

# Information on Measures to help with Radiation

(See disclaimer below)

## Protection, Prevention and Healing

1. Protect yourself: <https://ehtrust.org/educate-yourself/10-things-you-can-do-to-reduce-the-cancer-risk-from-cell-phones/>  
**Sign up to be notified of antennas / mobile towers being installed in your vicinity**
2. <https://schutz-vor-strahlung.ch/baurecht/antennenalarm-5G-baugesuch-abonnement/>
3. Buy an electromagnetic field meter to test your home and work environments, electronic equipment and wiring e.g. the Trifield Meter  
[https://www.amazon.co.uk/TriField-TF2-Electromagnetic-Field-Meter/dp/B07MNTTSW2/ref=sr\\_1\\_6?dchild=1&keywords=EMF+Meter&qid=1590842700&sr=8-6](https://www.amazon.co.uk/TriField-TF2-Electromagnetic-Field-Meter/dp/B07MNTTSW2/ref=sr_1_6?dchild=1&keywords=EMF+Meter&qid=1590842700&sr=8-6)
4. <https://5Gbioshield.com> 5G Bioshield USB key that reharmonizes harmful EMFs into non-harmful radiation, can be plugged into your computer and is portable so you can be protected while out and about and exposed to the harmful radiation coming from towers and mobile phones of members of the public (while traveling on the tram or train)
5. **PEMF Mat** - Low Pulsed Electromagnetic Frequency Radiation (the Schumann Resonances) helps to restore the health of blood cells following exposure to Electromagnetic radiation.

Copper coiled PEMF mats provide low, pulsed, electromagnetic frequencies that are healing. My clinical and personal experience of PEMF treatment is that it aids recovery from chronic fatigue, adrenal fatigue, radiation-induced 'fibromyalgia' and 'MS' (both a misdiagnosis of radiation sickness). (Information on PEMF mat healing by Dr Pawluck expert on PEMFs: <https://www.drpawluk.com/blog/therapeutic-pemf-versus-harmful-emf/>)

I personally recommend the PEMF Mats by Swiss Bionics. They are made in Switzerland by Wolfgang Jaksch, who himself suffered from chronic fatigue. It was his search for a means to recovery that led him to the PEMF mat treatment.

Much research has gone into these mats. Not all mats on the market are well-researched or have the copper coils which are essential for providing healing pulsed electromagnetic frequencies.

### I recommend the following Swiss Bionic PEMF mats:

- i. The Omnium1: <https://tara.omnium1.com/en/>
- ii. The Omnium Prime, which has several models from which you can choose: [www.imrsprime.com](http://www.imrsprime.com)

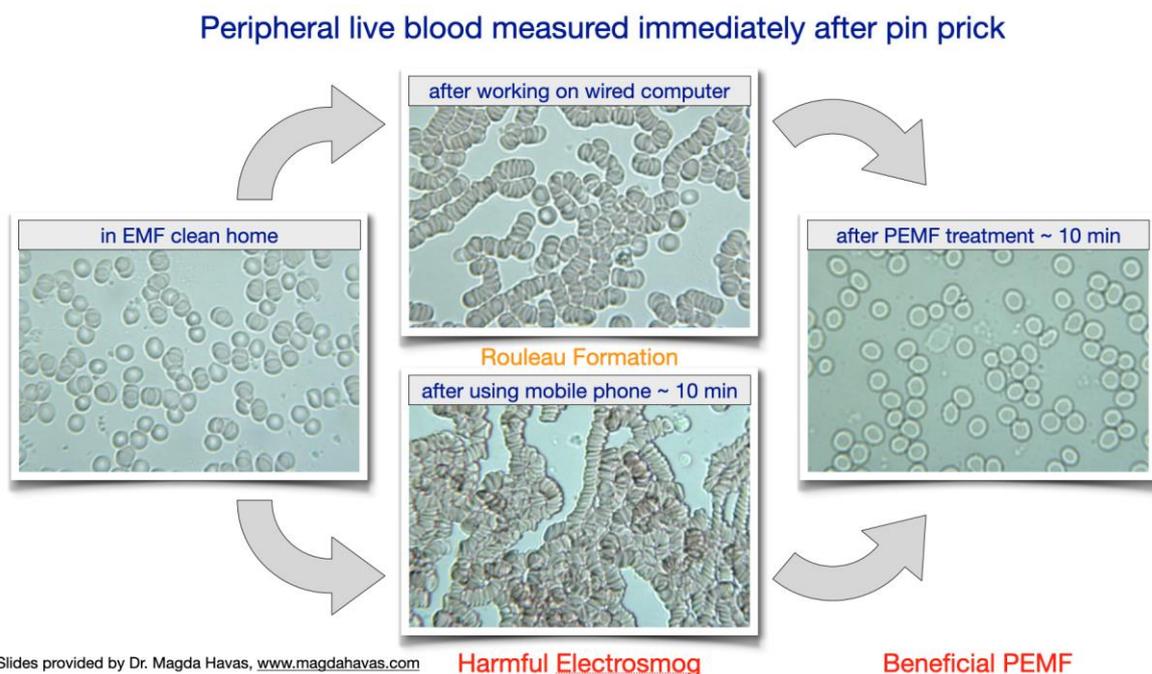
Disclosure: I sell these mats as part of my healthcare practice at the same price as from Swiss Bionics. In addition I also offer free setup support.

These photos of live blood samples were taken by Magda Havas. They show the effect of EMFs from both a computer and after 10 mins usage of a mobile phone on your blood cells. They also show how blood cells recover after using a PEMF mat for just 10 minutes.

Magda Havas explains: *“Here is an image that captures the effect of electro smog and PEMF on live blood*

*What this slide demonstrates is that electromagnetic frequencies can alter live blood cell behaviour very quickly (within a matter of minutes) and in multiple ways*

*Red blood cells work best when they are free floating as single cells. Rouleau can impair circulation and can lead to various problems with the most severe being heart attack and stroke”*



## Disclaimer

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