



Frequency Therapy
Solution for Homes,
Spas & Office Spaces

EMF Mitigation Best Practices



What do we know already?



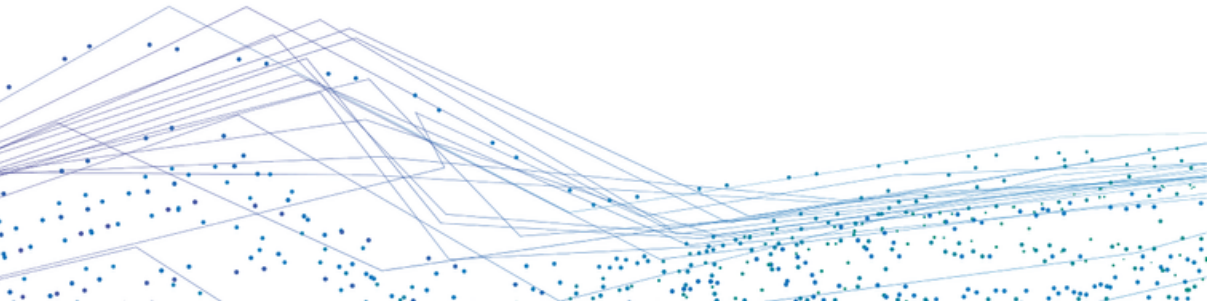
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Current EMF levels are billion billion times higher than 100 years ago. Our bodies were never designed for such EMF levels, nor could they adapt so fast.



25,000+ studies

A number of peer-reviewed scientific journals show EMFs' adverse effects on humans, animals, and plants.



What do we know already?

WHO: EMFs are possibly carcinogenic

In 2011 WHO classifies radiofrequency electromagnetic fields (EMFs) as possibly carcinogenic.

Class 2B:

Lead, formaldehyde, gas, and diesel fuel emissions, etc.

The main reason:

Correlation of brain cancer with Wi-Fi router exposures. WHO advisory committee is asking for a reevaluation (2019).



Dangers of EMFs

As the biological damage from EMFs is triggered by activating your Voltage-Gate Calcium-Channels(VGCCs), tissues with the highest densities of VGCCs are at the most significant risk of harm. These mainly include the brain, testes, nervous system, SA Node - the "natural pacemaker" of your heart, and the retina.



Affects Sperm
Reducing sperm movement



Derailing of Brain Function
MRI showed reduced brain activity



Cardiac Stress
Increased heart rate as in a stress situation

Many studies suggest that this mechanism increases oxidative stress markers and damage to our DNA.



How to lower the EMF exposure?

↙ ↘ **MINIMIZE**

Your use of EMF generating devices such as wireless headphones, tablets, Bluetooth keyboards, and mouses anytime when possible.

↖ ↗ **MAXIMIZE**

The distance between your body and the EMF-generating technologies.



- Not only does EMF radiation gets weaker with the distance and diminishes.
- Each additional inch, even millimeter of the distance you put between yourself and the source of the EMF will significantly impact your exposure.
- To reduce your EMF exposure, you want to maximize the distance between your body and your tech when it's in use.

Devices to avoid or lower their exposure



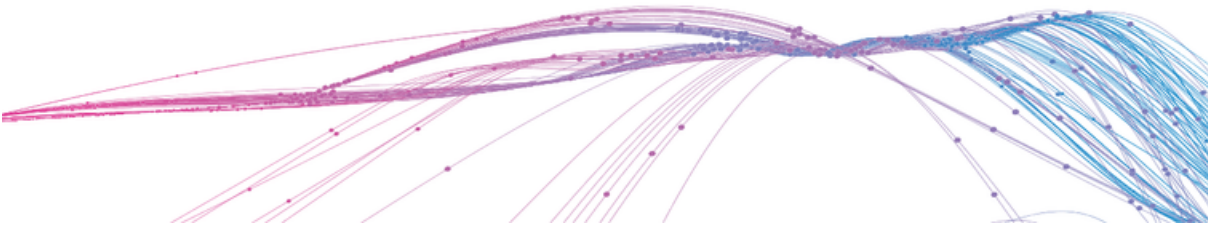
Cell phones

Use flight mode whenever it's in your pocket or your bedroom. When on a call, use a loudspeaker or wired headphones. It's the most significant everyday source of EMF radiation to your body.



Wireless headphones

Avoid them as much as possible. They work based on wireless Bluetooth technology that is very near your brain, and usually, we are exposed to it much more than on phone calls as we tend to use it for music listening



Devices to avoid or lower their exposure



WiFi Routers

During the day, keep it as further away from you as possible. Please turn it off always during the night. Why expose your body to radiation during the most precious time when our body tries to regenerate - our sleep?



Bluetooth devices

Mouses, keyboards, microphones, monitors - use these devices with cords when possible. It's easy to find a wired variant of these devices.



Personal recommendations



Time-restrictive eating

Experiment with intermittent fasting (8-10 hour eating window). For example, have your last meal at 7 pm and your first meal at 9 am. This way, you fasted for 14 hours.



Buy a good EMF meter

Remember, every inch counts. Exposing your bed to as low EMF levels as possible is crucial. Moving the bed just a few feet may significantly impact your sleep. Don't save \$\$\$ on the right tool.



Practice HIT

High-intensity training and activation of NAD+ (in charge of cell metabolic processes).



Grounding

Be barefoot on the ground for just a few minutes a day – providing anti-inflammatory effects and faster muscle regeneration (we recommend watching the Earthing documentary).

Personal recommendations

↔ **Keep your distance**

Maintaining as large distance as possible to the electronic devices we can't turn off (WiFi, cell phones, etc.)



Having our cell on airplane mode

Whenever you have your cellphone in your pocket, use airplane mode to protect your reproductive organs from high EMF exposure.



Increasing deep sleep

Try to increase Deep sleep, which is the part of the sleep where most regeneration processes are running.



Avoid smart household devices

Don't buy "smart" fridges, alarm clocks, LED systems, or microwaves. The "normal" ones work fine and don't pollute your home with additional EMFs.



EMF Mitigation To-Do List

Timerestrictive eating

Buy a good EMF meter

Practice HIT

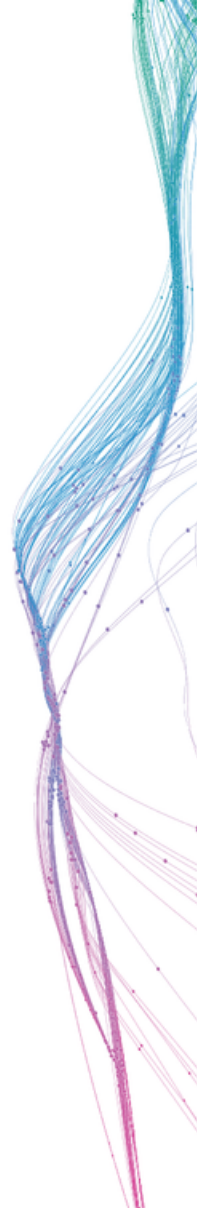
Buy a good EMF meter

Ground yourself everyday

Keep the distance

Use speaker & airplane mode

Avoid smart household devices



"Educate your family, friends, manager, and colleagues about the **risks of EMF exposure"**

Somavedic Team



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