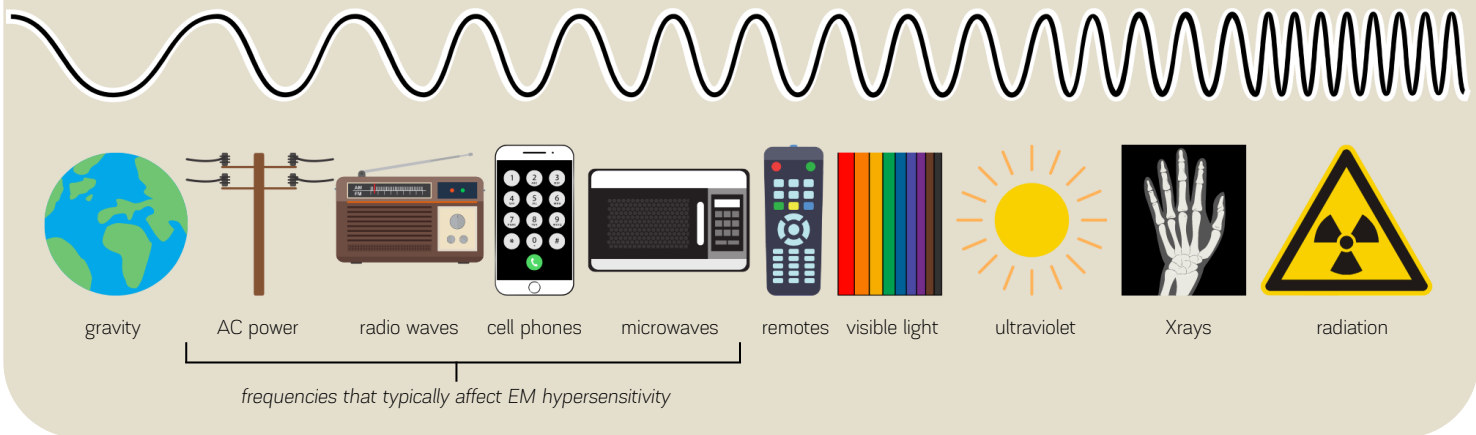


Lower EMF Exposure

Our power lines, cellphones, microwaves, Wi-Fi routers, computers, and other appliances send out a stream of invisible energy waves. Electric and magnetic fields (EMFs) are produced anywhere electricity is used, including at home and in the workplace. There's disagreement in scientific literature over whether EMFs pose a danger to human health. However, there are plenty of researcher who feel there's already enough evidence of harm from long-term exposure. Some people are sensitive to EMF's, while other may not be. What most can agree on is there is a growing level of exposure with all the new lifestyle devices and it may be wise to curtail our daily exposures where we can.

THE ELECTROMAGNETIC SPECTRUM



WHAT IS EMH?

Certain individuals with electromagnetic hypersensitivity (EMH) are more sensitive to radio-frequency EMFs. Symptoms can include headaches, concentration difficulties, sleep issues, lethargy, and fatigue. This may be because EMFs increase oxidative stress in cells. For individuals with genetic predisposition, history of trauma, or an overloaded detoxification system, increased oxidative stress can exacerbate symptoms of existing inflammation or toxic burden.

KIDS & EMF

Studies have shown that when a child uses a mobile phone and holds it against their head, the emitted radiation penetrates their brain to a greater extent than an adult. In fact, a child's brain can absorb up to 10 times the EMFs of an adult! EMF exposure can decrease melatonin production, which is associated with poor sleep quality. Additionally, there is strong connection between EMFs, ADHD, and other cognitive and behavioral disorders.

REDUCE EXPOSURE

**especially in bedroom*

- avoid keeping phone in pockets
- keep phone calls short, use speaker or hands-free, put on airplane mode
- avoid electrical or bluetooth versions of devices when possible
- disconnect wifi router at night
- switch smart meters to analog
- avoid wearable devices (wireless watches, sleep monitoring devices, wireless headsets, fitness devices.

LIFESTYLE SUPPORT

- take digital breaks
- increase antioxidants in food
- adequate water, sleep, & movement
- sunlight exposure
- grounding (get out doors, walk barefoot, deep breathing)
- address other sources of stress & inflammation (gut health, detox, etc)