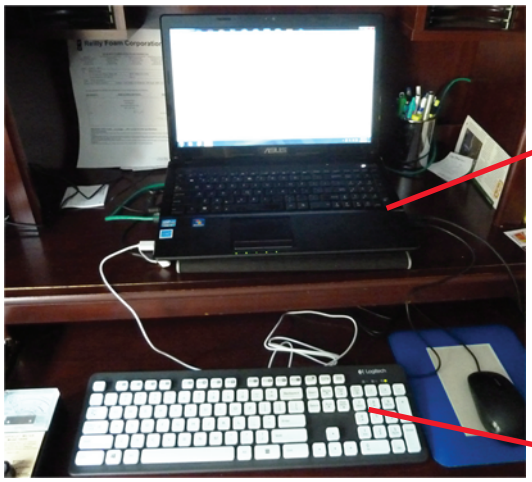
EMF Research - The Laptop

Many of us rely on our laptop for work and communications via emails, Skype, etc. The laptop has been identified as a significant source of electromagnetic pollution. The good news is there is an easy and relatively inexpensive way to reduce exposure.





> 100 milligauss - laptop keypad

A growing number of researchers and health practitioners have identified electromagnetic fields (EMFs) as a contributing factor to a myriad of potential health issues. The basis for concern is that external EMF pollution can interfere with the body's natural bioelectromagnetic balance.
The focus here is on laptops which can have a range of EMF's from extremely low frequencies (ELF) from the 60Hz power supply, to potential radio frequencies (RF) from available Wi-Fi networks or other devices. The readings shown here focus only on the lower frequencies. The top right picture shows a reading of greater than 100 milligauss with meter held over laptop keyboard. The reading remained consistently high whether the computer was plugged in or operating on battery power.

Since the ELF's will decrease with distance it makes sense to create space between yourself and the device. For those looking to reduce their exposure a simple precautionary measure is to use an external USB keyboard and mouse. The lower-right picture reveals a dramatic drop in exposure to only 1-3 milligauss when the meter is held at the surface of the USB keyboard.



1-3 milligauss external USB Keyboard

Conclusion: External USB keyboard/mouse will help reduce ELF exposure

Notes: Readings taken with Trifield 100XE meter on upper range (0-100 milligauss). Readings exceed upper limit of gauge.
Laptop was a ASUS K53E series, external USB keyboard was Logitech K310.
The measurements were confined to ELF and do not take into account RF such as WiFi and other wireless devices.
Additional benefits of external USB keyboard are expected to include reduction of laptop repairs and ergonomic benefits.

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EMF information sites:

http://www.bioinitiative.org
http://www.sammilham.com
http://www.magdahavas.com
http://www.silcom.com/~sage/emf/cindysage.html
http://emrpolicy.org/
http://electricalpollution.com/
http://microwavenews.com/
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