



## The Dirt Bag Explained

I have long been leery of the effects of having a cell phone pressed up against one's head frequently throughout the day. There are now more and more reports surfacing about the ill effects of electro-magnetic frequencies (EMFs) on our health, especially brain cancer. EMFs are those insidious, ubiquitous and invisible pathogens beaming from all of our electronic devices.

Watts (electrical frequency) and hertz (pulsation of frequency) are measures of concern for cell phone users. Federal Standard of Safety for EMF/SAR (specific absorption rate) emissions from any electronic device states that no device should emit over .5 watts within 5 cm. Anything over .5 watts causes damage to live tissue, causing it burn.

Average cell phones being used today have a SAR level of between .53 watts to 1.59 watts. The more features there are on the phone, the higher the watts.

The human body ranges from 1-30 hertz (Hz), and the earth/soil has a magnetic frequency of 7.8 Hz (a frequency referred to as the Schumann frequency). Now, get this, average cell phones are at 800-1800 megahertz!!!! It's no wonder that emissions from cell phones can affect the acupuncture meridian systems of the body up to 15 feet away.

The frequencies and pulsations from cell phones need to be grounded. So this is where the dirt bag comes in. Dirt/soil emits the Schumann frequency and disperses the emission from the cell phone when the phone is placed on a bag of dirt.

It's easy to make your own "grounding pad"/dirt bag. Simply fill a quart-sized plastic zip lock bag with dirt and seal. Place your phone on the dirt bag (not in it!) as much as possible. I have a dirt bag in my acupuncture treatment room for patients' phones, and we keep a dirt bag in our vehicles, on our desks and throughout our home in order to always keep the phones grounded. The dirt bag is especially useful if you have your phone turned on at your desk. Ideally you would be using your speaker phone while the phone rests comfortably on the dirt bag.

It's important to recharge your dirt bag every two-four weeks. Emissions from the cell phone will demagnetize the dirt in a short period of time. Recharge your dirt bag by placing it on the ground overnight (no need to dump out the dirt). Bring a big pot of dirt inside the house in the fall to use for recharging purposes during the wintertime.

Source: Diane Rother of Northstar Wisdom (my go-to for breast thermography services)