

**ANTECEDENTS**

EMF = electro magnetic fields particularly from man made frequencies (never seen in nature); electro smog

- elevated inflammation markers
- multiple chemical sensitivities
- mitochondrial dysfunction
- an overflowing stress bucket

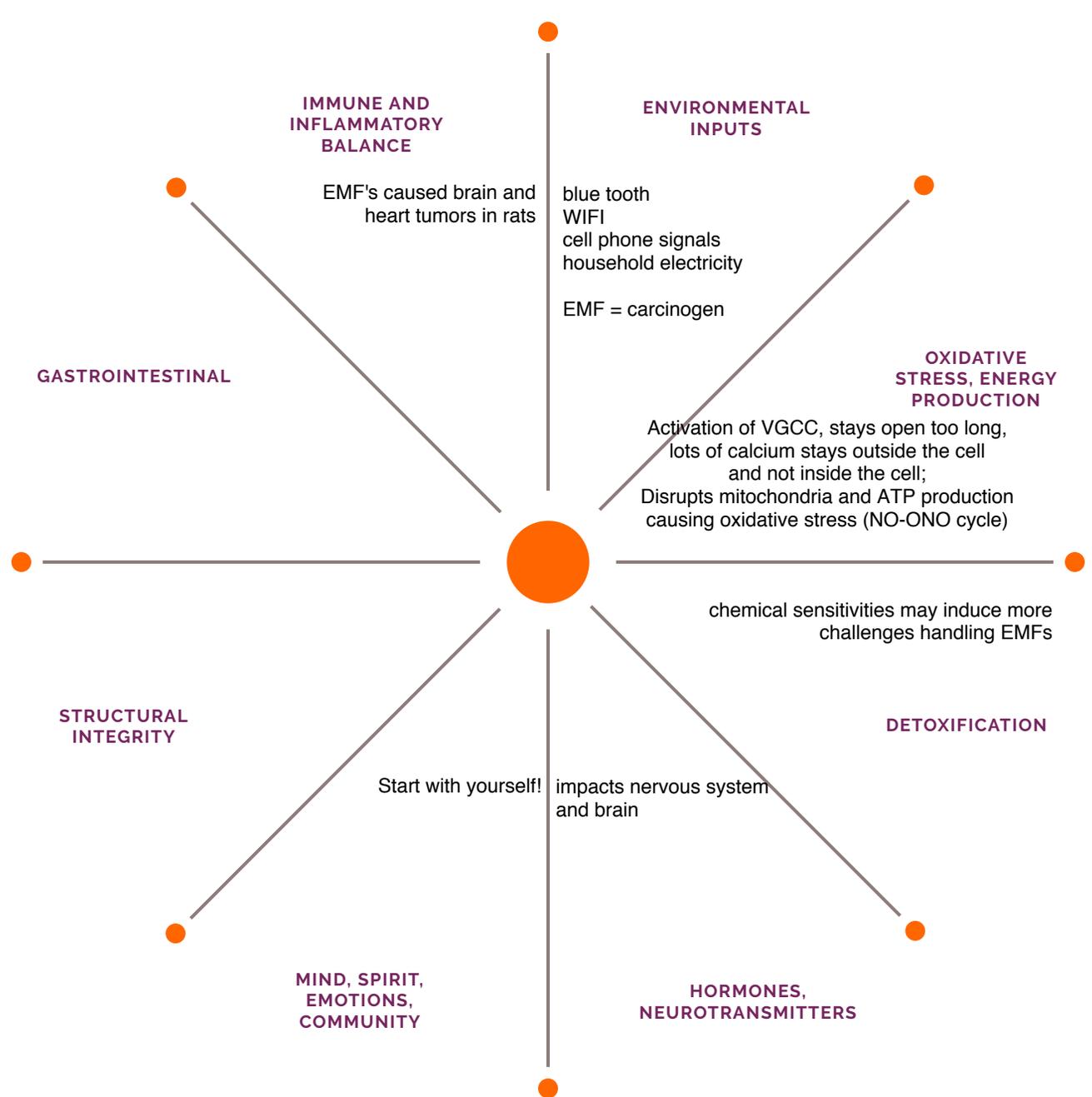
**TRIGGERING EVENTS**

- \* use phone only for texting
- \* don't use phone against your head
- \* use an air tube headset
- \* minimal use of cell phone
- \* turn off WIFI at night or put on timer

If clinically ill, employ all the above as well as no use of WiFi

**MEDIATORS**

- blue tooth
- wifi
- cell phone signals
- household electricity
- nutrient deficiencies
- + see above under Triggers
- + shield the room = bed canopy
- + turn phone on airplane mode
- + rosemary extract
- + chlorella tincture
- + bee propolis
- + magnesium threonate



**SLEEP/RELAXATION**

3 NIGHT SLEEP TEST:  
\* cell phone in airplane mode outside of bedroom  
\* WiFi turned off all night  
\* Breaker to bedroom turned off  
(Determine if sleep improves)

**EXERCISE/MOVEMENT**

**NUTRITION/HYDRATION**

Address nutrient deficiencies (mineral deficiencies will increase the impact of these man made frequencies)

**STRESS/RESILIENCE**

Resilience to EMFs may be lowered by toxic load and inflammatory bucket (higher rate of electrosensitivity)

**RELATIONSHIPS/NETWORKS**

Clinicians - add EMF questions to your health history intake

Dive deeper into research