

Dirty Electricity And How 'Sine Tamers' Can Protect Us

By CHA President Dr. Bill Code

Many of us are concerned about the health risks of EMFs and are trying to reduce our exposure to Wi-Fi radiation and cell towers. However, few of us are thinking of a somewhat similar problem caused by the electrical wires buried within almost every wall of our homes.

I was made aware of dirty electricity several years ago when we were all being pressured to upgrade to smart meters. I too, was reassured by the 'power man' that the new metres were 'safe and effective' and only transmitted information several times a day. However, this was mostly marketing spin to calm down my anxiety.

In reality, smart meters are a huge problem and they pulse almost continually. Simply stated, even if you have avoided one and have managed to keep your old analog meter, the problem is now your neighbours' smart meters which are all pulsing away and impacting the power input to your home through their connections to the common grid.

At Canada Health Alliance we have been aware of the health risks of electromagnetic frequencies (EMFs) and 5G for a while now and been advocating the shielding benefits of Shungite. However, there are other options to mitigate the impact of EMFs and dirty electricity. These include the modification and upgrading of the electrical wiring in our homes and breaker control panels, as well as products such as the 'Sine Tamer' which help minimize the surges and spikes of electrical sine waves which impact our health.

Recently I spoke with Terry Stotyn, of Cratus Canada, who designed and developed the 'Sine Tamer' product. We recorded the discussion, and it will be part of a new 'EMF Mitigation' section that will be added to our Canada Health Alliance website sometime over the next month or two.

It was a fascinating and very enlightening discussion. But first allow me to begin with a true story told to me by the electrical consultant that reviewed our house and its electrical challenges several years ago. She became interested in dirty electricity prevention and mitigation as a result of her new-born baby. The infant was always very unhappy at night and would cry for hours which was very distressing. As time went on the mother realized that whenever she went to calm the baby she would find that in the crib, which was placed against the wall of the room, the child had wriggled as far away from the wall as she possibly could. Eventually, the woman moved the crib to the centre of the room to see what would happen, and miraculously the crying stopped.

We now realize that dirty electricity affects us 5-7 feet from any wall containing electrical wires. This is almost every single wall in your home! Soon after this revelation the mother also learnt that in the neighbour's apartment there was also an old fridge placed up against the other side of the child's bedroom wall.

In the best built offices and homes all electrical wiring should be shielded around the insulated wire. This is relatively expensive to do and consequently is still almost unheard of in Canada, although, as research and public awareness grows, it is becoming more common in places like Europe.

Knowing how optimal sleep is critical for brain health, when we evaluated the electrical 'health' of our home this same consultant focused particularly on our master bedroom. She suggested we remove the power to the master bedroom under-floor heating which gave off a lot of EMFs. She also suggested a switch which turned off the breaker supplying the plugs and lights in our bedroom. In addition, she wanted us to switch off the breaker controlling the LED pot light circuits directly below our bedroom in our kitchen as they were all having a negative impact on our health. Two years later I heard about Terry Stotyn and his product called *Sine Tamer*. Following this I had one installed beside our main breaker box on our acreage.

Terry visited our home recently and carefully reviewed it with his oscilloscope and other monitoring devices. I was especially concerned about our high power bill as well as our 56 solar collectors as their conversion of direct current to alternating current always creates considerable dirty power. He found several frequent millisecond kilohertz spikes in our home, which are classic causes of 'dirty electricity.' These were moderated by the installation of a second *Sine Tamer* in our breaker panel.

This system works by using a patented method of suppressing these millisecond kilohertz spikes and dissipating them as heat to remove them from the wiring completely. The cost wastage is directly due to the intensity of these spikes and most power companies charge the equivalent of about 15 minutes of 'normal' power usage for these very high transient millisecond bursts.

The traditional way of resolving this problem has been with a capacitor working above and below the sine wave which then transfers the kilohertz spike to the neutral or ground wire. Unfortunately though, this isn't ideal because while it helps protect electrical equipment, people living in the building are not really protected as the sine wave is still present instead of being fully dissipated away, as it is with a *'Sine Tamer'*.

Terry has more than 30 years of experience in this important work. He has monitored and mitigated solutions for many major corporations including NASA, U.S. Navy, U.S. Department of Defense, Citibank, Good Year, BC Ferries, as well as multiple airports across Canada. This calming and 'taming' (hence the product name) of the electrical environment within your living space not only improves your physical and psychological wellbeing, but also reduces your monthly electrical costs (by between 10 - 20% depending on the level and nature of use) and the costs of electrical equipment repair and replacement.

Over the last seven or eight years, Terry has encountered more and more people with EHS which stands for electrical hyper sensitivity. I agree with him that virtually everyone is sensitive to this dirty electricity pollution, even though only about 25% of people are actually aware of it and how it can accumulate to cause long term health challenges, especially later in life. I am one of these electrically hyper sensitive people and through my practice I have seen that neurologically challenged folks are much more likely to have EHS so they need to be particularly careful.

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