



BODY RESET - DAY 28

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Simple Ways to Reduce Your EMF Exposure



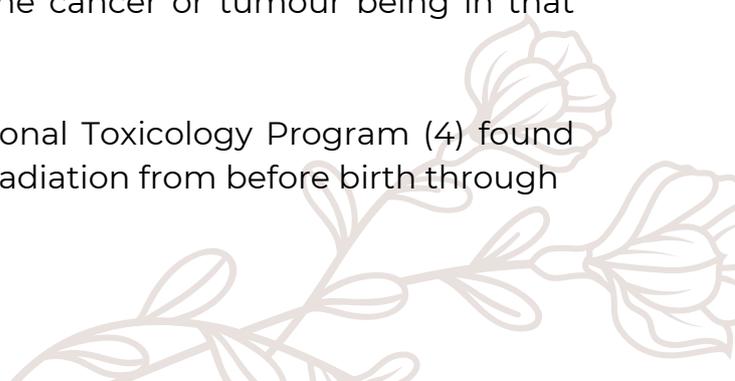
THE POTENTIAL HEALTH RISKS FROM RADIATION

The health impacts of such close-connection and use to wireless devices are not well-known by the public.

However, more and more research is showing and is being conducted on the potential health risks linked to wireless radiation, whether that is from microwaves, phones, tablets, wireless routers, or smart meters/smart homes.

There are thousands of research studies (1) now showing the detrimental health effects from exposure to EMF or electromagnetic radiation (EMR). There is research showing the connection between where an individual carries their phone routinely on their body and the cancer or tumour being in that region of the body (2, 3).

A 2016 multi-year study from the U.S. National Toxicology Program (4) found that male rats exposed to radio-frequency radiation from before birth through



two years of age had a greater chance of being diagnosed with a brain cancer called malignant glioma, as well as developing a tumour on the heart. The radiation levels to which the rats were exposed included levels that current cell phones are allowed to emit.

In recent human epidemiological studies, cell phone use has been linked to an increased risk of brain and salivary gland cancers.

These studies have shown possible associations between heavy cell phone use and altered brain metabolism, sleep disturbance, and even diminished sperm count and sperm damage.

As a result, the World Health Organization's International Agency for Research on Cancer classified radio-frequency radiation from cell phones as a 'Possible Human Carcinogen' (Class 2B) (5). This is a big step forward in recognizing the serious risks to human health posed by cell phones.

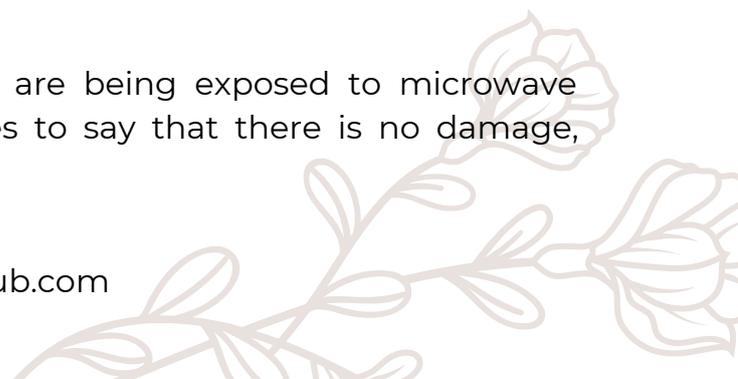
HOW ARE YOU EXPOSED TO EMF RADIATION?

We are being exposed to EMF and WI-FI from many different devices (6):

- microwaves
- cell phone
- cell phone tower
- powerlines
- cordless phones
- appliances
- Bluetooth headset
- any Bluetooth device
- WI-FI router
- baby monitors
- shared internet connections (ie. neighbours), and
- anything internet related

A high percentage of the radiation that people are exposed to is from their microwave.

Every time you use your microwave you are being exposed to microwave radiation. Although the industry continues to say that there is no damage, there is.



A typical microwave as well as your cell phone operates around a few gigahertz and both expose you to EMF radiation. This kind of radiation is what is known as pulsed radiation, meaning that it is not a steady stream of radiation.

When you use a microwave the thermal radiation interacts with the charged particles in the food and in our brain through vibration causing damage. On top of that, there is also a significant amount of biological damage, and pulsed radiation magnifies the damage biologically speaking.

So it is best to remove this very commonly used kitchen tool out of your kitchen environment. It is just not good for you in any way.

What can you use instead?

It is best to reheat your food on the stove, or use a steam convection oven.

WHAT ABOUT YOUR PHONE?

Holding your phone up to your head is just not a good idea. The manufacturers even recommend to hold the device at least an inch or two away (if you read the fine-print when you buy the device), which is still way too close.

Since mobile phones are held so close to the body the EMF exposure is much greater than that of other wireless devices, which are typically placed further away from the body.

WHAT HAPPENS IN THE BODY WHEN YOU ARE EXPOSED TO EMF?

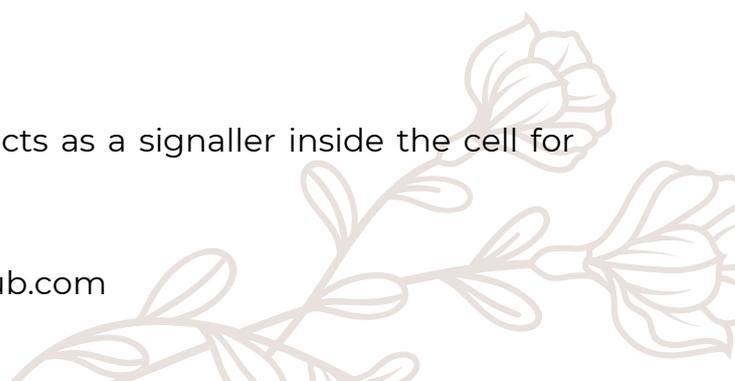
The first documentation that showed the data and research of the adverse effects of EMF exposures was the Naval Medical Research Institute in 1971 (7).

The research has only continued, especially in the more recent years of the digital era.

There are now hundreds of studies that show when you are exposed to EMF radiation, intracellular calcium is increased.

Why does this matter?

Our cells need calcium and calcium also acts as a signaller inside the cell for important biological tasks to occur.



However, our cells only need small amounts of calcium to perform these necessary functions. So when intracellular (inside) calcium increases when we are exposed to EMF, this is where science is showing it negatively influences the health of the body.

How?

EMF activates what is known as Voltage Gated Calcium Channels (VGCC) (8). These are channels that are embedded in the cell membranes and are seven million times more sensitive to EMF than the charged particles inside and outside the cell, which current 'safety' standards are based on.

So when a voltage gated calcium channel is activated by EMF (in less than five seconds) research is showing that up to a million of calcium ions flow out of the receptor down this channel every second.

When the EMF activates the VGCC and increases intracellular calcium, it also increases the production of free radicals, specifically hydroxyl radical and nitric oxide radical.

This increase in free radicals is what causes the damages from EMF exposure, including inflammation, oxidative stress and cellular damage (ie. DNA) (9).

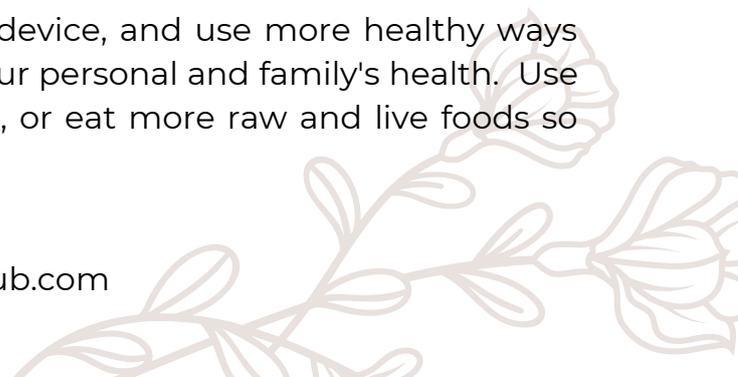
So, EMF does not damage the cell directly, but research is showing that it influences cellular metabolism.

The areas in the body with the highest VGCC are the brain (10, 11) and nerve tissues. And the rise of anxiety, depression, and autism and EMF exposure is likely playing a role. Even bees behavior is being affected by EMF (12).

9 SIMPLE WAYS TO REDUCE YOUR EMF EXPOSURE

1. Get rid of your microwave

It is easy to get rid of this typical kitchen device, and use more healthy ways not only for your food's nutrition, but for your personal and family's health. Use a convection oven or re-heat on the stove, or eat more raw and live foods so you don't have to worry about this ;)



2. Power down at night.

Connect your WI-FI to a switch so you can turn it off at night and when you do not need it during the day. This helps to lower the exposure in your home environment and get a better night's sleep.

3. Change your cell phone to airplane mode.

If you use your phone as an alarm clock it is best to turn off the wireless signal so it is not being emitted all night long close to your brain.

Also when walking or carrying your phone on you, if you do not need it, just put it on airplane mode.

4. Keep all wireless devices out of the kitchen and bedroom.

Best to keep all these devices out of where you eat and sleep as they are the two most highly used spaces of the home and where you spend much of your time.

5. Do not carry your phone on your body.

Try to identify times in your day when you do not need your phone on you or near you. Having a meal with someone. Spending time in nature. Walking the dog. When you are working on your computer. There has been hundreds of studies showing the impact of EMF on fertility, sperm count, breast cancer, and women and men's health. (13, 14, 15, 16)

6. Use a selfie-stick

A great way to extend the distance between you and your phone to decrease your exposure to wireless radiation.

7. Talk on your wireless device using speakerphone.

It is best when talking to not be holding your phone up to your head, have it placed at least 3 feet away to decrease your exposure.

8. Use a high quality Anti-oxidant (See our Ambrotose AO – the most powerful one on the market)

Toxins from EMF on cells can create free radicals.. Free radicals attack atoms by stealing electrons, making these atoms unstable. When free radicals steal electrons from an atom, the atom is unstable and becomes a free radical searching out electrons. This chain reaction can lead to the acceleration of the

aging process and many diseases. Antioxidants reduce free radicals by contributing electrons to maintain cell stability. Ambrotose AO capsules are designed to protect water and fat soluble portions of cells from free radical attacks while supporting the immune system.

*Ambrotose AO capsule twice daily increases the body's oxidative stress protection by 37.4%**

Measured with a validated marker of blood serum oxidative stress, the results show that AO provides over twice the increase in oxidative stress protection achieved from eating an additional five servings of fruits and vegetables each day.

9. Earthing

Vitamin G - G for the ground. Walk on the earth barefoot as much as you can to receive the benefits the Earth's negative charge.





Write out a list of the things you will do to reduce your EMF exposure and then start to implement the changes in your home and life.



