

EMF FACTS VS FEARS

JNH Lifestyles, through diligent research (including communications via the various organizations with jurisdiction over U.S. health, safety and welfare), has compiled the following information to better educate the public on the contradicting information regarding EMF exposure.

Our in-house research has revealed that there is not one scientifically proven study of harm from EMF's or its results. There are numerous hypotheticals and references to our main government agencies' stance noted on sauna sites, but as the below results will show of studies on a variety of EMF emitting electronics and devices, EMF's have been deemed without incident or results (cancer, leukemia, molecular damage, DNA damage, etc.). It's worth noting that the cited supposed "threats" are usually accompanied by a year, which range from 1989 - 2009.

What are EMF's?

EMF stands for "Electromagnetic Fields." Some examples of EMF's include radio waves and even ordinary light hitting your eyes at this moment. Electromagnetic fields are produced by every electrical or electronic device. This includes electrical wiring, power lines, computers, televisions, cellular and Wi-Fi devices, microwave ovens and all forms of broadcasting including AM, FM and TV. Visible light as well as invisible are also forms of EMF.

The public health organizations of the world's industrialized countries conduct regular expert reviews of the scientific literature on the issue of EMF & health. The expert reviews from more than 30 countries concluded that there is no evidence of harm from EMF, including the World Health Organization (WHO) - the same organization that coordinated the international response to the H1N1 swine flu, SARS and other pandemics. Other organizations that came to the same conclusion were the United States Food & Drug Administration (U.S. FDA), American Cancer Society and the European SCENIHR (Scientific Committee on Emerging and Newly Identified Health Risks). The overwhelming amount of evidence and the general consensus from mainstream science is **"that current evidence does not confirm the existence of any health consequences from exposure to low level electromagnetic fields."** (EMF & Health)

Commonly, household EMF is measured with a gauss meter. However, testing at home does not take into consideration the ambient EMF levels in the room and its appliances. Gauss meters are designed to detect fields of energy and those fields of energy can be found from many, many sources. Gauss meters have no way of discerning if energy fields are coming from an appliance or from an electrical outlet. Most of the online meter results we have viewed have the door open, and/or are next to a large or a variety of electronic devices, allowing the rooms' EMF's to participate in the reading.

We have been living with EMF's-high levels & low levels -our entire lives. Up until a few of years ago, the EMF meters' main market was paranormal investigators attempting to read electromagnetic anomalies or disturbances.

Or ghost hunting. Here is an example of testing with two exact same meters showing the variability in EMF level readings detected from each of them:

<https://youtu.be/bCnzxYw9Bo4>

There is no authority insofar as EMF regulations, nor official or recognized testing facilities. As a small fraction of the overall health and wellness industry, we believe no sauna company produces harmful units. JNH Lifestyles believes every manufacture's goal is to produce the most efficient, healthiest, safest technologically advanced and longest-lasting sauna cabin with ease of use for every customer.

What is the "Swedish Standard"?



Document Source: www.ehs.iastate.edu

The truth about the "Common Standard" that various sauna companies refer to for EMF emittance:

There is a government regulation in Sweden which requires that all video display terminals (VDTs) and Cathode Ray Tube (CRT) video monitors have magnetic fields less than 2 mG at the operator's position, which is assumed to be 1 meter in front of the screen. This Swedish Standard was the first law anywhere in the world which put limits on EMF. This standard only applies to video display units but has been widely misunderstood and applied to circumstances for which it is not appropriate. It was never intended to be a limit on general EMF exposures. Some vendors of dubious EMF measuring devices have sales literature with out of context references to the Swedish standard and imply that any EMF above 2 mG is hazardous and needs to be fixed. Often these same vendors also sell something like a "Low EMF" video display to help you fix it. Most video displays now being sold have EMFs below 2 mG in front of the display. Special "Low EMF" monitors don't have any advantage, since ordinary CRTs are already quite low.



Magnetic Field Measurement of Everyday Electrical Devices

TYPE	mG* up to 6"	mG* at 2'
Blender	30-100	2-3
Washing Machine	4-100	1-6
Coffee Maker	4-10	0
Computer	7-20	1-3
Fluorescent Lamps	20-100	2-8
Hair Dryer	1-700	10
Microwave Ovens	100-300	2-20
Television	0	2-8
Vacuum Cleaner	100-700	4-50
Electric Blanket	21-39 (Measure at 2" roughly approximating the distance from the blanket to the user's internal organs, credit: US FDA)	

(*The above chart measurements are in mG or Milligauss, the measurement for EMF emittance.)

EPA Document Source:

"Magnetic Field Measurements of Everyday Electrical Devices"
<https://bit.ly/2Nc1RDH>

More Research on EMF...



In 1996, the World Health Organization (WHO) established the International Electromagnetic Fields Project to investigate potential health risks associated with technologies emitting EMF. A WHO Task Group concluded a review of the health implications of ELF fields (WHO, 2007).

"The scientific evidence supporting a linkage between ELF magnetic fields and any of these [other] diseases is much weaker than for childhood leukemia and in some cases (for example, for cardiovascular disease or breast cancer) the evidence is sufficient to give confidence that magnetic fields do not cause the disease." (2007)

You can read their report here which includes references to all tests done prior to 2007 as well:

https://www.who.int/peh-emf/publications/Comple DEC_2007.pdf?ua=1

Their 2006 Document on Framework For Developing Health Based EMF Standards:

https://www.who.int/peh-emf/standards/EMF_standards_framework%5b1%5d.pdf



Statement from Jeffrey Shuren, M.D., J.D., director of the FDA's Center for Devices and Radiological Health on the National Toxicology Program draft report on radio frequency energy exposure:

• "Taken together, all of this research provides a more complete picture regarding radio frequency energy exposure that has informed the FDA's assessment of this important public health issue, and given us the confidence that the current safety limits for cell phone radiation remain acceptable for protecting the public health."

• "In the meantime, I want to underscore that based on our ongoing evaluation of this issue and taking into account all available scientific evidence we have received, we have not found sufficient evidence that there are adverse health effects in humans caused by exposures at or under the current radiofrequency energy exposure limits. Even with frequent daily use by the vast majority of adults, we have not seen an increase in events like brain tumors. Based on this current information, we believe the current safety limits for cell phones are acceptable for protecting the public health."

Statement Source: <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm595144.html>



Electromagnetic fields are commonly found around:

- high voltage power lines
- neighborhood transmission lines
- grounding systems that protect residents from lightning
- grounding systems that protect residents from electric shock that can result from faulty appliances
- the operation of common electrical appliances, including microwave ovens
- ovens, electric ranges, aquariums, table fans, electric space heaters
- computer monitors, electric clocks, clock radios, heated waterbeds
- electric blankets, hair dryers, cellular phones

Research on how animals and plants might be affected by exposure to EMF has been conducted since the 1970's. EMF exposure has not been shown to have any consistent detectable, adverse effects on plant growth or animal health.

Document Source: <https://www.uwec.edu>



Possible EMF health risks:

- RF (radio frequencies)—including broadcast antennas, induction heaters, and cell telephones
- ELF (extremely low frequencies)—including AC electricity and video display terminals (VDTs)
- Static Magnetic Fields—including DC electricity.

Last located report: <https://www.cdc.gov/niosh/docs/96-129/>
<https://www.cdc.gov/niosh/topics/emf/>



“There is no conclusive evidence of any harm caused by exposures [to EMF] at levels found in Canadian homes and schools, including those located just outside the boundaries of power line corridors.” (2010)

Document Source: <https://www.canada.ca>



“The NIEHS believes that the probability that ELF-EMF exposure is truly a health hazard is currently small. The weak epidemiological associations and lack of any laboratory support for these associations provide only marginal scientific support that exposure to this agent is causing any degree of harm. The National Toxicology Program [in the United States] routinely examines environmental exposures to determine the degree to which they constitute a human cancer risk and produces the ‘Report on Carcinogens’ listing agents that are ‘known human carcinogens’ or ‘reasonably anticipated to be human carcinogens.’ It is our opinion that based on evidence to date, ELF-EMF exposure would not be listed in the ‘Report on Carcinogens’ as an agent reasonably anticipated to be a human carcinogen.” (1999)

Document Source: https://www.niehs.nih.gov/health/assets/docs_p_z/report_powerline_electric_mg_predates_508.pdf

The More You Know...

- We want to point out that Vloggers and “industry voices” emphasizing the negative health issues associated with EMF emittance and sauna cabins on the market are usually doing business with the companies they are touting and not in association with the companies they are denigrating. Look for a specific savings code, referral hashtag and/or a propensity to mention one brand repeatedly as superior to the others in example.
- Don’t be mistaken by statements like the “only sauna company to shield our wiring.” Everyone shields their wiring as this is the law. Why? Because of critters like rats or squirrels who love to chew wires. Your own home wiring system in the walls is “shielded” for this reason as well.
- ETL and UL are not unique certifications.



Intertek

➔ Intertek’s ETL Mark is a safety mark which is recognized all over North America. It indicates that your product has been tested by an accredited third-party testing laboratory and meets the applicable safety standards and minimal requirements for sale or distribution within North America.



➔ UL is the world leader in product safety testing and certification. For more than 100 years, manufacturers have had their merchandise evaluated and tested for safety risks by their independent, third-party safety certification organization. Annually, approximately 14 billion products with the UL Mark enter the global marketplace.

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• Intertek’s testing and certification services support the quality, performance, regulatory compliance, safety, benchmarking, evaluation, validation, analysis, and other requirements for products, components, raw materials, sites, and facilities. Intertek formally confirms that products and services meet all trusted external and internal standards.

• It is interesting to note that there are products and shields available on the market to “protect you from EMF.” These include pendants, handheld devices, portable devices, stationary devices for the home, USB versions for cars, attaché’s (cases), crystals and devices for your pets. They run anywhere from a few dollars for crystal beads, to resonators which can cost several hundred dollars.



➤ According to the Federal Trade Commission (FTC): “A number of devices have been marketed that claim to ‘shield’ or otherwise reduce RF absorption in the body of the user. Some of these devices incorporate shielded phone cases, while others involve nothing more than a metallic accessory attached to the phone. Studies have shown that these devices generally do not work as advertised. In fact, they may actually increase RF absorption in the head due to their potential to interfere with proper operation of the phone, thus forcing it to increase power to compensate.”

For detailed information on this Consumer Alert, please visit FTC website under “FTC Consumer Information” or click on the following link:

Source: <https://www.consumer.ftc.gov/articles/0109-cell-phone-radiation-scams>

In Conclusion

Our everyday environment produces EMF’s: Smart home devices and appliances, Wi-Fi, microwave ovens, electric shavers, smart meters, refrigerators, flat screen TVs, lighting, AC/Heat, electric clock radios, wristwatch, remote controls, electrical outlets, etc. In other words, it envelopes us. Laptops, which lay directly on the legs and pelvis or Tablets, carried right under the arm and close to vital organs, produce more EMF’s than any of the saunas on the EMF-conscious market. All of us at JNH Lifestyles are confident that this eBook, its results and sources, will help to better alleviate any fears or misconceptions you may have about EMF emittance.

JNH Lifestyles’ policy is to not feed into the competitive noise, but to listen to our customers. We have committed decades to an R&D approach coupled with customer feedback, continuing to produce safe, efficient, health-benefiting infrared saunas. JNH Lifestyles is dedicated to Joyful, Natural, Healthy Living.

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