BODY VOLTAGE TESTING METHOD

Body voltage testing is the method whereby the direct effect of electrical fields on the human body is measured. It is the most sensitive and accurate way to measure the impact of AC electric fields.

You will need an electrical meter and a few cords and adaptors for this process. We suggest you purchase our body voltage meter kit. If you choose otherwise, be certain that your meter is "true RMS" as your voltages will be significantly different if not and "true RMS" is the standard per Building Biology Guidelines. It is also handy to have an auto-ranging meter that will read both volts and millivolts without manual adjustments.

This process may seem intimidating but it is easier than you think and once done, your nightly bedroom EMF mitigation is painless and quick!

***SEE OUR WEBSITE FOR ASSOCIATED PICTURES OF THIS PROCESS***

NOTE: All handouts in this packet are available on our website as PDFs.
INSTRUCTIONS:

1. First and foremost: Test the wall outlet that you are going to use as the grounding source with the supplied outlet tester. If the tester reads anything other than the correct and safe sequence, **DO NOT PROCEED WITH THE PROCESS.**

2. Plug the ground cord with the attached outlet connector into the meter's ground connection point (COM). Plug the testing cord with the attached copper handle into the meter's input connection point (a plug that includes the “V” symbol).

3. Plug the ground cord outlet connector into the electrical outlet (tested as safe and correctly wired as confirmed in step 1) in the bedroom that is being evaluated.

4. Turn the meter on to the “V” setting that has the sine wave designation. See the back of your meter for instructions to other possible setting adjustments if required.

5. The testing person should sit on the bed and firmly grasp the copper handle. Other people should remain at least a few feet away. The meter and a worksheet should be nearby for reading and recording voltages.

Note: the meter will report values in volts or millivolts accordingly (there is no need to change scales as the meter does this automatically). 1 Volt (V) = 1000 millivolts (mV)

Depending upon your meter, it may light automatically or you may need to push a button for backlighting in dark conditions.