



# ESSENTIAL OILS for 5G & EMF Protection

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# Essential Oils for 5G & EMF Protection

by Dr. Eric Zielinski

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# Introduction

There are a lot of questions about what is EMF radiation and how it affects our bodies. From Wi-Fi dangers, to microwave radiation, there is Electromagnetic Field (EMF) radiation all around us.

The heated debate of whether or not EMFs cause cancer is championed by the countless of people that claim that their families have been harmed on the one side, and governing institutions like NIH National Cancer Institute on the other hand. The NIH claims that, "No consistent evidence for an association between any source of non-ionizing EMF and cancer has been found." However, this is simply not true, and their fact sheet is misleading

To get the truth, check out this Scientific American report:

Here's a quick summary:

- 240+ scientists, who have published peer-reviewed research on the dangers of non-ionizing electromagnetic fields (EMF), signed the *International EMF Scientist Appeal*, which calls for stronger exposure limits.
- The appeal makes the following assertions: "Numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life."
- These scientists constitute the majority of experts on the effects of non-ionizing radiation and have published 2,000+ papers on EMF in professional journals.
- In 2018, a \$30 million study conducted by the U.S. National Toxicology Program discovered "clear evidence" that two years of exposure to cell phone radio frequency radiation increased cancer in male rats and damaged DNA in rats and mice of both sexes.
- More than 500 studies, have found harmful biologic or health effects from exposure to radio frequency radiation (RFR) at intensities too low to cause significant heating.

- Even the World Health Organization admits the risk! Lyon, France, May 31, 2011 -- The WHO International Agency for Research on Cancer (IARC) classified radiofrequency electromagnetic fields as “possibly carcinogenic to humans” based on an increased risk for glioma - a malignant type of brain cancer associated with wireless phone use.

**The Question We Must All Ask** - Should we invest hundreds of billions of dollars deploying 5G, a cellular technology that requires the installation of 800,000+ new cell antenna sites in the U.S. close to where we live, work & play?

Note: 5G will not immediately replace 4G - it will accompany 4G possibly for a long time. And, “if there are synergistic effects from simultaneous exposures to multiple types of RFR, our overall risk of harm from RFR may increase substantially. Cancer is not the only risk as there is considerable evidence that RFR causes neurological disorders and reproductive harm, likely due to oxidative stress.”

**Our Call to Action** - In the words of the Scientific American report, “We should support the recommendations of the 250 scientists and medical doctors who signed the 5G Appeal that calls for an immediate moratorium on the deployment of 5G and demand that our government fund the research needed to adopt biologically based exposure limits that protect our health and safety.”

Let our voice be heard through our vote! Congress can put a stop to this madness if they wanted to. They just need to know what we (their constituency) demand!

*Discover a 24/7 EMF solution that metered testing shows REDUCES exposure and also boosts HRV (which means lower stress).  
Our Natural Living Family “group buy” will get you up to 60% off a personal EMF-blocking device that’s backed by science!*

# PART ONE

## All You Need to Know About EMFs

# CHAPTER 1

## EMF 101

Electromagnetic fields (EMFs) occur when electric current flows in one direction, and magnetic waves flow at a right angle to the current—the EMF is perpendicular to both. Think of the corner of a cube; each edge represents one of these energy directions. The wider energy field created where these forces collide is where EMFs occur.

EMF fields are invisible waves that generate radiation and exist all around us. To understand the threat of EMFs, we need to understand how the waves work and frequency, or how often the waves appear in a given space. These waves form a spectrum, from low to high frequency and are classed into two groups: ionizing and non-ionizing.

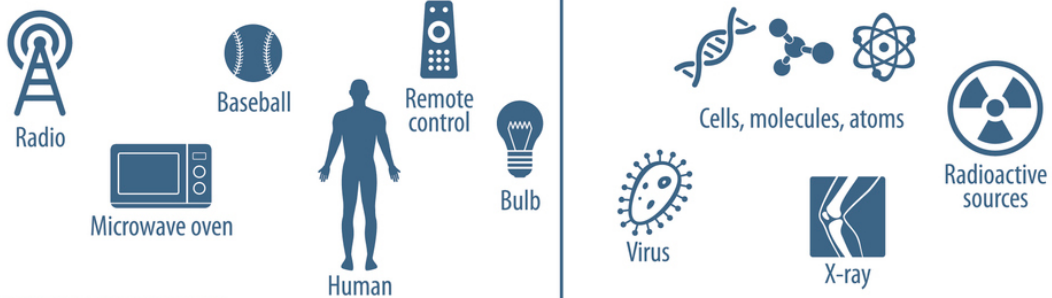
- **Ionizing waves** have a higher frequency and thus, a shorter distance between peaks of the waves, also known as wavelengths. We all recognize these as being harmful to our bodies: ultraviolet rays from the sun, X-rays, and radioactive elements. It's indisputable today that overexposure to ionizing EMF waves can cause cancer, radiation sickness, and other deadly diseases.
- **Non-ionizing**, or low frequency, EMF has a longer wavelength and lower frequency. These include power lines, cell phones, laptops, TVs, microwave ovens, and other tech devices you have around your home. Radiofrequency (RF) waves are non-ionizing waves that are closer to the center of the spectrum while extremely low frequency (ELF) waves are at the far-left side.

EMFs are known to have a powerful influence in many ways. All wireless signals are EMFs of some kind. This is the technology that brings us remote controls, radio, walkie talkies, cell phone reception, and even Wi-Fi access. EMFs are not an exclusive result of cutting-edge technology—household electric wiring, high voltage wires, X-rays, and even visible light all have EMFs as well.

According to Maxwell's Law, EMFs can even occur near an electric current, not just in direct contact with the current. To further complicate matters, additional EMFs can be created or an existing EMF can be magnified when in contact with other forms of energy, such as heat or light.

# ELECTROMAGNETIC SPECTRUM

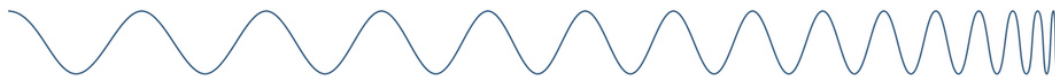
## WAVELENGTHS



## VISIBLE SPECTRUM



## FREQUENCY



## Measuring the Impact of EMF Radiation

The full impact of EMFs on human health is largely a question mark; however, many studies conclusively verify harm to humans including an increased risk of several forms of cancer. Numerous other studies have attempted to demonstrate any kind of positive impact from low level man-made EMF exposure via various methods with uncertain results.



EMFs are considered to be low-level if their frequency does not exceed that of visible light and if their radiation is non-ionizing; some examples of low-level radiation include visible light, cell phones, Bluetooth devices, microwave ovens, computers, laptops, tablets, and power lines. Microwaves are among the highest frequency EMFs that can still be considered low-level.

### ***EMF DANGERS***

*Because the reported symptoms of EMF overexposure vary so much, it can be a difficult field of study. Further, no reliable threshold has been established regarding how much exposure at what strength is too much.*

The safety limit now in place was established in 1953—long before the explosion of modern EMF-emitters—by Herman Schwan. This limit was based on the amount of heat the EMF emits, and we now know that heat is the least of our worries; Schwan later went on record to say he had learned more and changed his mind and that this limit was inadequate due to the non-heat effects of EMFs.

Further, no test of the EMFs in the atmosphere has been conducted by the US since 1979! A distinction has been made between ionizing and non-ionizing EMFs as well, but this field is still wide open to study.

According to the *World Health Organization*, the difference between non-ionizing electromagnetic fields and ionizing radiation depends on the ability of electromagnetic waves to break molecular bonds. Non-ionizing radiation supposedly cannot break molecular bonds, whereas ionizing radiation can:

- *“Wavelength and frequency determine another important characteristic of electromagnetic fields: Electromagnetic waves are carried by particles called quanta. Quanta of higher frequency (shorter wavelength) waves carry more energy than lower frequency (longer wavelength) fields.*
- *Some electromagnetic waves carry so much energy per quantum that they have the ability to break bonds between molecules. In the electromagnetic spectrum, gamma rays given off by radioactive materials, cosmic rays and X-rays carry this property and are called ‘ionizing radiation’.*
- *Fields whose quanta are insufficient to break molecular bonds are called ‘non-ionizing radiation’.*
- *Man-made sources of electromagnetic fields that form a major part of industrialized life - electricity, microwaves and radiofrequency fields -*

*are found at the relatively long wavelength and low frequency end of the electromagnetic spectrum and their quanta are unable to break chemical bonds."*

Understanding EMFs is vitally important because of the unprecedented level of exposure in our technologically advancing world. Since we and our vulnerable, developing children are so constantly barraged with EMFs, and because there is a valid risk of long-term damage, we must continue to investigate the influence and health repercussions of EMFs to ensure basic safety.

## **What Causes EMFs?**

Man-made electromagnetic fields are caused by electronic devices, particularly those that emit certain types of communication waves with an electric current perpendicular to a magnetic field. Microwave ovens emit EMFs as do radio towers, Wi-Fi towers and routers, cell phones, and more common devices like laptops, tablets, and cell phones.

Naturally occurring EMFs exist in the created universe with no human interference. The sun, the earth, the moon and other bodies have their own EMF frequency.

The frequency of the Earth is known as Schumann's number or Schumann's resonance and is believed to have a healing and grounding effect on people exposed to manmade EMFs.

Even the human body runs on electrical and magnetic energy as evidenced by the effectiveness of defibrillators that can shock the heart back into its normal rhythm.

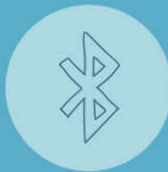
## Items that create **low level radiation**



VISIBLE LIGHT



CELL PHONES



BLUETOOTH DEVICES



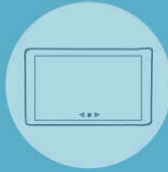
MICROWAVE OVENS



COMPUTERS



LAPTOPS



TABLETS



POWER LINES

**Prevent disease naturally &  
discover how you can live a life free  
of toxic chemicals, starting TODAY!**

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Home Tour & Learn How to Give Your  
Kitchen, Pantry, Laundry Room, Bathroom  
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Dr. Z's  
**Essential Oils Club**

# CHAPTER 2

## EMF Dangers & Risks

One way EMFs cause damage throughout the human body is through reactive oxygen species (or ROS), a compound that is a by-product made by our cells.

Extremely low frequency (ELF) can disrupt this process or cause too much ROS to be created and that can lead to oxidative damage, that is, damage caused by adding oxygen, in our cells. This effect is not all bad. Current medical research is trying to understand if this process can be used as a treatment for cancer.

The ROS our cells create is a type of free radical, which is another term for a “loose” or unpaired electron. These loose oxygen radicals have the potential to harm the outer barrier of our cells. This effect can be caused by both types of low-frequency EMF and leads to a condition in the cells called oxidative stress. This is a common precursor to disease and the adverse effects of aging. That allows EMF radiation to enter the cells, causing damage to both the cells and the DNA. This type of compromised cellular process can then eventually lead to cancer.

Additionally, some studies suggest that low-frequency EMF could be even more harmful to our youngest and most vulnerable populations. One review states that fetuses, babies, and children are more susceptible to damaging EMF exposure, which can be attributed to both having thinner skulls as well as having denser stem cells. This again increases the risk of cancer and can even damage brain development.

And Dr. Martha Herbert, Ph.D., a pediatric neurologist and a brain development researcher specializing in autism, claims that low-frequency EMF contributes to the toxic burden that are areas of “physiological vulnerabilities” for kids and people on the autism spectrum. In other words, Wi-Fi is even more harmful to an autistic person’s brain.

EMFs can also disrupt and even relocate electrons and ions in the body’s atoms. This can impact body tissues that are especially vulnerable and cause damage that also leads to cancer. Many lab studies suggest that EMFs can potentially harm chromosomes, blood pathways, cardiovascular systems, bone marrow, developing embryos, the endocrine system, the pineal gland, protein synthesis, and more.

The symptoms of low-level microwave EMF overexposure involve a cluster of symptoms including:

- Fatigue & Tiredness
- Headaches
- Dysesthesia - Impairment of the Senses
- Dizziness & Inability-to-Balance
- Difficulty Concentrating & Lack-of-Focus
- Depression & Depressive Symptoms
- Concentration & Attention Dysfunction
- Loss of Appetite & Body Weight
- Memory Changes
- Restlessness & Anxiety
- Nausea
- Skin Burning & Tingling
- EEG Changes (Heart)

Low-frequency electromagnetic fields are believed to be less dangerous than high frequency EMFs; however, people chronically exposed to lower frequencies may still experience symptoms or even long-term damage.

High frequency EMFs are thought to be more damaging, but the truth is, the damage may simply be more immediately apparent. If you expose your skin to bright sunlight for too long, you will notice a sunburn fairly soon from the sun's energy. Marie Curie unfortunately discovered the dangers of radiation poisoning soon after experimenting on herself with newly discovered X-ray waves.

## SYMPTOMS OF LOW LEVEL MICROWAVE EMF OVEREXPOSURE

Fatigue & Tiredness	Nausea & Headaches
Dysesthesia – Impairment of the Senses	Dizziness & Inability-to-Balance
Difficulty Concentrating & Lack-of-Focus	Depression & Depressive Symptoms
Concentration & Attention Dysfunction	Loss of Appetite & Body Weight
Memory Changes	Restlessness & Anxiety
EKG Changes (Heart)	Skin Burning & Tingling

These are examples of EMF harm, but they are not the only ones. The cumulative effects of nearly constant low-level EMF exposure are largely unknown.

### ***THE GREAT EXPERIMENT***

*As a society, we are allowing and even embracing this technology in our lives and in our children's spaces without stopping to question the health impact. It is almost as if we've collectively signed on for a massive experiment with no safety parameters nor informed consent because the technology has not existed long enough to have been adequately studied.*

It is important to remember that the effects of EMFs are cumulative, meaning that they build up over time, and never decrease without being specifically treated and significantly decreasing new exposure. Many scientists are concerned with EMF exposure risks and with good reason.

## WHAT IS EMF EXPOSURE & ARE THERE RISKS?

Some of known risks of EMF overexposure are identified in the following studies:

- **Heart Damage.** EMFs alter your ECG readings—that is, they affect the functioning of your heart.
- **Brain Cancer from Microwaves.** There is a 28% higher incidence of brain tumors with exposure to extremely low or low frequency EMFs, specifically microwave EMFs.
- **Depression & Mental Illness from Microwaves.** EMFs including microwaves can cause psychiatric harm including depression.
- **Malignant Brain Tumors.** The World Health Organization has identified EMF radiation as a probable human carcinogen capable of causing glioma (malignant brain tumors), and this National Institute of Health study goes one step further, stating EMFs should be regarded as such.
- **Childhood Leukemia/ Blood Cancer.** Your child's proximity to electric wiring in the house, high voltage lines outside, or even radio towers can double his or her risk of leukemia and increase the risk of childhood cancer in general.
- **Breast Cancer.** Household and occupational levels of EMFs are associated with increased occurrence of breast cancer in women.
- **Brain Cancer from Cell Phones.** It is now definitive. "Heavy" use of cell phones (defined as 30 minutes daily for at least 10 years) results in higher incidence of brain cancer, especially on the preferred side (left or right), especially for people who first used a cell phone before age 20, and the higher the use, the greater the risk.

## RISKS OF EMF OVEREXPOSURE



### Heart Damage

EMFs alter your ECG readings—that is, they affect the functioning of your heart.



### Malignant Brain Tumors

The World Health Organization has identified EMF radiation as a probable human carcinogen capable of causing malignant brain tumors, and study goes one step further, stating EMFs should be regarded as such.



### Depression & Mental Illness

EMFs including microwaves can cause psychiatric harm including depression.



### Brain Cancer from Microwaves

There is a 28% higher incidence of brain tumors with exposure to extremely low or low frequency EMFs, specifically microwave EMFs.



### Childhood Leukemia/ Blood Cancer

Your child's proximity to electric wiring in the house, high voltage lines outside, or radio towers can double their risk of leukemia and increase the risk of childhood cancer.



### Breast Cancer

Household and occupational levels of EMFs are associated with increased occurrence of breast cancer in women.



### Brain Cancer from Cell Phones

"Heavy" use of cell phones (30 minutes daily for at least 10 years) results in higher incidence of brain cancer, especially on the preferred side (left or right), especially for people who first used a cell phone before age 20.



No, you cannot avoid all EMFs. Not only do naturally occurring bodies produce EMFs, but it's no longer feasible to avoid even the man-made EMFs. Even locales as remote as the polar ice caps use EMF-emitting technology to communicate. Most of us are essentially surrounded.

Although, you cannot entirely eliminate EMF exposure, there is a lot that can be done to avoid the most harmful sources and to limit the total cumulative exposure from even low-level sources.

## How Can I Limit EMF Exposure?

Strategies to limit EMF exposure while using the internet, computers, and other devices:

- **When Using a Laptop or Computer** - Place it on a table or EMF shield, further away from you, instead of on your lap or close to your body.
- **Playing Movies on a Tablet for Kids** - Instead of having it in their laps or directly behind your head on the seat, try mounting the tablet between the seatbacks.
- **Connecting to the Internet** - Use a LAN hard-wired connection when possible, and unplug the router when not in use.
- **Talking on Your Cell Phone** - Use wired headphones or speaker phone over a Bluetooth earpiece or holding the phone against your head.
- **Allowing Kids on Tablets and Computers** - Install or display games on a TV screen when possible, and limit time spent on electronic devices.
- **Sending Files Between In-Home Devices** - Use a hard-wired connection or LAN connection when possible vs Bluetooth connection.
- **Using a Microwave** - Leave the room when the microwave is in use, or substitute what you use the microwave for in your home.

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*Our Natural Living Family "group buy" will get you up to 60% off a personal EMF-blocking device that's backed by science!*

# CHAPTER 3

## Microwave Radiation Dangers & Myths

Maybe you remember the microwave oven scares from when microwave technology was fairly young, and people mistrusted something so different and new. Our minds have been relatively easy since the dangers of microwaving in plastic containers were proven and addressed.

Many people believe the only microwave danger was shown to be a plastic-related problem—that's why we now have BPA-free plastics, right? What we know about the potential risks of microwaving food, apart from toxic chemicals leaching from plastic into food, centers around electromagnetic fields. Electromagnetic fields, or EMFs are emitted by many devices including microwaves, and can be harmful.

### **WHAT WE DO NOT KNOW**

*Because the microwaves (not the microwave ovens, but the actual waves) themselves are a form of radiant energy (radiation), the inherent risks must be carefully investigated and considered. We know heating food in plastic is harmful, but what is the risk of EMFs from microwaves? What we don't know about EMFs can harm us.*

Consider the fact that when microwave ovens were first available to consumers, they frequently came with a bonus set of BPA-laden, “microwave-safe” dishes! To date, there is no smoking gun showing that microwaving food has directly caused a disease. We do not fully understand all the effects of microwave radiation on human health. We do not know the full extent of the harm that EMFs can cause, either. However, after examining the evidence, you, too may wish to limit your family's exposure to EMFs.

## Why is it even important to consider a limit on EMF exposure or microwave use?

One might say, the dearth of solid knowledge in combination with many health implications is precisely the reason for further investigation. We can only make good decisions if we have good information. A technology that touches so many lives at such a basic-needs level—our food preparation—warrants close scrutiny if there is any chance it may cause harm.

We all love the convenience of microwave cooking. If you're in love with your time saving, but EMF-emitting microwave, this section is just for you. As a concerned parent, or health-conscious consumer, you may be considering getting rid of the microwave altogether after looking at the research.

### HERE ARE SPECIFIC STRATEGIES TO DITCH YOUR MICROWAVE FOR NON-EMF GENERATING FOOD PREPARATION:

1. **Pop Your Popcorn with Air** - Instead of using the microwave for popcorn, which includes a host of other chemicals beyond the microwave use, try using an air-pop machine or whirly bird stove top popper.
2. **Heating Water or Coffee** - Instead of reheating coffee in the microwave, try single-serve coffee makers or coaster-size hot plates to keep your cup of Joe warm. Use an electric kettle for instant hot water.
3. **Cooking Personal Size Meals** - Use a toaster oven instead of a microwave for quick meals made in smaller portions without the EMF exposure of a microwave.
4. **Reheating Leftovers** - Mama Z has a tried and true method of reheating leftovers without the need for a microwave; Bake in the oven at 350 degrees for 8-15 minutes. BONUS - the texture is better too!
5. **Thawing Meat** - There are several ways to thaw meat that doesn't require a microwave. If you forget to defrost it in the fridge overnight, try placing the meat in a sealed, waterproof baggie in a sink of warm water.

Replacing your microwave isn't the only step you can take to create a more healthy environment in your home.

In the next chapter, I share our top 7 ways to mitigate EMF damage...

# CHAPTER 4

## Natural Living Strategy to Reduce EMF Exposure

By this point, you may feel like a walking science fair experiment. No worries—there are ways to correct and heal after EMF exposure, and this will happen more quickly if you also limit exposure as much as possible.

Remember that EMF is an environmental pollutant. You can address the issue by taking a hands-on approach to detoxing both your environment and your body.

### **Protecting Your Home from EMF Radiation**

Here are a few tried and true ways to reduce EMF radiation inside your home.

#### **HARDWIRE YOUR INTERNET**

You can use wires to capture your internet instead of a Wi-Fi router, which will lower your exposure to EMF. Learn how at [EMF Academy.com](http://EMF Academy.com)

#### **INSTALL A WI-FI TIMER**

Most families do not need Wi-Fi access while they sleep but remembering to turn it off can be a hassle. Instead, install a programmable timer that automatically turns your router off at night and on again in the morning.

#### **CHOOSE A LOWER RADIATION PHONE**

Not all smartphones are created equal when it comes to emitting radiation. You'll need to do your homework here to find a phone with lower SAR, which is a measure of much radiofrequency you are exposed to when using your phone. You can also get protective shields for your phone that shield you while not making a call. Some can even completely blackout your phone when it's not in use. You may also want to consider having a landline for when you are home.

## **CHANGE YOUR LIGHTBULBS**

Halogen, LED, and CFL bulbs all pose different levels of harm. Doses are small but they can add up, depending on how many lights are in your home. Halogen and LED produce blue light, which can disrupt your sleep patterns, and both emit more EMF than incandescent bulbs. CFL bulbs produce UV radiation as well as EMF. They are filled with mercury gas and great care must be taken to safely dispose of them if they break. Choose wisely but incandescent bulbs are your safest choice.

## **CAGE YOUR SMART METER**

Some people don't realize that the electrical meter on their homes has likely been upgraded to a "smart meter." According to the American Cancer Society, they do give off RF radiation but there are no conclusive studies on their impact. While there may be greater sources of EMF in your home, just like light bulbs, your smart meter adds to your total exposure. If you have not yet had one installed, your state may allow you to opt out of this upgrade. If not, you can get a protective cover for your smart meter to block radiation.

## **STOP USING YOUR MICROWAVE OVEN**

Like I discussed above, this machine also emits low-level radiation and contributes to your overall EMF burden. While many researchers claim there is no evidence that microwaving your food is unsafe, we do not yet fully understand the full effect of EMF on our bodies. As a precautionary principle, we'd recommend finding another method of heating your food.

## **Detox Your Body From EMF**

Now that you have several options for detoxing your home, what about your body? There are several measures you can add to your routine to keep your family safe from EMF radiation, especially as 5G is rolled out.

## **LIMIT YOUR DAILY EXPOSURE**

This simple measure can be taken as frequently as you like! We always recommend limiting your overall exposure to Wi-Fi by taking breaks from your technology regularly. Once a week, we regularly take a "tech Sabbath" and spend that time at church, with family, and with friends - no phones allowed except for emergencies!

## REGULAR GROUNDING ACTIVITIES

Grounding or earthing is the act of making skin-to-earth contact, like when you're gardening or walking barefoot on the beach. Do these types of activities for at least 20 minutes per day and be sure to ditch your smartphone!

## BENTONITE CLAY BATHS

Bentonite clay baths have traditionally been used to remove all sorts of toxins, including radiation. While most detox baths are effective, bentonite clay's porous properties may help absorb the radiation away from your body. Just like essential oils, be sure to find a reputable company. In 2016, the FDA found that the brand "Best Bentonite Clay" contains lead so do your due diligence to find a safe, uncontaminated brand.

## MOVING WATER

Bathing in moving water can also encourage your EMF to return to normal, and it does not require a swim. Spending time walking or resting near a natural body of water (i.e. not a dam or swimming pool) with natural movement (rivers, creeks, ocean rather than a pond) has an effect similar to grounding.

## IONIC FOOT BATHS

Similar to Qi Technology, ionic foot baths deliver a negative charge to the body, helping to counteract those free radicals. While there is much debate about whether or not foot baths are effective, at least one study shows that this device can eliminate heavy metals.

## ZEOLITE DETOX

Zeolite was used in Japan to filter radiation following the 2011 Fukushima nuclear reactor meltdown disaster. As a dietary supplement, it's also been shown in one study to reduce oxidative stress in an Alzheimer's mouse model.

*Go [HERE](#) to learn why we recommend Zeolite Clinoptilolite as a safe and effective detox supplement!*

## BALNEOTHERAPY

Mineral-rich or salt-water not only shows promising medical results for many difficult ailments, but it can also combine the benefits of natural salt therapy with those of moving water. What a great reason to visit your local natural hot springs and reset your electromagnetic field!

## HIMALAYAN PINK SALT

Himalayan pink salt can help normalize the ion balance in your body, not only by eating it, but also just by physical contact. A salt soak is very beneficial, even if you only soak your feet. Pink salt slabs are sold to rest your feet on, so you can reap the benefits of salt without soaking—try one under your desk at work. Himalayan salt lamps help balance the ionic levels in your home continuously.

And of course, use essential oils!

I recently stumbled upon a fascinating research article suggesting that fennel essential oil can help reduce damage done to the reproductive system damage due to EMFs. “The antioxidant compounds in fennel & vitamin E, with other antioxidants,” the Iranian researchers stated, “Can reduce the harmful effects of EMFs on the reproductive system.”

*Harmful effects of EMFs on the reproductive system? Yep!*

Many people are unaware that, “EMFs induced cell death in testicular germ cell in mice”. And, “According to many researchers, neuroendocrine changes caused by EMFs are a key factor in changing hormone function and cause infertility symptoms in females.”

I'll cover more details about how to use essential oils in Part Two.

## Herbs to Use for EMF Protection

Essential oils are not the only helpful way to prevent oxidative stress! A healthy diet filled with herbs and nutrients can provide a foundation to protect your family from the dangers of EMF, keeping your cells robust enough to prevent the destruction of oxidative stress.

### GINGER

A 2007 study explored the “radioprotective potential” of several herbs by reviewing the existing literature. Of these, ginger showed great potential. This herb has numerous gastroprotective benefits as well. Fresh ginger can be incorporated into a variety of savory or sweet dishes!

### HOLY BASIL

The holy basil plant has been shown to protect against radiation and is a strong antioxidant. Also called tulsi, this herb makes a wonderful tea that provides numerous antioxidant health benefits. Drink this tea when you need a boost of energy or to reduce your stress levels!

### ROSEMARY

Compounds found in the rosemary plant - carnosic acid, carnosol, and rosmarinic acid - were also found to be radioprotective against chromosomal damage that was caused by gamma radiation, a type of EMF. Remember, these constituents are different than what you find in rosemary essential oil! Rosemary is an aromatic herb that is easy to grow and to another great choice to add your savory dishes.

### FENNEL

Not only does this herb have antioxidant, antimicrobial, anti-cancer, anti-inflammatory, and antispasmodic properties, it is also very safe. Fennel allergies are extremely rare. Fennel contains vitamin C, calcium, magnesium, copper, and phosphorus ions. Research suggests that fennel protects the reproductive organs from the harmful effects of non-ionizing radiation, according to studies done on rats.



## Vitamin E

This vitamin is known for its ability to eliminate free radicals and has been studied for its potential to protect the reproductive system from EMF radiation. You can find vitamin E in hemp seeds, almonds, avocados, butternut squash, olive and palm oils, spinach, sweet potatoes, sunflower seeds, trout, and wheat germ.

If you're interested in a deeper dive into exploring the antioxidant properties of foods and essential oils, my book, *The Essential Oils Diet*, is packed with information, tips, recipes, and so much more to help you live a healthy, abundant, and nontoxic life!

EMF exposure, unfortunately, today, an inescapable fact of life, however, ensuring that your family is well protected with the antioxidants and other measures is possible. Of course, these essential oils have numerous other benefits as well, so making them part of your daily health regimen is an ideal way to stay safe in today's radiated environment!

*Discover a 24/7 EMF solution that metered testing shows REDUCES exposure and also boosts HRV (which means lower stress).  
Our Natural Living Family "group buy" will get you up to 60% off a personal EMF-blocking device that's backed by science!*

# PART TWO

## Natural Living Strategies

# CHAPTER 5

## Importance of Antioxidants & Aromatherapy

Antioxidants are powerful tools that your body uses to fight damage from those free radicals that cause oxidative stress. There are three types of antioxidants with individual jobs:

1. **Primary:** fight the formation of free radicals
2. **Secondary:** repair damaged molecules
3. **Preventive:** bind harmful molecules and enzymes

Many different foods and naturally occurring products have antioxidant capabilities, and essential oils top the list of antioxidant-rich natural compounds! This is where you'll get your biggest bang for your EMF-protecting buck: using essential oils regularly to boost your antioxidant intake via inhalation, topical application and ingestion.

Recent laboratory research shows that rats treated with antioxidants not only prevented the harm inflicted by EMF, it also triggered enzymes that help prevent oxidative stress!

Of interest, EMFs don't just harm humans and animals. Research demonstrates that it can also impact plants, altering the composition and quality of essential oils derived from them. A study out of Romania and Estonia showed that radiation from mobile devices boosted the essential content of the selected plants tested but wireless router devices harmed the composition.

This is why it's so important to understand that the quality and effectiveness of essential oils is impacted by the growth, harvest, and storage of its elements, as well as whether or not the oils are contaminated with additives. When buying oil, be sure to choose pure oils from reliable brands that fully test their products.

*We put together a guide to help you find a trusted essential oil provider on our blog [HERE](#).*

A 2016 experiment done on basil plants also showed a change in the amount and composition of its essential oil constituents, leading researchers to observe that “microwave irradiation influences the quality of herbage of this economically important spice plant.” This demonstrates that EMF radiation can alter essential oils.

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# CHAPTER 6

## Best Essential Oils for EMF-Protection

As the body ages, immune functions dwindle. Lymphocytes are not as widespread, and the innate response is sluggish. But while we can't stop time, we can actively strive to turn back its influence.

One well-researched way to do this might be to lengthen our "telomeres." Structurally, telomeres are the protective caps at the end of our chromosomes. They have been compared to the plastic caps at the end of shoelaces, and they help prevent DNA from degrading. The length of our telomeres predicts the length of healthy life.

Studies over twenty years have shown that telomeres shorten with age, and shortened telomeres have been associated with several chronic diseases, including cancer and cardiovascular disease. That's where an enzyme called telomerase comes in. It's found in certain cells and helps prevent too much wear and tear. This includes shortening of your telomeres. Telomerase does this by adding additional telomere sequences to the ends of your chromosomes.

Given the links between telomere shortening and disease, some people are now interested in finding ways to lengthen their telomeres. But is this even possible?

Research surrounding telomere lengthening is still very new. But so far, the results do show some promise. We might be able to lengthen our telomeres and preserve telomerase through simple lifestyle changes, such as:

- Following a healthy diet.
- Getting regular exercise.
- Managing stress through activities such as yoga and support groups.
- Using essential oils.

Preliminary research has shown that basil, clove, rosemary essential oils contain telomere-protective effects and can help prevent and treat damage caused by environmental toxins. These oils seem to exert their benefit by reducing

oxidative stress (a threat to telomere length and to immunity) and absorbing cell-damaging free radicals directly.

So, if you are looking for a way to live a more youthful life, using natural remedies like essential oils, along with healthy lifestyle strategies is a must!

In 2016, researchers tested the effect of 31 essential oils on telomere length. They discovered that certain oils, most notably rosemary and basil, were shown to be “capable of increasing the apparent length of telomeres” on cells when administered in low doses.

These oils may also have a protective effect on damage caused to cells by EMFs!

## 1. FENNEL

Fennel essential oil is known for its gastrointestinal benefits but research suggests that it can protect against EMF radiation as well. Several lab and human studies show that EMF may be particularly harmful to the reproductive system of both men and women, including testicular damage and female infertility, and may also endanger developing fetuses in the womb. Fennel contains important antioxidants that researchers claim “can reduce the harmful effects of EMFs on the reproductive system.”

*Application: Add a few drops of vitamin E to a 2% dilution of fennel oil. Use as a body oil when you are exposed to heavy Wi-Fi radiation.*

## 2. CLOVE

Clove essential oil is another excellent choice. The National Institute on Aging created a system to measure the antioxidant capabilities in the Oxygen Radical Absorbance Capacity, or ORAC, measurement system. By this standard, clove oil has far more antioxidant capacity than any other factor - nearly three times the next nearest oil, myrrh.

Some of clove oil’s major constituents, like eugenol, can help when used properly and blended with other oils. Be careful, though. Clove oil is potent and contraindicated for people on blood thinners, so check with your doctor before using it.

*Application: Make the Immune Boosting recipes below.*

### 3. MYRRH

While myrrh's ability as an antioxidant has only been tested on its extract form, its essential oil is listed at the number two position on the ORAC chart, suggesting high antioxidant activity in the oil as well. This is likely due to the presence of a high level of sesquiterpenes, a type of molecule found in essential oils that carries oxygen. This fragrant resin is commonly associated with Christmas but it has many other benefits, including antimicrobial properties.

*Application: For on-the-go support, add 6 drops orange oil and 6 drops myrrh oil in a 10ml roller bottle and fill with fractionated coconut or jojoba oil. Roll on to your pulse points for meditation or prayer time.*

### 4. CYPRESS

This Mediterranean oil has demonstrated potent antioxidant ability and contains flavonoids, an important plant nutrient, making it an ideal choice. Cypress oil also has neuroprotective capabilities as well as antimicrobial and numerous other uses.

*Application: Make a body oil by mixing 4 drops each of cypress, frankincense and lime essential oils and mix with 2 ounces of coconut oil. Apply over body after you shower or as a moisturizer if you want to boost mental clarity while fighting oxidative stress!*

### 5. THYME

Several studies have shown that thymol, the main component of thyme essential oil, has potent antioxidant capabilities. This is not surprising since thyme is also a powerful antibacterial and has been shown to have anticancer capabilities. Thyme oil also can provide relief from gastrointestinal issues.

*Application: Try taking 2 or 3 drops of thyme essential oil in a vegan gel capsule once daily after breakfast or dinner. Be sure to fill up your capsule with an edible carrier oil to help ensure safety and efficacy. Of course, consult with your physician before taking, especially if you are currently on any medication.*

### 6. BASIL

Basil essential oil is high in eugenol, one of the most powerful antioxidants found in essential oil. Eugenol is also an anti-inflammatory, making this an effective treatment for treating pain as well. As mentioned above, basil essential was

shown to protect telomeres so this is an important tool for your protection against EMF-induced oxidative stress, and to prevent aging!

NOTE: Holy basil essential oil has very different constituents than standard basil oil. However, since it can have as much as 50% of its main component made of eugenol, you can use this oil as well! Be sure not to confuse the two.

*Application: Add 1-2 drops of basil oil in place of basil herb when you're cooking.*

## 7. ROSEMARY

We already saw that rosemary essential oil has the capability to protect telomeres. The synergistic interplay of the different compounds within this essential oil may also provide a protective effect against cancer.

*Application: Make the Immune Boosting Recipes below.*

## IMMUNE BOOSTING BLEND

### Ingredients

- 10 drops cinnamon bark essential oil
- 10 drops clove bud essential oil
- 10 drops eucalyptus oil (globulus or radiata) essential oil
- 10 drops lemon essential oil
- 10 drop orange (sweet or wild) essential oil
- 10 drops rosemary essential oil

### SUPPLIES

5-ml empty essential oils bottle

### Directions

1. Mix the essential oils in a 5-ml bottle.
2. Use as directed in the following recipes.



## IMMUNE BOOSTING CAPSULES

*Makes 1 application*

### Ingredients

- 4 drops Immune Boosting Blend
- Unrefined, organic coconut oil or extra-virgin olive oil

### SUPPLIES

Pipette

Size 00 vegetarian gel capsule

### Directions

1. Using a pipette, drop the essential oils into the bottom half (the longer, narrower one) of the capsule. Fill this half to the brim with coconut or extra-virgin olive oil.
3. Fit the wider top half of the capsule over the bottom half and secure it snugly.
4. Immediately swallow the capsule (see Note) with water after breakfast and/or dinner. Take once or twice daily during cold and flu season and monitor symptoms.

**Note:** Do not make and store these capsules for future use. This is not a long-term solution, and using for more than three or four weeks at a time is not advisable. Be sure to consult with your health care provider if you're immune-suppressing medications, blood thinners or other medications that can interact with these essential oils. Discontinue use immediately if adverse reactions occur.

## DR. Z'S IMMUNE BOOSTING SNACK

### Ingredients

- 1 tablespoon unsweetened, creamy almond or sunflower butter
- 1 serving liposomal vitamin C
- 1 teaspoon raw honey (Manuka is best)
- 1 teaspoon organic, unrefined coconut oil
- 2 drops Immune-Boosting Blend

- ¼ teaspoon organic pumpkin pie spice
- Tiny pinch of Himalayan pink sea salt

#### *SUPPLIES*

Small glass bowl

#### **Directions**

1. Mix all the ingredients in a glass bowl.
2. Eat by itself or with some freshly cut veggie sticks or apple slices.
3. Take whenever you want a healthy immune-boosting snack.
4. During cold and flu season, this recipe can replace the Immune Boosting Capsule remedy. Simply enjoy twice daily at the onset of a cold, or once per day for prevention during cold and flu season.

**Note:** *Be sure to consult with your health care provider if you're immune-suppressing medications, blood thinners or other medications that can interact with these essential oils. Discontinue use immediately if adverse reactions occur.*

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# PART THREE

## Helpful Resources & More Practical Tips

# NO-MICROWAVE SURVIVAL GUIDE

One of the most common sources of **EMF transmissions** hidden right in the heart of your home is **the microwave**. For many of us, imagining life without a microwave might seem foreign but it's very doable.

**Everything you can use a microwave for, you can do in a healthier, less-toxic way.** Use these **Mama Z** tried and tested alternatives to help you ditch one of the hidden dangers in your kitchen.

## *To Do This*

## *Use These Safer Alternatives*

### *Baby Bottle Water/Milk*

- Run a **BPA-free plastic** or **glass container** with the milk under hot tap water. **Invert periodically** to heat evenly and safely.

### *Comfort Food when Ill/Exhausted*

- Use small portion cooking recommendations - Cook in the **oven** or **toaster oven**.
- Cook and **keep-warm** a larger batch of soup or broth in a **crock pot** where you can **nibble as desired** all day.

### *Hot Water for Tea/Coffee/Reheating Coffee*

- An **electric kettle** is perfect for hot water **in an instant**.
- **Saucepan on the oven** can be used to boil water.
- Dedicate an **electric coffee pot** only used for water, to heat one cup of water at a time as needed.
- To keep coffee hot in-the-cup use a **coaster-size hot-plate** to **avoid nuking** your coffee throughout the day.

### *Instant Frozen Foods*

- Kid-Friendly instant meals like **burritos, pizza, etc.** can be made in a **toaster oven**.

### *Melt Butter*

- Place ingredient to be melted in a **glass 2-Cup measuring cup** and set it in the oven during your **preheat cycle** when cooking dinner.
- This trick works perfectly for **coconut oil and chocolate** too.

### *One-Person Meals*

- Divide your meals into **single-serving portions** and then cook as needed.

# NO-MICROWAVE SURVIVAL GUIDE

**Did you know** that stone will wick the heat away from frozen meat?

That you can use **already-boiling water** to cook your frozen vegetables?

These additional, **tried-and-true techniques** will help prevent you from relying on your microwave and introducing **dangerous EMFs** into your family's environment.

## *Popcorn*

- › Use an **air-pop popcorn machine** with **non-GMO** popcorn kernels.
- › Use a **stove-top whirly-pop** that uses mechanical force instead of microwave heat to pop the popcorn.

## *Reheating Leftovers*

- › Bake at **350°F** for **8-15 minutes**—the texture is MUCH better.
- › If you need it quicker, consider a **toaster oven or saucepan**—no preheating!

## *Thawing Meat*

- › **Defrost overnight** in the fridge for the simplest method.
- › Place frozen meat in a **sealed, waterproof baggie** in a sink of warm water.
- › Use a **stone counter or cutting block** (granite works too!) to defrost meat faster than using a fridge.

## *Veggies, Frozen*

- › Put your veggies in a bowl and then pour boiling water from an **electric kettle** over them. Cover and let it **steep for 5 minutes**.

## *Veggies, Steaming*

- › **Get a steamer!** It's a quick and easy way to steam your veggies without a microwave.

## *Waffles/ Toaster Pastry*

- › Use a **toaster** or **toaster oven**.

## *Work Meals*

- › **Donate a toaster oven** to the break room or focus on meals that do not require reheating - sandwiches, salads, wraps and smoothies.

# Harmoni Pendant Review: The Ultimate Personal EMF Protection

Harmoni Pendant is a personal EMF-protecting device that has been an answer to prayer. To know that we are safe (wherever we go) is pure peace of mind.

Yes, we have a whole-house EMF-Blocking system, but what worried us was when we left the home – especially when we travelled!

With the current concerns around electromagnetic frequencies, and 5G right around the corner, EMF protection is something that's been weighing heavily on my mind. Once 5G hits, it's going to be inescapable, and protecting yourself from your devices will provide only minimal support.

My concerns around these issues have only grown in the past year, and I began searching for a solution to protect both myself and my family. That's why when I came across the Harmoni Pendant, it felt like an answer to a prayer. There are a lot of EMF protection devices out there, but many of them are either incredibly expensive or lack any evidence. The Harmoni Pendant checks all the boxes, and my kids even love it!

***Protect your family from EMFs - the Natural Living Family  
Group-Buy Special saves you up to 60% off on this life-changing  
technology!***

## Q & A with Harmoni's Co-Founder

Our friend and colleague Wendy Myers co-founded Harmoni and we discussed the answers to the most of the questions our Natural Living Family has about her pendant. You can watch that below!



## Harmoni Research Study Results

Recently, Harmoni just completed a clinical trial to assess the efficacy of the Harmoni Pendant in reducing stress and the impact of EMFs.

The study was conducted by 8 doctors with 100 volunteers total. Participant's stress measurements were assessed at three timepoints with HeartScientific HRV technology.

- Baseline
- After introduction of a high EMF source (a portable fan)
- After activation of the Harmoni Pendant + EMF source

## THE STUDY PROVED THAT WEARING A HARMONI PENDANT:

- Improved heart rate variability, a measure of stress, by 940%
- Significantly **reduced** bodily stress induced by EMF
- **Reduced** the effects of stress induced by EMF by 50%
- Significantly **increased** energy reserves and mitochondrial power by 550%
- Increased total energy even **greater** than the baseline (before EMF stressor)
- **Lowered** biological age by 80%, or 2 years
- Significantly **improved** overall health by 140%
- Enhanced the body's aura, also known as the biophoton field, by 140%
- Improved the body's psychoemotional state, or ability to handle stress, by 100%
- Improved the body's ability to adapt to its environment by 90% (Neurohormonal regulation)
- Rescued Energy output dipping into the negative and enhanced it by 80%
- Enhanced the body's autonomic regulation of the body by 300%

The remaining study results are currently being compiled and will be published soon.

## How the Harmoni Pendant Works

The [Harmoni Pendant](#) works through something called bioenergetics. Bioenergetics is a study of vibrational frequency and explains that everything has its own vibration. Every organ in your body, your cell phone, WiFi, electricity — everything in your world vibrates at its own frequency.

For the physical body, this frequency can be measured by something called biophotons. Biophotons are light particles that your body produces in the powerhouse of your cells called your mitochondria from sunlight.

Biophotons carry energy around your body and emanate from your skin to create a field of light that surrounds you. When measured, biophoton emission is correlated with health and wellbeing both physically and emotionally.



The incredible thing is, when you wear the Harmoni Pendant, you're enhancing your body's ability to create biophotons, and therefore creating a brighter energy field.

In other words, you're more efficiently turning the energy from the sun into usable energy in and around your body. This results in a more balanced frequency that can protect you from harmful outside forces like EMFs.

In a way, you're fighting fire with fire. Except instead, you're fighting energy with energy. The high vibrational field that the Harmoni Pendant creates around your body blocks the harmful frequencies that are emitted from electronics and wireless internet.

I know this can all sound a bit woo-woo and out there, but trust me when I say I've read the research. In fact, in an article published in the scientific journal *Nature* scientists explain the concept of bioenergetics and how energy frequencies can quite literally change the function and structure of your DNA.

## HOW TO ACTIVATE IT

Once you order your pendant, you'll receive an email explaining how to activate it. The steps are incredibly simple, and you want to repeat these steps each week.

- Take the pendant off
- Take a 12-inch ruler and hold it against your sternum, pointing outward.
- Hold the pendant on the edge of the ruler farthest from your body, with the pattern side facing out.
- Hold here for one minute.
- You're done!

This process tunes your body's energy field, helping to clear any energy blocks and bringing balance to the field around your body.

The reason you want to repeat this process once a week is that as you live your day to day life, you're going to come up against stressors that can throw you off — mold, food, emotional stress, EMFs, they all play a part.

Why the sternum, you may ask? The founder of the Harmoni Pendant, Robert Marking, worked with thousands of people, including professional athletes, to find the area of the body that works best for calibration. He tried all different

places on and around the body, and eventually came to about 12-inches off the sternum as the ideal location.

## Why We Love It!



*Bella loves her Harmoni Pendant. Our entire family wears one!*

The reason we love the Harmoni Pendant so much is that unlike other EMF protectors out there, you can take it with you wherever you go. Instead of trying to protect ourselves from EMFs by avoiding electronics and WiFi, my family and I can travel and move about freely knowing our own electromagnetic field is primed to resist harmful frequencies.

In the past, when we would go on trips to places like Disneyland, we would be inundated with EMFs. I would feel it almost immediately — the anxiety and sense of unease. Disney and other heavily trafficked areas tend to be hotbeds for EMFs.

*Protect your family from EMFs - the Natural Living Family Group-Buy Special saves you up to 60% off on this life-changing technology!*

Now when I go to events or places like Disney, I feel solid and grounded. Just like I would when I spend time in nature.

## **Benefits of Wearing the Pendant**

The Harmoni Pendant does so much more than simply protecting from EMFs. It balances your energy, which results in a coherent field around your body. The result?

- Improved sleep
- Reduced stress
- Higher energy levels
- Balanced nervous system
- Relaxation
- Better performance/workouts

And, because of all of these benefits, boosted immunity!

## **BEWARE OF KNOCK-OFFS**

If you do a google search for EMF protectors, you'll come up with hundreds of results. Everything from stickers to stones to headphones — you name it. While some of these products certainly offer value, most do not work as claimed

Most EMF devices also don't offer any protection if you move away from the device – like ones on your cell phone, computer, office or home. A Harmoni Pendant goes with you everywhere you go. So you have peace of mind with protection from hidden sources of EMF.

**Buyer beware.**

With the Harmoni Pendant, you get EMF protection from all your devices in one package. And unlike many of the high-tech EMF blockers out there, the Harmoni Pendant is affordable and accessible.

The Harmoni Pendant is what I entrust with the protection and health of my wife and children when it comes to EMFs. I can't recommend it highly enough!

*Save Big with Our Group Special and protect your family with the latest EMF-Blocking protection from Harmoni!*

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# About the Author



ERIC ZIELINSKI, D.C. has pioneered natural living and biblical health education since 2003. Trained as an aromatherapist, public health researcher, and chiropractor, Dr. Z started NaturalLivingFamily.com alongside his wife Sabrina Ann in 2014 to help people learn how to use natural remedies like essential oils safely and effectively. Now visited by more than six million natural health seekers every year, it has rapidly become the #1 source for Biblical Health and non-branded essential oils education online.

Dr. Z is an accomplished researcher with several publications, conference proceedings and is committed to sharing the healing power of natural therapies at churches and events across the globe.

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