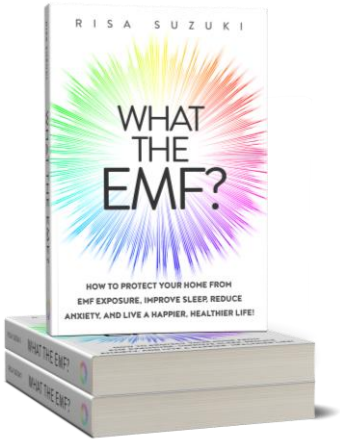

WHAT THE EMF?
FREE GIFTS

The Master Planning Checklist

Congratulations! You are on your way to remediating EMF fields in your home! A good overall plan is essential for your success, and to help you keep track and moving forwards here's a done-for-you checklist. The checklist is broken out by each section with the chapters in the left-hand side and empty columns on the right for making notes.

Part One	
☐ **Chapter 1: What the EMF?**	
☐ **Chapter 2: Health** ☐ How the fields affect us ☐ Cancer ☐ Brain and Cognitive effects ☐ Sleep and Fatigue Struggles ☐ Metals Toxicity and the Human Antenna Effect ☐ Children's Risks	
☐ **Chapter 3: The 5 Fields to Address in Your Home** ☐ AC Direct characteristics and how it works ☐ AC Magnetic characteristics and how it works ☐ Radio frequency	

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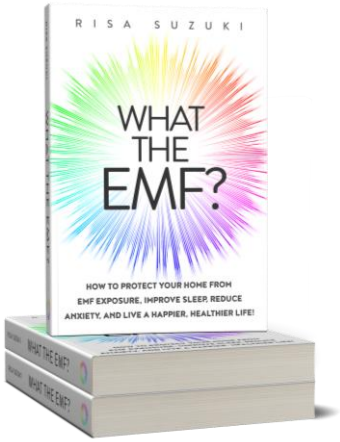

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☐ Analog characteristics and how it works ☐ Pulsed characteristics and how it works ☐ Dirty Electricity ☐ Net Current	
☐ **Chapter 4: EMF Sources Outside the Home** ☐ Power Lines ☐ Service drops and breaker box considerations ☐ How to find and assess cell towers impacting your home ☐ Small Cells ☐ Smart Meters / Stealth Meters ☐ Solar Panels	
☐ **Chapter 5: How Fix Sources Inside the Home Most DIYers Mess Up** ☐ Bed Canopies and EMF Paint ☐ Turning off Bedroom Breaker Switches ☐ Baby Monitors ☐ Personal Care Products ☐ Cordless Phones ☐ Cell Phones and Tablets	

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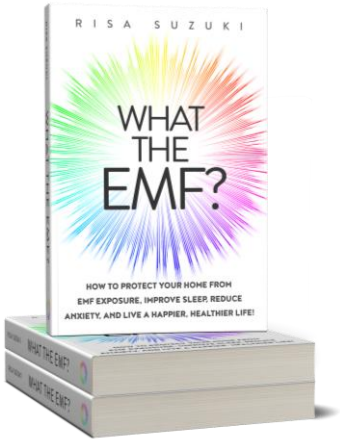

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☐ Smart Homes and Security Systems ☐ Smart Appliances ☐ TV and Cable Services ☐ Wireless Speakers ☐ Internet Modems ☐ Boosters and Mesh Networks ☐ Internet Over Power Lines ☐ Low-EMF Computer and Monitors ☐ Wireless Printers	

Part Two: EMF Self Care and Detoxing	
☐ **Chapter 6: How to Combat EMFs with the right nutrition** ☐ General Clean Eating and Detox Principles ☐ Immune System Boosters ☐ Foods that Fight Radiation ☐ Foods That Help Prevent Cancer ☐ Countering the Stress Response ☐ Heavy Metals Detox ☐ Membrane Support	

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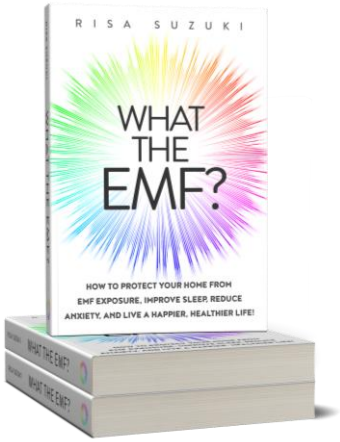

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☐ Keeping Your Youthful Glow ☐ Nutrition and Healthy Sleep Hygiene	
☐ **Chapter 7: Good for the heart and soul holistic solutions** ☐ Soaks, Scrubs and Massages ☐ Saunas ☐ Essential Oils ☐ Meditation ☐ Tibetan and Crystal Sound Bowls ☐ Acupuncture and Yoga ☐ Earthing ☐ Crystal and Salt Lamps	
☐ **Chapter 8: Preventive practices for the real world** ☐ Preventing EMF triggers When You're Not at Home ☐ How to Recognize and Manage EMF Symptoms ☐ Cars and EMF Fields ☐ Finding a low EMF home ☐ Travel tips ☐ On the Plane	

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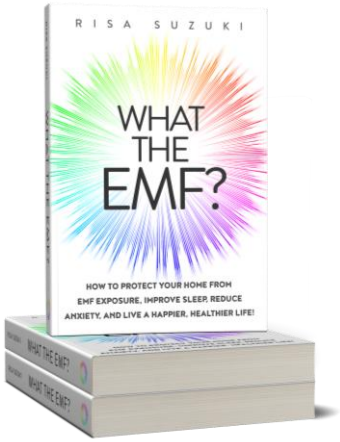

WHAT THE EMF?
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The Master Planning Checklist

☐ Hotel Rooms	

Part 3: The EMF Makeover	
☐ **Chapter 9: Five Steps to a Safer, Healthier Home** ☐ Step 1: Creating your doable plan ☐ Step 2: Reducing the fields like a pro without having to hire one ▪ AC direct ▪ AC magnetic ▪ Radio frequency ▪ Dirty electricity ▪ Net current ☐ Step 3: Minimizing your exposure from outside sources ☐ Cell towers ☐ Power lines ☐ Utility meters ☐ Service drops and breaker boxes ☐ Solar panels ☐ Satellite dishes	

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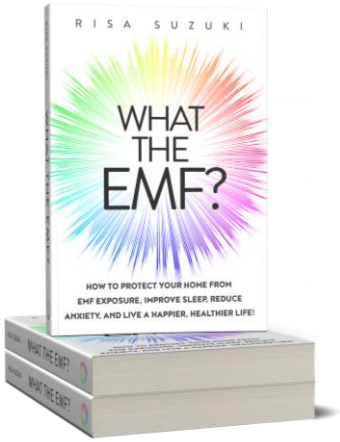

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☐ Step 4: Clear the Fields Inside Room by Room ☐ Bedrooms ☐ Office ☐ Office survival tips ☐ Living and family rooms ☐ Kitchens ☐ Step 5: Creating your EMF survival plan	

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