

21st Century Detox

by Dr. Connie



We are electromagnetic beings. Our physical bodies coalesce around vibrational patterning.

Our cells communicate through electromagnetic frequencies. Our bodies resonate with and are stabilized by the natural electromagnetism of the earth

Not until the late 20th and early 21st centuries have our airways been flooded with electromagnetic smog, exposing our bodies to a barrage of disruptive frequencies

from wireless devices, cell towers, antennas, wi-fi hot spots. Not only do these devices emit frequencies 24/7 but frequencies emitted by Smart Meters, for example, are pulsed electromagnetic frequencies, shown to be more harmful to our bodies than steady radiation exposure.

As the electromagnetic smog thickens, it also sickens, and the effect is cumulative. Increasing numbers of people are falling prey to EHS (electromagnetic hypersensitivity symptoms). Among the many statistically significant symptoms experienced by those living less than 300 meters from cell phone base station antenna are **sleep disturbances, headaches, nausea, memory loss, dizziness**. Cell phones kept in hip pockets decrease the bone density in that hip. Cell phones held to the head heat the brain and influence the rates at which neurons fire. This is but the tip of the iceberg.

The intent here is not to detail just how significantly our health is being impacted, but rather to suggest that **21st century detox must involve limiting exposure, or somehow counteracting these harmful electromagnetic influences.**

There are steps you can take to shield yourself in your own home. Industries are now built around helping you do that. The EMF Safety SuperStore (www.lessemf.com) offers advice and devices. Advice re cell phones, for example, is to reduce the time spent on phone calls; to limit calls made when the signal is weak; to remove the phone from your bedroom, to use a cell phone shield when carrying a phone and a headset when using the phone. Many sites offer shielding pouches for Wi-Fi routers; various types of protection from computers, phones, televisions; EMF shielding garments, Faraday canopies. Our best

advice is to **start educating yourself and deciding which steps you can take to avoid or reduce your own exposure.**

Within the world of medicine, increasing numbers of therapies are built around restoring our electromagnetic bodies. Sound tables and brainwave entrainment using magnetic field therapy are increasingly available. These devices are generally based on the Schumann resonance (7.8 Hz), the frequency around which human brain waves evolved. The efficacy of grounding techniques such as walking barefoot on the earth is based on human resonance with the earth.

There are a few energy medicines that are used specifically to diffuse electromagnetic radiation. Radinex is a spagyric homeopathic drainage remedy that may be used around procedures which expose you to EMFs, or airplane flights, or other exposure. An essence of sphagnum moss can help balance cellular energetics.

On a personal note, Dr. Marcel and I find that, at our retreat center in Hawaii, where cell phones only get reception up on the road and wi-fi only on the upper property, we sleep better and feel better. **In the case of EMFs, detox begins with limiting exposure. And, as the adage goes, an ounce of prevention is worth a pound of cure.**