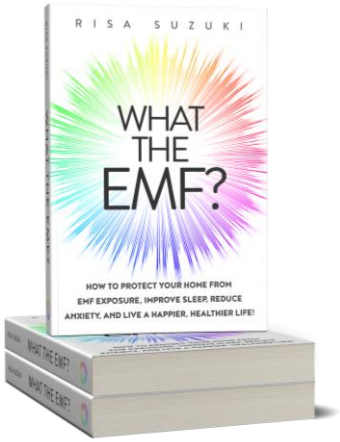

WHAT THE EMF?
FREE GIFTS

A Day in My Life
Tech and Travel Tips

Q: How do you use your cell phone?

Q: How can you work on a computer most of the day?

Q: How do you get ready for travel?

These are a few of the most common questions I get when I'm working with clients when we get to remediating their phones and computers or talk about travel challenges, so in this free booklet, you'll learn the exact steps I take when it comes to my daily phone and computer habits and what I do when I get ready to travel.

CELL PHONES

Cell phones can be a challenge between being reachable and constantly exposing yourself to radiation. As someone who needs to be reachable as much as possible, it changes day-to-day depending on how I feel and how much I have going on (e.g. how much I need to be in contact with people).

Apple or Android?

At this particular point in time, I'm an iPhone fan and have been for a number of years, simply because you can disable 4G. With a simple toggle in Settings, 4G reduces down to 3G and my

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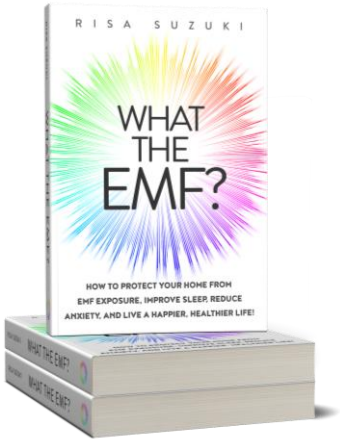

phone displays “3G” in the upper left corner. This makes a huge difference as far as the impact on my EMF sensitivities and not triggering a reaction.

Settings

When it comes to my phone settings, I basically disable everything to the bare necessities, all of which are outlined in the book. What it really comes down to is how much you truly need to have everything turned on versus the convenience of having information pushed to you *and* how much you’re willing to change your habits.

When I upgraded from an iPhone 5 to a 7 (yes, I know I’m still a few versions behind…) the increase in radiation made it impossible to keep my phone turned on for more than thirty minutes because it made my wrist and hand ache with sharp pains. After doing a thorough inventory of every single setting, it was the Siri and Search setting that was the offender. Once that was turned off and every app within that setting, I could use my phone like I did before I upgraded.

These are the settings I keep disabled by default:

- 4G/LTE
- Wi-Fi
- Bluetooth

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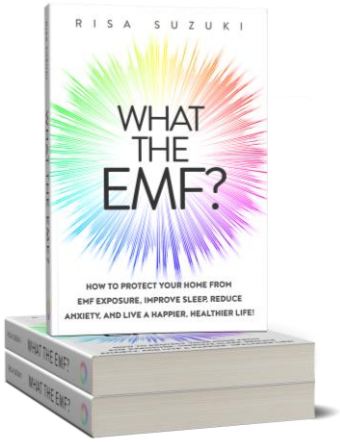

A Day in My Life
Tech and Travel Tips

- Privacy (GPS)
- Siri and Search
- Automatic and Push email
- Push notifications for apps I don't care about
- Automatic updates

If I need to use something such as Maps then I'll enable the settings I need and then disable when I'm done. Same thing if I'm in my car and need to make a call, I'll turn Bluetooth on for the call and then disable it.

How I Use my Phone

People always ask me how I use my phone, or what I actually use it for since it's usually on airplane mode most of the time. So here's how I use my phone:

- Texting: I use it for lots of texting because that's less radiation than actually using it for calls.
- I check messages throughout the day. This was more challenging because I had to change my habits!
- Checking email, especially when things are busy
- Calls if I absolutely need to, and it's usually on speakerphone or with wired earbuds

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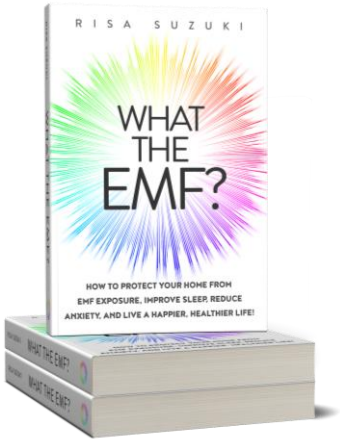

- Maps/GPS if my car navigation can't find the destination for some reason

Other than that, I'll occasionally use it for social media, or other applications that I don't use very often.

Where I Keep My Phone

I keep my phone in my purse or tote, or in another room and on airplane mode 90% of the time and check messages throughout the day. I never carry it in my bra or pants pocket. The closest it will get to me is in a jacket pocket and on airplane mode if I'm walking my dog and I absolutely need to have my phone with me, otherwise I leave it behind.

Nighttime

I leave my phone unplugged and in another room at night and powered off or on airplane mode.

COMPUTERS

Being able to work on a computer and be productive for more than a few hours is critical in my area of work, and these are some of the things that make it possible.

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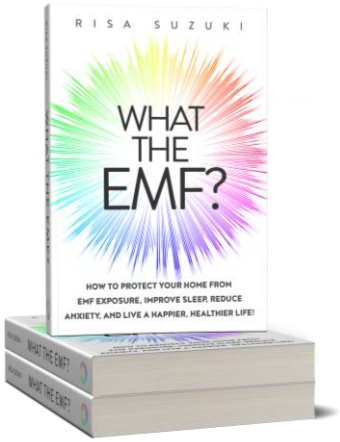

WHAT THE EMF?
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No Wi-Fi or Bluetooth

A hardwired ethernet connection is essential because the modems these days send out so much more radiation compared to five or six years ago. Unless you have thick concrete floors or other dense building materials, it's very easy for Wi-Fi to travel through walls and floors in your home.

My laptop is my main computer and I also have wireless and Bluetooth disabled by default all of the time.

My Setup

This was one of the biggest game changers for me and helped to significantly reduce feeling wiped out and fatigued at the end of the day. If you don't have the book yet, the basic concept is to keep everything away from you and to purchase lower-radiation products. I also take the following steps for my office:

- I don't have anything wireless in my office period. Even a fancy optical *wired* mouse made my wrist hurt so I use an old school plain, wired mouse and it works great
- I survive conference calls with a good quality speaker/microphone that plugs via USB (no Bluetooth or wireless)
- If I'm in the office and need a headset, I have a non-Bluetooth wired headset that plugs into a USB port

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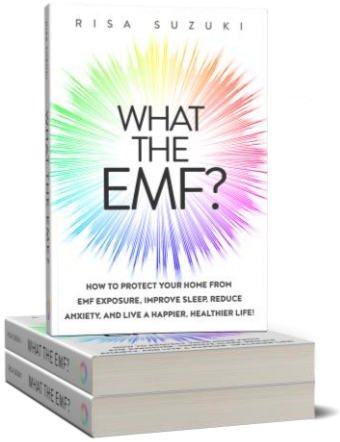

- Online conference and messaging applications are life savers because I can skip the phone and just use Teams, Zoom or Skype or other conferencing / audio application
- I wear glasses that filter out the blue light. I look like a dork but they help reduce eye strain and, to my surprise, low-grade headaches that I didn't even realize that I had. I had to experiment and try a few different brands and tints to find the one that worked the best for me and I'd recommend doing the same to find the ones that work the best for you

PREPARING TO TRAVEL

I love traveling! That, of course can bring up other challenges, so in addition to good EMF practices while I'm traveling, that also includes getting ready before I leave.

Minding the Immune System

EMF fields impact your immune system, and traveling means you're exposed to all sorts of things in the airport, on the plane, and at the hotel.

Before I leave on a trip, I do whatever I can to boost my immune system before I leave:

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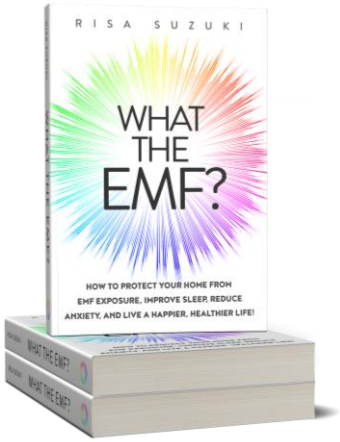

A Day in My Life
Tech and Travel Tips

- Increase greens with green drinks, smoothies, and salads. EMF fields make your body more acidic so I load up on lots of greens, salads and drinks to help make my body more alkaline
- Eat healthier, in general, and for me, that's usually gluten especially if I'm out for a meal. I'm a pretty healthy eater, so this one isn't really a big deal, but more of a reminder in the few days leading up my departure date
- I make sure I'm stocked up on portable, non-crushable healthy snacks and toss those in the suitcase and carry-on so I don't opt for the non-healthy options if my flight gets delayed. My current favorite is Graze because their stuff is healthy and actually tastes pretty good.
- Coconut water is my latest favorite hydration drink to bring on the plane if I can find a good, organic one
- I give myself extra time the night before I leave to get a good night's sleep which sounds like a no-brainer but it makes a huge difference with EMF sensitivities

I also plan ahead for EMF exposure and take some of my holistic solutions to help "deal":

- Bring salt for salt scrubs! When I'm traveling I usually do a salt scrub if it's a long day of meetings or being around a lot of people which is usually everyday. If feel like I need

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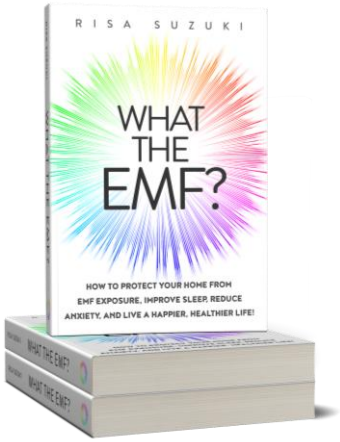

an essential oil to go with the scrub, then I'll pack that in a smaller essential oil bottle or travel tube and then mix them together when I'm at my destination.

- If I'm going to have some down time, I'll also pack some bentonite clay so I can do a clay foot soak
- Sipping vinegars in travel size containers are also great because they help keep your gut healthy. My current favorite is Wild Heart because they come in travel-friendly sizes 😊
- Travel diffusers for essential oils are AH-mazing because they're so portable. I always take a small backfill of the essential oil in case I run out (which has happened).
- Small crystals (e.g. you can hold them in the palm of your hand) always come with me in my carry-on. I always bring selenite and shungite at a minimum because those are two of my go-to's if I get triggered.

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