

# EMF's and the Gut



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“Building Biology is the joyful science that leads to natural, healthy ecological homes, schools and workplaces that exist in harmony with the planetary environment.”

# Note on the Science

- Very important to get quality data

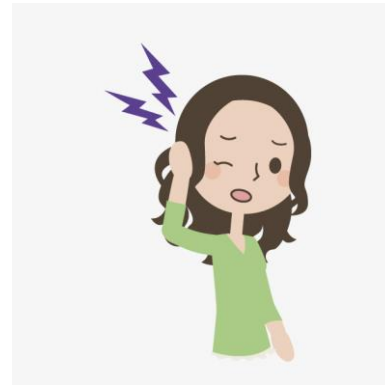


# Note on the Science

- Very important to get quality data
- Does not show full picture:
  - We are exposed 24/7
  - We're using higher frequencies and more devices
  - Done on 'healthy' subjects
  - Need more realistic variables

# Note on the Science

- Anecdotal evidence
  - Many people report similar symptoms
    - ‘Stabbing’
    - Tinnitus
    - Insomnia
    - Anxiety etc...
- My story...



# Note on the Science

- The sicker the person, the more important mitigation becomes
- The more symptoms they have, the more results you will see
- EHS (Electrohypersensitivity)

# Mitigation

How do we protect ourselves?



# Radio Frequency

## Sources:

- Cell Phones
- WI-FI
- Bluetooth
- Fitness tracking devices
- Smart Meters
- Smart Appliances
- TV's
- Cordless Phones
- Baby Monitors
- Microwaves
- Cell Towers
- Radar
- Tablets
- Smart Pavement.....



# Radio Frequency

Reduce usage of these devices



# Radio Frequency

- Use a corded landline
- Use ethernet cable instead of WI-FI
  - At a minimum, unplug when not using
- Cell phone is airplane mode
- No smart appliances, speakers, fitness devices etc.
  - At a minimum cover devices in shielding cloth or metal containers

# Electric Fields



# Electric Fields

Note:

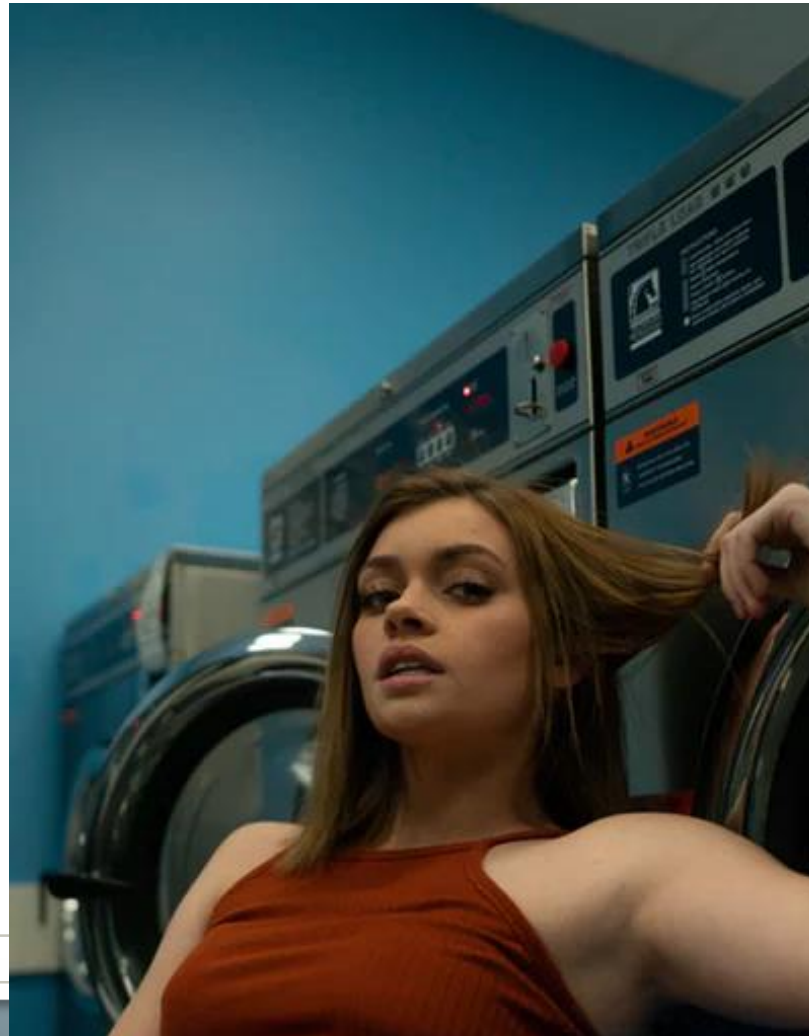
Having an assessment done by a certified Building Biologist to identify your levels is the best option



# Electric Fields

- Turn off breakers- but know your levels first!
- Install a 'kill-switch' in the bedroom.
- Unplug anything that is not being used.
- Be aware of large appliances on the other side of the bedroom wall.
- Place your bed a few feet from the wall
- Don't sit right next to the lamp, keep it a few feet away from you.
- Don't have power cords near or underneath the bed.
- Unplug bedside lamps at night or anything else plugged in near your head

# Magnetic Fields



# Magnetic Fields

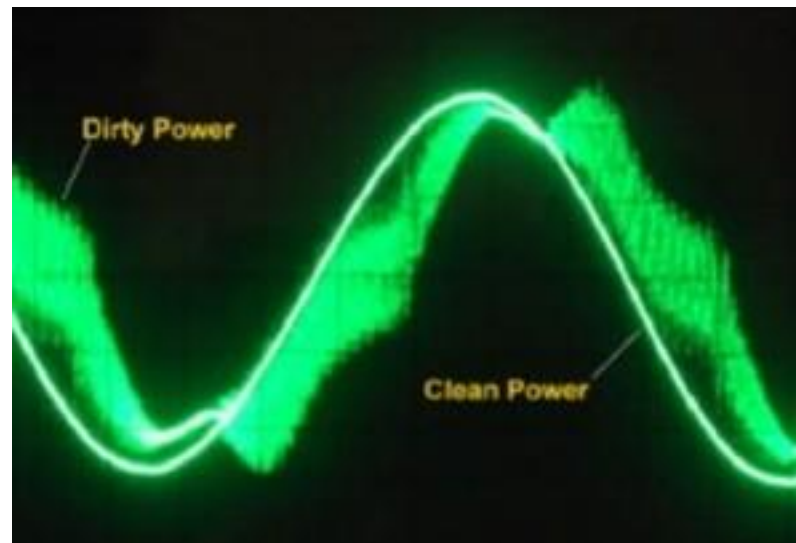
- Magnetic Fields: Anything with a motor, dimmer
  - Lamps
  - Computers
  - Electric razors
  - Sonic toothbrushes
  - Blenders
  - **Alarm clocks**
  - Wiring errors
  - Blow Dryers
  - Large appliances
  - Furnace/AC
  - Power Adapters
  - Washers
  - **Space Heater**
  - Overhead lines....

# Magnetic Fields

- Be aware of large appliances – don't stand in front of them for long periods of time.
- Be aware of the breaker panel
- Use incandescent light bulbs or even candles – not CFL's or LED's.
- If you need a space heater, keep it far from you.
- Use a battery powered alarm clock or put your plug in alarm clock on the other side of the room- NOT right by your head.
- Use an external keyboard and mouse if you use a laptop and keep the computer at a distance.



# Microsurge Electrical Pollution



# Microsurge Electrical Pollution

- Significant impact for EHS people

# Microsurge Electrical Pollution

## Sources:

- Plasma TV's
- Computers
- Pool Pumps
- Solar Panels
- Utility Meters
- Light Dimmer Switches
- CFL Lightbulbs
- Dish washers
- Dryers
- and many other appliances.

# Microsurge Electrical Pollution

- Limit your use of these devices.
- Unplug.
- Install Greenwave or Stetzer Filters
- Turn off breakers.



# Lifestyle

- Antioxidants
- Stress
- **Heavy Metals**
- **Infections**
- Hormones
- Nature

# Questions?

