



Monday, June 5, 2006

Bluetooth® headsets gain popularity and raise health concerns

It's not surprising to see more and more Bluetooth® devices out and about nowadays, literally. Some have them in their PDAs. Now, with the availability of the wireless headset, you can walk into any mall or megamart, and chances are you'll see at least a handful of people talking into thin air with those wireless ear pieces barely an inch from their brains.

Last year, Bluetooth headsets alone gained 153 percent in worldwide sales. The convenience of the hands free set had finally gone cordless, and consumers got their hands on them as fast as they could.

The irony comes when some people purchase a Bluetooth headset in order to get away from putting the cell phone to their ears. Media reports about the dangers of cell phone antennae causing brain tumors have circulated since their introduction of the mobile devices in the 1980s.

Critics of wireless devices advised minimal use of cell phones and /or the use of wired headsets to get the phones away from the head. But the advent of Bluetooth took the idea of the headset and made it more convenient by taking away the wire.

What few people really understand is that, energetically speaking, a Bluetooth headset is not really much better than keeping the phone receiver to the ear.

Like Wi-Fi, or wireless fidelity which was covered in the recent Issue 8 of the KIMA Journal, Bluetooth uses digital signals to communicate between the headset and a Bluetooth-enabled cell phone. Bluetooth just covers a smaller distance than wi-fi, whose signals can cover an area as large

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as coffee shop and even as large as the downtown district of a major metropolitan city.

So when you receive a call on your Bluetooth-enabled cell phone, the phone relays a signal to the wireless headset. In essence, the headset is an antenna right on your ear that receives the signals. And like all wireless devices, the stronger a signal, the more "fidelity" or accurately reproduced the information is, such as the sound quality of a phone call.

From the energetic standpoint, this kind of close-range, man made electromagnetic frequencies, or EMFs, emitted from the wireless devices is detrimental to the human body's bioelectrical systems. Harmful EMFs inhibit the body's natural energy flow. Inhibited energy flow can lead to incoherence, which can lead to congestion. Pain is a symptom of the congested energy, and when that isn't properly addressed, they can lead to almost every disease in existence, from weight gain to brain tumors.

Are we saying that man made EMFs are the sole cause of these diseases? Of course not. But EMFs do contribute to energy congestion, which directly leads to health problems.

But this is a difficult concept to convey to a public that either doesn't accept the science of bioelectrical energy, doesn't know about it or doesn't care. As long as they feel all right, then everything is okay.

But inhibitions on the bioelectrical systems are difficult to detect by just "feeling." Someone can be affected by EMFs from wireless devices for many years before ever experiencing any serious symptoms. By the time a brain tumor is detected, the damage has already been done.

Luckily, The KI Method® can work through the damages the EMFs and wireless devices can cause, but only if a person is willing to work to improve his or her health. Pulse reading can find which pathways are congested and TKM® can

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work naturally and non-evasively to release the congestion and re-establish the proper flow of bioelectrical energy.

Or, the other logical solution would be to not use wireless devices and if you must use them, to use them sparingly and keep them away from your body when not in use.

There is no doubt that Bluetooth is convenient. However, the convenience is not worth the health risks. ■

Tylenol safety still a concern

The Journal of the American Medical Association reported in 2006 that researches found that even recommended amounts of the popular over-the-counter pain medication Tylenol® can lead to liver damage.

In the study, 106 participants took four grams of Tylenol, which is equivalent to eight extra-strength tablets, everyday for two weeks. Part of the group took the Tylenol with an opioid painkiller while the other took it with a placebo.

No alarming liver tests results came from the placebo group. But almost 40 percent of the other participants had abnormal test results that would signal liver damage.

Acetaminophen is the active ingredient in Tylenol. One of the study's coauthors, Dr. Neil Kaplowitz of the University of Southern California, said that he wouldn't recommend anyone taking more than four grams of Tylenol a day. For heavy alcohol drinkers, he recommends no more than two grams.

Four grams a day is currently the maximum recommended dose for Tylenol.

The safety of Tylenol has been debated by doctors for years. Another coauthor of the two-week study, Dr. Paul Watkins, is not as concerned and says that acetaminophen has been used for fifty years and has a good safety record. McNeil Consumer and Specialty Pharmaceuticals, makers of Tylenol, say that they have studies that tracked high-dose users over a longer period of time than two-weeks. The senior director of medical affairs at McNeil said that the abnormal liver results were much lower in their research and that they resolved as patients continued to take acetaminophen.

A 2004 article from WebMD Medical News estimated that acetaminophen overdose was linked to about 450 deaths from acute liver failure every year. **"Acetaminophen poisoning is implicated in half of all U.S. liver failures,"** the article states.

Tylenol has a handful of side effects

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Nov. 7-11	TKM®: Lv. 1 & 2	Ft. Lauderdale, FL	\$800/\$400
Dec. 7-9	TKM®: Lv. 6	Carrollton, TX	\$450/\$225

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For more information on classes or to register, visit the Calendar page at

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Thank you to our KIMA Members for your dedication to The KI Method® and your loyal readership!

It's renewal time for the 2006-2007 round of Journal issues! Issue will be coming out in September. So be sure to renew your membership to receive your copy on time. And ask for Automatic Renewal, and each year we'll renew your membership automatically so that you don't have to worry about it!

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which are all categorized as "rare" but also "severe." Among them is hepatitis, not specified as A, B or C, which interestingly enough is a virus of the liver.

Another severe side effect is kidney failure. The kidneys are in the filtration system, same as the liver. When the kidneys don't function properly, the liver has to "take up the slack" for cleaning the blood. Failure of the kidneys will lead to overtaxing the liver and eventually liver failure.

Even though Tylenol is an OTC, its

recommended to check with a physician before use if you have liver problems, kidney disease, have overdosed on acetaminophen and/or are in the habit of drinking too much alcohol. Since alcohol puts great strain on the liver, interactions with acetaminophen can't be good.

A more indepth article on this topic will appear in the next issue of the KIMA Journal. Don't forget to renew your membership! ■