

# Measurement of Protection from Cell Phone Radiation by 8ight Protect Disc

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## Abstract

A study was conducted to evaluate the ability of the 8ight Protect Disc to remediate negative health effects of cell phone electromagnetic radiation (EMR).

For this study, Body Voltage, Heart Rate Variability (HRV) and Blood Microscopy were used as assessment tools. The 8ight Protect Disc demonstrated a reduction or reversal of EMR effects utilizing these tests in subjects who responded to the cell phone exposure. These results show the efficacy of 8ight Protect Disc for protection against the deleterious effects of cell phone EMR.

## Introduction

Cell phone radiation has effects on the body including DNA damage, affecting hormone and neurotransmitter release, increasing blood sugar and cancer. More studies are reporting brain cancer links with cell phone use. Therefore, it is important to identify protective devices. According to Professor Konstantin Meyl in his book *Scalar Waves, Electromagnetic Environmental Compatibility*, cell phone towers should not be closer than 1.8 miles from a living or working area. This is certainly not the case now so counterbalancing the potential effect of radiation in our environment is of utmost importance.

The purpose of this study was to determine the ability of the 8ight Protect Disc to reduce negative effects of cell phone EMR as measured by Body Voltage, Heart Rate Variability (HRV) and Blood Microscopy.

Research is ongoing by the author to identify the most valid tests for diagnosis of electro hypersensitivity (EHS), a disease that is becoming more prevalent as EMR exposure increases.

Body voltage is used to determine the absorption of an electric field in one's environment, which can cause health problems and lead to EHS. Heart Rate Variability is used medically to assess the balance of the autonomic nervous system, which can be affected by stressors. Blood microscopy can be used to assess the amount of red blood cell aggregation, which interferes with oxygen delivery to the tissues and waste removal.

These technologies were chosen to determine if a reversal of the deleterious

health effects of cell phone EMR by the 8ight Protect Disc could be achieved.

## **8ight Protect Disc**

A phone or other wireless devices including transmission towers induce a biological incompatibility that can be measured.

The 8ight Protect Disc works by counterbalancing the resonance of the EMF's with the biological compatibility of the body. The resonance of the Protect disc, reacting with the body, offsets the resonance of the EMF frequencies lowering the stress on the body and restoring the body back into biocoherence.

**Note.** No claim is made by 8ight of blocking EMF signals that blow through the body at the speed of light. Only by continuously counterbalancing the results of the disruption to the biocoherence of the body by the EMF signals, can the stress and other issues caused by the EMF signals be addressed.

## **Body Voltage**

Exposure to an external electric field will induce an electric field within our bodies. In this sense, our bodies act as antennas picking up fields from nearly everything connected to a source of electric power such as cell phones, cell phone antennas, and transmission towers sending microwave signals. Body Voltage from AC (alternating current) electric fields inducted into the body is measured as Body Potential in millivolts (mV) by mV meters.

## **Heart Rate Variability**

Heart rate variability (HRV) refers to the beat-to-beat alterations in heart rate. It was developed over 40 years ago and is a quantitative assessment of the relative balance of the two branches of the autonomic nervous system (ANS), which controls most physiological functions.

HRV has the ability to evaluate the impact of any intervention or activity and to detect the early signs of pathological development or functional disorders, which may not be revealed by routine physical examination. Therefore, HRV is a useful assessment of the general health of an individual and because it evaluates the ANS, it can be used to quantify the response to a stressor.

The algorithms used by Nerve-Express have been developed and tested for over twenty years in studies involving more than twenty thousand patients. The algorithms generate two values that represent the physical fitness, the level of the functioning of the physiologic systems and the adaptability of the individual.

## **Blood Microscopy**

By observing a fresh blood sample with a microscope, one can determine the amount of red blood cell aggregation. Normal blood has dispersed red blood cells whereas rouleaux formation occurs when red blood cells adhere to each other. Rouleaux formation produces poor blood circulation, less oxygen delivery, and reduced waste removal. Symptoms one might experience from poor circulation include headaches, fatigue, difficulty concentrating, numbness, and heart and blood pressure problems.

## **Electromagnetic Radiation**

Electromagnetic Radiation (EMR) is a very dangerous side effect of the exponential increase in technology that we all rely on. Reports of brain cancer resulting from cell phone use are increasing. Therefore, it is important to identify devices that protect from cell phone and other device radiation. Results of the current study indicate that the 8ight Protect Disc reverses the negative effects of cell phone exposure, as measured by the GDV technique.

## **Methods**

Ten healthy subjects ranging from age 29 to 75 were tested with the digital multimeter ([www.lessemf.com](http://www.lessemf.com)), Nerve Express HRV ([www.nerveexpress.com](http://www.nerveexpress.com)) and blood microscopy to determine a baseline measurement. Blood samples were observed and photographed with a Celestron Microscope.

Initial measurements were taken to determine a baseline. Subjects were tested during (Body Voltage and HRV) and just following (blood microscopy) exposure to a Treo Palm Pilot cell phone for 6 minutes. The Treo was chosen because it is one of the phones with the highest specific absorption rate (SAR, 1.51 Watts/kilogram), which is a measure of phone EMR radiation.

The subjects were given 10 minutes to recover and retested after using the phone with an 8ight Protect Hologram attached to the phone. Data is presented showing the alterations in the three measures for subjects who responded to the cell phone exposure.

## **Results**

Of the ten subjects tested, three responded to the cell phone with the HRV and the body voltage measurement and 2 responded as measured by blood microscopy. In all of these cases, the 8ight Protect Disc reduced or reversed the negative health effects of cell phone exposure. The same three subjects responded to cell phone exposure with the HRV and Body voltage measurement.

A reversal or significant reduction of the response to cell phone exposure was

observed in both measures when the 8ight Protect Hologram was used. Two different subjects who did not respond with HRV or Body Voltage exhibited rouleax formation when observing blood and this effect was eliminated by use of the 8ight Protect Hologram.

### Heart Rate Variability

Three of the subjects responded negatively to cell phone exposure, as measured by HRV.

In all three of the responsive subjects, the 8ight Protect Disc reduced the negative effects induced by cell phone exposure. Figures 1-3 show the HRV results from three different subjects before and during cell phone exposure and after cell phone exposure with the 8ight Protect Disc attached to the phone.

In each of the figures, Physical Fitness values are shown. For each treatment, the first column represents the functioning level of the physiological systems and the second column indicates the adaptability of the individual. The lower the values, the healthier the individual and the ideal value range for an athlete is 1-3/1-3, for general health is 3-9/3-5 and 9-13/5-7 is considered unhealthy.

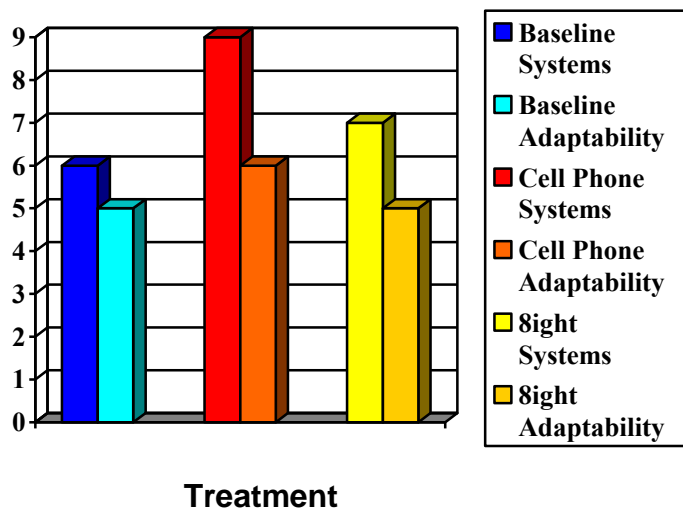
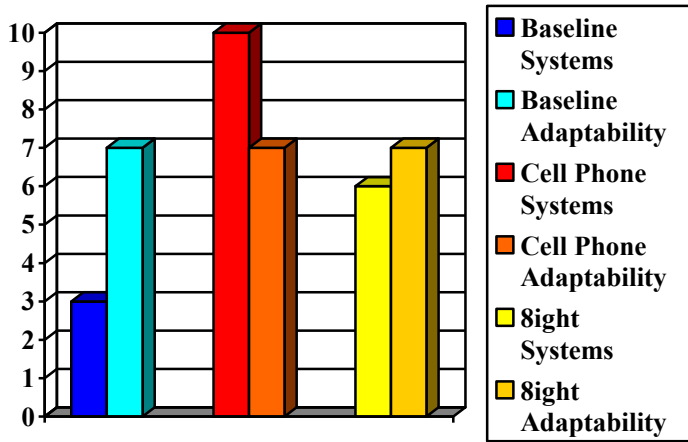
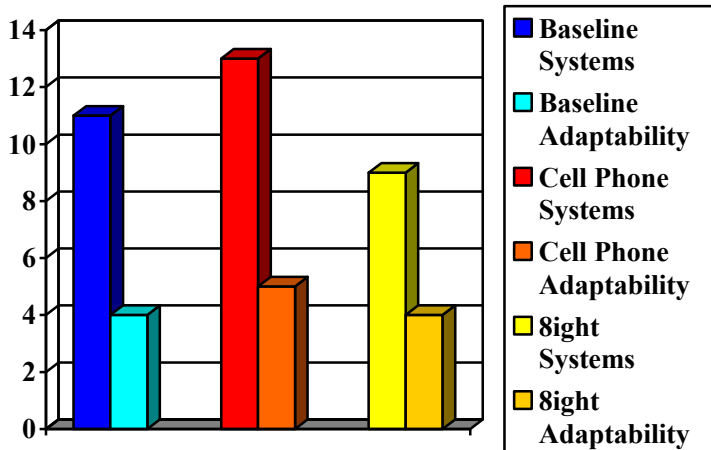


Figure 1. The 8ight Protect Disc Reduces the Negative Effects of Cell Phone Exposure as Measured by HRV with adaptability returning to baseline values.



**Treatment**

Figure 2. The 8ight Protect Disc Reduces the Negative Effects of Cell Phone Exposure as Measured by HRV.



**Treatment**

Figure 3. The 8ight Protect Disc Reduces the Negative Effects of Cell Phone Exposure as Measured by HRV. In this case the baseline improved more than the original baseline.

For each of the responsive subjects, the Systems Value was substantially increased by cell phone exposure and this increase was reduced by the 8ight Protect Disc. The Adaptability value was not altered as much by cell phone

exposure and in two of the subjects, the change in this value was reversed by the 8ight Protect Disc.

### Body Voltage

The same three subjects that responded to cell phone exposure with the HRV measurement also responded with the body voltage and these effects were reduced or reversed by the 8ight Protect Disc. Figures 4-6 show the results for Body Voltage alterations and the figures are in the same order for each subject as the HRV data (figures 1-3). Figures 4 and 5 show that the 8ight Protect Disc reverses the increase in Body Voltage produced by a cell phone, while Figure 6 shows a reduction in the change in Body Voltage.

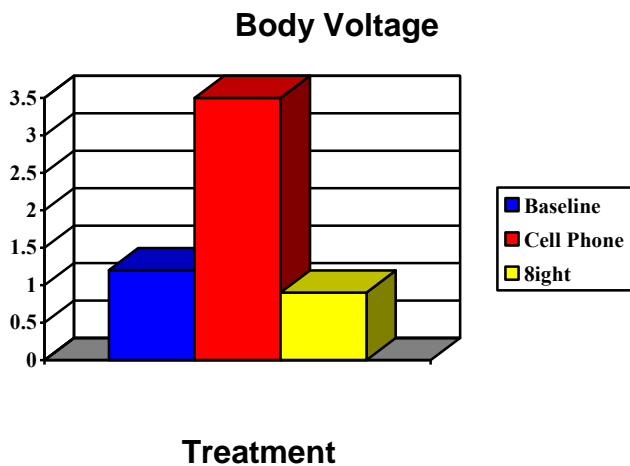


Figure 4. The 8ight Protect Disc Reverses Body Voltage Effects Induced by Cell Phone Exposure below the original baseline measurement.

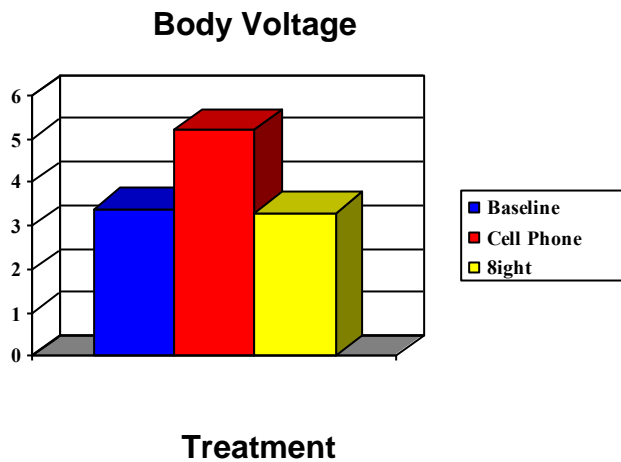


Figure 5. The 8ight Protect Disc Reverses Body Voltage Effects Induced by Cell Phone Exposure in a Different Subject to the baseline measurement.

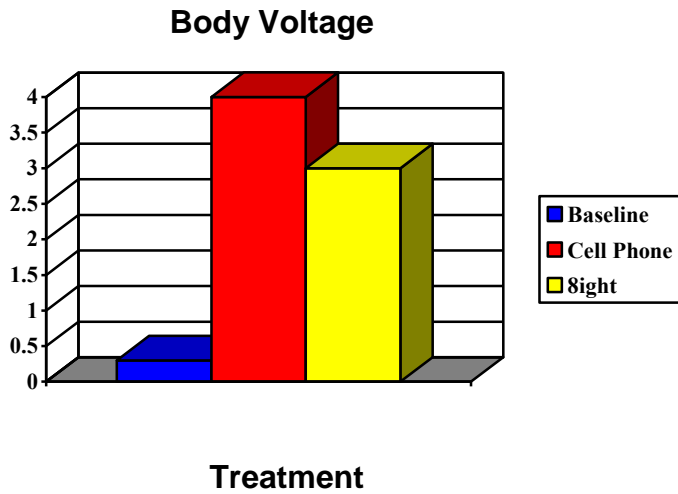
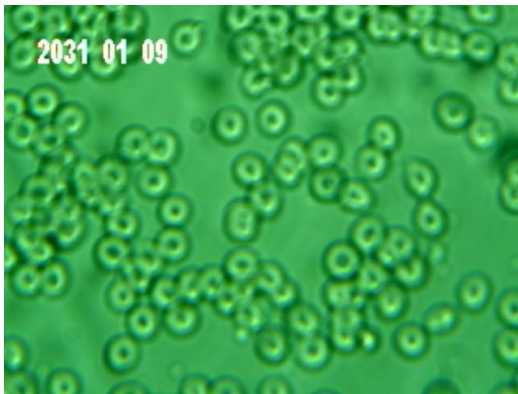


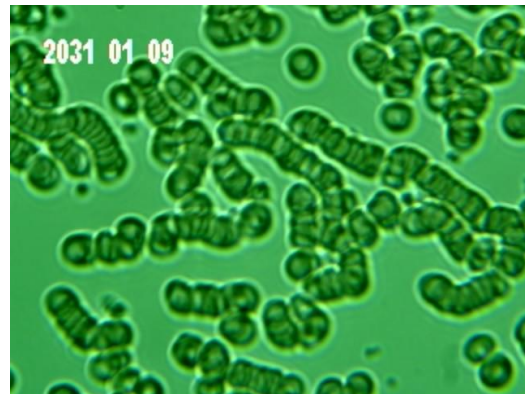
Figure 6. The 8ight Protect Disc Reverses Body Voltage Effects Induced by Cell Phone Exposure in a Different Subject. This subject had an extreme low voltage in the baseline.

### Blood Microscopy

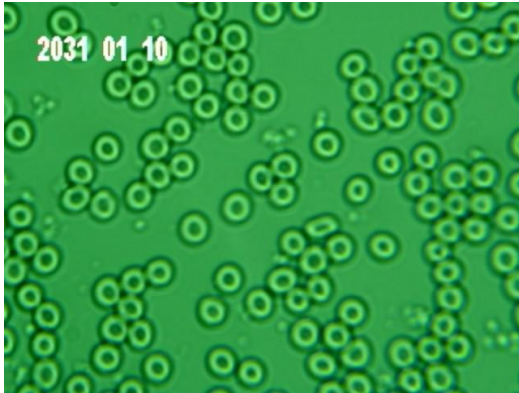
Figure 7 shows photographs of blood before and after cell phone exposure and after cell phone exposure with the 8ight Protect Disc. As seen, cell phone exposure creates extensive rouleaux formation and this effect is eliminated by the 8ight Protect Disc.



**Baseline Blood**



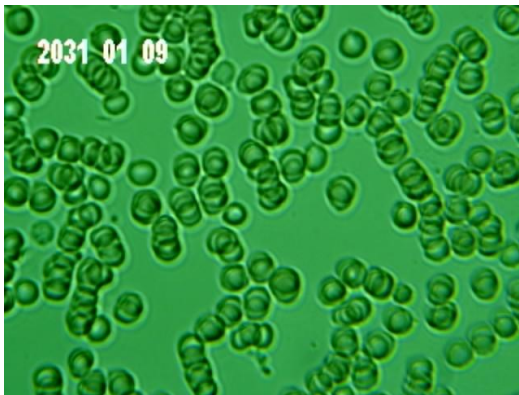
**Blood After Cell Phone Exposure**



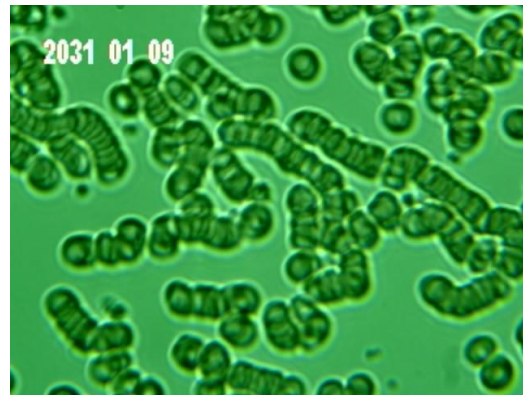
### **Blood After Cell Phone with 8ight**

Figure 7. 8ight Eliminates Rouleax Formation Induced by Cell Phone Exposure and effects seem to be better than the baseline blood.

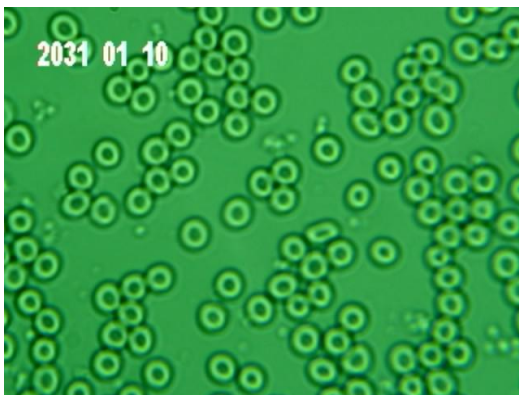
Figure 8 shows blood microscopy results in another subject, there was rouleax formation at the baseline measurement and this was exacerbated by cell phone exposure. Interestingly, the rouleax formation was that was observed at baseline and after cell phone exposure was completely eliminated by the 8ight Protect Disc.



### **Baseline Blood**



### **Blood After Cell Phone Exposure**



### **Blood After Cell Phone with 8ight**

Figure 8. 8ight Eliminates Rouleax Formation of Baseline and Induced by Cell Phone Exposure.

## **Discussion**

Research has shown that some individuals are more sensitive to EMR. The author has been developing a method to determine the electrical sensitivity of individuals. By using these tests, one can measure a physiological response to a cell phone and evaluate the effectiveness of protective devices. The subjects that did not respond to these tests are not being affected by cell phones, as measured by these tests, but are likely being affected on some level that we are not able to measure at this date.

In this study, three of the ten subjects responded to cell phone exposure with HRV and Body Voltage. These subjects were more affected in the Physical Fitness Systems value than the Adaptability value. It is logical that the organs and other systems are more affected than the adaptability response.

The 8ight Protect Disc reverses the negative effects of cell phone exposure on both values and in one subject; the Systems value was lower than the baseline, suggesting that the 8ight Protect Disc can be beneficial beyond EMR protection. Since Body Voltage measurements were altered in a similar way to HRV, these tests appear to be effective in the evaluation of devices that protect from electrosmog.

As seen in the two Microscopy shots, the 8ight Protect Disc generated improvement in the subject's blood microscopy above the baseline measurement. This effect suggests that the 8ight Protect Disc produces more health benefits than EMR protection and further study is recommended to confirm this effect.

## **Conclusions**

The results of this study show that exposure to a cell phone produces negative health effects and these effects are reversed by using the 8ight Protect Disc.

These results were observed as a reversal of the deleterious effects as measured by HRV, body voltage and blood microscopy. Therefore, the 8ight Protect Disc is recommended for protection from cell phone exposure.