

THE AFIB REPORT
Your Premier Information Resource for Lone Atrial Fibrillation
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VIRTUAL LAF CONFERENCE

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SUBJECT: LAF & Microwave Radiation

There is no question in my mind that the incidence of atrial fibrillation has now reached epidemic proportions. It is also clear that with an average age of 47 years at first diagnosis (according to our surveys) afib is no longer a condition just affecting older people. As a matter of fact, recent research concludes that 1 in 4 people over the age of 40 years can now expect to develop AF during their lifetime. A truly disturbing and depressing estimate!

So what can account for this epidemic? Increased stress of daily life is certainly a major factor and poor diet may be another one. However, in looking for environmental exposure that has increased exponentially in the last ten years one does not have to look far - microwave exposure springs immediately to mind. Cellphones and associated transmission towers are popping up like mushrooms on a wet day. Airports, shopping malls and many other public spaces are now totally saturated with "hot spots" so that users of wireless computers can work anywhere. We have well and truly immersed ourselves in an all-pervading soup of microwaves.

Could this major, unprecedented change in our environment be behind the astonishing increase in afib? Perhaps - there are certainly lots of "alternative scientists" who believe that the effects of microwave exposure are anything but benign. You can read a couple of relevant studies here:

<http://www.planningsanity.co.uk/reports/rwp.pdf>

and

<http://www.singingmountain.org/microwaving-the-planet-firstenberg.html>

Just recently, German researchers concluded that exposure to microwaves significantly affects memory and cognition:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=15180806

Is there any evidence of a connection between microwave exposure and afib? That is exactly what I would like to see discussed in some detail in this 34th session of our virtual LAF Conference. The only relevant reference I have been able to find describes some work by Russian researchers (Sadchikova et al) that concluded that exposure to microwaves is associated with a marked tendency towards thyroid gland enlargement and bradycardia. Bradycardia (slowed heart beat) of course is a potential trigger for afib.

The floor is open for the discussion. Please join in!

Hans

My laptop & upstairs computer are wireless. The one upstairs says to stay so many feet away from the antenna on the back of it. There are all kinds of things you can buy to protect/shield yourself from EMP/electromagnetic pollution/ EMF electromagnetic frequencies.

These website has some stuff related to this plus some unusual stuff.

www.borderlands.com/
www.infoventures.com/emf/

P.S. Look into HAARP. It's some type of GOVT. stuff to fool around with the ionosphere to play around with the weather. One of the side effects would cause irregular heartbeat. I read about this stuff in the 80s !

Todd

Hans,

When you talk about microwave radiation and then cell phones, wireless computers and transmission towers, I gather the subject being addressed is not just microwave emissions, but radiation energy in general?

Carol

Carol,

My idea was to limit the discussion to the effects of the radiofrequency (RF) part of the electromagnetic spectrum, i.e. non-ionizing radiation. So the frequency spectrum of primary concern would probably be about 800-2000 MHz. Of course, if Bill Gates' proposal to put 300 microwave-emitting satellites in orbit ever comes to fruition then the frequencies of concern could be as high as 50 giga Hz.

Hans

One of the early signs of BSE in cattle is an irregular heart beat.

Mark Purdey [www.markpurdey.com] insists that radiation and mineral imbalance is a cause of the condition.

Joyce

If microwave radiation was a cause in afib the first thing you would have to look at is geographical locations to see where the major hotspots for microwaves are and that would undoubtedly be the cities. I have always thought that most of the respondents to this website were evenly scattered throughout the world in cities and many country areas as well.

So where are the microwave hot spots or is the world so saturated with microwaves that the whole world is a hot spot and there's nowhere to hide?

Is LAF more concentrated in some geographical areas than others?

Hans, have you done afib surveys by location or know of any other surveys?

Dean

What do folks here think of these EMF protection devices such as the QLink?? (Google QLink and have a look.) Is this just mere quackery or is there something to it.... at least potentially?? (OK, OK, I'll admit I'm thinking of buying one.... but I don't want to be a mug!)

Yours gullibly as ever!

Mike F.

"Microwave" is line of sight so emissions, after they're through bouncing around move off into space---so there are 'hotspots' where there are developed countries. It would be interesting to see the distribution of af around the world. The problem is undeveloped areas probably don't have statistics on af.

I worked around emissions my whole working life and now I'm in af full time. The badges that I sometimes had to wear would record exposure and we were told that it was ok up to some limit. I never believed that as a lot of exposure is bad and a little is a little bad and over time it adds up. There are badges that record microwave exposure.

Ben

After reading the idea of microwave energy as a possible cause of LAF I wondered if water beds could factor into this discussion. I have recently posted my story on the BB which indicated that I have gone 4 years with out any atrial ectopy or afib after years of trouble. It all started suddenly and ended just as suddenly. I have attributed this to the use of PPI's but I can also add that I used to sleep on a water bed during the bad times. A waterbed has a heating pad placed under the bladder. I slept right on top of this heating pad for years and always wondered if the electrical field generated by this heating element could have created problems. I got rid of the bed right around the time I started using PPI's (confusing). My use of computers also increased dramatically during this time period. It is hard to isolate one thing from another. Have computers become more microwave friendly in recent years?

Peter

Peter,

I would suspect that a waterbed could be a potent afib trigger as could a heating pad or an electric blanket or mattress cover. As far as computers are concerned; the monitor and keyboard are the main emitters of concern assuming you keep the computer box itself as far away as possible. Modern keyboards are now pretty low in emissions so should no longer be a problem; however ordinary cathode ray monitors are very bad. I had to replace mine with an LCD screen and that has made an absolute huge difference. For an afibber spending a fair amount of time in front of a computer that is probably about the best investment in prevention you can make.

Hans

Thanks for that information Hans. I have never been told that the waterbed heating pad could have contributed to my problem but I always suspected it. As for the computer monitor - I spend a lot of my day in front of one. I do not have an LCD screen but now I may think to invest in one.

Do others acknowledge this impact? I'm sure many of us spend a lot of time in front of these screens. Thanks.

Peter
