motion to add the words, “in a manner consistent with the original principles of advanced metering.” The amendment passed unanimously 5:0.*

<sup>4</sup> EWEB Memorandum to approve AMI Project Direction Resolution No. 1322.

*Page 14: AMI Statement of Principles (Point 4): Increase customer choice. Consumers should be able to refuse the installation of a smart meter. Develop programs and services that give customers choice, not mandates. Customers should be free to opt in to programs that interest them, such as time-of-use (TOU) rates, or to remain with standard EWEB rates. Consumers who opt in should be allowed to opt back out.*

<sup>5</sup> EWEB approved board minutes 6 March 2018:

*Commissioner Helgeson asked if the previously-approved Advanced Metering Deployment and Implementation Options, Resolution No. 1811, A Resolution Amending Resolution No. 1322 Regarding Advanced Metering Infrastructure, rescinded the principles that were agreed upon before the Resolution in question.*

*Mr. Lawson answered that it did.*

*Commissioner Helgeson asked if that was staff's intent.*

*Mr. Lawson replied that it was. He felt that those principles were better captured in other ways that staff worked with the Board.*

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to install these devices in every home is financial. You have read about the harms they cause. People who refuse the meters have their power shut off by EWEB and their homes become unlivable. Local activists contacted the Oregon Public Utility Commission (PUC) about this. The PUC stated that if EWEB were a private utility, PUC would prosecute to the full extent of the law, but because EWEB is public, a division of the City of Eugene, PUC cannot prosecute. Government protects its own. The citizens of Eugene must clean house ourselves.

According to local activists, EWEB also contracted with telecommunications companies to place 5G small cells on thousands of utility poles. According to activists, EWEB receives \$1800 per pole placement per month, and there can be more than one placement per pole, earning tens of millions of dollars a year. These small cells broadcast RF and EMF radiation and make the effects on human health much more severe than from SMART meters alone.

To help with solutions in Eugene, visit [www.familiesforsafetechnology.org](http://www.familiesforsafetechnology.org), visit our Facebook group, or bring this packet to your city council member or commissioner and discuss it with them. If you are told that EWEB's policies meet FCC standards, explain that FCC is not a public health organization, has financial conflicts of interest, and routinely ignores independent scientific and medical research to justify its profit priorities. For more information on the effects of EMF and RF radiation, visit [www.bioinitiative.org](http://www.bioinitiative.org).

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