

EMF Symptoms and Remedies

by Deidre Madsen

Are you experiencing ill health, feeling sicker and sicker whether in your home, work, or car? You may not be aware that we are all bombarded all the time by various forms of energies; some of which are extremely harmful.

While striving to live healthy and conscious life we are surrounded by noxious toxic energies. If you are cleaning up your inner act, your outer space will also become important and in need of repair and clean-up thus creating a proper balance.

We must not neglect our external environment and if after thoroughly speaking with your doctor, you still experience symptoms listed here you may discover that some of the chronic issues you have been suffering were caused by your environment.

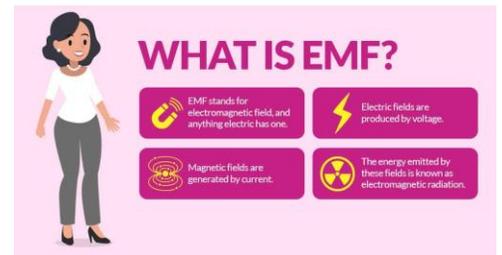
Electromagnetic Hypersensitivity (EHS) EMF Symptoms

- *Low energy, low libido, irritability, stress*
- *Headaches, heating behind the ears, tinnitus*
- *Heart palpitations and chest pain*
- *Fatigue, memory loss, foggy thinking, dizziness*
- *Sleeplessness, confusion, sleep pattern rhythms affected*
- *Skin reactions, redness, rashes, itching, burning, tingling*
- *Flu or flu-like symptoms (headache, body aches, fever, nausea, diarrhea, vomiting, fatigue)*



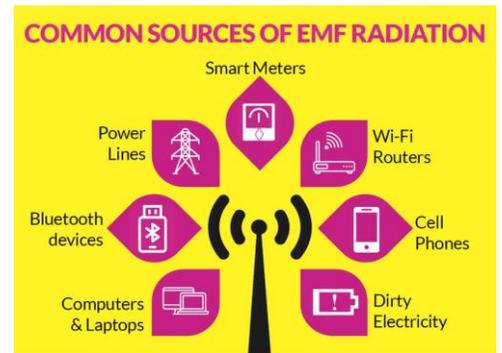
DID YOU KNOW?

- The World Health Organization (WHO) classifies EMF as a possible carcinogen.
- MRI studies show that 4G radiation exposure reduces brain function.
- Male infertility drastically decreases with just 4 hours of cell phone use per day.



WHY IS EMF DANGEROUS?

- Our bodies have their own electric functions - think about your brain, heart, and nervous system.
- Frequencies emitted by artificial EMF sources interfere with the function of such systems.
- Even serious conditions like cancer, DNA damage, infertility
- This can result in symptoms like**
 - Insomnia
 - Brain fog
 - Headaches
 - Compromised immune system



HOW TO PROTECT AGAINST EMF

- Get a Cover for Your Smart Meter
- Switch to a Hard-Wired Internet Connection
- Put Your Devices on Airplane Mode When Not in Use
- Create a Sleep Sanctuary in Your Bedroom (No Wi-Fi)
- Don't Stand in Front of the Microwave While It's Cooking (better yet, get rid of it altogether)
- Use Dirty Electricity Filters

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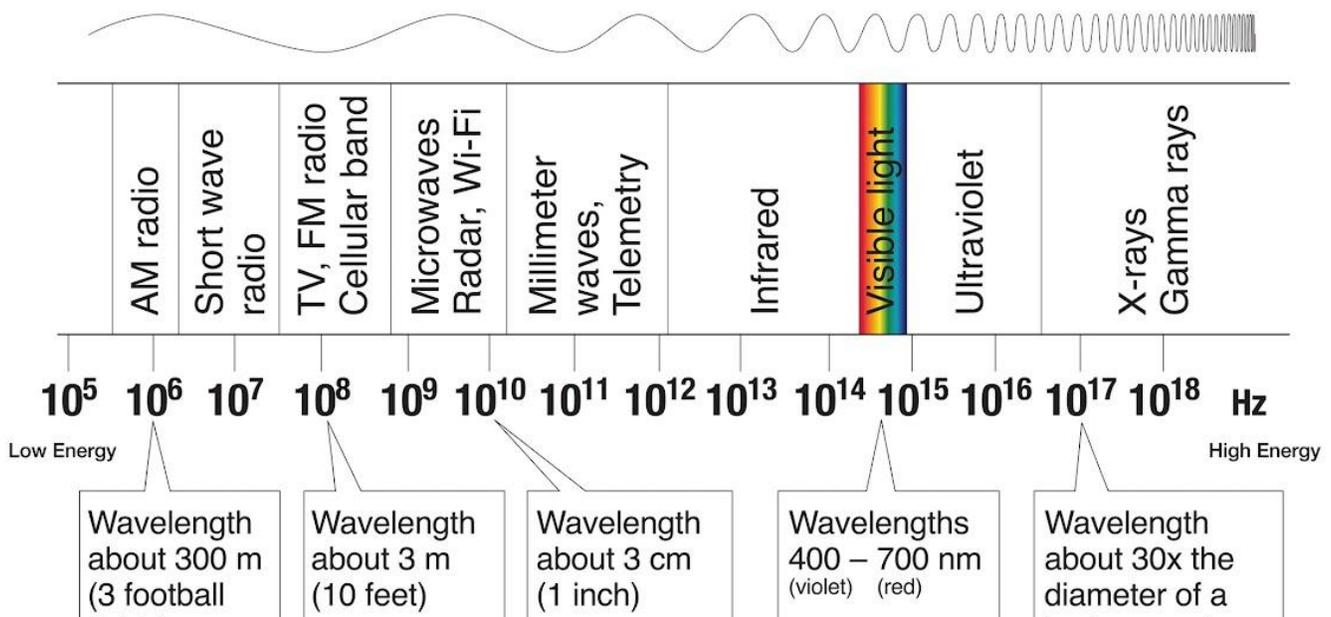
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What is EMF?

Electromagnetic Frequency (EMF) and Radio Frequency (RF) Radiation

EMFs are invisible electromagnetic spectrum of energy and radiation produced by electricity. EMF comes in two types: Ionizing and Non-Ionizing, which basically refers to the ability of the energy to break chemical bonds into ions.

The Electromagnetic Spectrum



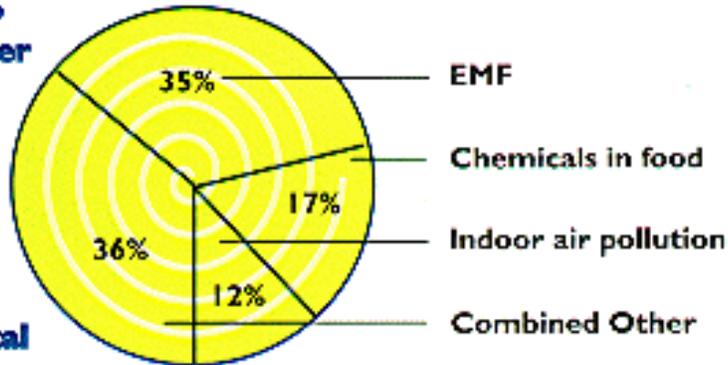
The Central Nervous System

*"In experiments with EMF fields on the central nervous system, "The sites of the greatest changes- the brain's hypothalamus and cortex-were cause for concern. The hypothalamus, a nexus of fibers linking the autonomic nervous system, is the single most important part of the brain for homeostasis and is a crucial link in the stress response. Any interference with cortical activity would disrupt logical and associational thought. "****

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According to the newspaper USA Today, 35% of Americans rank EMF as their number one environmental health concern. (January 1993)



We are the First Generation to Live in an [saturated] EMF World

Paul Brodeur, the author of *Currents of Death*, a book about EMF and a series of famous articles on EMF for the magazine *The New Yorker*, first raised the question about the key difference between natural DC magnetic fields of the earth and artificial man-made EMF which is mostly composed of alternating current (AC). Brodeur suggests that the AC magnetic fields appear to have profoundly negative effects on human cell behavior. Human life has gradually evolved over two billion years in an environment devoid of AC magnetic fields. Man-made AC fields differ greatly from the earth's magnetic field, as the earth's current is direct current (DC) and not alternating current (AC). Brodeur argues that, in terms of the biological consequences, this constant, unprecedented human exposure to AC fields is highly stressful. The evidence is persuasive that man-made AC fields can interact with or stress our human cells to the point where adverse reactions result.

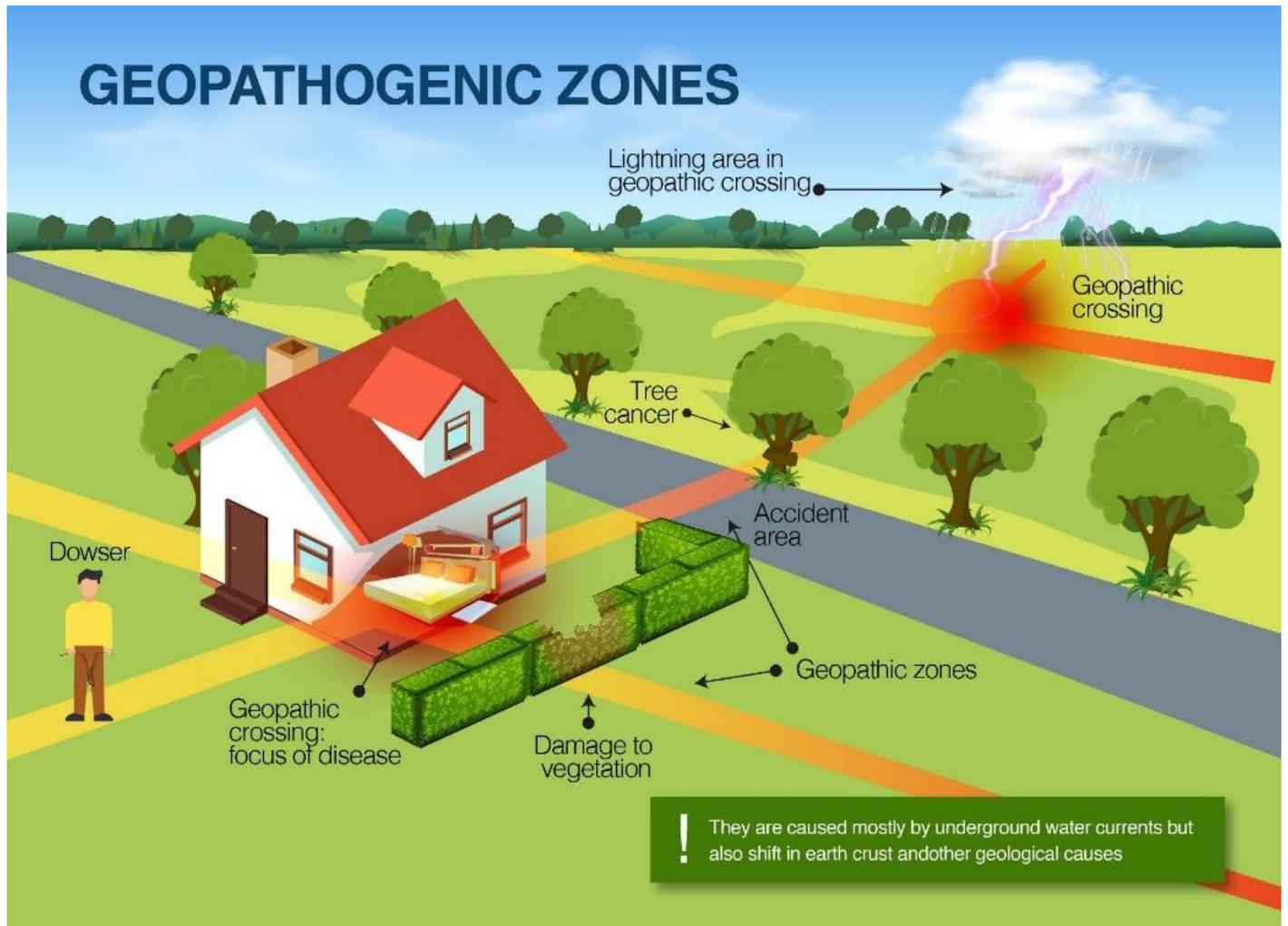
"The adverse effects of exposure to EMF appear to arise slowly over a long period of time. For example, it may take 5 to 10 years in the case of leukemia or perhaps 30 to 40 years in the case of Alzheimer's disease for symptoms to develop. The health cases that are coming to light in the 1990s most likely had their origin in the 1980s or before. Damage that is being inflicted today is not even knowable. The EMF problem has been categorized as a new form of pollution as consequential as air and water pollution. It has also been likened to the newly-discovered hazards of asbestos and cigarette smoking. In terms of its cumulative health effects, it's been compared to the slow process of lead poisoning. The EMF problem will grow - and at a compounding rate. Fortunately, public awareness of EMF is also growing.

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"Recommended safety levels range from 0.5 mG to 2.5 mG as the maximum exposure - with 1.0 mG as a preferred standard. Adverse biological effects have been found at 2.5 mG." **

There are two types of EMF ... Natural and Manmade



Natural EMF

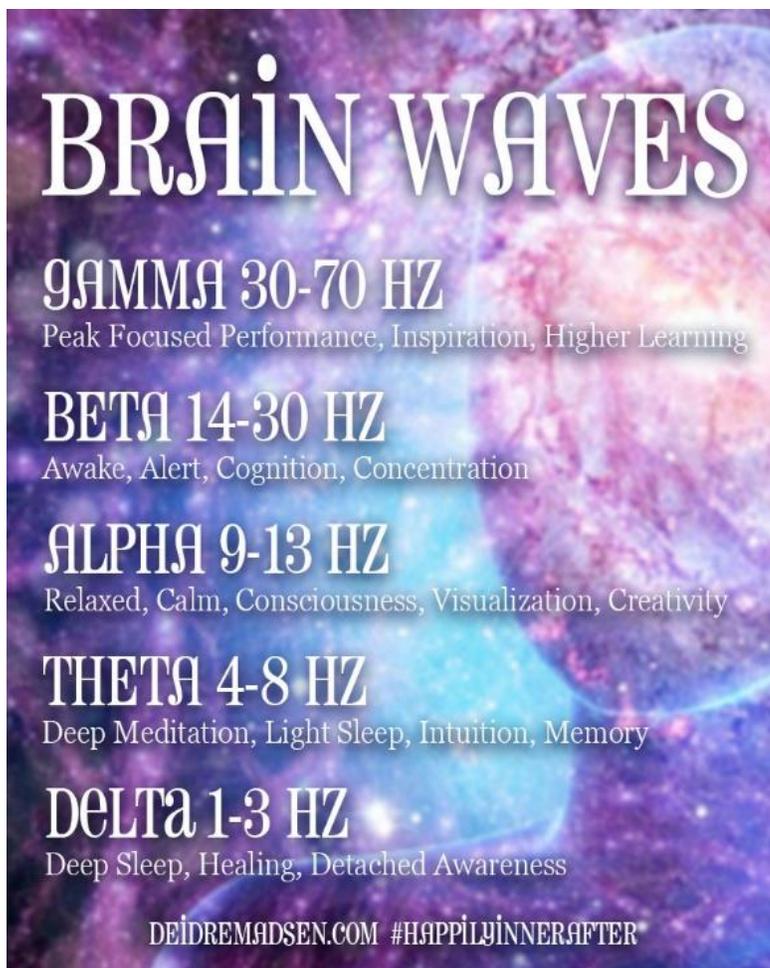
Geopathic Stress from Hartman lines, Curry lines, Water lines, and Subterranean waterflow from an underground fissure.

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Geopathic Stress – Natural EMFs

If a waterflow runs underground it causes friction through the layers of earth, causing protons to be released which rise to the earth's surface and out into the atmosphere. No matter how deep the water way is underground (5" or 100') it still emits protons. If you live in an area of the world where the earth is primarily made up of clay, the friction between the water and the earth is more severe. Now, if one of these water lines happens to cross earth's natural grid (Curry or Hartman) you have what some would call a negative. Many times, people will unconsciously place their bed over one of these crossings. This will cause friction in a relationship, in the home, and especially in one's health.



Our earth's frequency is 7.83 Hz, which is identical to human (alpha) brain waves. With the advent of 900 MHz to 2.4 GHz portable phones, cellular phones, towers, satellite systems utilizing microwaves and our homes filled with every electronic gadget known to man, **our bodies are overloaded, overstimulated and our natural defense and immune systems are overtaxed.**

"Unfortunately, the entire effect of multiple electromagnetic fields on human physiology is not completely understood. However, it is well known that low-frequency magnetic fields can trigger major biochemical responses critical to the functioning of human cells, which operate by complex electrochemical processes. The consequences

*of living in our EMF world may not be known for decades. Virtually all research on the serious health effects of man-made EMF has come to the conclusion that the adverse health responses from EMF are from long-term cumulative exposure."**

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Manmade EMF

These are some examples of the constant array of energy pollution and unfortunately ***most noxious energy is found right in our very own home.***

Microwave ovens, Induction cooktops, X-Rays & CT Scans, Smart meters, Cell phones & cell towers, Computers, laptops & tablets, Chemtrails (conductor), Bluetooth signals, Wi-Fi devices & routers, Smart TVs, refrigerators, cars, home systems & keys, Electrical wiring & dimmer switches, Radiant electrical heat, Plumbing, Electrical boxes, Wireless speakers & headphones, VoIP phones, Exposure to your neighbor's EMF, *and* Humans that have taken the mRNA (Cv19 Injections & Boosters).

Bluetooth iCloud Humans

With the rollout of the mRNA Cv19 injections and boosters, and Smart Dust, new technologies have been introduced into the world's population allowing the opportunity for the masses to be added to

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the Cloud and become a part of The Internet of Things (IoT). In addition, a new artificial immune system has also been introduced via the injections helping to interface between humans and computers.

Some have adapted to the rollout, others have not. You can see the pattern by looking at the past: Plagues and pandemics go hand-in-hand with each evolutionary technological breakthrough.

How do you know if you've been affected by this new interfacing tech? There is a long list of symptoms accompanying the latest wave of technological advancements and these are primarily radiation symptoms: Nausea, Vomiting, Diarrhea, Headache, Fever, Dizziness and Disorientation, Weakness and Fatigue, Hair Loss, Bloody Vomit and Stools from Internal Bleeding, Infections, Low Blood Pressure.

Note: Radiation poisoning can be misconstrued to be seasonal Coronavirus influenza (Flu).

EMF Shielding Protection Benefits

From incorporating any of the following shielding recommendations into your personal life, you cannot help but gain relief from symptoms of EMF exposure and subsequent stress overload including:

- Improved Functioning of the body's natural Immune System
- Resume Normal Repair of DNA
- More Energy (STRUCTURED ENERGY = MORE ENERGY = MORE LIGHT)
- Improved Focus and Concentration
- Being More Optimistic and Enthusiastic
- Sleeping Better
- Feeling More Centered and Balanced (less reactionary)
- An Increased Overall Sense of Wellbeing
- Better and More Focused Meditation
- Relief from stress overload (irritability, hyperactivity, depression, anxiety, eyestrain, jetlag, CFS, ADD, ADHD, Alzheimer's, and more.

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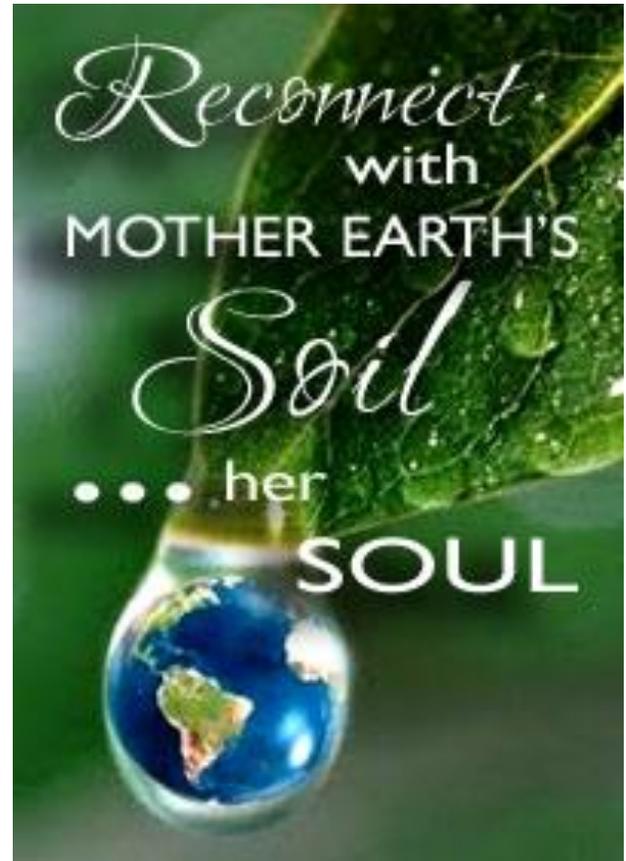
You owe it to yourself and your family (and your pets!) to correct your environment. Get back to Nature's Way of living.

The Remedies

Mother Nature Knows Best Research

Confirms – Electropollution ... may cause us to feel more stressed, fatigued and “out of balance.”

Laboratory research has shown that exposing living cells to the [Schumann Resonance](#) had the effect of shielding them from ambient EMFs, allowing the cells to increase their immune protection, and decrease the absorption of depression-inducing chemicals. Some researchers believe that by producing a 7.83 Hz pulse with a scalar field generator (Schumann device), we can counter the effects of the irritating man-made fields. **By replicating the Earth's natural rhythm, we may be providing ourselves (at least in our immediate vicinity) with a healthier environment.**



Strengthen Yourself Against EMF

"Your body possesses a remarkable ability to adapt to rapidly changing environments. But when your body is chronically bombarded by man-made EMF (electromagnetic fields), its innate intelligence and energy can become weakened. When your body's ability to cope is impaired, it's more difficult for your body to shield itself from negative influences. EMF, in effect, can knock your innate intelligence and energy "out of phase."*

If you are ready to clear your external environment from harmful EMF's, radiation, microwaves, **even people's negative thought-forms and negative moods have been scientifically proven to impact people.** There are many ways to counter the effects of not only EMF's but microwaves, radiation as well as geopathic stressors:

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Get informed ... research this topic via the web and local library, Dowse your home for harmful or noxious energies and geopathic stressors, Utilize magnetics to balance energies, Heal and Shield with Photon machines, Bioelectric shields, Earth OM Field Generators, Cell phone guards on every cell phone, Smart device and portable POTS phone, Holographic Scalar Wave Frequency Generators and Tachyon Energy and nutritional supplements.

Recommended Shielding Products

- ZeroPoint Pendants and Lasers
- Clarus Q-Link Pendants (using SRT - Sympathetic Resonance Technologies)
- Gia
- Aires Tech
- Aulterra
- Reactive Copper
- EMF Harmony
- Shield Your Body (SYB)
- Electra Health
- Wi-Fi Router Guard
- Portable Negative ION Personal Air Purifier Machines
- Grounding Mats
- Protective Clothing and Gear for Humans and Pets
- Testing Equipment: AC and DC Gaussmeters, EMF Meter, Tri-Field Meter, Radiofrequency Meters, Microwave Meters

If you want to live in harmony with your environment, get back the natural flow of good, positive energies in your life, feel better and live healthier check your environment out for these kinds of health hazards.

Taking care of these issues will literally guarantee better health and wellness for you and your family.

The goal is to balance abnormal energy patterns by incorporating not just one, but several of the suggested solutions. Get back to the art of living Happily Inner After.

To Your Health!

Deidre

*Clarus.com

**The Body Electric: Electromagnetism and the Foundation of Life," Robert O. Becker, MD, and Gary Selden, 1985, William Morrow, pp. 284, 285

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