Common Sleeping - Related Problems and Illnesses of Persons who Stayed within Geopathic Stress Zone

JEREMIAS L. CONVOCAR

ORCID ID - 0000-0002-6489-5881 jeremiasconvocar@yahoo.com West Visayas State University, Philippines

Abstract - The study attempted to determine the common sleeping related problems and illnesses among persons who stayed for a period of time within geopathic stress (GS) zone. This descriptive research was conducted in November 2008 to April 2009 among conveniently and purposely selected home and office occupants in the third district of the province of Iloilo, Philippines who after having been surveyed using the Y-rod dowsing tool were found exposed within GS zone. The study used a self-made data gathering instrument based on several internet published theories and researches on problems and illnesses indirectly caused by GS. The study revealed that persons who stayed by seating or sleeping with their parts of bodies exposed within GS zone for a period of time commonly experienced the following: (a) Seating: Frequent waking with feeling of tiredness, tingling and numbness of feet, fatigue in the morning and restless sleep; Migraine, rheumatism, nervousness and high blood. (b) Heads: Insomnia, frequent waking with feeling of tiredness and fatigue in the morning; Migraine, nervousness, and demonic attacked. (c) Chests: Tingling and numbness of hands, frequent waking with feeling of tiredness, insomnia and fatigue in the morning; Cardiovascular circulation problem, asthma, and migraine. (d) Abdomens: Tingling and numbness of feet, insomnia and fatigue in the morning; Rheumatism, migraine, and nervousness. (e) Extremities: Tingling and numbness of feet, insomnia and fatigue in the morning; Arthritis, migraine, and nervousness.

Keywords - Health, Sleeping Problems, Geopathic Stress Zone, Descriptive Research, Iloilo, Philippines, Geopathic, Stress, Freeing, Zone, Persons, Health

INTRODUCTION

People are more aware than ever of their health. Unfortunately, there are some natural effects which can be extremely harmful to the immune system and over which we have no control, such as Geopathic Stress (GS). If you think of the earth as a giant electromagnet, GS occurs when waves of radiation seep from the earth's core and bisect other natural electromagnetic phenomena such as swift flowing underground streams, mineral concentrations on fault lines. The negative earth rays become harmful as they rise through the buildings affecting the body's natural biorhythm and causing sick building syndrome (Life Techno, 2008).

In addition, GS is the effect of detrimental earth and electromagnetic radiation on the health of your body (Health Wise, 2008). When a house or structure is built over earth natural magnetic energy line, it causes them to be split up into component rays. The noxious rays is damaging to health. Thus, over a period of time, the body's resistance can be affected, leading to stress and subsequent illness (Less Stress, 2009).

Furthermore, Cowan (2001), emphasized that GS passing through the beds of people will suffer ill-health-post viral fatigue syndrome, multiple sclerosis, necrotizing facilities (the flesh eating bacteria), demonic attack, and others. Saunders (2008) added that GS can contribute to a number of physical and mental ailments and can also be the cause of "GS syndrome" or others call it "sick building syndrome". These symptoms can range from feeling tired, sick, poor quality sleep, low immune system, feeling cold and, more seriously, depression, infertility, arthritis, and cancer.

As affirmed, if one cannot feel the energy, then a simple detection instrument is a pair of dowsing rods or a pendulum. Likewise, the rods or pendulum can be asked to point the direction of the line (Taylor, 2000). It is one of the most effective ways to check for hidden earth grids is dowsing, which in turn will show where the GS is concentrated (Saunders, 2008) As recommended, the Y rod is the traditional tool commonly used by water dowser and is still favored by many dowsers both professional and amateur (Geomancy Org., 2008).

Conversely, GS can do untold damage to both physical and mental health (Moonslippers, 2008). That is why the proponent of this study wanted people to know all about them and what they can do to avoid or neutralize their potential harmful effect

This study is anchored on Cowan's (2001) position that intersections of earth grids (Hartmann lines) which result to GS zone are very difficult to monitor scientifically. Hence, the inability of scientists to understand which dowsers (bio-locators) would find possibly the same to be the cause of sleeping and health problems of people.

Does staying within GS zones for a period of time caused sleeping problems and illnesses? This question must be answered. Hence, this study was conducted.

FRAMEWORK

GS has been found to be the most common factor in most serious and long-term illnesses, and psychological conditions. Research suggests that 85% of people that are suffering ill health are sleeping in a geopathically stressed area (Fengshui Tips, 2009).

The term "Geopathic Stress" (GS) is used to describe negative energies or harmful earth ray. It emanates from the earth and causes discomfort and ill health to those living above it (Creightmore, 2007). It can cause serious health problems for people who stay over them for a long period of time (Craddock, 2008). The stress lines vibrating at up to 250 Hz can be created when this natural earth energy (which normally vibrates at a very low 8 Hz) encounters weak electromagnetic fields around underground water veins, mineral deposits, radiation sources, caves or fault lines near the surface (Zimbio, 2008).

According to Hartmann, the worst place that a person can sleep or work is over a Hartmann knot where two Hartmann lines cross. The harmful radiation is intensified at this juncture. The lines form a grid around the earth running north to south appear approximately every 6 feet 6 inches and the east to west approximately every 8 feet 2 inches and extend to a height of 60 to 600 feet (Mercola Com., 2008). In over 70 years German medical studies (Feng Shui Insight, 2008) have indicated that exposure over a period of time over GS zone may correspond to chronic health problems particularly the incidence of cancer. Recognition that GS slows or even blocks medical treatment has resulted in European practice of assessing cancer patient beds at home for GS.

Widespread research now indicates that GS may be one of the causes of degenerative illnesses. Several studies showed how a high level of correlation between major illnesses and sleeping or working over an area of GS. Some of the symptoms of GS include: fatigue, weak immune system, depression, nervousness, loss of appetite, poor digestion, allergies, insomnia, circulation problems, muscle cramps, and grinding teeth. Likewise, children are especially sensitive to GS. Bed wetting and continuous crying by babies may occur (Life Technology, 2008).

Early work with GS dates back to the 1920s in Germany. Cancer rates were shown to be higher in the vicinity of water veins, which are running streams located 150 to 300 feet underground. These underground streams are one of the main factors in distorting otherwise healthy earth energies (Zimbio, 2008).

In comparison, the Medical Officer of Health (in Quigley, 2008) noted that he had been in fifty-four houses and, in each one, the beds had stood on the lines Von Pohl had drawn on his map. Subsequent work by dowsers, mainly in Germany, has refined and expanded Von Pohl's work.

Likewise, Quigley (2008) cited that the notorious cancer beds, in which many German dowsers routinely check, are found to overlie veins of underground water, usually coinciding with other energy lines which various dowsers ascribe to one or other of the systems of lines known as the Curry Grid and the Hartmann Grid.

According to Quigley, symptoms of GS can vary considerably from sleeplessness, irritability and emotional upset at one end of the scale, to serious illness, (including cancer), in animals and humans, at the other.



Figure 2. Examples of cancer beds

Figure 2 shows examples of cancer beds, located over dowsable underground streams: a. twenty-seven-year-old man admitted to mental hospital after nine months sleeping in this bed; b. fifty-three-year-old woman died of cancer of the liver; c. thirty-eight-year-old woman died of cancer throughout her body; d. a typical cancer site, the crossing of black streams; and e. an unaffected bed.

In the present day, GS has been linked to cancer. Studies conducted by doctors in small towns throughout Europe (in Earth Transitions, 2008) found that virtually every person who contracted cancer had been sleeping in a GS zone. Findings have also linked sleeping in a GS zone to Sudden Infant Death Syndrome, Chronic Fatigue and Fibromyalgia. Some in the alternative healing community theorize that up to 80% of all illness can be related to sleeping in a GS zone. If your baby or child is always scrunched up to one side of the crib or bed, check for GS. Babies and children can sense it and instinctively try to move away from the source

Other potential problems due to GS zone included cardiovascular deficiency, attention deficit disorder, immune deficiency disorders, and chronic fatigue. Some lesser effects of influence are chronic body pains, headaches, sudden signs of physical aging, irritability, and restless sleep. It is also a common factor in cases of infertility and miscarriages. The major issue is an increase risk of cancer. While GS zone may not directly cause cancer, it weakens the body and makes it much more likely to acquire cancer. Studies have shown that over 85% of patients who die from cancer had regular exposure to GS zones

(Cancer Fighting Strategy, 2008).

Shakura (in Gabriel, 1999) explained that GS has been found to be the common factor in many serious and minor illnesses and psychological conditions, especially those conditions in which the immune system is severely compromised. Cardiovascular deficiency, attention deficit disorder, immune deficiency disorders, chronic fatigue, and cancer, are samples of chronic GS influence. Some lesser effects of influence are chronic body pains, headaches, sudden signs of physical aging, irritability, and restless sleep. It is also a common factor in cases of infertility and miscarriages, learning difficulties, behavioral problems and neurological disabilities in children. When the home or work place of the affected person is neutralized, the GS conditions resolve themselves and the body begins to heal.

Conversely, GS apparently does not cause any illness, but lowers one's immunity, exerting a weak, but continuous stress on deoxyribonucleic acid (DNA). Pohl, Bachler, Hovman, and Gordon and other researchers and doctors (in Egby, 2008), have found illnesses associated to GS. Although these conditions must not be thought to be caused by harmful earth rays, but develop as a result of the breakdown of the body's natural functioning and lowering the immune system like cancer, AIDS, arthritis, rheumatism, asthma, migraine, insomnia, many stomach, kidney, bladder, liver, and gallbladder disorders, tuberculosis, multiple sclerosis, heart conditions, diabetes, sinusitis, uterus and adrenals conditions, thrombosis, eyes, ears and teeth disorders, inflammations, varicose veins, leukemia, emotional and mental disorders. There is strong evidence that links earth rays with suicide, divorce, depression, stress, high blood pressure, and alcoholism.

Pohl, Bachler, Hovman, and Gordon and other researchers and doctors (in Egby, 2008) provided strong evidence on the adverse effect of long exposure to GS zone on human health.

According to Fengshui Pathway (2008), GS is detected by dowsing. Likewise, Graves (2008) justifies that the main advantage of dowsing (especially in 'multi-level' systems) are cheapness, flexibility, and simplicity of the techniques and tools almost all types of dowsing tools can be 'knocked up' in a matter of minutes from things lying around the home or workshop. Zimbio (2008) adds that monitoring the movements and behavior of these dowsing tools reveal the places in which GS is strongest.

All scientists measure GS with instruments by taking a dowser along to locate the radiation initially. Today, dowsing is accepted and practiced by more and more people including medical practitioners, and dowsing for water has been the most accepted. Dowsing areas for GS can be learned in a matter of minutes using rods, a pendulum, or the muscle test even though some dowsers tell you it will take years to learn (Vaastu Shastra, 2009).

Professor Hans Dieter Betz (Professor of Physics, Munich University) headed a team of scientists that investigated the ability of dowsers to find underground drinkable supplies, taking them to 10 different countries and, on the advice of dowsers, sank some 2,000 wells with a very high success rate. In Sri Lanka, where the geological conditions are said to be difficult, some 691 wells were drilled, based on the advice of dowsers, with a 96% success rate (Craddock, 2000).

Finally, GS zones are identified by using a technique called "dowsing." This technique is historically well-known as a reliable way to find underground streams when drilling for a water source. The same dowsing techniques can be used to locate all the energy sources affecting a particular environment and eliminating and/or neutralizing the effects that lead to GS zone (Nurturing Hand Massage, 2009).

Grave (2008) and other researchers and medical practitioners provided strong evidences on the reliability of the use of dowsing rod in locating underground water springs which is also the location of GS zones.

OBJECTIVES OF THE STUDY

The study was conducted to determine the common sleeping related problems and illnesses of persons who stayed within GS zone for a period of time among purposely and conveniently selected home and office occupants in the third district of the province of Iloilo, Philippines.

MATERIALS AND METHODS

The investigation determined the common sleeping related problems and illnesses of persons who sit or sleep within GS zone.

The descriptive research was used in the study. According to Gay (1996) descriptive research involves collecting data to test hypotheses or to answer questions concerning the current status of the subjects of the study. It determines and represents the way things are.

The independent variable was the exposure to GS gone, while the dependent variable was their common sleeping related problems and illnesses classified as to their parts of body directly exposed.

The respondents of the study were selected home and office occupants in the third district of the province of Iloilo, Philippines. They were identified positively staying within the GS zone for a period of time. Respondents were classified as to their nature of exposure, either sleeping or sitting. Further, if the respondents were sleeping, they would be classified as to what part of the body was exposed.

The convenience and purposive non-random sampling method was employed in the selection of the respondents of this study. Occasionally, a sample was selected randomly, not for reasons of generalizability, but rather to increase credibility of the findings. Patton (in Gay, 1996) refers to this procedure as purposive random sampling. The actual number of observations to be made (or the actual number of people to be interviewed) is rarely specified in advance. Such decisions are made as the study progresses.

Of 171 respondents in the study, 45 (26.32%) stayed by sitting and 126 (73.68%) stayed by sleeping within GS zone. Of 126 respondents who stayed by sleeping within GS zone, 29 (23.01) were males and 97 (76.99%) were females. As to length of sleeping within GS zone, 56 (44.44%) were short (2 years and below) and 70 (55.56%) were long (3 years and above). As to parts of the body exposed within GS zone, 68 (53.97%) were heads, 16 (12.70%) were chests, 24 (19.04) were abdomens, and 18 (14.295) were lower extremities.

Of the 45 respondents who stayed by sitting within GS zone, 0 (0%) were less than 20 years, and 45 (100%) were 20 and above years of age. As to sex, 4 (8.88%) were males and 41 (91.11%) were females; and 32 (71.11%) were short (2 years and below) and 13 (28.89%) were long (3

years and above).

The data gathering instrument employed in this study were selfconstructed interview questionnaires that elicited personal data, sleeping problems and common illnesses of persons who stayed by sitting or sleeping for a period of time within GS zone. For further refinement, the questionnaires were submitted for content validation to selected medical practitioners, psychologists, and English editors. The questionnaires consisted of three parts namely: Personal information, common sleeping related problems, and illnesses. On the hand, dowsing tool was used in locating GS zone.

Sleeping Related Problems. The self-constructed data gathering instruments based on several internet published theories and researches on sleeping problems caused by staying within GS zone was utilized in this study. The questionnaire consists of 7 items and the respondents were requested to check either yes or no depending on his or her choice. An open ended question was provided in the later part for other problems not included in the list.

Common Illnesses. Likewise, the self-constructed data gathering instrument was utilized in determining the respondents' common illnesses attributed to sleeping for a period of time within GS zone. The questionnaire consists of 9 items with an open ended question.

Dowsing Tool. The researcher used dowsing rod in locating GS zone. As affirmed, detecting GS zone has become possible with dowsing tool. The instrument has been accepted historically to detect the detrimental forces in a house. Dowsing rods provide accurate result if the perimeter of a sick building preferably external is checked using L and Y dowsing rods. Dowsing rod helps to locate GS zone or area in a matter of minutes. Today, it has been practiced by most medical and non-medical practitioners (Vaastu Shastra, 2010).

In this study, the Y- dowsing rod made of bamboo splints connected to Y-shaped Twigs of guava were used in locating GS zone. The dowser holds the Y-shaped rod with one short end of Y in each hand and the long end of the Y pointing forward. Exercising a slight outward pull on the forks of the Y to keep the end under tension the dowser steadily walks over the area in a regular grid pattern, carefully covering the entire area of bed to be searched. The rod points down when the dowser passes over the earth grids or near the searched Hartmann knots showing the spot or location of GS zone (Readers and Root Workers, 2009).

Moreover, Graves (2008) explains that the main advantage of dowsing (especially in 'multi-level' systems) are cheapness, flexibility, and simplicity of the techniques and tools and almost all types of dowsing tools can be 'knocked up' in a matter of minutes from things lying around the home or workshop. Moreover, experts tried many instruments, some are very expensive, but none have proved as consistently, reliable, accurate or as quick as a human dowser (Earth Transition, 2008).

Permission to conduct the survey among the residents of the community were sought from the office of their respective community captains and Municipal mayors.

Initial survey of the location of GS zone was done using Y-dowsing rod among bed rooms, classrooms and offices were undertaken.

Likewise, layout sketches were prepared to show the direction and intersection of earth grids lines and the location of seats or beds of occupants for the evaluation of GS zone exposure. Further evaluations were undertaken to validate the reliability of the data gathered in the survey.

The researchers personally dowsed the area, administered the questionnaires and interviewed the prospective informants. A tape recorder was used during the interview and digital camera for photo documentation. The questionnaires were gathered and data were classified, analyzed, and interpreted. The data gathered for the study were subjected to certain computer-processed statistics.

Percentage Analysis. Percentage analysis was used in ascertaining the proportion of the respondents' sleeping problems belonging to a particular group.

Rank. The ranking was used to determine the common sleeping related problems or illnesses of persons who stayed in by seats or sleep over GS zone.

RESULTS AND DISCUSSION

Initially, the common sleeping problems and illnesses of persons who stayed within GS zone were determined in this study. The obtained percentages and corresponding rank were used in the analysis.

Common Sleeping Related Problems and Illnesses of Persons Who Stayed by Sitting Within GS Zone.

The results revealed that persons whose seats were within GS zone commonly experienced frequently waking with feeling of tiredness (f=29, %=64.44, rank=1) was most common, tingling and numbness of hands and feet (f=28, %=62.22, rank=2) comes next, and fatigue in the morning (f=25, %=55.55, rank=3) follows the sleeping related problems.

These findings corroborate the findings of studies cited from Dragon yoga Academy (2009), that typical indications of GS include feeling of rundown and exhaustion, insomnia, restless sleep, night cramps, feeling colds, tingling and numbness of hands and feet, and fatigue in the morning.

As to illnesses, the findings revealed that among the fifteen illnesses, migraine or persistent headache (f=24, %=53.33, rank 1) was the most common, rheumatism (f=22, %=48.88, rank=2) comes next, and the nervousness and high blood (f=16, %=35.55, rank=3) follow illnesses experienced by persons who stayed by sitting over GS zone.

These findings support Feng Shui Tips (2009) statement that spending long period of time over a detrimental area or GS zone produces a stress reaction in the human body. This is the same as stress produced by any other means. Likewise, Craddock (2000) adds that the effect is gradual, involving a slow deterioration in health. The body becomes more and more debilitated by the on-going effect of the stress and the person becomes ill. Blood pressure may remain inappropriately raised; excess acid may be produced by the stomach, leading to stomach ulcers; decreased activity by white blood cells will lead to less effective resistance to viruses and bacteria. The person may have difficulty in sleeping as the body is on continuous alert. In this situation the body becomes undermined reducing resistance to colds and flu and more serious illnesses such as cancer.

Furthermore, the findings of the present research was further clarified by the general and simple conclusion from extensive research that GS is the imbalance of Positive Ion fields that are present in many different forms in a given space (Pure Energy Solution, 2009). As affirmed, Positive Ion fields created by noxious frequencies from underground flowing water and earth magnetic grid lines, seismic fault lines, all sources of Positive Ion earth radiation were referred to GS (Orgone Effects Australia, 2010).

Common Sleeping and Health Related Problems of Persons Whose Heads Were Exposed Within GS Zone

When the respondents' heads were exposed within GS zone during sleep the findings revealed that they mostly experienced insomnia or restless sleep (f=67, %=98.55, rank=1), frequent waking with feeling of tiredness (f=61, %=89.70, rank=2) comes next, and fatigue in the morning (f=57, %=83.82, rank=3) follows.

However, as to illnesses, they commonly experienced migraine or persistent headache (f=41, %=60.29, rank=1); nervousness (f=22, 5=32.35, r=2) comes next, and demon attacked or possessed (f=12, %=17.60, rank=3) follows when their heads were exposed to the said zone while sleeping.

The findings are supported by Saunders (2008) who stated that GS can both contribute to a number of physical and mental ailments with symptoms ranging from feeling tired, sick, poor quality sleep, low immune system, feeling cold and, more seriously, depression and cancer.

Conversely, the present study upholds existing theories that persons whose heads were exposed within GS zone would most likely be susceptible to demon attacked or possessed. Moonslippers (2008) maintain the findings stating that GS zone act as 'roads' or 'tract' for earth bound ghost, spirits and entities and this in itself can obviously cause problems for whoever lives in the path of one of this lines. Likewise, Cowan (2001) statement that GS passing through the beds of people will suffer demonic attack was also affirmed in this study.

Common Sleeping and Health Related Problems of Persons Whose Chests Were Exposed Within GS Zone

As to chest were exposed within GS zone while sleeping, they commonly experience tingling and numbress in hands (f=13, %=81.25,

rank=1); frequent waking with feeling of tiredness (f=12, %=75.00, rank=2) come next; insomnia or restless sleep and fatigue in the morning (f=11, %=68.75, rank=3.5) comes next.

On the other hand, their most common illnesses when their chests were exposed within the said zone was cardiovascular system problem (f=8, %=50.00, rank=1), asthma (f=7, %=43.50, rank=2) comes next, and migraine or persistent headache (f=6, %=37.50, rank=3) follows.

The findings when chest of victims were exposed within GS zone was supported and clarified by EMR Labs (1996-12011) explaining that positive ionization of blood increased its serotonin release significantly. Likewise, authorities affirms that Positive Ion fields created by noxious frequencies from underground flowing water and earth magnetic grid lines, seismic fault lines, all sources of Positive Ion earth radiation were referred to GS (Orgone Effects Australia, 2010).

Common Sleeping and Health Related Problems of Persons Whose Abdomens Were Exposed Within GS Zone

When respondents abdomens were exposed within GS zone while sleeping they commonly experienced tingling and numbness in feet (f=20, %=83.33, rank=1), insomnia or restless sleep and frequent waking with feeling of tiredness (f=15, %=62.5, rank=2.5) rank next and fatigue in the morning (f=11, %=45.83, rank=3) follows.

However, when their abdomen were exposed over the said zone while sleeping, their most common illness was rheumatism (f=17, %=70.83, rank=1); migraine or persistent headache (f=8, %=33.33, rank=2) comes next, and nervousness (f=6, %=25, rank=3); follows.

The findings affirm Creightmore's (2007) statements that typical indications of GS also includes resistance to appropriate treatment, a feeling of rundown and exhaustion, depression, insomnia, restless sleep, night cramps, feeling cold, tingling and numbress of hands and feet, and fatigue in the morning.

Common Sleeping and Health Problems of Person Whose Extremities Were Exposed Within GS Zone

Finally, when their lower extremities were exposed to GS zone during their sleep, they commonly experienced tingling and numbness

in feet (f=12, %=66.6, rank=1); insomnia or restless sleep (f=10, %=55.55, rank=2) comes next; and frequently waking with feeling of tiredness (f=9, %=50.00, rank=3) follows.

On the other hand, when a person's lower extremities were exposed within GS zone while sleeping, the most common illness was arthritis (f=11, %=61.11, rank=1); migraine or persistent headache (f=8, %=44.4, rank=2) comes next; and nervousness (f=7, %=38.8, rank=3) follows.

These findings are consistent to Pohl, Bachler, Hovman, and Gordon and other researchers and doctors, findings (in Egby, 2008) which found that illnesses like, arthritis, and rheumatism were associated to GS. Likewise, several studies cited in Life Technology (2009) which showed a high level of correlation between major illnesses and sleeping or working over an area of GS was also supported by the present findings.

Moreover, the results of present study on the effect of GS on human health strengthens and validates the findings of a large scale observations and researches of scientists from Austria, Germany, USA, Switzerland, England, Canada, and France (2009) showed that: (1) Depending on the longetivity, the nature, and location of human being within the GS zone, various illnesses set in, affecting body organs and disrupting their functions. (2) The most common illnesses are ecological, cardio-vascular, neuropsychological nature as well as disrupting of the motor functions of the body. If the entire body is within the GS zone, it affects the entire system, including joints, circulation of blood to the brain, causes sclerosis, sores, which do not heal, etc. (3) There exists a period of time, after which human organism becomes misbalanced, leading to further development of pathological condition and, eventually, death. (4) All people in GS zone have one thing in common, and that is their complete insensitivity to any kind of treatment. It is practically impossible to heal person living within a GS zone.

CONCLUSIONS

In view of the foregoing findings, the following conclusions were drawn:

- 1. Persons who stayed in seats or sleep for a long period of time within GS zone would most likely to experience or acquire chronic health problems like insomnia, feeling rundown or exhausted, migraine, rheumatism, nervousness, asthma, arthritis, and cancer.
- 2. It appears that common chronic and persistent health problems and illnesses like migraine, nervousness, cardiovascular circulation problems, asthma, rheumatism, arthritis, cancer were attributed to direct and long exposure of one's body to GS zone
- 3. It appears that parts of the human body directly exposed within GS zone for a period of time would most likely affected by GS.
- 4. The nature or type of health problems or illnesses mostly experienced by geopathically stressed person seem to depend on the parts of their body directly exposed on GS zone.

RECOMMENDATIONS

Based on the aforementioned findings and conclusions, the following recommendations are presented:

- 1. Seats or beds of persons found exposed within GS zone in this study should be moved away in order to avoid from the possible adverse effect of GS on their health.
- 2. Knowledge about the GS phenomenon should be properly disseminated to increase the awareness of the public on the existence of GS and its possible effect on human health
- 3. Alternative medical solutions must be adopted among persons who suffered from chronic health problems like migraine, nervousness, demonic attacked, asthma, rheumatism, arthritis, cancer and the like. Their beds or seats where they stayed must be surveyed in order to ensure that their illnesses were not attributed to GS.

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