

Jóna Ágústa Ragnheidardóttir

Obtaining Optimum Health

Sample text

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from [Jóna Ágústa Ragnheidardóttir](#)

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increased risk of two types of cancer - brain tumours and leukaemia. There was a relatively consistent dose-response, too: by and large, the greater the EMF exposure, the higher the risk of cancer³⁴.

This is also consistent with what we are finding in our clinics. One of the common factors that patients with cancer are suffering from is electromagnetic stress (see Chapter 10).

MOBILE PHONES

One of the discussions about dangers from electrical devices is on the use of mobile phones and the problems caused by their emission of microwave radiation. Some research has been carried out on the dangers of using mobile phones without some form of protection.

As we write in 2009, a decade-long investigation overseen by the World Health Organisation (WHO) known as the "Interphone Enquiry" is poised to publish evidence of a "significantly increased risk" of some brain tumours "related to use of mobile phones for a period of 10 years or more." However, the publishing of the final report has been delayed for years as industry co-sponsors are alleged to be arguing over how to present the results.

A report for the British government by Sir William Stewart of Tayside University stated that using mobile phones could cause "biological effects - even though there is no evidence of any risk - and that care should be taken in their use, particularly by children, and that calls using such phones should be kept as short as possible".

We are asked to turn off our mobile phones in aeroplanes because their microwaves can, possibly, affect the controls; but we are still debating if, and how, to protect ourselves, thus gambling on how much our bodies can tolerate before our own controls are adversely affected. Aeroplanes are specially protected from the bombardment of rays from space. "Shields or screens have been

³⁴ British Journal of Industrial Medicine. 1991;48:597-603

used to protect highly sensitive equipment against very strong cosmic rays (weather, satellites, etc.)"³⁵ - But the pilots, the human beings flying the planes, are not specifically protected. Icelandic research has shown that Icelandic pilots are in tenfold danger of getting skin cancer compared to their non-pilot peers. This research was carried out by Professor Vilhjalmur Rafnsson at the University of Iceland's medical faculty, Jon Hrafnkelsson, specialist in cancer therapy and Hrafn Tulinius, chief physician of the Icelandic Cancer Society. Their findings were published in the British magazine 'Occupational and Environmental Medicine' (J6nsson, A. Morgunbladi 3. 19th November 1995). We see patients who are pilots or stewardesses often complaining of tiredness and suffering from electromagnetic stress, because they spend much of their time in a big metal electronic box in the sky.

Tsuyoshi Hondou, a researcher from Tohoku University in Japan, concluded that "Passengers on packed trains could unwittingly be exposed to electromagnetic fields far higher than those recommended under international guidelines. The problem? Hordes of commuters all using their mobile phones at the same time." This could well be a major environmental problem, especially as new wireless devices and laptop "connections" come onto the market. He suggests that train operators should take notice. Presently there are no regulations as to the use of mobile phones in areas where a lot of people may be gathered.

Some mobile phone companies have had cases brought against them in court by people who claim to have developed tumours as a result of exposure to their products. Dr Lennart Hardell, a Swedish cancer specialist, found that mice exposed to the radiation emitted by mobile phones were 2.5 times more likely to develop brain tumours. Cordless phones emit electromagnetic fields and can have a similar effect. Opinion is divided about the use of

35 Schimmel, H.W. Guidelines for the Treatment of Chronic Disease. Vol 2. The Science Department of Pascoe Pharmazeutische Praparat GmbH (Giessen) 5th Revised Edition 1990

hands-free sets; some research considers that these give no protection, whilst others speak of a "significant level of protection". Our own findings confirm this: some sets reduce the problem and others seemingly make no difference at all.

Whilst there are many factors involved with cancer, we have often found that once the problem of electromagnetic fields is addressed, palliative care changes into curative care.

A fair amount of research has been carried out into the affects of mobile phones. Biologist Roger Coghill suggested that the microwaves generated by mobile phones have the ability to damage white blood cells, which play a vital role in the body's immune system. A BBC report stated that:

"Mr Coghill claims the body's immune system is partially controlled by electromagnetic fields emitted by the body. He believes the radiation emitted by mobile phones damages the body's own electromagnetic fields, and undermines the proper functioning of the immune system. In this report he said that there was no harm using mobile phones for two or three minutes. But people who left them on for 20 minutes or more could be doing themselves harm."

BBC News, 15th Oct 1998

In the past, researchers have thought that the main damage to cells from microwaves and radiowaves was due to the thermal energy they produce, which was thought to damage the functioning of the cells by heating them up. Research however has found that the heat produced is not great enough to cause cell damage. However, EM signalling is the primary means of communication between cells. Therefore we are fundamentally electromagnetic beings and consequently we can be affected by external EMFs.

In Europe, cattle grazing in fields near mobile masts started behaving strangely after the installation of macro-

cell antennae. Their milk yields were way down, spontaneous abortions were up and older cows were dying³⁶.

Dr Gerald Hyland of Warwick University believes, that an unrecognisable hazard of mobiles is that, in the more modern systems, the EM signals are not sent out continuously like radiowaves, but in pulses. This pulsed transmission is a particular feature of the GSM (global system for mobiles) technology. These pulse rates, says Dr Hyland, can have serious biological effects: *"The pulses happen to be close to some of the brain's own electrical and electrochemical rhythms. Since these are involved in the control and regulation of bioprocesses essential for well-being, it is reasonable to anticipate that the functionality of the body will be impaired"*

'Lancet', 2000;356:1833-6

Currently technology is still rapidly progressing; the third generation phone or '3G' phone allows internet access but also operate in GSM/2G mode at times. However, in 'New Scientist' October 2003, Duncan Graham-Rowe reported that "Exposure to radio signals from 3G cell-phone base stations can cause headaches and nausea". The study compared GSM (Global System for Mobiles) phone signals to 3G signals on the cognitive signals of 36 volunteers. Their findings were that: *"They found a significant relationship between exposure to the 3G signal and detrimental effects on general 'well-being', characterised by feelings of nausea, tingling and headaches. No relationships were found for GSM exposure. Both 3G and GSM signals affected cognitive functions in some cases, including reaction times, memory and alertness."*³⁷

Most people are generally aware that mobile phones are bad for them; however it is less well known that cordless phones and their base stations are as bad or even worse! We have found numerous patients suffering from elec-

³⁶ Pract Vet Sur, 1998; 79:437-44

³⁷ www.newscientist.com/news/news.jsp?id=ns99994225

tromagnetic stress and it is only upon doing home visits that we have found that they often have a phone base station in their bedroom, and often on the bedside table. With the use of an electrosmog detector (sensory perception, Swiss Shield), we pinpointed that these base stations are a big cause of electromagnetic stress. Wireless DECT phones (Digital Enhanced Cordless Telephones), like mobiles phones, work with pulse modulation. However, a major difference between them is that DECT phones not only transmit whilst you are making a phone call, they do so all day long whether you are using them or not³⁸. Many models do not adjust their power level, as most 2G & 3G phones will, therefore they are emitting radiation 24 hours a day, making them even more harmful than mobile phones!³⁹.

WI-FI NETWORKS (& INTERNET ACCESS)

Wi-fi is another addition to our already electro-polluted environment and as Britain has undergone a Wi-Fi revolution with offices, homes and classrooms going wireless, there is concern that the technology could carry health risks.

Wi-fi works by transmitting information via radio waves from a wired network to a computer. Researchers for BBC's Panorama programme found that the maximum signal strength was three times higher than that of a typical mobile phone mast⁴⁰. There are already calls for inquiries to be made into the long-term health affects of the use of wi-fi.

BLUE-TOOTH

Blue tooth is a short range, low power wireless data connectivity designed to allow an enormous range of devices

38 Some low radiation DECT phones (for instance by Orchid) run at lowest power and do stop transmissions when there is no call. Check the phone stops when there is no call whether or not it is docked on the base station.

39 Daily Mail, 12th June 2006

40 Daily Mail, May 21st 2007

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