

EMF PROTECTION: Why It's Important & How It's Done

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What are EMF's?

- **EMF = electromagnetic field or electromagnetic frequency, aka electromagnetic radiation**
- **Emitted by all wireless devices, conventional electricity, even geopathic stress**
- **The earth emits natural, low power & low frequency EMF's – including weather induced Schumann Resonance – need for Earthing time every day**
- **The problem is with man-made EMF's that are higher frequency and/or pulsed (modulated) with an intensity that alters our normal everyday functioning, which we will explore...**

The Human Body & EMF's

- The body uses electrical signals to accomplish every function vital to health: impacting all things electrical, the cell membrane, heartbeat, brainwaves, cell growth, sensory perception, conscious muscle and involuntary smooth muscle contraction - to name a few
- Electrical waves flow throughout the body, generating electric current that in turn generates biologically relevant magnetic fields
- Modern medicine relies on measuring EMF's in the body for many diagnostic tools:
 - electrocardiogram (EKG), electroencephalography (EEG), magnetic resonance imaging (MRI), X-ray, cat scan, nuclear imaging, etc.

Research on Damage to Health from EMF's

- 40+ years of studies documenting dangers, starting with pioneer Dr. Robert Becker's *The Body Electric*, a must read
- A sample of health effects documented:
 - Oxidative stress through an increase in free radicals that in turn causes damage to DNA, check oxidative stressors, antiox reserves
 - Decreases in white & red blood cell counts and associated decline our reserves and immune response
 - Compromise of the blood-brain barrier, exposing the central nervous system to unhealthy toxins, redox/membrane support
 - Changes in hormone levels, neuroexcitatory, neuro inhibitory
 - Increases in susceptibility to certain types of cancer and adverse affects on the neurological & reproductive systems

Research on Damage to Health from EMF's

- The United Nations World Health Organization (WHO) classifies EMF's as possibly carcinogenic to humans
- National Institute of Health (US Dept. of Health & Human Services) found in male rats exposed to cell phone EMF's:
 - Clear evidence of tumors in the hearts
 - Some evidence of tumors in the brains
 - Some evidence of tumors in the adrenal glands
- Sources of research studies on EMF's:
 - bioinitiative.org, saferemr.com, ehtrust.org, powerwatch.org.uk, emf-portal.org/en

Why Government Regulation Falls Short

- Cell phone & most other EMF regulation is based only on the thermal activity of EMF's
- Non-thermal effects of EMF exposure not considered, despite the hundreds of studies
- Other countries have much safer standards:
 - European Union guideline for electric field exposure is half what it is in the U.S. and for magnetic fields is almost 90% lower
 - Chile and New Zealand have limits on cell phone towers near schools
 - In France individuals & communities can fight placement of cell phone towers near their homes or schools – this is not legal in United States



Health Effects – Psychoneuroimmunology

- **Long-term EMF exposure exerts long-term stress on the body's psychological processes and the nervous & immune systems**
- **Our bodies are designed for short bursts of stress (real or perceived), then calm – stress & resolution**
- **Long-term stress leads to chronic hypervigilance, and ultimately physical and psychological exhaustion**
- **Leading to symptoms like suppressed immune system, leaky gut, increased inflammation, adrenal exhaustion, etc.**

Health Effects – Physiological Terrain

- When salivary pH was tested in the presence of EMF's subjects became acidic, which causes overutilization of mineral reserves, catabolic process, altering the terrain Neuroendocrine dysregulation
- Support Tx, dashi, veggies, Alka Base, ALKA C, DALEKTRO*N, other changes to support PNS
- Physiological testing in presence of EMF's showed pupillary oscillation, higher pulse rates & higher blood pressure
- Post-test, reversed with EMF Protection device, better than before

Health Effects – Physiological Terrain

- Raglands test, abnormal drop in blood pressure when stand up
- EMF's change whole physiological terrain, lymphatic & blood stagnation altering the microbiome and immune function
- Support lymph, blood circulation through EMF modulation with EMF protection devices, Itires, Bolouke, Mucorsan, Omega 3, NattoSerrazyme, diet, lifestyle modification, etc...

Health Effects – Other Considerations

- **Visceral Dysfunction**

- Long-term EMF exposure can lead to hypercoagulation, increased sympathetic nervous system activity, catabolic activity, hypertonicity of smooth muscle tone, decreased Vagal and other parasympathetic functions
- EMF protection devices and healthy lifestyle help to thin blood, improve lymph drainage and other benefits of wellness

- **Somatic Guarding**

- Observed limited range of motion, diaphragmatic excursion

- **Nervous System**

- Compromised nerve root functioning

Bio-energetic Device Testing – Sprouts Growth & Not

- Growth of cress sprouts after 10 days in identical growing conditions



Without Device



With Device

EMF Protection How To – Minimize Exposure

- **Always limit exposure to EMF radiation – some tips:**
 - Don't hold cell phone to your head when using (use speaker or wired earbuds) – see YouTube Jeff Garcia, *Cell Phones Cause Cancer*, and YouTube *Cell Phone Radiation Pops Popping Corn (5 Phones)*, Myth Buster (only 3 Phones)
 - Don't keep cell phone on in pocket, bra, hip case, etc., due to the sensitivity of breast, testicles, & ovaries, reproductive tissues to EMF
 - Turn off WiFi router at night
 - No Bluetooth headphones, do not use laptop or tablet directly on lap
 - Use wired Internet connection & devices if possible
 - Do not place bed with an outlet behind headboard
 - Try to opt out of smart meter with utility company

EMF Protection How To – Minimize Exposure

- **Some specialized cell phone & laptop / tablet cases will block some radiation**
- **Use EMF measurement meter**
 - **Trifield meter to look for EMF hotspots in & around the home**
- **Have home tested by building biologist**
 - **Professionals trained in assessing and recommending mitigation for EMF's**
 - **buildingbiologyinstitute.org**
- **The Dandelions (85%) vs. the Orchids (15%), Level of Awareness**

EMF Protection How To – Bio-energetic Devices

- Do not block or alter EMF's, they work at the sub-atomic / quantum / subtle energy level (think acupuncture & homeopathy – Chi in TCM, Prana in Ayurvedic)
- Neutralize / harmonize the harmful energetic properties of the EMF radiation
- Wireless devices continue to operate normally
- Many brands / technologies available – look for research demonstrating efficacy & test it yourself
- EMF Harmony products used for testing, biophoton enhancing, improve our terrain, pH of saliva, HR, BP, autonomic regulation

Bio-energetic Device Testing – Case Study

- **Before & after testing of typical EMF stressed couple:**
 - Chronic use of cell phones, laptops, iPads
 - “Smart house” full of wireless networks, appliances, gadgets
 - 1 electric and 1 hybrid car
 - Solar panels with converter
- **Evaluation**
 - Thorough physical/neurological/functional exam
 - Comprehensive blood analysis, CBC, UA, thyroid panel
 - Within 1 week before & ~30 days after device installation
 - No other changes in diet, exercise, lifestyle, etc.

Bio-energetic Device Testing – Case Study

- The couple was provided with the following bio-energetic EMF protection devices:
 - Harmonizer chips on cell phones
 - Harmonizer chips on WiFi routers
 - Harmonizer chips on laptops
 - Harmonizer chips on solar panel converter & electric car charger
 - Harmonizer devices for cars (1 electric & 1 hybrid)
 - Whole house protection system

Bio-energetic Device Testing – Case Study

▪ Results of male subject bloodwork:

Parameter	12/19/2019	1/21/2020	Change	Comments
Blood Glucose	92	82	- 11%	No longer pre-diabetic
Uric Acid	6.5	5.5	- 9%	Improved processing of nitrogen, purine proteins
Potassium	5.0	4.6	- 9%	Balanced Potassium absorption, utilization
LDH	162	179	+ 9%	Improved enzyme of tissue creation of energy
AST (SGOT)	38	25	- 34%	Improved liver, kidney, heart enzyme levels
TIBC	389	355	- 9%	Improved iron storage and liver function
Triglycerides	80	72	- 10%	Improved storage of calories into the fat cells
Thyroxine (T4)	8.2	9.0	+ 10%	Improved thyroid hormone, precursor to T3

Bio-energetic Device Testing – Case Study

▪ Results of male subject bloodwork (continued):

Parameter	12/19/2019	1/21/2020	Change	Comments
T3 Uptake	27	22	- 19%	Increased bioavailability of free T3 Hormone
Vit. D, 25-Hydr.	33.2	48.7	+ 47%	Increased neurotransmitter, Calcium absorption & metabolism
WBC	4.6	5.4	+ 17%	Increased immune function, acute & chronic infection response
Urinalysis Specific Gravity	1.017	1.008	- 53%	Decreased viscosity of the urine, easier on kidney for recycling waste & detoxification
Urine pH	8.5	6.5	+ 24%	Improved pH reflects acidity & alkalinity of kidney waste, was too alkaline
T4, Free (direct)	1.19	1.30	+ 9%	Precursor of T3 biologically active thyroid hormone

Bio-energetic Device Testing – Case Study

▪ Results of male subject physical examination:

Parameter	12/19/2019	1/21/2020	Change	Comments
Pupillary Oscillation	++++	+	Improved constriction of pupil	Decreased adrenal exhaustion, compromised vasoconstriction
ThoraoLumbar (T/L) Rotation	Bilateral 40°	Bilateral 70°	+75% increase in ROM	Improved spinal/visceral range of motion (ROM)
T/L Diaphragmatic excursion	50% optimal	60% optimal	+20% increased diaphragm ROM	Increased vital capacity, ability to oxygenate, ventilate
Shoulder Flexion	Bilat. 95 degrees	L 130 degrees R 120	+ L 37% ROM +R 26%	Improved range of motion, w/o physical therapy or manual treatment
Lymphatic Drainage, Subclavian Term.	+40% normal	+50% normal	+25%	Lymphatic quality & quantity of the return for the whole body

Bio-energetic Device Testing – Case Study

▪ Results of male subject physical examination (continued):

Parameter	12/19/2019	1/21/2020	Change	Comments
Sensation Numb Spots	Everything normal except: L GB 40.5, SP 4, 1" diameter	None present, normal sensation		Improved neurological, brain sensory awareness
Cervical Nerve Root Muscle Test	Bilat. C8 3+/5+. T1 3+/5+	Bilat. C8 3+/5+. T1 5+/5+	T1 Nerve Root Level, optimal	T1 NRL improved to normal, optimal function
Lumbar Nerve Root Level Muscle Test Bilat.	L3, L4 R L5, S1 3+/5+	All 5+/5+	No abnormal findings	Restoration of optimal nerve root function for muscle strength
Cranial Nerves (CN) evaluation with AK challenge	CN 10 of 12 positive, right brain	CN 5 of 12 positive, R & L Brain WNL		Improved function of cranial nerves by 50%, R brain WNL
Pulse	63 bpm	56 bpm	+ 11%	Slower heart rate, improved cardiovascular functioning

Bio-energetic Device Testing – Case Study

▪ Results of female subject bloodwork:

Parameter	12/19/2019	1/21/2020	Change	Comments
Blood Glucose	87	82	- 6%	This drop in glucose is always important
Uric Acid	3.0	2.7	- 10%	Improved processing of nitrogen, purine proteins
eGFR	91	105	+ 15%	Improve est. glomerular filtration rate, kidney filtration of blood, plasma
Globulin, total	2.1	1.9	- 9.5%	Large insoluble proteins
A/G Ratio	2.1	2.5	+ 19%	Change due to slight increase in albumin & slight drop in globulin, no change in total protein
UIBC	147	238	+ 62%	Improved Iron binding
Iron Saturation	50	20	- 60%	More free iron for body to utilize
Triglycerides	44	55	+ 25%	Was too low, now storing glucose as a fatty acid

Bio-energetic Device Testing – Case Study

▪ Results of female subject bloodwork (continued):

Parameter	12/19/2019	1/21/2020	Change	Comments
Vit. D, 25-Hydr.	41.2	53.1	+ 29%	Increased neurotransmitter, Calcium absorption & metabolism
WBC	4.5	3.1	- 31%	Patient caught bad cold right after lab test, decreased immunity
Lymphocytes	35%	52%	+ 49%	Acute infection
Urinalysis Specific Gravity	1.022	1.016	- 10%	Decreased viscosity of the urine, easier on kidney for recycling waste & detoxification
Urine pH	6.0	6.5	+ 8.3%	Improved pH reflects the alkalinity of kidney waste, was more acidic
Iron	146	61	- 58%	Was borderline excess, now lower normal
Homocysteine	8.2	6.9	- 16%	Decreased metabolic waste product of cysteine, methionine, methylation, inflammation process

Bio-energetic Device Testing – Case Study

▪ Results of female subject physical examination:

Parameter	12/19/2019	1/21/2020	Change	Comments
Blood Pressure <ul style="list-style-type: none"> • Supine • Standing 	130/84 105/75	112/72 118/80	Hypertensive at 1st test, optimal at 2nd	Overall BP Improved + Raglands test 1, - test on 2, improved adrenal function, vasoconstriction 2nd test
Pupillary Oscillation	+++	+	Improved constriction of pupil	Decreased adrenal exhaustion, compromised vasoconstriction
ThoraoLumbar (T/L) Rotation	Left 30° Right 50°	Bilateral 85°	Substantial increase in bilateral ROM	Improved spinal/visceral range of motion (ROM)
T/L Diaphragmatic excursion	40% optimal	50% optimal	+25% increased diaphragm ROM	Increased vital capacity, ability to oxygenate, ventilate
Anterior Head Carriage	2"	1"	Big change	Improved posture, blood, lymph flow to/from head, cranial/cervical nerve function

Bio-energetic Device Testing – Case Study

▪ Results of female subject physical examination (continued):

Parameter	12/19/2019	1/21/2020	Change	Comments
Lymphatic Drainage, Subclavian Term.	40% normal	60% normal	+ 50%	Lymphatic quality & quantity of the return for the whole body
Salivary pH	6.5	7.0	+ 8%	Improved alkalinity of saliva, body terrain decreased acidosis
Cervical Nerve Root Muscle Test	Left C5,6,8,T1 3+5+ others 5+/5+	L C5 3+/5+ Others 5+/5+	Only L C5 compromised	L C6,8, T1 NRL improved to 5+/5+ normal, optimal function
Lumbar Nerve Root Level Muscle Test Bilat.	Core muscles, Psoas, Iliacus, Adductors, Glut. Med, R L4/S1 all 3+/5+	All 5+/5+	No abnormal findings	Restoration of optimal nerve root function for muscle strength
Cranial Nerves (CN) evaluation with AK challenge	CN 12 of 12, Sacral 2,3,4,5, Right Brain positive	Sacral 2,3,4,5		Improved function of cranial nerves by 50%, R brain WNL

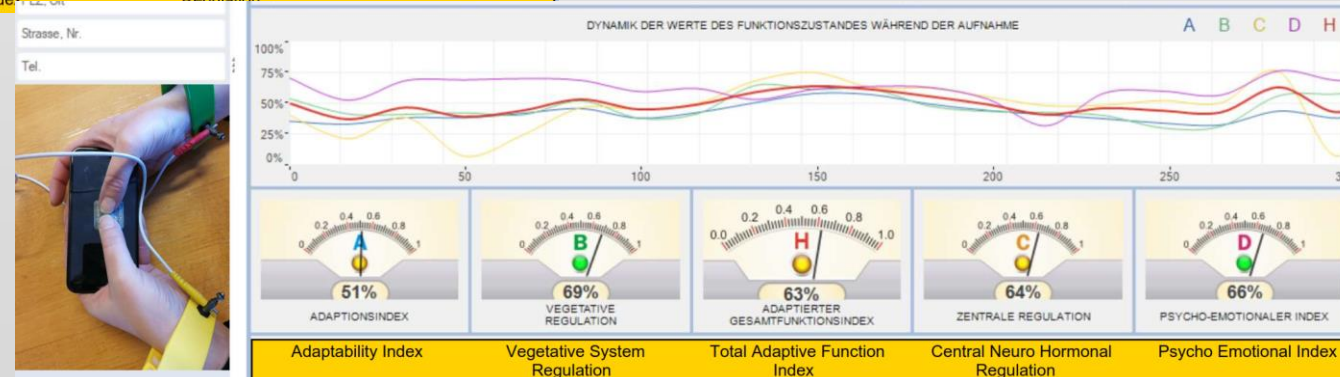
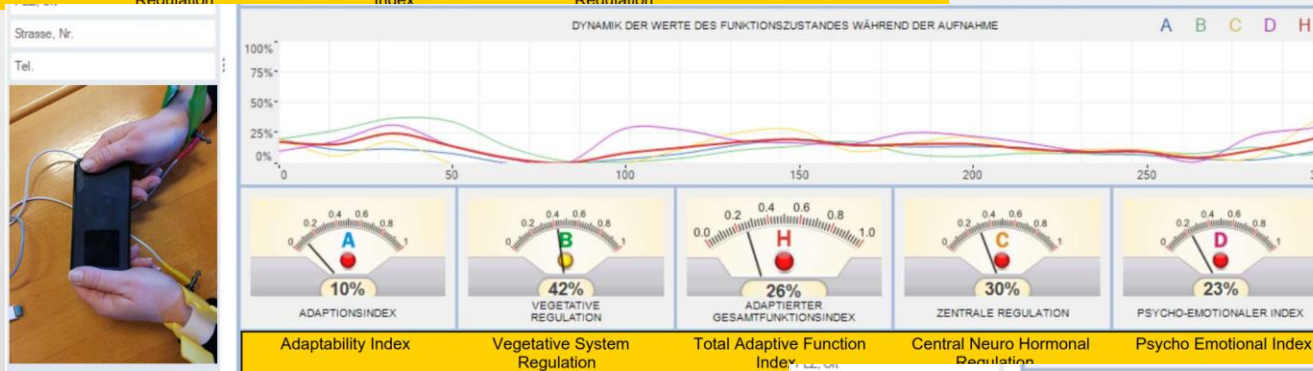
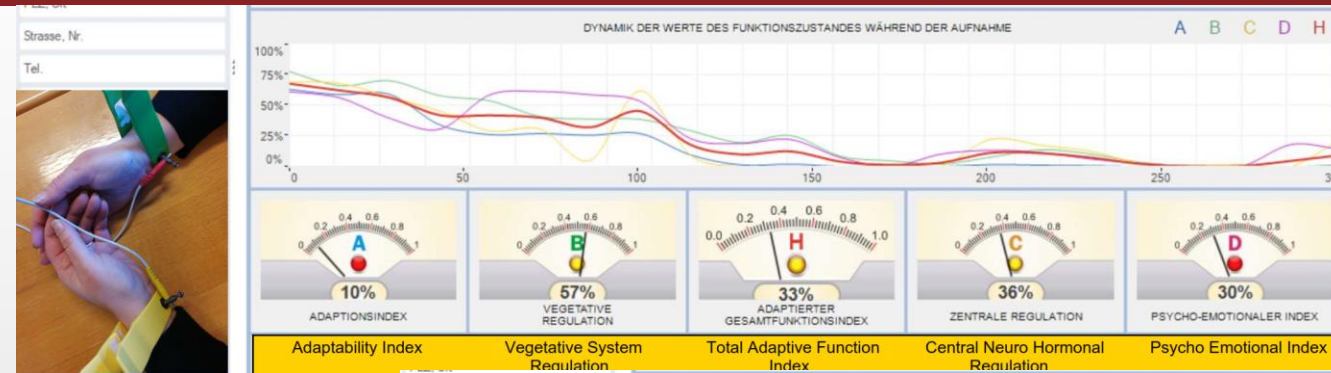
Bio-energetic Device Testing – Case Study

▪ Results of female subject physical examination (continued):

Parameter	12/19/2019	1/21/2020	Change	Comments
Pulse	59 bpm	54 bpm	- 8.5%	Slower heart rate, improved cardiovascular functioning
Positive Allen's Test	7 second return of blood to hand	2 – 3 second return of blood to hand	Negative Allen's Test	Remarkable improved circulation to hand (distal extremity)
Salivary (NO) Nitric Oxide test	Depleted	Optimal	NO restoration	NO is essential to blood vessel dilation, improved circulation

Bio-energetic Device Testing – HRV

1. Default state
2. With unprotected cell phone
3. Cell phone with bio-energetic device



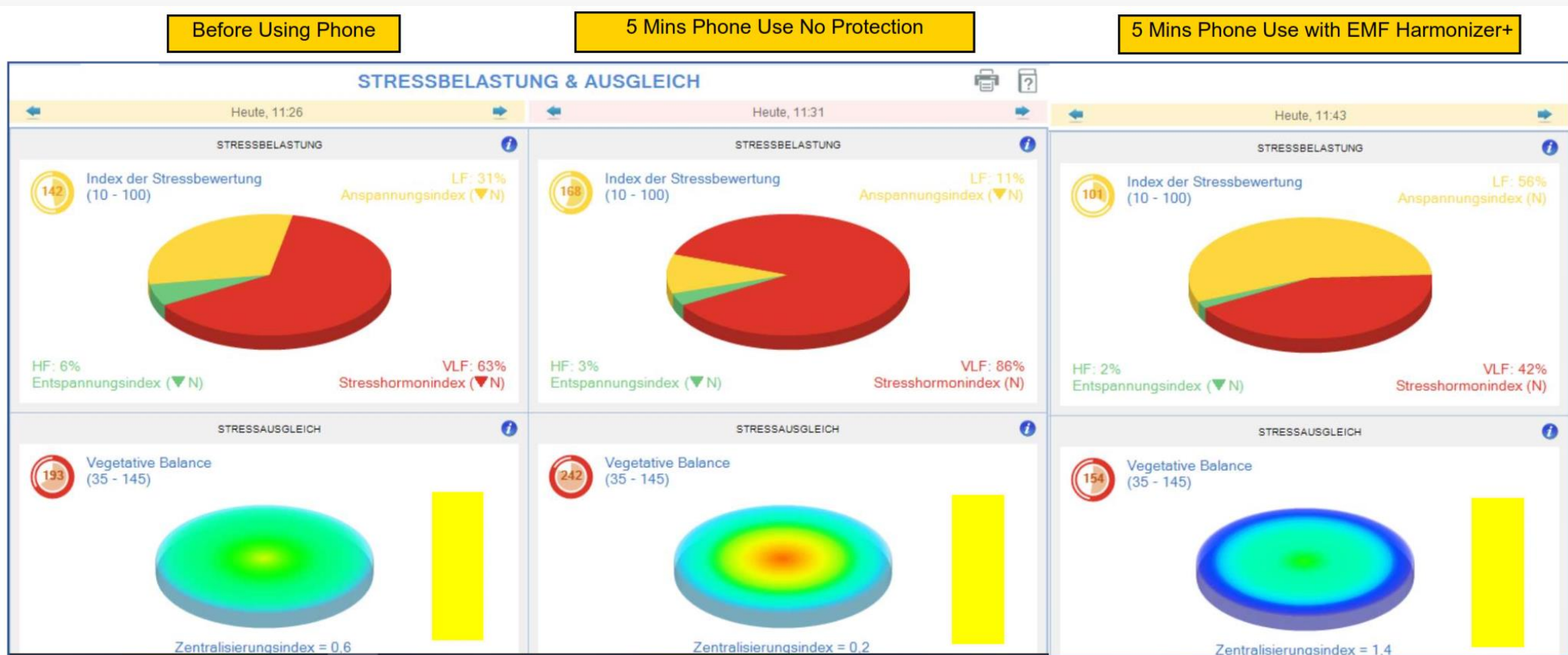
Bio-energetic Device Testing – HRV

- Heart Coherence & Biological Age – 10/10/52 & +5/+7/-5



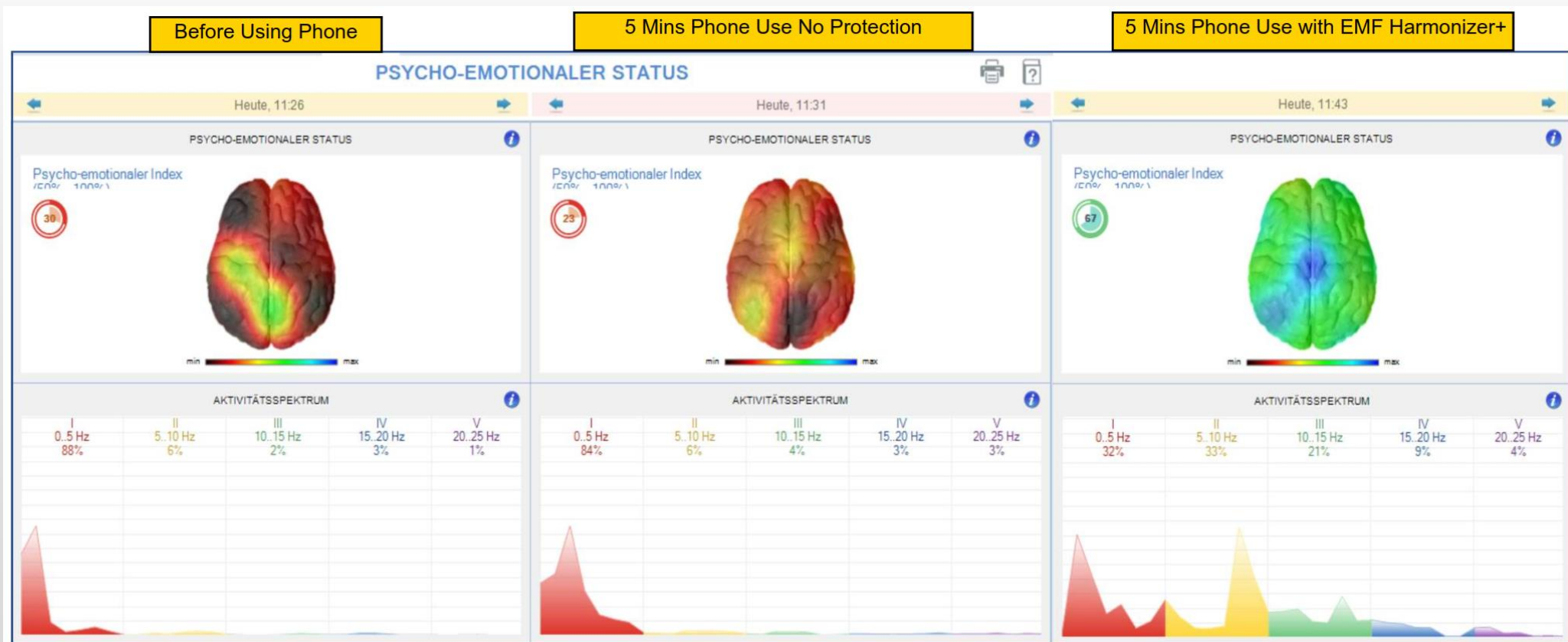
Bio-energetic Device Testing – HRV

- Stress Level & Vegetative Balance – 63%/86%/42% & 193/242/154



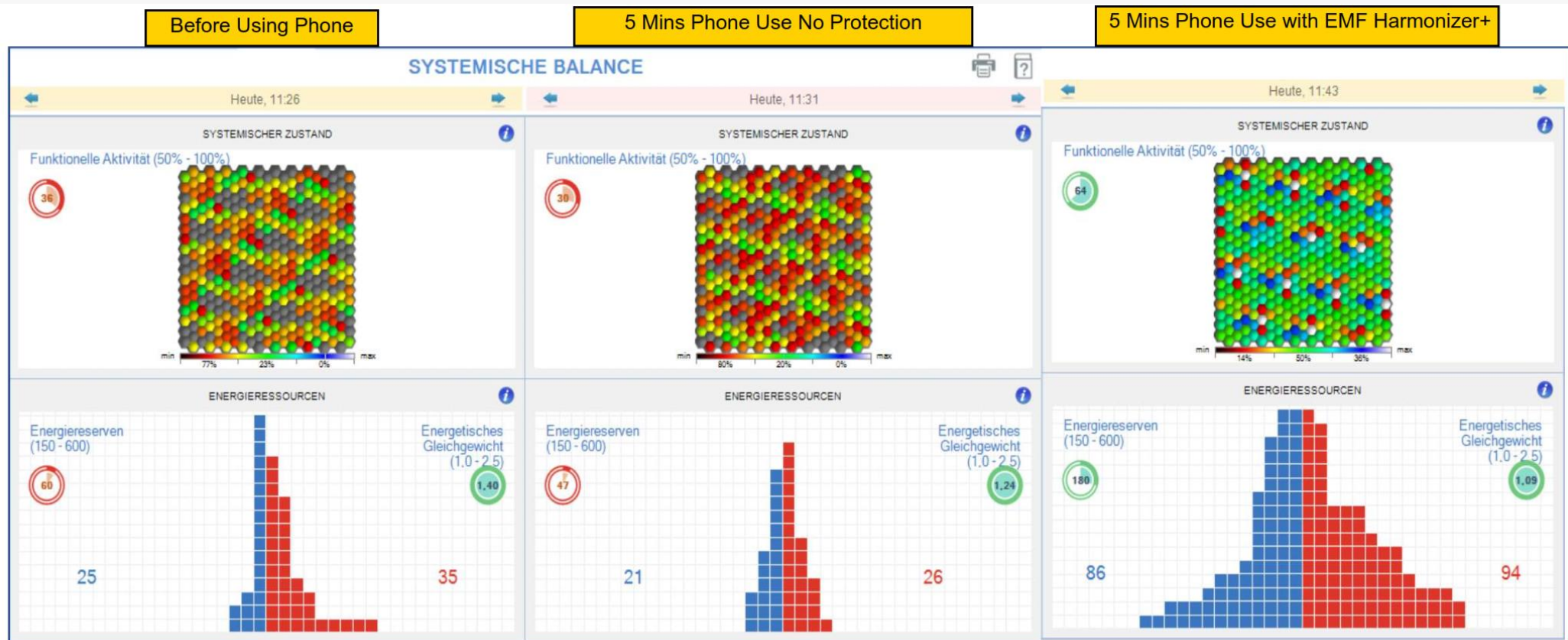
Bio-energetic Device Testing – HRV

- **Psycho-Emotional State & Brainwaves – 36/23/57 & better balance**



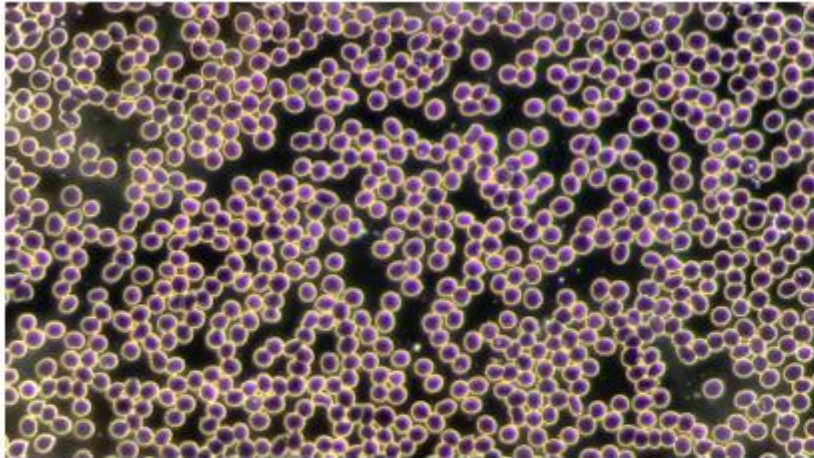
Bio-energetic Device Testing – HRV

- Neuro-Hormonal Regulation & Energy – 36/30/64 & 25-35/21-26/86-94

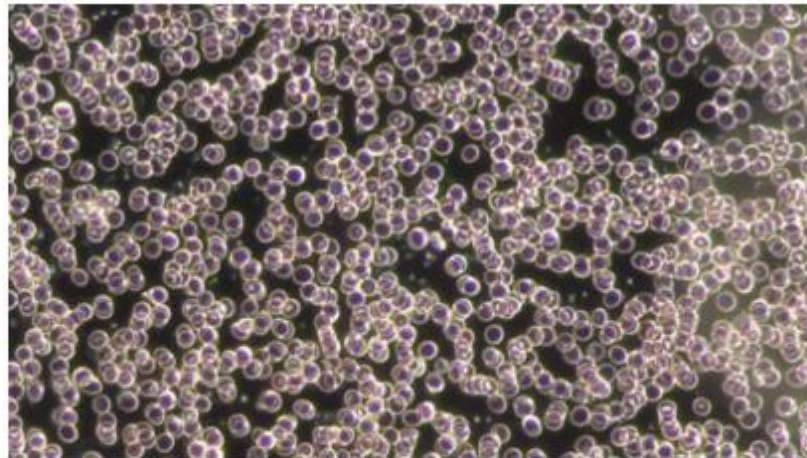


Bio-energetic Device Testing – Live Blood Cell

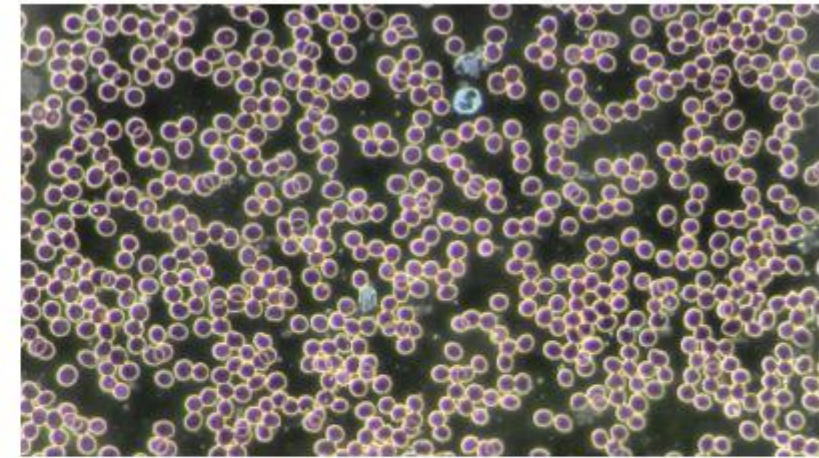
- **Subject 1**



Before cell phone



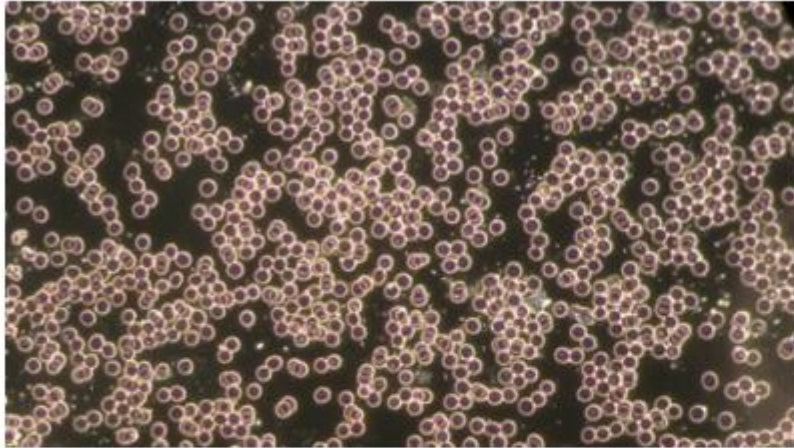
After cell phone



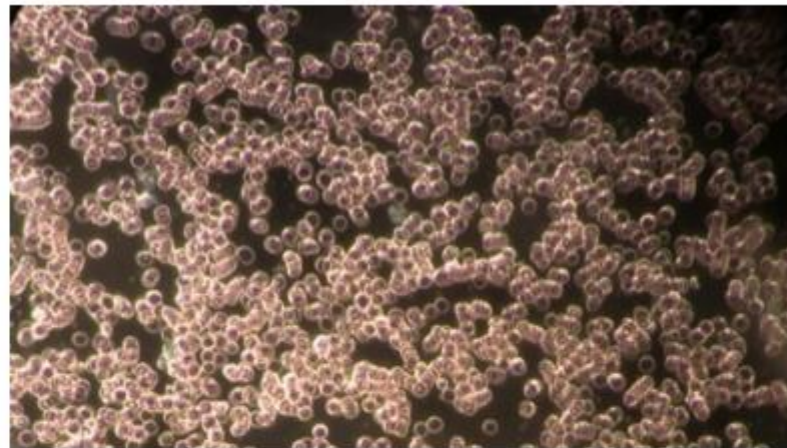
**Cell phone with
EMF Device**

Bio-energetic Device Testing – Live Blood Cell

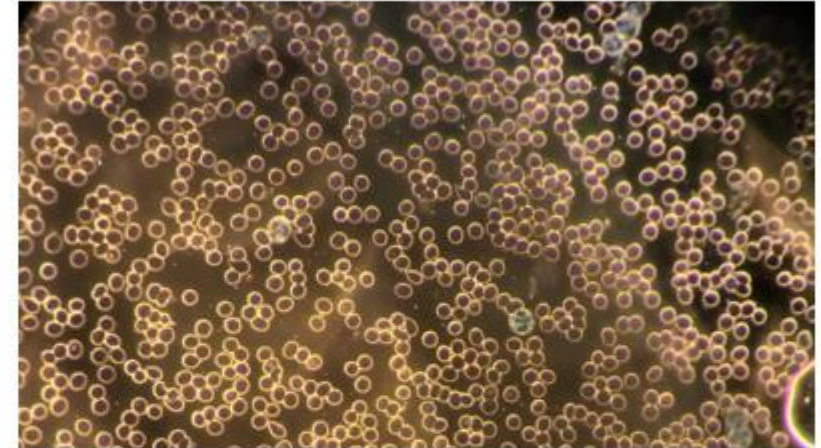
- **Subject 2**



Before cell phone



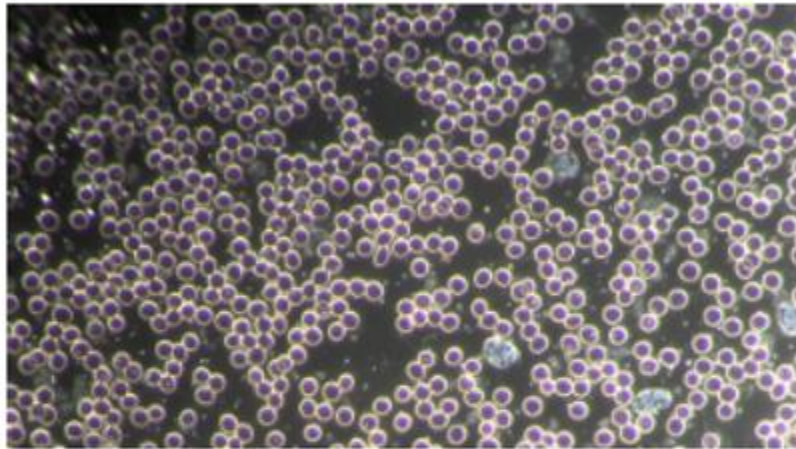
After cell phone



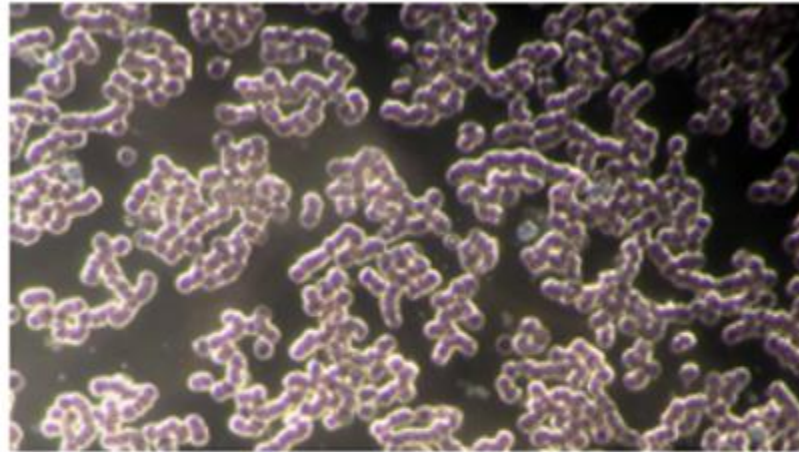
**Cell phone with
EMF Device**

Bio-energetic Device Testing – Live Blood Cell

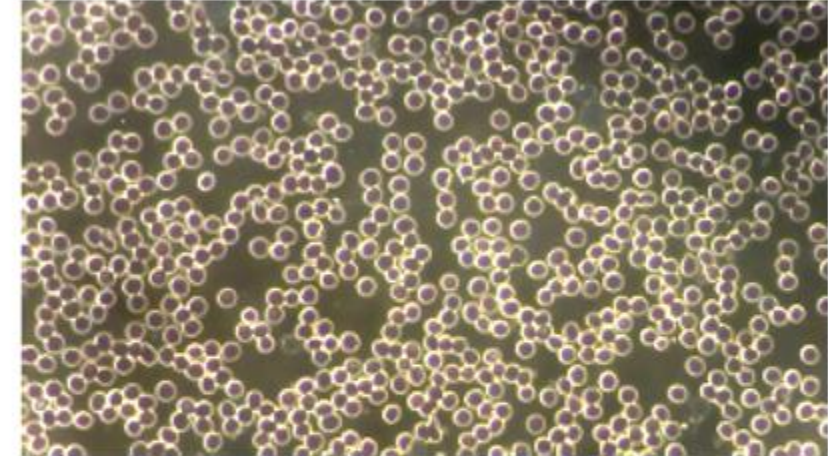
- **Subject 3**



Before cell phone



After cell phone



**Cell phone with
EMF device**

EMF Protection - Conclusion

- **EMF radiation is harmful to human, animal, & plant health**
- **In home, office cell phone boosters intensify exposure**
- **Unnatural long-term stress on the body's delicate biological systems**
- **Minimizing EMF exposure is critical – don't make things worse, decrease digital addiction, increase life enjoyment, get outdoors!**
- **Use EMF protection devices that you know work**
 - **Cell phones, laptops, etc.**
 - **Whole house and office**
 - **Bracelets, pendants etc. for when moving around**

Thank you!

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