

Supplements for EMF's

The supplements listed below have been shown to have positive affect for many EMF symptoms. Due to the uniqueness of the person expressing symptoms, it's difficult to day which supplement is best for which person. Client history and symptomology are important considerations in determining which supplement to try.

Antioxidants:¹

Rosemary
Vitamin C
Coriander
Melatonin
Astaxanthin
Molecular hydrogen tablets in water
Carbon 60
Propolis

*Dr. Klinghardt has formulated a supplement called Ray Wave, which is currently being sold through Ki Science. It is a combination of Propolis, Rosemary and Coriander. <https://kiscience.com/product/ray-wave/>



Nrf2 support:

CBD
Cruciferous vegetables
Polyphenols
Raw Cacao²

Nervous system support:

GABA
Tryptophan
Omega 3's
Minerals
B-vitamins

Other:

Radnex (a drainage formula sold by Pekana)



¹ A diet rich in antioxidants should be a recommendation for all clients, and emphasized more so for those dealing with EMF symptoms.

² Cruciferous vegetables, cacao and polyphenols can be found in food form (preferred) as well as supplement form.