

## Attention Deficit Hyperactivity Disorder and Dirty Electricity

### To the Editor:

In February 2010, while studying a cancer cluster in teachers at a California elementary school, a fourth-grade teacher complained that her students were hyperactive and unteachable. The classroom levels of high-frequency voltage transients (dirty electricity) in the radio frequencies (RF) between 4 and 100 kHz measured in the outlets of her classroom with a Graham/Stetzer Microsurge meter were very high. Dirty electricity is a term coined by the electrical utilities to describe electrical pollution contaminating the 60 Hz electricity on the electrical grid. A cell phone tower on campus a few feet from this classroom and unshielded fluorescent lights both contributed to the electrical pollution in this room. Cell tower transmitters, like most modern electrical equipment, operate on direct current. The electrical current brought to the tower is alternating current that needs to be changed to direct current. This is done by a switching power supply. These devices interrupt the alternating current and are the likely major source of the dirty electricity in the classroom.

On a Friday afternoon after school, I filtered the 5 outlets in this room with Graham/Stetzer plug-in capacitive filters, reducing the measured

dirty electricity in the room wiring from more than 5000 Graham/Stetzer units to less than 50 units. With no change in either the lighting or the cell tower radiation, the teacher reported an immediate dramatic improvement in the behavior of her students in the following week. They were calmer, paid more attention, and were teachable all week except for Wednesday when they spent part of the day in the library.

In his 1973 book, *Health and Light*,<sup>1</sup> John N. Ott described a 1973 study of 4 first-grade classrooms in a windowless Sarasota, Florida school. Two of the rooms had standard white fluorescent lighting and the other two had full-spectrum fluorescent lighting with a grounded aluminum wire screen to remove the RF radiation produced by fluorescent bulbs and ballasts. Concealed time-lapse cameras recorded student behavior in classrooms for 4 months.<sup>2</sup> In the unshielded rooms, the first graders developed, "... nervous fatigue, irritability, lapses of attention, and hyperactive behavior." "... students could be observed fidgeting to an extreme degree, leaping from their seats, flailing their arms, and paying little attention to their teachers." In the RF-shielded rooms, "Behavior was entirely different. Youngsters were calmer and far more interested in their work."

The Old Order Amish live without electricity. A pediatric group prac-

tice in Jasper, Indiana, which cares for more than 800 Amish families has not diagnosed a single child with attention deficit hyperactivity disorder (ADHD).<sup>3</sup> Dozens of cases of childhood ADHD have been "cured" with no further need for drugs by simply changing their electrical environments (Stetzer D, personal communication [www.StetzerElectric.com]).

Before children are treated with drugs for ADHD, the dirty electricity levels in their homes and school environments should first be examined and reduced if needed.

I present the epidemiologic evidence linking dirty electricity to the other diseases of civilization in a recent book.<sup>4,5</sup>

Disclosure: The authors declare no conflict of interest.

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Attention Deficit Disorder - Genetic Alliance. Attention Deficit Hyperactivity Disorder - MedlinePlus Health Information. Supplemental Content. Full text links. Attention Deficit Hyperactivity Disorder: Networks and Neurotransmitters. Attention Deficit Hyperactivity Disorder: Motivation. Attention Deficit Hyperactivity Disorder: Impact on Learning.Â While attention deficit hyperactivity disorder is an issue that an individual doesnâ€™t grow out of once they hit adulthood often times people are not diagnosed as children and seek evaluation as adults. While symptoms may become less severe in intensity and may become more manageable they never fully go away diagnosing adult ADHD is different and may be more difficult than doing so in adolescents. Dirty electricity, also called electrical pollution, is high-frequency voltage transients riding along the 50 or 60 Hz electricity provided by the electric utilities. It is generated by arcing, by sparking and by any device that interrupts current flow, especially switching power supplies. It has been associated with cancer, diabetes and attention deficit hyperactivity disorder in humans. Read More â†’. Jan 16, 2013.