

## ***Surviving in a Strange New World***

**By Connie Hernandez, ND**

Already stressed by the perils of pollution and pesticides and plastics, one could easily be overwhelmed by the newer threat of electro-smog.



**Our lives are so emmeshed with frequency dependent technologies that it is shocking to realize that we may need to change our relationship with these technologies in order to survive in good health.** Though there surely are as yet untested beneficial frequencies, frequencies adverse to human health are generated by many devices and systems that have become integral to our everyday lives. Could today's children even imagine the loss of connectivity they would endure without smart phones and WiFi, without

immediate access to all manner of information?

**A world without technology being highly unlikely, what are the steps we can take to preserve and enhance our health in the context of this electro-smogged environment?** Short of removing yourself from modern society and eking out an isolated existence in some rare, remote and relatively untouched location, it's pretty clear that we humans will continue to evolve in this strange new world. In our last newsletter, we enumerated just a few of the many simple ways through which you might shield yourself from unwanted electromagnetic frequencies, or block those frequencies from entering your personal space. As with most endeavors, protection is a step by step process. **The first step is awareness. The second step is an exploration of options. The third step is to take action.** The journey of a thousand miles can begin with as simple an action as eschewing

habitual use of your smart phone, or turning off your wireless router at night.

Whether personal protection or political action, resources abound, both locally and on line. Check out the EMF Safety SuperStore at [www.lessemf.com](http://www.lessemf.com) You will find meters for measuring frequency exposure, cellphone and computer shielding, shielding garments and fabrics and paints, grounding and low EMF devices, resource books and more. See box for a few local resources, should you wish to be politically involved.

**Beyond blocking and shielding, we might look at ways in which we can increase our own energy and frequencies.**

Naturopaths have long promulgated walking barefoot on the dewy ground in the morning. Science now explains how that practice entrains our magnetic fields with that of the earth. The Japanese stress forest bathing as an antidote of sorts to modern life. Meditation is a practice which changes our individual frequencies and promotes calm, clear awareness and vital health.

Cutting edge practitioners have worked for years with technologies that can identify and measure aberrant frequencies, invert them, and feed them back into a body, thus flat lining microbes and counterbalancing disruption. New grounding gadgets and frequency generators abound in electromedicine. PEMF (Pulsed Electromagnetic Frequencies) devices are increasingly popular treatment modalities, the United States being a relatively late adapter. **It is indeed odd that a culture that for years rejected even the most basic of frequency technologies as potentially dangerous, and that banned the “black box therapies” would subject an entire population to the untested frequencies integral to smart meters and the 5 G network.**

But here we are, with the need to be resilient, to adapt, to find solutions to problems to which we've only begun to be aware.