



Wellness Minute

Health Information You Can Use On Your Path To Wellness

The Silent Health Hazard

Brain Fog
Chronic Fatigue
Anxiety / Depression
Poor Sleep

EMFs
Electric Magnetic Fields

What's the Harm in EMFs?

“EMFs are a bigger threat to you, and your family than you realize. [They emit] frequencies that are harmful to the body and to the planet.”

Imagine you experience periodic tachycardia, meaning your heart is racing for no apparent reason. You go to a cardiologist, but they can't identify why your heart is racing inconsistently. While you are working at your desk, the symptoms come back. For some strange reason, you unplug your wireless keyboard and mouse, and the tachycardia goes away. Weird right?

A few days later you decide to try your wireless mouse and keyboard and again your heart races. And again when the mouse and keyboard are unplugged, your heart calms down. That was the story of one of the speakers at the IAACN conference on EMFs. EMF stands for Electric and

Magnetic Fields. I heard story after story of people who had EMF challenges and what they did to overcome them.

Consider that well over 20,000 papers worldwide have been written about the danger of EMFs in the last 30 years. But the subject of EMFs has flown under the radar. Yes, I knew about some of the dangers, but I guess I didn't really want to KNOW about them. For example, one of the areas to consider are the smart meters installed to evaluate electricity and water use. You can go to YouTube and watch a Ted Talk presentation by Jeremy Johnson on Smart Meters. He describes how the installation of a Smart Meter in his home destroyed his health.

To be clear, when we talk about EMFs, there are 4 types of frequencies that can affect our health:

1. Electric Fields
2. Magnetic Fields
3. Radio-Frequency Radiation
4. Dirty Electricity or Electro-Magnetic-Interference

Each of these categories emits frequencies that are harmful to the body and to the planet for that matter. I am sure you have heard stories about bees dying, birds not singing, geese getting lost, whales washing up on shore, etc. What are some of the symptoms humans experience from EMFs? Sleep disturbances of all kinds, pain, memory, and brain dysfunction, anxiety, depression, fatigue, immune system impairment,

ringing in the ears, brain fog, irritability, stress, infertility, hypertension, cardiac muscle disturbances, blood brain barrier permeability, DNA damage, even cancer.

And all these symptoms are without 5G. Add 5G, and we better buckle up because these frequencies have never been tested on human beings. Experts say 5G will push this field into hyperspace.

The point of this Wellness Minute is not to teach you everything in our brief time together but to alert you that EMFs are a bigger threat to you, and your family than you realize. It's a whole new language which I guess is one of the reasons why I avoided it.

At the IAACN conference, all speakers encouraged participants to invest in meters to evaluate base line levels of EMFs in your home and then find ways to limit exposure. You can't fix something if you don't know you have a problem. In terms of meters to use, Dr. Beverly Rubik who has spent her whole life studying frequency patterns shared a household meter that everyone can use. It's made by Cornet microsystems Inc. called the electro smog meter, ED88TPlus2 (0.1-8GHz). The cost is under \$200.00

The easiest and first thing all of us must do is to unplug from Wi-Fi whenever we can. Use corded phones, a corded mouse, a corded keyboard, turn off our routers at night, keep our

cell phones on airplane mode if we are not using them. And on our cell phones, we can turn off Wi-Fi, Bluetooth, and map locator settings when not in use. All the speakers recommended turning off Wi-Fi routers at night. I didn't realize it, but these frequencies create increases in cortisol. As you know, when we sleep, we want our cortisol levels lower. If we experience elevations in cortisol, we won't get to the deeper levels of sleep where we repair and recover.

How many people are affected right now? According to some researchers about 7% of people are seriously affected. 29% are moderately sensitive. 25-30% are slightly affected, and the rest of the tested subjects were not aware of any sensations when placed in EMF fields. So, at this point, everyone is not seriously affected, but everyone is affected. And remember 5G is being ramped up and will amplify all of these statistics.

Here's another thought. In terms of nutrients, two mentioned at the conference over and over... "Both magnesium and melatonin are nutrients to protect against the effects of EMFs."

Let's be honest, none of us are going to escape these frequencies unless we move to the desert or the mountains. It's an up and coming field all of us are being forced into because we are all being exposed. Now that you know about EMFs, you can measure your exposure and you can find ways to reduce it.