

# E<sub>N</sub>vironmental Stress

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**W**e live in a world vibrating with energy. From the heat of the sun, to computers, microwaves, x-rays, mobile phones, satellites, and earth energy that we are aware of, as well as those we don't yet know. We are constantly surrounded.

Whilst we have learnt how to harness energy for great commercial gain, there is a cost to both the environment and to us. We have yet to fully understand how to make our 'technological advancement', ecologically sound. The impact of our greatness as a species is also related to an increase in the amount of stress we are subject to on a day-to-day basis.

**J**ust like the earth's north and south poles, the human body has its own electromagnetic field. This field protects us from the environment and each other; however, it can be disturbed or disrupted by everyday living. Devices that we take for granted, such as; the computer, television and mobile phone can result in a wide range of symptoms, which include; headaches and fatigue, and other more debilitating illnesses and perhaps life threatening diseases.

**T**he table below lists resources that can help to limit the impact to your health when working with your computer, and may also protect you against some of the negative effects of our technological advancement. I hope you find it useful!

Peace and Love!

*Gwyneth*

## Resources to help minimise the adverse effects of computer use

<b>Books</b>	Geopathic Stress – how earth energies affect our lives	Author: Jane Thurnell-Read Publisher: Element, 1995 ISBN: 1-85230-696-3
	Terminal Shock – the health hazards of VDUs	Bob DeMatteo NC Press, Toronto, 1986
	Healing homes	Jennifer Dent, Capall Bann Publishing, 1995, ISBN 1-898307-46-6
	Water, Electricity & Health	Alan Hall, Hawthorne Press
<b>Crystals</b>	Amethyst, Clear Quartz Strengthens and brings coherent energy	You can buy these from Camden or Spitalfields Market in London and many new age bookstores that sell crystals
<b>Crystal Cards</b>	Crystal cards have been used during space flights to help astronauts cope with the negative effects felt on leaving the earth's gravitational field. When crystals are exposed to mechanical pressure they emit electrons, which can be programmed with information.	www.prosperity.com Email: <a href="mailto:info@prosperity.com">info@prosperity.com</a> P.O. Box 18304, Louisville. KY 40261-0304
	This company supplies lightweight aluminium cards that make use of colour frequencies as well as crystal information to help protect the body from the negative effects of radiation, Gold, and Black are the two recommended for computer use.	
<b>Charge Cards</b>	Similar to crystal cards. Contact: Dr Harry Howell, The Lodge, Sherborne Road, Henstridge, Templecombe, Somerset BA8 0PL	07963 63957
<b>Essential Oils</b>	Lavender, Geranium, Rosemary, Tea Tree These oils stimulate the immune system to cope with stress.	
	A selection of these oils can be burned during or after using the computer	
	Bergamot, Grapefruit, Orange, Cypress, Pine, Cedarwood, Pettigraine, Patchouli, Sandalwood, Boise de Rose	
	These oils increase the effectiveness of negative ions in the atmosphere. Negative ions exist in abundance in natural environments and are the reason you feel so refreshed when near the sea or in mountainous areas. They are beneficial to the human system.	
<b>Flower Remedies</b>	Flower Remedies carry a lighter vibrational energy than essential oils	The International Flower Essence Repertoire 01428 741 572

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<b>Plants</b>	The International Flower Essence Repertoire is just one of many companies that sell special preparations designed to help you cope with the stress of computer use		
	Spider plant	Removes carbon monoxide and formaldehyde	Clean the air of environmental pollutants
	Gerbera		
	Peace Lilly		
	Cactus plants		
	Geraniums		
	Rubber Plant	One of the best detoxifiers, particularly for removing formaldehyde. A tough plant that can cope with dim light and cool temperatures	
	Dracaena	Good for the office. Soaks up trichloroethylene. Does best in semi shade.	
	Areca Palm	Good humidifier. Needs semi-sun	
	English Ivy	Good overall detoxifier. Needs semi-sun	
	Boston Fern	Removes formaldehyde, replaces water in the air but needs frequent misting and watering. High maintenance	
<b>Ionisers</b>	Ionisers clean the air of pollutants and increase the amount of negative ions in the atmosphere.		The Healthy House Catalogue 01453 752216
<b>Tecno AO Protectors</b>	Place on computer monitor. It emits a constant low frequency, low power wave to help increase the body's natural defence systems and thereby it's resistance to disturbances caused by the radiation from your computer screen		MarketeX (UK) Ltd 3rd Floor 23-29 Albion Place, Maidstone, Kent ME14 2AB 01622 679500 Email: <a href="mailto:mkbuk@globalnet.co.uk">mkbuk@globalnet.co.uk</a>
<b>Screen Filters</b>	Help reduce glare and radiation		Can be bought or ordered from most computer shops