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**Reducing EMFs
Increasing Health and World Peace
Made on Memorial Day 2025 to Honor Peace Keepers
(Please share)**

This handout is a brief explainer of detecting EMFs (electro-magnetic fields) in homes and the health hazards of not mitigating the problems when they occur.

Table of Contents

| | |
|---|---|
| Detecting Wiring Errors and EMFs in Homes..... | 2 |
| Wiring Errors..... | 2 |
| Causes (Examples)..... | 2 |
| How to Detect..... | 2 |
| Expectations of Building Code Enforcement, Insurance and Electricians and Plumbers..... | 3 |
| Health Hazards, A Brief Explanation..... | 6 |



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Detecting Wiring Errors and EMFs in Homes

The following information will help improve building safety and occupant health.

Wiring Errors

1. Can cause fires from over-heating and wire failures
2. Wiring errors cause current to run on pipes. This can result in micro-leaks and expensive water damage repairs which are not insurable.
3. Large stray magnetic fields cause many types of serious health issues for occupants

Causes (Examples)

1. Incorrectly wired circuit breaker and junction boxes (most common) (No permits or opening walls required to fix. With properly trained professionals, most fixes are fast and easy.)
2. Metal in building touching wire (ie nail piercing a romex cable!)
3. Receptacles with break-off tabs to separate circuits used incorrectly.
4. Current from neighbor's wiring errors entering home through water main. (Fixable by isolation techniques)

How to Detect

1. **There are electric fields (EF) (+) and magnetic fields (MF) (-).** In walls electricity oscillates 60 to 120 times a second between + and -, known as alternating current (A/C) **There are two separate meters to measure each type of field.** (It should be noted that if magnetic fields cannot be corrected, the area should not be occupied due to resulting health risks.
2. **There are fields known as dirty electricity** which best described as a wave riding on a wave on the wires in your wall (and on building pipes / metal where wiring errors exist.) *(Will add graphic later)* When your electrical devices are plugged into receptacles, they don't operate at 60-120Hz. Devices are modified to provide power at a different frequency that is specific to the device. (Incandescent light bulbs are the only device truly operating at that frequency which was what the original power grid was designed for. And curiously now when there is a lot of dirty electricity, you will now blow out your light bulbs!) The more devices that are plugged in and being used results in "harmonics" or frequencies that ride on the original wave. **There is a third tool to detect how bad the dirty electricity is** and filters to reduce it.
3. **The fourth tool is for measuring radio frequencies (RF).** Radio frequencies are wireless electricity that oscillates in the millions of times per second. A fourth tool is needed because the waves are so small that the electric field and the magnetic field cannot be separately measured.



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Expectations of Building Code Enforcement, Insurance and Electricians and Plumbers

It surprises most people to learn that city building officials (code enforcement) will almost NEVER look for wiring errors in buildings and have no training around this issue. The same is true for most licensed electricians because this information was not in their training certification requirements.

If insurance companies (health, professional conduct and building) had different policies around this issue that were more pro-active, rather than simply limiting scope of coverage, our built environments would be much better for everyone.

With education, it is hoped that consumer and professional behavior would change to improve the health and safety of our buildings, and protect investors from the incredible damage that can result from wiring issues.

It should be noted that with the proliferation of electric cars, this is going to greatly exaggerate any pre-existing wiring errors in a home. Those increased magnetic fields that are created are life threatening. Please be very clear on this to protect your health and peace of those around you.

It is really only a matter of time before people figure this out. The education right now is TERRIBLE, but improving. I'm guessing we are 5-10 years away from the above information becoming common knowledge.



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When wiring errors exist there is electricity on all metal building components and on the occupants as well. There are many reasons that this can occur. People are often surprised how easy most of the wiring errors are to fix.

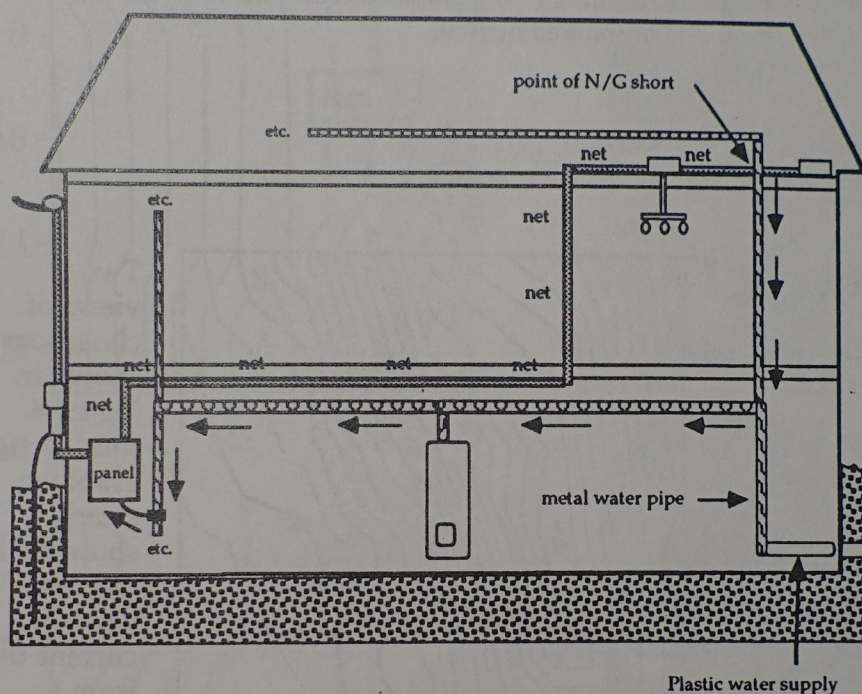
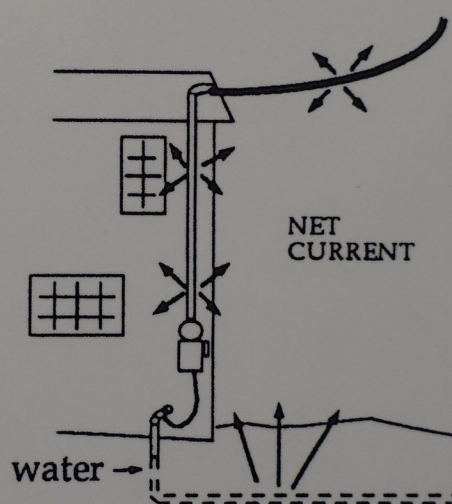
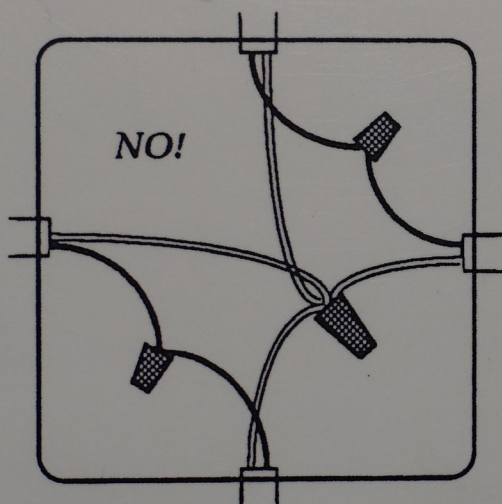


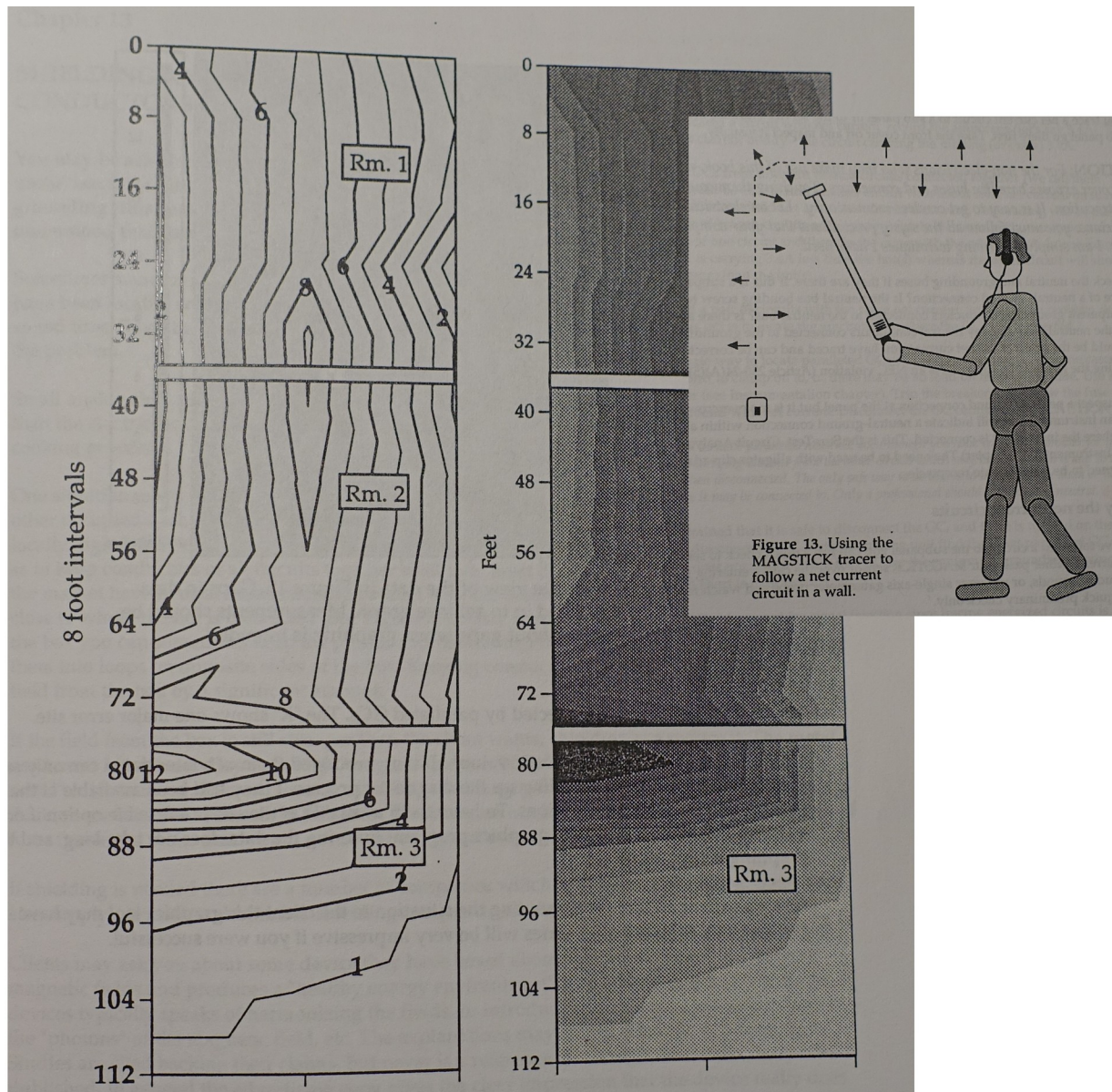
Figure 16. A neutral/ground short from romex to a water pipe in the attic creates a loop of net current in the house. Neutral is shunted to the water pipe which returns it to the grounding electrode conductor, hence to the entrance panel where it gets back on the service neutral. There is an equal net current in the romex circuit affecting another part of the house. In this case the house is supplied by a plastic water system and so no neutral leaves the house on the water pipe. The problem is entirely internal.



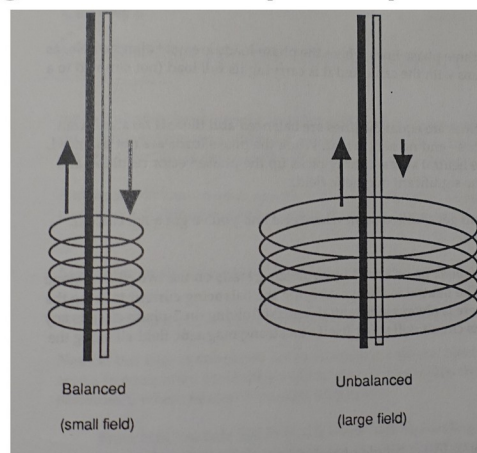
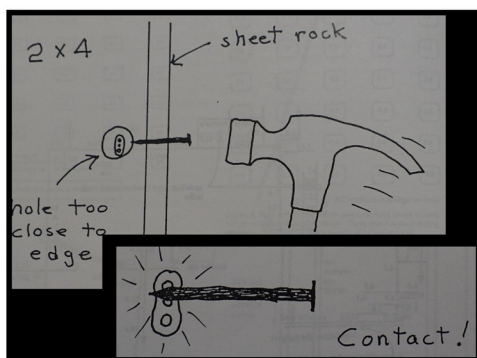


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Wiring errors cause large magnetic fields. These fields are a hazard to the safety of the building and the occupants. Finding the source requires special tools and training.





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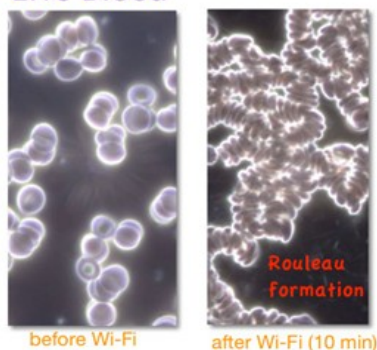
Health Hazards, A Brief Explanation

When the natural electric field of our body is altered by outside forces, it impairs our ability to self-heal until the body reaches a point of failure.

When our health is good, we naturally have a positive charge on our exterior and negative inside. One of my favorite books I've ever read in my whole life is *Body Electric* by Robert Becker. A core finding is that when a salamander limb is amputated, the animal reverses it's polarity to regrow the limb. However, it cannot do this in the presence of electricity.

The point of failure (death) will be different for each creature because of the injuries each it has accumulated over a life time are unique to that life form.

Live Blood



One common experience that is universal is the clumping of blood in the presence of electric fields. This happens because each blood cell loses its negative charge. This results in the loss of surface area of the blood to carry waste and nutrients like oxygen. This can cause strokes and heart attacks

Most people do not think about polarity and how it is **relevant to health. Remember**

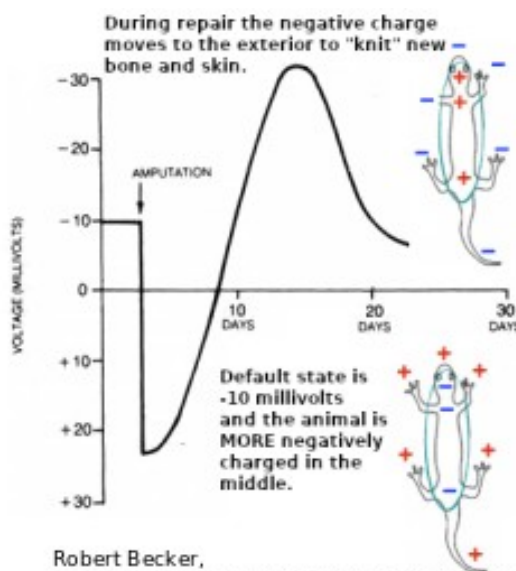
1. **The rule of magnetism.** Opposites attract (- +) and likes repel (+ +).
2. **Yin-Yang.** Energy is created by either giving electrons or taking it. (Dark represents the negative (taking electrons) and light represents (giving electrons)).

Give electrons
(positive charge)



Take electrons
(negative charge)

A magnetic field (-) created by stray electricity or wifi has the potential to damage a body because it has a natural positive charge (+) on the exterior. (See salamander example). Since opposites attract, this results in the involuntary exchange of electrons.



Robert Becker,
The Body Electric: Electromagnetism and the Foundation of Life

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Page 6



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To see how that happens please view this video with a beetle that has electricity imposed on it. Clearly this is damaging to this creature and no words are needed to make that point very clear.



Please view the Scan Code or visit

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to view this video.

I will say one thing however, in honor of our peace keepers (military, police, etc) since I wrote this on Memorial Day. We have a universal problem, to which this segment of our population, our peace keepers, are often over-exposed.

The use of electronic gadgets for peace keeping and in our daily lives brings value in use, but people do not realize that an over-activated nervous system results in problems with attention and aggression. It comes on so subtly and is so pervasive that it has become normalized, without understanding the source of the problem.

We all know that people aren't born aggressive, but rather this is a result of their environment. Take that person camping with a vacation from their devices and I guarantee that person will be more peaceful, happier, and more thoughtful in communication.

Such a state of mind is necessary for keeping peace and seeking common understanding with others. ~ I sincerely hope that the time I spent today sharing these thoughts actually brings more peace in this world we share together.

The goal of this brief handout is to give you a high level overview of health impacts of electricity. For further exploration, **I recommend the following books that I am currently enjoying:**

- The Body Electric, Electromagnetism and The Foundation of Life, Robert Becker
- EMF'D, 5G, Wi-Fi & Cell Phones: Hidden Harms and How to Protect Yourself, Joseph Mercola
- We Are Electric, Inside the 200-Year Hunt for our Body's Bioelectric Code, and What the Future Holds, Sally Adee
- Tracing EMFs in Building Wiring and Ground, Karl Riley

I wish you well! ~ *Kimberly@KindnessInspires.US*

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Page 7