



Steps You Can Take To Protect Yourself and Your Family from EMFs or Microwave Radiation (See disclaimer below)

1. Check out where your nearest mobile phone / cell tower is to your home. In Switzerland the link to find these is:
https://map.geo.admin.ch/index.html?topic=funksender&lang=it&bgLayer=ch.swisstopo.pixelkarte-farbe&layers=ch.bakom.mobil-antennenstandorte-5g,ch.bakom.radio-fernsehsender,ch.bakom.mobil-antennenstandorte-gsm,ch.bakom.mobil-antennenstandorte-umts,ch.bakom.mobil-antennenstandorte-lte&catalogNodes=403,408&E=2651845.06&N=1258293.27&zoom=1&fbclid=IwAR11ehpplwk6UTkgmVQYi-rkJT5xe_BBp34f3YdY2fSf9nBd3wloimG8ZqY

As we double our distance from a source of radiation (including EMF radiation like 5G) we quarter our exposure to it.

Think about that for a minute.

Essentially what this means is that the damage that EMF radiation causes, exponentially decreases as we move further away from it. (46)

A German Study found that those living within a proximity of 400m from a cellular transmitter were three times more likely to develop cancer circa eight years later (36)

Based on the results of an Israeli study researchers calculated the relative risk of cancer to be over four times higher for those living 350m or less from a cell phone transmitter (37)



1. Never hold any Wi-Fi devices against your body
2. Put your mobile phone in a protective sleeve if you must carry it with you
3. Use wired connections as much as possible outside and in your house
4. Unplug your Wi-Fi before bed and limit your use during the day
5. Keep your mobile phone on airplane when not in use
6. Keep your mobile phone on airplane for your children
7. Use an EMF friendly headset (Air Tube) and don't use Bluetooth headphones e.g. use the SYB HARD and attach to your normal wired headphones for protection:
https://www.amazon.co.uk/SYB-Headset-Radiation-Protection-Alternative-White/dp/B0839R8ZJG/ref=sxsts_sxwds-bia-wc-p13n1_0?crid=XN708OVDUCR0&cv_ct_cx=syb+air+tube+headset&dchild=1&keywords=syb+air+tube+headset&pd_rd_i=B0839R8ZJG&pd_rd_r=62dd46c3-2c16-4749-8b67-9b700e23f539&pd_rd_w=CUVCL&pd_rd_wg=Ow97z&pf_rd_p=e3a968a9-db34-4cb6-962f-ddcde7323cf7&pf_rd_r=HDS9ZG1RK5VMKA124SBF&psc=1&qid=1592654794&prefixed=SYB+%2Caps%2C148&sr=1-1-91e9aa57-911e-4628-99b3-09163b7d9294
8. Protective clothing, blankets, bedding, and even EMF protective paint are available
9. Boost your immune system by living an active, healthy lifestyle. Proper nutrition and exercise, along with mind-body techniques like meditation and more can go a long way

10. Buy an EMF Meter so you can test your home and your devices e.g. Amazon the Trifield TF2 : https://www.amazon.co.uk/TriField-TF2-Electromagnetic-Field-Meter/dp/B07MNTTSW2/ref=sr_1_2?crid=UR1492HQSU9A&dchild=1&keywords=trifield+tf2&qid=1592128338&sprefix=trifield+TF2%2Caps%2C146&sr=8-2

Visit the Following Websites for Further Information:

1. EMF Academy <https://emfacademy.com/5g-radiation/>
2. Shield Your Body Products: <https://www.shieldyourbody.com>
3. Environmental Health Trust: <https://ehtrust.org/key-issues/cell-phoneswireless/5g-internet-everything/20-quick-facts-what-you-need-to-know-about-5g-wireless-and-small-cells/>
4. EMF PRODUCT SOLUTIONS <https://solutionsforhumanity.net/shop/>

Supplements to Take Regularly

11. Take magnesium to offset the excess calcium caused by electromagnetic radiation (which opens the voltage-gated calcium channels in all your cells and causes an influx of excess calcium (more about this in a future webinar)) e.g. from Nutri Advanced UK offer a highly absorbable and good-tasting powder magnesium (in different flavours). <https://www.nutriadvanced.co.uk/megamag-calmeze-chamomile-262-5g-1.html> (On Registration give Practitioner No. 251022). You know if you are taking too much magnesium for your needs if your stools become loose. Then just lower the dose until your stools return to normal. This is your ideal dose.
12. Take Fulvic Acid to reoxygenate your blood (more on this in a future webinar). Radiation starves your blood of oxygen e.g. from Amazon: https://www.amazon.co.uk/Fulvic-Acid-Minerals-30ml-Bottle/dp/B07ZBLZPBN/ref=sr_1_10?crid=3EIRV6J7CHFFW&dchild=1&keywords=fulvic+acid+organic&qid=1592129600&sprefix=fulvic+acid%2Caps%2C152&sr=8-10

References

(36) – <https://emfacademy.com/5g-radiation/>

(37) -

<https://www.researchgate.net/publication/241473738> The Influence of Being Physically Near to a Cell Phone Transmission Mast on the Incidence of Cancer

(46) - <https://academic.oup.com/aje/article/167/4/457/233171>

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