

Steps 6 & 7-

Magnetic Field Inspection and Remediation

Growing up, my house was surrounded by high voltage powerlines. One of which was situated less than 20 feet from my bedroom window. At night I would fall asleep to the sound of electricity buzzing on the wires and thought it was the coolest thing. Twenty years later I learned that living that close to high voltage powerlines was actually not cool and extremely bad for your health. Not only was I living close to higher electrical fields, but I was also near a higher than normal magnetic field. When it comes to these types of fields there's not a whole lot that you can do in an affordable range to eliminate the problem. Therefore, the best thing you can do in a high magnetic field environment is move. It may seem drastic but you'll thank me in the long run.

Magnetic fields are created from the electrical current flowing along a metallic path. In order for the magnetic field to be generated, a source of electricity needs to be supplied. Without electricity flowing, the

magnetic field disappears. For example, when you plug a lamp into a wall, with it off but still plugged in, an electric field exists in/surrounding the lamps cord. Once the lamp is switched on, electrical current flows and a magnetic field is created in/surrounding the lamps cord. The stronger the electrical current, the further out the magnetic field will extend. The higher the voltage, the stronger the electrical field will be.

Unlike the radio frequency recommended safe levels, the FCC has nothing to do with the magnetic field safety standards and therefore the standards are recommended by the IEEE (Institute of Electrical and Electronics Engineers). According to the IEEE, 9,040 mG is the highest exposure level allowable. Interestingly, Building Biologists disagree and state that 1 mG should be the highest safe exposure level. Below I have broken down the various safety standards and recommended standards in an easy to read format:

1. 9,040 mG = IEEE
2. 1 mG = Building Biologists

The most common sources of high magnetic fields can best be understood by breaking them down into two separate categories: Exterior and Interior. Although the list may be small, the dangers associated are large.

Most common exterior sources

1. High voltage powerlines
2. Breaker box
3. Solar panels