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# Water, Electricity and Health: Protecting Yourself from Electrostress at Home and Work (Lifeways: Health/Science)

*Alan Hall*

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**Water, Electricity and Health: Protecting Yourself from Electrostress at Home and Work (Lifeways: Health/Science)** Alan Hall
This guide helps readers to understand how electrostress affects them. It casts new light on the secrets of water, life and electricity, and shows how steps can then be taken to neutralize electrostress and increase one's energy. Electricity is basic to modern life. Electric appliances, such as TVs, mobile phones and computers proliferate. Webs of electric wiring surround people at home, whilst pylons, power lines and transformers form a national grid. These electric webs and appliances generate electromagnetic fields which can harm health and life through electrostress. When physicist Alan Hall found that underground streams linked a stricken home to nearby power cables, the family moved to recover their health. He then asked how water transmits electrostress. In this book, he details how he discovered the nature of water as the bearer of life and as the carrier of death. His discovery of biodynamic fields is applied to countering the harmful effects of electromagnetic fields.

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