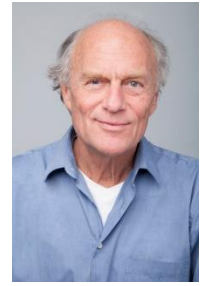




EMR Tips “What really works to make your home safe and healthy”



EMR Testing Primer:

5 types of frequencies should be tested to be sure your living space is safe.

1. **AC Magnetic Fields –**
 - o Low Frequency Polluters: dimmer switches, power lines, electrical wiring, transformers,
 - o High Frequency Polluters: energy efficient appliances, fluorescent & compact fluorescent lighting, dimmer switches, tv’s and computer monitors
- **AC Electric Fields –**
 - o Measures the actual body for attached frequencies from electrical fields in each room -Is it affecting you or not?
 - o Test the body in sleeping areas to determine what circuit breakers require a demand switch
- **Radio Frequency –**
 - o known as wireless or microwave radiation is electromagnetic radiation -frequency range 3 kHz - 300 GHz
 - o detects wireless devices, hidden cameras, cell phones, smart meters and should be tested
- **Dirty Electricity –**
 - o Electrical outlets emit high-frequency pollution found in the wiring system of your home or office
- **Geopathic Stress-**
 - o Underground Hartman or Curry lines, water streams, can cause sleep and health issues
 - o Water bottle test – simple to do at home, and you can send in your sample for an ART practitioner assessment.

If you find you have issues that cannot be helped by our simple solutions, please contact us and we will recommend a Building Biologist to assist you with individualized remediation support.

Simple Remediation Tips

1. **Install EMF Kill Switch to turn off your power at night by remote thru circuit breaker – Best Investment**
2. **Turn off Cell phone when not in use and use in Airplane Mode reduces EMR**
3. **Do not sleep with your cell phone in the bedroom. Keep the bedroom clear of any wireless frequencies.**
4. **K-dwell cell phone chips and computer sticks convert the incoming radiation energy through minerals, homeopathics, and energized hologram transfer into the body raising vital energy levels, release energy blockages to allow energy flow through the meridians. Tests well for all. It does not protect, but treats the body.**
5. **Use battery powered alarm clocks**
6. **Invest in a meter to assess your living space or use a professional certified building biologist for home testing**
7. **Use a sleep Canopy to help with sleep issues for your immune system to “re-boot” during restorative sleep.**
8. **Move your bed location if you find you have too high frequencies along one wall of your room.**
9. **Use Stetzer filters in rooms where outlets with dirty electricity measure over 50 on the microsurge meter**
10. **Unplug appliances and lamps when not using a filter – plugged in they emit dirty electricity**
11. **Put your modem on a timer**
12. **No metal in your bed, use a mattress or top pad with natural latex, cotton, wool materials as best options**
13. **Use cork tiles under bed on the floor for geopathic stress. (sound reducing tiles) Or grounded Foil for EMR. -**
14. **Be smart and do not use “smart devices” when possible – less is more.**
15. **Take Technology Free holidays into nature. Grounding only with the earth, not to the outlets.**
16. **When you must use devices that emit radiation, limit the use and use with wise intention.**
17. **Rosemary Tincture and Propolis Tincture are radiation protective for your body, helps those using laptops.**
18. **Shielding curtains are good for your windows. Window glass allows outside radiation to enter the home.**
19. **Shielding paint must be grounded to your electrical outlets and used only if necessary. Ask for advice.**
20. **Smart Meters- are “RF enabled electrical meters” Wrap inexpensive aluminum mesh around the meter.**
Note; The one thing to keep in mind is that in the Northeast the RF enabled electrical meters are not as powerful as in other places in the country. Because of this it may not be easy to detect the pulses of the meter above ambient levels unless you are in the room where the meter is located. Also, these ‘smart meters’ typically send out a very brief pulse every 30 seconds or so. First time meter users may not know what they are looking for or miss it because it happens so quickly and infrequently. **RF levels from cell transmitters are a bigger issue than the smart meters in large cities.**
21. **Do not live in Fear. Fear is far worse for your health than anything EMR can do. Become educated, do what you can and incorporate these tips into your lifestyle and live above the radiation so it has no hold on your spirit.**

Buyer Beware: Be Cautious of the many marketers, gimmicks and products on the EMR market. We find some to be toxic – including fabrics, clothing, bedding may do not really work. **Ask an expert, not an internet marketer or podcast interviewer for recommendations.** Our good name is being used without consent to promote many products and educational programs- it is hard to monitor. We vet the products we endorse- and test for our patients with our Certified practitioners and Building Biologists and are a trusted source of information. This is an emerging science and more good developments are in the future. If there is something wonderful to help our patients, we will be sure to get the word out.

Create A Sleep Sanctuary

The Canopies are custom made by bed size, made with Swiss Silver Fabric, of which each metal protective thread is wrapped in cotton or polyester for safety and laundering with no need of grounding. **Many canopies are made with exposed metal, or have metal added topically to the fabric and is toxic and unsafe. This is why the cost may be less than the product we endorse for health. Know what you are purchasing.** Glad to answer your questions.

Each canopy is to be used with a floor mat to complete the full enclosure. Blankets and clothes do not do the same.

The Canopy can be hung from the ceiling or from our Portable Wood Frame, Poplar wood, easy assembly, no glue, no metal, no finishes, comes apart to fit in airline travel bag.

Portable Wood Frame: \$499.00

King in stock \$75.00 Ship USA

Canopy Pricing with Floor Mat

\$40.00 ship USA:

Twin \$1,170.00 Poly
\$1,610.00 Cotton

Full \$1,450.00 Poly
\$1,895.00 Cotton

Queen \$1,495.00 Poly
\$ 1,995.00 Cotton

King \$1,645.00 Poly
\$2,190.00 Cotton



We spend about a third of our lives in our bedroom. It is the most important place to improve our home environment and create a healing retreat for restorative sleep. Ways to begin include moving electronics away from the immediate area around the bed, including wireless phones, clock radios and TVs, all of which emit electromagnetic radiation.

Change out the sheets, from synthetic blends to natural and organic fibers. Wool mattress pads, cotton and bamboo fabrics do not hold static electricity and they regulate temperature and moisture next to the body naturally. There are many inexpensive mattress pads to use over your foam or other mattress.

The same goes for carpeting in the bedroom, avoid synthetic, nylon or any petroleum/plastic or vinyl based flooring. Wool, jute, hemp, natural linoleum and hardwood are all healthy choices. Avoid furniture made with particle board, glues, or synthetic finishes. Use solid wood, rattan, bamboo or other natural materials that will not be off-gassing.

Buyer Beware: Be Cautious of the many marketers, gimmicks and products on the EMR reducing market. We find some to be toxic – including fabrics, and many do not really work. Ask an expert, not an internet marketer or podcast interviewer for recommendations. Our good name is being used to promote many products and educational programs without our knowledge. Buyer beware. We test these tools for our patients with our Certified practitioners and Building Biologists and are a trusted source of information.

Contact us if you have a question or if you know of a new product that you feel would benefit others.

info@klingshardttacademy.com 908-414-0769

DIY- Easy to Use Measurement Meters for Electro-Magnetic in your Home or Office for Beginners.

These meters are recommended by certified Building Biologists. They are not the cheapest but offer the best combination of accuracy, ease of use and features so you can use the information for self-remediation. Many less expensive meters that make a noise when detecting frequencies are not as useful for remediation for 5 G frequencies. The advantage of buying your own meters is that you can use them at home, work, with friends and family over and over again. We distribute these meters for those in need. Contact us at info@klinghardtacademy.com to purchase. 908-414-0769

1. AC Electrical Fields - Body Voltage Home Test Kit (\$169.00 Each)

Most Popular, Easy to Use Body Voltage Test Kit - Measures AC Voltage Present on the Human Body From Live Electrical Wiring in your Ceilings Walls and Floors

Easy to Use Body Voltage Home Test Kit - Compatible with Bau-Biologie / Building Biology Measurement Guidelines Know for sure" What AC Voltage is on your body

AC Electric Fields from live electrical wires are attracted to the Human Body. This test kit will indicate the level of AC voltage on the body from the surroundings. Determining exposure levels will complement measurements of an AC Electric Field meter – used with the Advanced EMR and RF Kit Below

- Measures the amount of AC voltage attached to the human body from the following:
 - Electrical wires hidden in the ceilings, walls and floors
 - Overhead power lines - Power outlets - Extension Cords - Power bars - Appliance power cables etc...
- Typically used in sleeping areas to determine what circuit breakers require a demand switch
- For precise body voltage measurements in milliVolts
- Complies with Bau-Biologie measurement standards
- Detailed Body Voltage measuring instructions included
- Complete with basic body voltage meter, hand probe, ground cable, and other accessories
- Meter includes a standard 9V alkaline battery comes in a carrying case



2. Advanced EMR and RF Kit – The BEST for Health Practitioners and Home Use \$675.00

Comes with Bonus EMR DVD set from Klinghardt Academy

Designed for a more thorough monitoring of your personal EMF exposure and RF exposure

The MK20 Electrosmog Test Kit contains the Gigahertz Solutions ME3830B EMF Meter and the HF35C RF Meter.

Allows a typical home owner or practitioner to conduct a thorough EMR home assessment, identify sources and measure precise exposure levels.

Sources Identified: cordless phones, Wi-Fi systems, wireless LAN, cellphone towers, power lines, electrical installations and appliances, baby monitors and alarms, microwave ovens, cell phones, Smart Meters etc. Best Combination Set

Add the AC Electric Fields– Body Voltage Meter listed above, to make the kit complete



Dirty electricity - Stetzer meter with Stetzer Outlet Filters

Most important to protect what is coming from your outlets!

Stetzer "Microsurge" Meter \$125.00

Stetzer Filters - \$35.00 each Box of 20 - \$700 This kit of 20 with the meter

will effectively filter an average size home or office.

Quick and Easy to Use - Used for symptoms of electrical sensitivity such as headaches, tiredness, poor short-term memory, fatigue, depression, nausea, rashes, irritability, or even chronic fatigue syndrome. High-Frequency EMF pollution that is carried in wiring has been shown to be the source of electrical sensitivity symptoms for some people. This high-frequency EMF pollution is produced by common household items such as electric motors (found in hair-dryers, blenders, can openers, etc), loose wires, fluorescent lights, transformers, and especially dimmer switches.

The Box of 20 EMF high frequency suppressors which are simply plugged into ordinary electric outlets, distributed throughout the home or office using the microsurge meter for correct placement. These suppressors will measurably reduce the high frequency EMF pollution in your environment. A number of people have reported immediate relief from electrical sensitivity symptoms with the use of the HF EMPOR.

The suppressors do not use electricity (but they could reduce your utility bill), nor will they interfere with any computers, TV's or other appliances. Installation is simple and enables you to avoid expensive electrician service calls. The suppressors are portable, so you can move them from one site to another. **This is NOT a bio-energetic device.** Special electronic circuitry simply drains the high-frequency pollution out of the wiring system. **Orders at info@klinghardtacademy.com**



K Dwell – Electrosmog Treatment Rides the Waves into your field.

K Dwell is a unique treatment that rides with the radiation giving the body a treatment for the immune system to handle being in the presence of EMF longer, made with homeopathics, minerals, and is energized. We find it tests well on all with Autonomic Response Testing.

It does not absorb, nor reflect radiation, but instead uses it to bring the treatment into your field. Remember to be smart, and to know that there is nothing to place on your phone or on your body that totally will stop the radiation coming at you unless you are in a canopy or faraday cage.

Exposure always has effects so please follow the advice of limiting exposure to EMF.

K Dwell – Cell Phone Chip \$75.00

K Dwell – Computer Stick and Pendant \$150.00



To Purchase- Klinghardt Academy - Discovery Health Solutions 908-899-1650 or 908-414-0769
info@klinghardtacademy.com

Other Individual Meters we distribute – call for personal advice.

AC Magnetic Fields - UHS2 3-Axis AC Gaussmeter

(\$310.00 Each)

This digital Gaussmeter is used to measure AC Magnetic Fields across 1 axis for source location or 3 axis simultaneously for total exposure measurements. The UHS2 measures frequencies between 13 Hz to 75 000 Hz (75kHz) Good for patients to use.

- Wide Frequency Detection Range 13 Hz to 75 kHz (75 000 Hz, including 5 G)
- Offers the option to measure with 3-axis simultaneously or 1-axis to aid in locating sources
- Capture Magnetic Fields from all low frequency pollutants, sources such as all standard household appliances, electrical wiring and wiring errors, power lines and transformers
- Identifies higher frequency sources such as all energy efficient appliances, fluorescent and compact fluorescent lighting, dimmer switches and computer monitors
- Option to isolate and quantify the higher frequency signals (1kHz - 75 kHz)
- Low Batt will appear on the display when approximately 1 hour of battery life remains



RF- Radio Frequency - Acoustimeter AM-10 + Hard Shell Zipper Travel Case

(\$376.00 Each)

Easy to use, Extended Frequency range (5-G) - Measures Radio Frequency / Microwave Radiation (200 MHz – 8.0 GHz) with Audio Signal Analysis, LCD displays peak and average values, Led indicators displays a quick visual of RF intensity **Wide Measurement Range, Easy to Use**

The Acoustimeter is a reliable, user friendly RF meter which enables you to make quick and informed decisions regarding the level and source of Radio Frequency signals in your environment. It comes equipped with two series of graduated LED lights and a LCD text display offering precise measurements with a lower update speed, giving you time to take note of the readings.

Detects Electromagnetic Radiation coming from your microwave oven, computer screens, modems, The LCD display offers high accuracy with a lower update speed, giving you time to take note of the readings. Good for patients.



Best 5 G meters- The Acoustimeter and AC2 measure the 600 – 900 MHz, 2.6 GHz and 3.5

GHz 5G / LTE bands. At present there are no meter handsets that will work at the 28 GHz

band. But, the 28 GHz band will be more localized as it doesn't pass through walls. At present it is not clear about the timing of the development and rollout.

- Typically 25 hours on two charged 2700 mAHr NIMH rechargeable batteries
- **Also offers:** A speaker (and audio output socket for headphones or to feed to an audio recorder), allowing you to determine, with a small amount of practice, what type of device is creating the levels that are present. Sound samples are available to help you identify what type of signal your Acoustimeter is measuring. The sounds made by different transmitters can change with time, so these are meant as a rough guide only. If you are subject to a number of sources of RF, the sounds may intermingle and be less easily identified. A built in antenna located at the top rear of the case. Signals are best measured with the source behind the instrument, but also quite good with the source to one or other side (particularly the left side away from the switches and volume control). It under-reads if the source is in front of the meter as the LCD display acts as an RF screen.

Contact info@klinghardtacademy.com to locate a professional Building Biologist to assist you with individual home or office testing. Or to purchase one of the items recommended on this flier. We are distributors of EMR Safety Tools. 908-414-0769



Supplements and Detox for EMR Support

Rosemary Tincture & Propolis

The only natural EMR protective supplements.

2 dropperfulls several times a day, when using the computer or when you feel you need support.

Re take as you would sunscreen when in the sun. Same principle.

Biopureus.com Patient Discount code: Klinghardt Academy

Detox using the Ioncleanse to remove metals.

Metals are the problem for our most EMR sensitive patients.

Use the Ioncleanse by AMD 2 x week, with the Klinghardt formulated Melatonin Cream to detox the lymph and healing sleep. 2 – 4 pumps at night only on upper arms to get to the lymph.

Melatonin Compounding Pharmacy NY 732-987-4209

Ioncleanse by AMD – Klinghardt Pricing info@klinghardtacademy.com for procedure

Hydrate and re-mineralize

Dehydration also creates sensitivity to EMR. Happens as we age or with other health issues.

Drink pure water with added electrolytes or sea salt and Matrix Minerals or bone broth-amino acids

Biopureus.com Patient Discount code: Klinghardt Academy



Introducing a new EMF product we love.

EMF Kill Switch

A new convenient way to turn off your power at night, or any time right from your bedroom.

Just select the room or device you would like to turn off, using a simple remote control.

Great for creating a safe bedroom for your children – cut off their power at night.

Developed by our friend Dan Evison, an electrical engineer who also is married to a pediatrician.

He saw the need her patients and developed this patented technology and amazing home tool.

[Watch the youtube from our Klinghardt Academy Conference- Demonstrating and Explaining the system to one of our practitioners in attendance.](#)

Dan is an exhibitor at the Klinghardt Academy events and many of our patients are experiencing the positive changes installing this unit on their electrical panel has made in their families life!

[Contact Dan at EMF Kill Switch](#)

Mention Klinghardt Academy for discount pricing Code: DHS5





Klinghardt Brain Masters & Immersion Week

Ion Cleanse by AMD – Demo's at the events with Instructions for Use and Detox

How it Works - The water in the tub is only a small portion of the water in the whole system.

Just like the salted water in the tub, your body is largely made out of water and electrolytes, and the current will travel through your body as well. Most of the detoxification happens internally, and this is why when urine is tested for days after a footbath session, large increases in heavy metals are found. It is the current itself that is responsible for the detoxification, not the ions in the tub. Research has also shown that detoxification from using an ionic footbath is greatly increased when combined with a cilantro tincture taken orally (cilantro has its own metal detoxification properties) and making a personal homochoord to boost the effect. Clinical experience has shown that cleansing the hands instead of the feet can help the brain detox better.

Nobody knows exactly what the current does inside the body to cause heavy metal detoxification, but we believe it likely has to do with the formation of exclusion zone (EZ) water.² EZ water is a kind of structured water that is inside your cells. It is basically made out of a lattice of OH⁻ groups, while the rest of the bulk water has a higher concentration of H⁺ ions. These happen to be the same ions that are produced in the tub by the array. It is possible that in some way, the current is helping to create more EZ water in the body. The reason that it is called exclusion zone water, is because it excludes all solutes, including toxins inside the cell. If the current from the machine is creating more EZ water, then it is pushing out toxins. The toxins have to go somewhere, and they end up being excreted in the urine.

References: 1. <https://www.amajordifference.com/wp-content/uploads/2016/08/IonCleanse-by-AMD-UA-Preliminary-Study.pdf>

2. Gerald H. Pollack, *The Fourth Phase of Water: Beyond Solid, liquid, and Vapor*

The quality of the machine used is also very important.

There are many manufacturers and price points and hard to know which unit works for clearing today's environmental toxins. The difference is in the details, the frequencies produced and those who actually have proof with studies and testing. We need to use the right frequency to put the body in a parasympathetic state, enhancing detoxification, while the wrong frequency will cause stress in the body, shutting down detoxification. Many machines do not address this aspect, can be made of toxic metals from China such as nickel plates and this is why many people feel worse from using them instead of better. Replacement of the plates is needed more frequently in the cheaper units making them actually more costly over time. **Used in our clinic and by our certified practitioners is the IonCleanse by AMD.**

Using a reputable manufacturer knowing where the parts are made, the longevity of the plates, that it contains non-toxic material, can be easily cleaned correctly, and that will stand behind the product with service is a plus. The details matter for safe effective detox.

Klinghardt Foot Bath Procedure – To Remove Retrovirus, Aluminum, Barium and Titanium, Mercury out of the Matrix. Most Helpful for those with EMR sensitivities



1. **Slowly titrate the cilantro tincture to mobilize:** 1 drop twice daily until you get to 2 dropperfulls (= 30 drops), 3 x daily. (30 min. before each meal). Also- Enula, Elcampane, Homeopathic Alumina 200C from Ainsworth after the detox. Do not use minerals- they are toxic. Instead add Bone Broth for amino acids. Melatonin Cream high dose formulation clears the brain and lymphatics. 2 – 4 pumps on upper arms- at bedtime only. Compounding Pharmacy – 732-987-4209

2. **Binders: Use Chlorella if tolerated.** Start with medium dose, 8 tablets (250 mg), Take it 5 minutes after taking cilantro. Away from all food or vitamins. Increase during times of crisis or with a herximer reaction. Maximum dose 40 tablets 3 times a day.

If chlorella is not tolerated, use Zeolite, start with 1/2 capsule or 1/2 scoop and slowly increase to 2 capsules or a full scoop, away from all food or vitamins. Ecalonia Cava – 4-6 caps 3 x day is

tolerated best! **We are noticing it helps move out biofilm with proper treatment in sinus.**

3. **IonCleanse by AMD Footbath**, 2 - 3 x weekly for 30 minutes maximum.- the frequencies in the IonCleanse will kick start the methylation process so your body can start to detox properly. Also put the palms of the hands in the water with the feet or after.

Boosting the treatment: Recommended by our Certified Practitioners- For those with the DHS Remedy Maker, Make a Remedy using our toxin kit with the DHS Remedy Maker (order at info@klinghardtacademy.com - [instructions](#)) ART muscle testing can assess the patient for the toxic load using our toxin vials and make a personal homochoord remedy of the toxins/virus with the DHS Remedy Maker. The patient drinks it directly before the foot bath treatment, (not to touch a cell phone after taking the remedy). Test which program of the **IonCleanse Premier model** frequency choices to use, and run it for 20-30 min. Always positive results of toxin clearing. With the PREMIER model you can muscle test for the correct frequency program to select for each person/or toxin group being eliminated individually. **Urine Test may also be performed to confirm but not necessary.** Patients at home can regularly use the **SOLO model** to continue treatment and remove layers of toxins as they are unmasked or for re-exposure.

Dramatic improvement with our Autistic patients and those with Retrovirus, Lyme, Chemical and Heavy Metal Toxicity.

Orders: Glenn@amajordifference.com

Mention "Klinghardt Academy" for event pricing - free shipping.