

Recommended reading directly relevant to the SiF No Risk project.

The Invisible Disease: The Dangers of Environmental Illnesses Caused by Electromagnetic Fields and Chemical Emissions. By Gunni Nordstrom

This published was published in 2004 but is still available on the Internet through a number of book sellers, such as below.

1) Reviews from Goodreads.com

This is the first book to make the connections between the range of illnesses and chemicals used in the manufacture of modern appliances that we mistakenly consider safe and are not.

<http://www.goodreads.com/book/show/3465064-the-invisible-disease>

By Tami on June 7, 2008

Are our workplaces and homes making us sick? Has the technology that was supposed to make life easier actually ruining our health? The possibilities are frightening.

The Invisible Disease explores the potential that electricity, computers, and commonly used chemicals could actually pose a health risk. In fact, the author presents that a growing number of people are becoming highly sensitive to light, electricity, and chemicals that most of us come into contact everyday. Their symptoms range from rashes and weakness to fatigue and burnout. Moreover, she states that research into these areas are discouraged and suppressed.

It really is a scary thought that the very things that were meant to make our lives easier may actually be harming us. Without empirical data and testing, we really have no idea how widespread the problem or how much of a risk that each of us are putting ourselves through each day.

By S. Magee on Feb 16, 2003

This book is a must read for anyone working in the electrical, electronics, or wireless industries. It contains the detrimental health information that you are entitled to know but are generally not taught about. Most college and university courses do not mention the known toxicity of electricity and leave it up to you to find out about it for yourself. I discovered how toxic electricity really was at the age of 39. I was exposed to very high powered electronically generated harmonic energy. It did some very weird things to me, the strangest thing of all was that it affected my memory in the area of numbers and mathematics. It slowly recovered after avoiding the toxic exposures that caused it. It is interesting that Nicola Tesla had a similar experience as me. I recently read his biography and it details a sick man who was plagued with mental breakdowns. This is a book that I wish I had read at the age of 16 before choosing a career in electricity, electronics, and computers.

By Kriegslok on Aug 2, 2011

If your office is making you sick this book could help to explain why. I'd read a lot about the effects of microwaves, EMF etc but this book was an eye opener for bringing together these "suspects" and linking them to the chemicals present in the electronic appliances we use daily. Once you've read this you can understand why the industry is in denial and the governments who defend corporate interests are doing all they can to ensure that the deadly reality remains unacknowledged. If industry really believes its products are safe then it should invest in experiments to show a deadly link between chemicals and radiation sources which will prove, when the results come back negative, that the thousands already poisoned by their vdu's, mobile phones etc, are suffering from imaginary illnesses.

2) From Amazon.com

<http://www.amazon.com/The-Invisible-Disease-Environmental-Electromagnetic/dp/1903816718>

Gunni Nordstrom is an investigative journalist in Sweden, the world-wide centre of the mobile phone industry, where much of the research on Environmental Illness has been carried out. She has published several books on health problems related to computer screens, Sjuk av bildskarm Tiden 1989, 9155034845, Faltslaget Tiden 1995, 9455040837, Moklaggning Hjalmarson and Hogstedt 2000, 9189080416.

By N. Fox, May 17, 2008

More and more people have begun to understand that the feelings of fatigue, skin tingling or burning, headaches, and mental confusion that are so common today are related to the widespread proliferation of electromagnetic fields in our environment.

Unwittingly we have created an electrosmog made up of the fields emanating not only from the numerous electronic devices we suddenly find we cannot do without to the unseen, unsmelled, but increasingly sensed electropollution created by the radio-frequency radiation that makes our wireless, cordless and other magical communication toys work.

In fact, these fields have been making people sick since the early 80s--often those who worked in high-tech industries were the first to fall prey. But studies now project, looking at the increases in electrosensitivity in populations--a 2002 study in California found 3.2 percent of the population electrically sensitive--that by 2017 50% of the population will have the condition.

It's not pleasant. From the early symptoms above it can progress--if one does not practice avoidance--to all-over body pain, irregular heart rhythms, severe blood-pressure elevation and eventually collapse.

Gunni Nordstrom reported on this issue and believes the symptoms are brought on by the interaction between the fields and the chemicals emanating from electronic devices. This is a compelling, fascinating, and essential book

for anyone attempting to get a grip on the astonishing things we manage to do to ourselves without giving it a thought--until it all goes terrible wrong.

By Seaotter on September 17, 2008

I have long known about the dangers of electro-magnetic pollution in relation to computers and televisions, but did not know about the chemical aspect until alerted to it by another book I recently read. Gunni Nordstrom's book, "The Invisible Disease" put a lot of new pieces to the puzzle together for me. Some of the numerous symptoms of computer generated illness include fatigue, headaches, nausea, feeling "heavy headed," irritability, partial loss of memory, sleepiness, and more.

The same brominated fire retardant used in polyurethane and memory foam mattresses is used as a flame retardant in computers and television sets. The trouble with polybrominated diphenyl ethers (PBDE's) is that they escape from the materials in which they are mixed and contaminate the air and environment and as we breathe and eat them, they build up in our bodies at alarming rates. While we spend 1/3rd of our time sleeping and definitely don't want to be poisoned by our mattresses (new ones are the worst), by far the most PBDE's are released by computer terminals and television sets.

Computers also emit Triphenyl phosphate, which is extremely toxic. Gunni Nordstrom also discusses the extremely toxic effects of microwaves and cell phones. Gunni's is a well researched, informative read. Since my husband works in front a computer at least eight hours a day (even more hours if they have overtime) and suffers from severe migraines, feelings of nausea and food allergies the information was deeply concerning and most welcome.

By S. Magee on February 6, 2013

This is a book that I wish had been published when I was young before choosing a career working with computers and electricity. You would be shocked to find out how much is known about the toxicity of electrical products and how it is characterized by both government and corporate silence. This same silence is now characteristic of the "Smart" and "AMR" utility meter epidemics in the USA that are inducing radio wave sickness (RWS) into many people. I highly recommend this book and it is consistent with what Dr. John Nash Ott reports in his books and DVD.

By Dr. H.A. Jones on April 5, 2013

The Invisible Disease: The dangers of environmental illnesses caused by electromagnetic fields and chemical emissions by Gunni Nordström, O Books, 2004, 256 ff.

Is our environment safe?

The author is a Swedish investigative journalist. This book is a fluently readable translation of an extensive report by Nordström into a highly controversial but immensely important and hugely complicated subject.

The book is controversial because, as with so many medical conditions, what affects one person adversely may have no discernible influence at all on another. The effects of environmental xenobiotics (substances foreign to the

body) are so elusive that it takes many years of study and the accumulation of masses of data before definitive conclusions can be reached. Furthermore, the adverse effects may be small but cumulative, and only become apparent as we grow older or fall victim to an infection that makes extra demands on the immune system.

A good parallel that will be familiar to readers is the situation concerning smoking and lung cancer: because many people smoked for much of their lives without getting cancer it was a long time before cause and effect were associated. Now we accept that even passive smoking has the potential to cause considerable damage to the respiratory, circulatory and immune systems, and especially to pregnant women and neonates.

This book focuses on the damage caused by VDUs and by electromagnetic radiation, especially from the microwaves used in home ovens and mobile phones. The literature treatment of these subjects is quite detailed, but few of the research papers cited were published in the main scientific journals - possibly in many cases because journal editors or reviewers were uncomfortable with the findings!

It is well that we should be aware of the adverse effects described here but, in our modern society, many of these (or other) pollutants we would have very great difficulty in avoiding. VDUs have now, to a large extent in the West, been replaced by LCD screens with desktop or laptop computers so these potential dangers have been minimized or eliminated. Controversy still rages over whether or not overhead power cables produce damaging effects - electricity companies and governments say no (as the author points out) but those who have to live near them often feel debilitated. The overall message is undoubtedly that we should avoid these hazards as far as possible.

There are some half-dozen pages of references at the end of the book (several in Swedish), a short glossary of technical terms, and an index of researchers whose work is discussed in the book but there is no subject index.