

This guest article is contributed by Patricia Burke, as an updated/adapted version of an article she wrote that appeared in *Spirit of Change* Magazine in April 2013. The article raises valid issues and concerns about the health risks of radio frequencies, which are a part of electro-magnetic radiation or electro-pollution. The Way To Balance, LLC (TWTB) provides this information to enhance your knowledge of timely and important information concerning your health. TWTB does not necessarily endorse all recommendations or references mentioned, or all personal views shared by the author.

The Smart Meter Grid: The Perfect Storm

By Patricia Burke

In her article, *“Electro-magnetic Fields (EMF): An Unseen Cause of Illness”* Medical Intuitive Sue H. Singleton of *The Way To Balance, LLC* wrote, *“The best approach to EMF is to educate yourself, minimize your exposure, mitigate the continuing EMF culprits, and detoxify your body. Many people are very surprised at how light, healthy, relaxed and happy they feel with the EMF load on their body minimized or eliminated!”*

Prior to the deployment of smart meter technology across the United States, citizens had options in limiting their exposure to artificial radio frequencies (RFs). Now, residents have been driven from their homes by pulsed microwave radiofrequencies powering the “Smart Grid”. Health challenges that had been previously stabilized or cured, including cancer, seizure disorders, and autism, have intensified, or re-surfaced.

Wireless utility meter deployment has sparked protests in over 30 states. Opt-out bills passed in both Vermont and Maine. At present, Vermont ratepayers may opt-out at no charge, while Maine residents are charged \$40 for meter removal and \$12/month to have the meter read manually.

Massachusetts activists introduced Bill H2926, which allows MA citizens to reject radio-frequency emitting utility meters without surcharge. The hearing is scheduled for June 18 before the Joint Committee for Telecommunications, Utilities, and Energy.

Because wireless utility infrastructure is being installed and activated without informed consent, health care practitioners and clients do not know that new microwave radiofrequency stressors have been introduced into the home environment. Here is an overview that you can share with clients, family, and friends.

What is a Smart Meter?

A “smart” meter is a wireless utility meter that sends data between the home and the power company. Wireless gas and water meters using the 450-470 MHz range send data one-way from the home to the utility.

Wireless electric meters transmit and receive two-way communication in the 902-928 MHz range through a “mesh network” between you, your neighbor’s homes, and new microwave repeater infrastructure, blanketing communities with microwave radiofrequencies 24/7.



Above: Actual photo of a new meter on old corroded box in Gloucester, MA. The installation of a costly wireless microwave computer system on a vulnerable electric grid that has not been adequately maintained is creating serious safety, health, fire, security and cost concerns. Activist groups in over 30 states are protesting the installation of wireless utility meters on homes, which continuously emit pulsed radio frequency microwave radiation as they transmit to the utility company.

Wireless meters enable the utility company to collect real time data about usage. Detailed profiles about a home's usage, including when and how electricity is consumed, will be sold to third party marketers. The two-way transmitters will enable the utility company to override home appliances in order to shed load during peak demand, and to use remote shut-offs in the case of non-payment or relocation. The utilities will charge higher rates for electric consumption during prime-time hours, from 7 am until 11 pm weekdays in New England. The prime-time rate structure will penalize stay-at-home mothers, caregivers, shift workers, and other populations.

Technically, a "smart" electric meter has a second transmitter in the 2.4 GHz range to communicate with and control smart-enabled appliances within the home. However, WiMax neighborhood antennas may also perform the same function.

How Do I Know if I Have A "Smart" Meter?

"Ask not what 'smart' meters can do for you today; ask what they can do to you and your loved ones with a keystroke or new microchip tomorrow" - Clare Donegan

The question to ask is "Does my electric meter have a radio-transmitter(s) in it, how often does it transmit, when was it activated, and what future functionality does it have?"

Over the last few years, many Massachusetts residents were told that their electric meter was replaced so the meter reader no longer needed to come to the house. The meter reader would visit the neighborhood in a truck and send out a signal, waking up the AMR meters so that they would send their data.

Many AMR meters have now been upgraded to transmit wirelessly using pulsed electromagnetic frequencies 24 hours per day, without the homeowner's knowledge. Some wireless meters may look like older analog meters, but will have an Rr number on the face. Look for a small FCC number on a sticker on the underside to see if the meter has a transmitter. The RF antenna's wires may also be visible along the sides of the meter.

Newer digital meters are wireless, and may have 1, 2, or 3 transmitters, depending on whether or not the home serves as the neighborhood hub. Hub homes have higher RF exposures. Meters may be located inside or outside the home, near the fuse box, irrespective of how they impact the indoor and outdoor living space.

Is it true that smart meters emit less radiation than a cell phone?

No, this is not true. Nuclear engineer Daniel Hirsh clarified that the whole body cumulative exposure from smart meters is 100 times more than cell phone exposure. The meters transmit continually, sending out quick bursts of radiation every 2-9 seconds. Industry statements that the meter's power is extremely low are only true if time averaging is used. If the meter transmits for 1/2000th of a second every 2 seconds, the total time appears to be a small number. But 24/7 exposure to microbursts of radiation is chronic and cumulative, and has been associated with adverse health affects at levels far lower that what is allowed in the U.S., as outlined in the Bio-Initiative Report.

Additionally, the switching mode power supply can affect the quality of the electric supply in some homes, creating dirty electricity caused by transients traveling along the 60Hz cycle. Epidemiologist Dr. Sam Milhalm, author of Dirty Electricity, has identified dirty electricity as a universal carcinogen, based on his work with cancer clusters.

In addition to health, what are the objections communities raise regarding Smart Meters?

Cost - The Attorney Generals in Michigan, Illinois, and Connecticut concluded that smart meter deployment should be halted, citing exorbitant costs to consumers with no proven benefits. Maine's DPU is auditing its smart meter program because an 8% rate increase, rather than promised savings, has been requested.

Not Sustainable, Not Green - Wireless is an energy hog. University of Melbourne's Centre for Energy Efficient Telecommunications estimates that when wireless devices access cloud services, 90 percent of the electrical consumption of the system is eaten up by network infrastructure.

Privacy - The European Data Protection Supervisor (EDPS) said, "While smart meters were potentially useful for controlling energy use, they would also enable massive collection of personal data which can track what members of a household do within the privacy of their own homes." The data will be sold to third party marketers.

Security and Cyber Hacking - Hackers have already breached networks and accessed project files related to control systems used in portions of the electrical grid.

Fire Safety Home fires have been reported across the country. The meters have not been UL safety tested. Plastic meters melt. Arcing creates fires.

Discrimination and Civil Rights Violations against those disabled by electromagnetic hypersensitivity, who are no longer able to find a safe place to live. EHS is recognized by the U.S. Department of Justice Americans with Disabilities Act, and the European Union. It is a functional disability in Sweden, but has not been taken into account in smart grid deployment.

What Health Issues are associated with Smart Meters?

The broad categories are immune system disorders, neurological issues, cardiac arrhythmias, and increased rates, intensity or long-term risk for cancer. The meters are causing some individuals to develop electromagnetic hypersensitivity within days of activation. Interference has occurred with medical devices including pacemakers. Those with metal implants, dental amalgams, deep brain stimulators for Parkinson's, and insulin pumps may also experience adverse interactions.

Although utility companies claim that their smart meters are safe (according to current standards, which are inadequate), the EMF Safety Network has documented thousands of adverse health effects following smart meter installations in CA alone. The Santa Cruz Health Services Agency issued a report, "Health Risks Associated with Smart Meters" summarizing the health data.

From an energy medicine standpoint, the pulsed RF shreds, collapses, distorts, or tears the aura in places where the individual already has some vulnerability, either due to a previous illness or injury, and due to inborn constitution. Or, energetic injury can manifest on the side of the body near the RF source.

Once the aura is compromised, the yang meridians, including Stomach, Gall Bladder, and Bladder have to work overtime to protect essential bio-energy. The yang meridians become simultaneously over-charged and exhausted. The vagus nerve may begin to react as the damage moves deeper into the energy field. When the body senses disruptive RF, the bony plates of the skull clamp down to protect the brain via the meridians. This impairs the movement of cerebral-spinal fluid, which should flow up and over the skull to cool and lubricate the brain. The brain becomes compressed, over-heated, and dehydrated as the body tries to protect itself from unnatural RF. Individuals with heavy metal toxicity experience thermal induction and tissue heating. Some individuals have experienced disturbance of sensory input to the stretch and pressure receptors in the psoas muscle and legs, resulting in falls.

On a cellular level, artificial EMFs cause the cell walls to become rigid and defended. This impairs the gap junctions. Nutrients can't get in and waste products can't get out.

Adverse reactions play out against each person's inborn constitution against the changing backdrop of time, leading to a cascading plethora of symptoms, which are being misdiagnosed. The Chinese Dragon Year 2012 correlated to the Stomach Meridian, the Snake Year 2013 correlates to Spleen, and 2014 will bring the Year of the Horse, corresponding to Heart. Rather than receiving its yearlong nurturance from the sun within the twelve year Chinese Zodiac Cycle, the each year a different organ has been under assault.

Spleen is the highly refined conduit between the universal energy field and the human energy field, making it extremely vulnerable to artificial EMF. Every meridian within the human energy field will sacrifice itself in order to protect the Heart. If RF damage is not recognized by the mass culture in the Year of the Snake, conditions will most likely intensify in 2014, in the Year of the Horse (Heart).

Traditional health care providers are subjecting sufferers to multiple expensive, invasive, unnecessary, and ineffective tests and drug regimens. Patients are also mistakenly referred for psychiatric care. While Sweden and many European countries are taking steps to prevent and to address EHS, the condition is not recognized in the United States.

According to Dr. Dietrich Klinghart, much of the damage occurs at night, when the parasympathetic nervous system is dominating. He advocates pre-conception health care, and has established a link between prenatal EMF exposure and autism rates, which are doubling every 5 years.

What is happening in other countries vs. the United States?

Over 40% of the World's population is protected by exposure limits at least 10-fold more rigorous than outdated guidelines utilized in the United States, including Italy, Austria, Belgium, China, Israel, and Russia. Paolo Vecchia, chair of the International Commission on Non-Ionizing Radiation Protection (2004-2012), has stated, "The ICNIPR guidelines are neither mandatory prescriptions for safety, the last word on the issue, nor are they defensive walls for industry or others." The Council of Europe has recommended reducing human exposure to EMFs and microwave radiation from mobile phones and other wireless devices. In May of 2011, the World Health Organization's International Agency for Research on Cancer (IARC) classified non-ionizing radiation as a possible human carcinogen.

According to the CA-based EMF Safety Network, FCC guidelines "are for short-term effects (under 6 minutes) and configured for a 6 foot 2 inch male. Smart meters are assessed in isolation, not in a mesh network in which they are designed to operate, or in combination with multiple meters, or other sources of RF, such as Wi-fi, DECT phones, cell phones, cell towers, baby monitor, etc. Sage Associates found the meters can violate FCC safety guidelines in the manner deployed and operated." Irrelevant FCC guidelines do not apply to a child standing in a kitchen near a chipped dishwasher with the motherboard at head-level, on a shared wall with a smart utility meter, with RF bouncing off stainless steel appliances. Nor do they apply to an infant, or elder with a pacemaker, napping on a porch or in a bedroom on a shared wall with the home's RF utility meter.

In the United States, Section 704 of the Telecommunications Act of 1996 prohibited communities from blocking the installation of telecommunications infrastructure due to environmental or health concerns. Subsequent legislation limited liability for the industries involved. Utilities are integrating wireless technologies into the home environment under the same protections, with the added ability to pass the costs along to ratepayers at a guaranteed rate of return for investors, regulated by the state DPU. Americans remain misinformed despite mounting evidence of deleterious affects.

What Actions Can I Take?

- Don't sleep or spend time on a shared wall with an unshielded electric meter.
- Contact your electric company and ask to have the meter changed to a non-RF meter.
- Visit Freedomtaker.com Jerry Day for legal paperwork.
- Work with or become a certified building biologist.
- Visit [LessEMF](http://LessEMF.com) for meters, shielding, and resources. Support advocacy in your area.
- Call your Representatives before June 18 in MA in support of the opt-out bill.
- Get informed, knowledge is power.
- Hard-wire.
- Become a force for good. The grace of this challenge is that it is revealing the extent to which the dominant culture lost its living literacy with the subtle energies field. These are the generations that must and will turn the tide. This is a backdrop for the re-emergence of the group soul.
- U.S. Radio Frequency (RF) limits are 100 times greater than in most other countries, and do not reflect current research. **Please support Bill H2926** if you or a loved one are experiencing one of more of the following ailments, particularly if it began or got worse in the past 2 years:
 - Ringing in Ears
 - Headaches
 - Dizziness
 - Fatigue
 - Heart Problems
 - Sleep Problems
 - Memory Issues
 - Concentration problems
 - Processing issues
 - Leukemia
 - Alzheimer's
 - Learning difficulties
 - ADHD
 - Autism
 - Depression
 - Anxiety
 - Recurring Flu-like Symptoms'
 - Chronic infections
 - Digestive issues
 - Immune dysfunction
 - Auto-immune illness
 - Asthma
 - Allergies
 - Skin rashes
 - Inflammatory conditions
 - Joint and muscle pain
 - Blood sugar abnormalities
 - Brain tumor
 - Breast cancer
 - Seizures
 - Speech delay
 - High Blood Pressure
 - Insomnia
 - Poor sleep quality
 - Mercury and aluminum poisoning, mobilized by RF, exasperated by interaction with Compact Fluorescent Bulbs

Where Can I Learn More?

- WEEP Initiative newsletter – excellent international resource for healers
- YouTube video "Smart Meters" & EMR: The Health Crisis Of Our Time - Dr. Dietrich Klinghardt 43 minutes Youtube/ from upcoming documentary film Take Back Your Power
- Documentary Film: Resonance, Beings of Frequency available free on-line
- Smart Grid Funding Misspent on Obsolete Technologies, Says New Report (article and video) <http://articles.mercola.com/sites/articles/archive/2012/12/05/smart-utility-meters.aspx>

- Websites:
 - Sage Reports
 - JustProveIt.net
 - StopSmartMeters
 - Bio-initiative Report
 - EMF Safety Network
 - EMR Policy Network
 - TakeBackYourPower.net
 - ElectroMagnetic Health.org
 - Citizens for Safe Technology
 - Resonance, Beings of Frequency
 - American Academy of Environmental Medicine
 - International Institute for Building-Biology & Ecology
 - HaltMAsmartseters.org
 - StopSmartMetersMassachusetts.org
 - Petitions to Attorney General Martha Coakley and the DPU are available at:
HaltMAsmartmeters.org

Patricia Burke can be reached at HaltMAsmartmeters.org.

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NOTE: The Way To Balance, LLC always encourages you to be an empowered and educated consumer, client or patient. Do your homework and look closely at your situation before seeking treatment or medication. Nothing contained herein is intended to diagnose or treat any illness or medical condition, and should never replace a consultation with a qualified healthcare practitioner.