



ESSENTIAL OILS for 5G & EMF Protection

Dr. Eric L Zielinski

Bestselling Author of *The Healing Power of Essential Oils*



Essential Oils for 5G & EMF Protection

by Dr. Eric Zielinski

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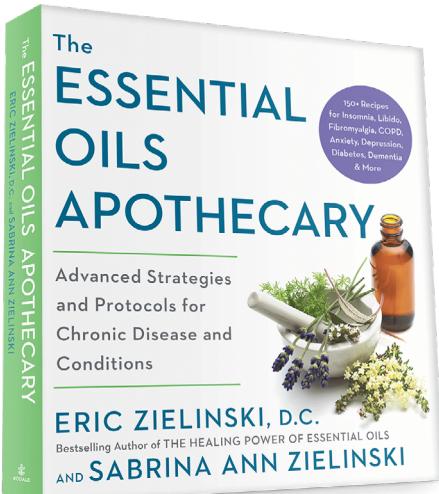
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Spiritual Disclaimer

Please note that I am a Christian and it is from this perspective that I present the information that is in this book. Amongst other things, this means that I will refer to "God," not the "Universe." This also means that I may reference Biblical teaching and ancient proverbs that I have found to be helpful and applicable today.

Sometimes people get offended by the words that I use, or the spiritual references that I make. Please don't fall into this trap.

As a trained public health researcher and world-renowned essential oils educator, you can trust that the information presented in these pages is solid, evidence-based and that it will help you.

I do not judge people that don't share my faith and I am committed to helping everyone (regardless of who they are or what they believe) benefit from my experiences. In fact, I whole-heartedly believe this is my mission in life and why God put me on this planet.

You see, there I go referencing "God" again. ;)

A Note About Faith

Personally, I have found that my faith has been vital to helping me overcome sickness and disease - as it has for the thousands of people that we have helped get well.

Being a Christian, it's impossible for me to separate my personal beliefs from my actions and lifestyle habits. As a researcher, I am intrigued to see how clinical trials and science continues to uncover the role that prayer, positive thinking and faith play in the healing journey.

My dear friend and Integrative Oncologist, Dr. Tony Jimenez often says that "cancer is an emotional disorder." The same can be said of all chronic, long-standing disease like gut disorders, autoimmunity, arthritis, fatigue and insomnia.

It is with this in mind that I present to you the information in the Introduction and scattered throughout this book where you will discover eternal truths that will provide you with hope, inspiration and may even shed some light on things if you are willing to take a dive into the spiritual side of healing with me.

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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!

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PART ONE

All You Need to Know About EMFs

How to Turn EMF Toxicity OFF

You can begin to protect yourself immediately with the [EMF-Protecting Harmoni Pendant](#) available at our exclusive 53% OFF “Group Buy” discount for our Natural Living Family. Yes, it really works and has been clinically proven to reduce the EMF stress by 700%, improve heart rate variability by 940% & enhance sleep rhythms by 148%.

But don't take our word for it - the testimonials pouring in our online Natural Living Family members say it all:

- *“I bought two Harmoni Pendants small for me & large for Chuck. I normally have an irregular heart beat. None since I activated it and put it on. And my knees didn't hurt when I got out of car like they usually do. Amazing.” ~ Penny L.*
- *“Hi all. I just wanted to say that I ordered the Harmoni Pendant and I love it. I have felt such a tremendous calm. I was very skeptical but truly this is amazing.” ~ Susan M.*



→ Go [HERE](#) to get a pendant & protect your family from EMF stress!

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



Radio waves Microwaves Infrared Ultraviolet X-rays Gamma-rays



Radio



Baseball



Human



Remote control



Bulb



Cells, molecules, atoms



Radioactive sources



Virus



X-ray

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?

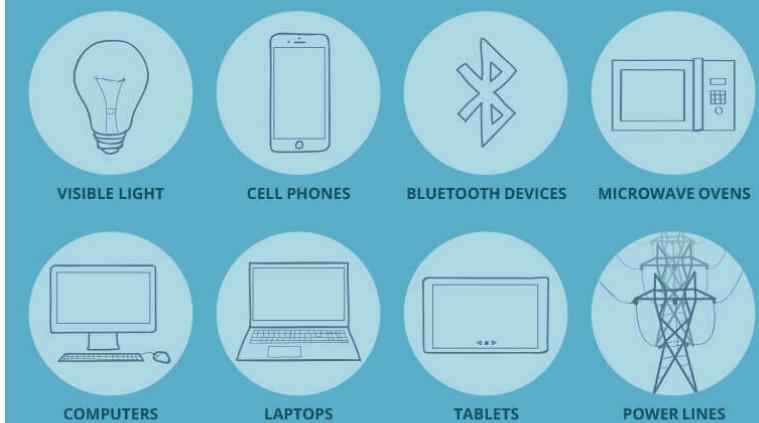
Man-made electromagnetic fields are caused by electronic devices, particularly those that emit certain types of communication waves with an electric current perpendicular to a magnetic field. Microwave ovens emit EMFs as do radio towers, Wi-Fi towers and routers, cell phones, and more common devices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



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

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NATURAL **LIVING** FAMILY

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

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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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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...

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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://EMFAcademy.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!

SPECIAL PRICE JUST FOR NATURAL LIVING FAMILY READERS!

Our Natural Living Family "group buy" will save you up to 53% off of the Harmoni Pendant that's been clinical proven to reduce EMF stress by 700% and provide on-the-go protection for you and your family! [Check out this life-changing technology HERE!](#)

PART TWO

Natural Living Strategies

How to Turn EMF Toxicity OFF

You can begin to protect yourself immediately with the [EMF-Protecting Harmoni Pendant](#) available at our exclusive 53% OFF “Group Buy” discount for our Natural Living Family. Yes, it really works and has been clinically proven to reduce the EMF stress by 700%, improve heart rate variability by 940% & enhance sleep rhythms by 148%.

But don't take our word for it - the testimonials pouring in our online Natural Living Family members say it all:

- *“I bought two Harmoni Pendants small for me & large for Chuck. I normally have an irregular heart beat. None since I activated it and put it on. And my knees didn’t hurt when I got out of car like they usually do. Amazing.” ~ Penny L.*
- *“Hi all. I just wanted to say that I ordered the Harmoni Pendant and I love it. I have felt such a tremendous calm. I was very skeptical but truly this is amazing.” ~ Susan M.*



→ Go [HERE](#) to get a pendant & protect your family from EMF stress!

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.
2. Fit the wider top half of the capsule over the bottom half and secure it snugly.
3. 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

- 1/4 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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CHAPTER 7

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 traveled!

With the current concerns around electromagnetic frequencies, and 5.G. right around the corner, EMF protection is something that's been weighing heavily on my mind. Once 5.G. 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!

Importance of EMF Protection

EMFs (electromagnetic frequencies) are everywhere in your environment being emitted from your favorite electronics (cell phones, laptops, iPads, etc.) as well as the ever-pervasive WiFi that surrounds you no matter where you go.

These frequencies cause disturbances to your own electromagnetic field (that's right you have an electromagnetic field as well) and may exacerbate health imbalances like fatigue, brain fog, stress, and more.

That's why when you go into a doctor's office for an X-Ray, you have to wear a protective shield around your body. The difference between X-Ray EMFs and the EMFs that are polluting our airwaves is that X-Ray EMFs are "ionizing," while EMFs from electronics are "non-ionizing."

Ionizing EMFs have known effects that can damage your DNA- hence the protective wear. Non-ionizing EMFs, on the other hand, are not as strong as ionizing EMFs, so they aren't taken as seriously.

The problem is, non-ionizing EMFs can still contribute to health imbalances, and they're much more pervasive in the environment than ionizing EMFs.

In fact, research suggests that EMF exposure may be associated with health concerns such as:

- Abnormal cell growth
- Nerve cell damage
- Infertility
- Oxidative stress
- Immune dysfunction
- Sleep disturbances

As if life isn't stressful enough, the idea of having to fend off pollutants in my energy field overwhelmed me when I learned about how harmful EMFs could be.

I didn't want to be that family that didn't have the internet or TV, but I also didn't want to be exposing my kids and wife to EMFs all day. That's why I am so grateful to have found the Harmoni Pendant.

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WHAT ARE SOME COMMON SIDE EFFECTS FROM EM RADIATION?

We highlight some of the common complaints associated with low-level EMF radiation in this article. They include:

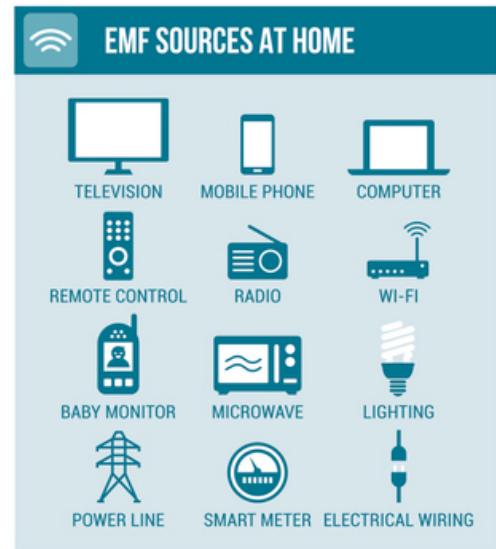
- Fatigue & Sleep Disorders
- Occasional Headaches
- Mood or Attention Issues
- Occasional Nausea
- Changes in Heart Rhythm
- and many more...

HOW CAN WE IMPLEMENT 5.G. PROTECTION?

1. **Join the debate!** There is probably a local group in your state fighting to raise awareness.
2. **Minimize exposure** – especially for children. We are seeing that children are more vulnerable to this radiation because of their smaller size and thinner bones (the waves penetrate further into their bodies.)
3. Take simple steps to **protect yourself**. There are several things you can do to help minimize your exposure to give your body a chance to recover from the near-constant bombardment.

ELECTROMAGNETIC FIELDS

EMF PROTECTION



HEALTH RISKS



- ANXIETY
- DEPRESSION
- STRESS/FATIGUE



- HEART PROBLEMS



- LEUKEMIA
- CANCER

HOW TO REDUCE EXPOSURE

COMPUTER AND MOBILE PHONES



USE A BARRIER FOR THE LAPTOP ON THE LAPS



AVOID BLUETOOTH HEADSETS

HOME PROTECTION



KEEP THE BEDROOM CLEAR FROM DEVICES



AVOID/TURN OFF WIRELESS TECHNOLOGY

NATURAL DETOX



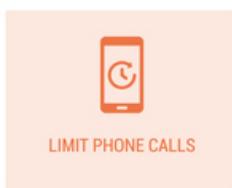
WALK BAREFOOT IN NATURE



EAT DETOX FOOD



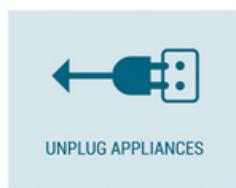
KEEP MOBILE PHONES AWAY FROM YOUR BODY



LIMIT PHONE CALLS



AVOID CFL AND HALOGEN LIGHTING



UNPLUG APPLIANCES



KEEP PLANTS THAT ABSORB RADIATION



CHECK POLLUTION IN THE NEIGHBORHOOD

The Problem with 5.G.

We've written about the dangers of microwave and EMF radiation before but since publishing that article even more studies have come out. Plus we are seeing the global expansion of 5.G. networks which surround us in a fog of EMF pollution. This means we are going to be facing even more exposure than ever before.

WHAT IS 5.G. TECHNOLOGY?

5.G. stands for Fifth Generation wireless network. The goal is to provide faster, more stable, internet for mobile devices which sounds wonderful. After all, we run an online Bible health ministry so good internet lets us reach more people. Good thing, right?

Not for our health. Study after study is showing the dangers of the radio frequencies produced by these towers and the 5.G. systems will blanket us in these RF or EMF emissions. The World Health Organization classified RF as a Group 2B Possible Human Carcinogen back in 2011.

And we haven't seen all the long-term studies on the safety of the higher frequency emissions from the 5.G. towers that will be coming out. I'm sure as we begin examining the long-term effects we will see the higher frequencies, at more prolific levels will amplify the negative side effects.

LEARN MORE ABOUT HARMONI

and enjoy the special discount we negotiated for you today!

Q & A with Harmoni's Co-Founder

Our friend and colleague Wendy Myers co-founded Harmoni and we discussed the answers to 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.

If you're a research geek like I am, [you can read the entire study HERE](#).

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:

- Reduced EMF stress by 700%
- Thus, reducing the effects of stress-induced by EMF by 50%
- Improved heart rate variability, a measure of stress, by 940%
- Significantly increased energy reserves and mitochondrial power by 520%
- Increased total energy even greater than the baseline (before EMF stressor)
- Lowered biological age by 80%, or 2 years
- Improved sleep rhythms by 148%
- 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

The data doesn't lie.
Researchers found Harmoni can:



Reduce EMF
Stress by 700%



Boost energy
reserves by 520%



Improve sleep
rhythms by 148%

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 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.

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.

PROTECT YOURSELF FROM EMFS TODAY &

Enjoy the Natural Living Family “Group-Buy” Special & Save 53% on this life-changing pendant!

Now available in 3 Metal Options!



Stainless Steel



18K Rose Gold Plated



18K Gold Plated

But don't take our word for it – the testimonials pouring in from Natural Living Family members who have tried it already.

- *“I bought two Harmoni Pendants small for me & large for my husband. I normally have an irregular heart beat. None since I activated it and put it on. And my knees don’t hurt when I got out of car like they usually do. Amazing.”*
– Penny L.
- *“Hi all. I just wanted to say that I ordered the Harmoni Pendant and I love it. I have felt such a tremendous calm. I was very skeptical, but truly this is amazing.”* – Susan M.

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, it promotes healthy 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 protection 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.

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Baby Ezekiel enjoying sweet sleep with his Harmoni Pendant. He approves. :)

FAQ (How it Works & More!)

PENDANT ACTIVATION

Q. How do you activate the pendant to achieve the most benefit?

Upon purchasing the pendant, you will be emailed a step-by-step video and a PDF with instructions on how to activate your pendant. [You can watch the video here.](#) Your pendant will also come with a card in the box that contains a QR code that leads to the activation video and PDF guide.

Your pendant will work to a small degree if you simply wear it, but you can only enjoy the maximum benefits when it is properly activated and tuned to your body. This is a very simple process that will only take a couple of minutes.

The easiest way to do this is to use a 12-inch ruler, and hold it against your sternum/heart facing straight outward. Then, hold the pendant at the end of the ruler for 1-2 minutes. This will tune the pendant to your body's energy field. You can also estimate the approximate distance of 12 inches from your sternum/heart rather than using a ruler.

We strongly recommend that you repeat this activation process once a week to keep your pendant tuned to your body's energy field. You are constantly bombarded by various stressors that can throw off your body's energy field, and you want to keep the connection between you and the pendant optimized.

You can also repeat it anytime you feel mentally or physically off.

Q. Why do I have to hold the pendant a foot away from my sternum to activate it?

We found that when the pendant is held right at the 12-inch mark from the sternum, we get the greatest degree of benefits to support the body coming into balance energetically and clear it of disruptive energies. It is where the pendant best resonates with your frequency. This can help support your energy levels, optimize communication in your energy field and keep you in an optimum energetic state.

In bioenergetics terms, we're creating resonance between you and the pendant; it is analogous to the relationship between two tuning forks. Through working with the thousands of people we've harmonized with Harmoni Pendants, we have determined the master harmonizing or clearing points that can support

most of the energetic clearing needed by the body. This is 12 inches from the sternum.

Q. Do I need to repeat the activation process? How often should I do the activation process with my pendant?

Generally, once a week has produced optimal results. You can also repeat it anytime you feel mentally or physically off.

If you are ever exposed to a high general state of stress, or a major individual stressor (a bad fall, a car accident, or anything that rattles you and shakes you up), that is always a good time to reset and re-harmonize. It depends on the person, but once a week is a great rule of thumb for achieving optimal benefits from the pendant. We've found it helpful to just set a recurring calendar reminder so you don't forget.

Q: If I forget to reactivate it, does it stop working?

No. But the pendant's effect may be diminished. Remember, your body and the energy field around it is always changing due to your environment, stress levels, diet, sleep, and countless other factors. To ensure that your Harmoni is always "in sync" with your body, we recommend you set a weekly reminder for yourself to go through the 60-second reactivation process.

Q. How does the Harmoni pendant work?

When you hold the pendant 12 inches from your body and activate it, the sacred geometry inside communicates with your body to finely tune your body's frequency. This clears disharmonious frequencies and makes it so that your body is better able to regulate and deal with any stressors that it encounters (including EMF). This amplifies your vibrational blueprint to help reset it back to when it was perfectly tuned, as the trauma and stressors that have impacted you throughout a lifetime are released.

Science tells us that the activities of cells and tissues generate energy fields that can be detected on the skin's surface. One of the biggest discoveries in this area was in 1962, when Gerhard Baule and Richard McFee of Syracuse University, NY detected the biomagnetic field projected from the human heart. Everything in the physical universe has a field and a frequency. Have you ever been inside a holy place or in a pristine area in nature? What feels so good about those places is that their fields and frequencies are more compatible with ours. On the other hand, we've all had the experience of being someplace where the energy field

and frequency felt “off.” The bottom line is that some fields and frequencies are compatible with the body and support health, while others aren’t, and produce disharmony and potential health issues. When it comes to the body, we all have a biophoton field that can be measured.

The pendant uses very precise geometry to align with the body’s field and help signal it to return to its optimal state. This is necessary because there are so many things we’re exposed to that take the body OUT of its natural frequency and field. This can include pollutants, negative people, trauma, and even things like dirty electricity and electromagnetic frequency (EMF) radiation.

Upon activating a pendant, one’s biophoton field lights up, and the body’s waveform and electron spin are positively altered. There is a book that explains this phenomenon, in fact, called *The Biology of Belief*, by Bruce Lipton. This book explains how thoughts are waveforms with specific frequencies that can impact the body’s biology in different ways. The pendant works like this, only utilizing precise geometry to send a signal to the body. This signal acts as a reminder to the body, helping it remember its natural, optimum state—even in the face of stressors.

Q: What happens after you activate the Harmoni Pendant?

You may feel a sense of calm, peace and relaxation. Many report they sleep better and feel less stressed. A lot of people notice a reduction in their aches and pains, leading to better mobility. Athletes and people who’ve had injuries often note that they feel much better and have better performance and coordination.

A general sense of good natural core energy throughout the day is another oft reported benefit. People often experience improved sleep and mood also often improves, as the body is better able to adapt to stress. This calm, adaptive state also helps one to feel more connected with other people and the environment.

Some people feel worse. This is not a bad thing — it’s a sign the pendant is working. We find that some people don’t like the shift from their stressed-out, sympathetic nervous system state to the more relaxed, parasympathetic state. Many people live on the adrenaline from being stressed out all the time and don’t know how to relax or don’t like the sensation of feeling tired after their pendant is activated. However, this feeling passes as you adjust and get better sleep.

After Harmoni Pendant activation, your body can relax and function normally and start detoxing. And because of that some people don’t feel well while their body is releasing toxins. Due to this phenomenon, we recommend taking a heavy

metal binder like Citricleanse or any other binder, like activated charcoal, once a day to support your body as it cleans up any toxins that may be released upon pendant activation and mitigate detox symptoms.

Some people don't feel a change. However, we were able to see in our HRV study that people who did not report feeling any different still experienced improvements (per their HRV report) in the minimization of the effects of EMF stressors, circadian rhythms, the autonomic nervous system and other positive effects. [You can view that study here](#). The Harmoni pendant can impart benefits even if you do not notice them.

Q: What is HRV (heart rate variability)?

According to Harvard Health Publishing, "HRV is simply a measure of the variation in time between each heartbeat. This variation is controlled by a primitive part of the nervous system called the autonomic nervous system (ANS). It works regardless of our desire and regulates, among other things, our heart rate, blood pressure, breathing, and digestion."

HRV is often used by elite athletes to determine how recovered their nervous systems are—and therefore how well they can handle the stress of intense training. In non-athletes, HRV can be a way to tell whether you are in "fight or flight" (sympathetic nervous system) mode or the calm state known as parasympathetic mode. Lower HRV scores generally mean more calm and being more able to handle stress without feeling overwhelmed.

Q: How do I know the Harmoni Pendant is working?

It is truly different for everyone. If you have access to HRV tracking (available in many wearable fitness devices or available for purchase separately through HeartMathTM) you can easily track your before-and-after progress with Harmoni. Those who are sensitive to energy or have EMF sensitivity can often notice feeling calmer and less "overwhelmed," especially when in areas with higher levels of electromagnetic frequencies.

The benefits of Harmoni usage are often subtle and more noticeable over time. A greater overall sense of relaxation, better sleep, feeling more rested upon waking, being less "triggered" or irritable with others, an overall improved sense of wellbeing—these are all gentle benefits that one may notice after a period of time with Harmoni.

Even if you don't feel a change, in our HRV study people who didn't notice any outward changes did nonetheless enjoy improvements in the minimization of EMF stressor effects, circadian rhythms, the autonomic nervous system and others benefits.

Q: Please tell me how the pendant tunes to my bioenergetic field in comparison to any other stainless steel necklaces. What has been done to it? Is it just a placebo effect?

The Harmoni Pendant holes — their exact locations and size — were developed from the principles of sacred geometry. It has been tested on thousands of people in an effort to design a pendant for maximum benefits.

By improving the body's energetic communication, the Harmoni Pendant can improve communication efficiency and may clear stressors resulting from energetic blocks in your biofield. This is the level that human intention and thought works on as well, as observed and reported in Dr. Bruce Lipton's book, *The Biology of Belief*.

Working at the quantum level like this, which sets the stage for good physical and emotional wellbeing, is the missing link so many are looking for in meeting their health goals. You can potentially change your biochemistry by working at this quantum level — by changing the geometry you change the waveform, cell function, tissue, organ, and organism. This is a far more elegant way to work with the body than endlessly trying new internal solutions. Using the pendant can be a first step in improving the efficacy of any protocol you are doing.

We have seen evidence of this before and after pendant activation using many different types of tests, including GDV cameras, thermography, HRV testing, EMF meters, bioenergetic testing, Equiscope, and many others. After 20 years of struggling with a long list of health challenges, the creator conceived of and designed the pendant. He's been using this pendant for almost 15 years and has shared it with thousands of people.

We have seen him activate pendants on hundreds of people, and many of them have reported how much better they felt immediately. As soon as the next day, people report improved sleep quality, higher energy levels, fewer occasional aches and pains, and a greater sense of emotional wellbeing.

Anything can have a placebo effect, of course, but we have completed a study of the Harmoni Pendant that showed an average reduction in the stressful effects of EMF of 48% (per HRV tests)!

Per the study, the pendant also improved mitochondrial power, biological age, emotional and physical stress indicators, and many other variables. In addition, Harmoni has a second study underway that is looking at HRV and EMF mitigation as well.

If you are not completely satisfied, Harmoni offers a 100% refund, no questions asked.

Q. Can you explain the concept of bioenergetics?

All matter in the universe has a unique frequency unto itself. This is called the resonant frequency, and is demonstrated by quantum physics. Everything in existence, both visible and invisible, has a vibrational blueprint. In our environment, there are harmonious frequencies that can make us stronger, healthier, and increase our performance when we come into contact with them. There are also disharmonious frequencies in our environment that can make us weaker — like EMF (electromagnetic fields). We call these disharmonious frequencies in our environment stressors, as they actually stress the body. They can disrupt the normal inflammation response, and we now know that prolonged inflammation can destroy cells and mitochondria, speed up the aging process, and interfere with good health.

We're exposed to these stressors throughout our lifetimes, from structural trauma (physical injuries), chemical trauma (pollutants and microorganisms), emotional trauma, and EMFs (from electronics, cell phone towers, microwave radiation, etc.). This can cause our vibrational energetic systems to become disharmonious. This is where the Harmoni Pendant comes in; when you hold the pendant 12 inches from your body and activate it, the sacred geometry inside communicates with your body to finely tune its frequency. This clears disharmonious frequencies and makes it so that your body is better able to regulate and deal with any stressors that it encounters (including EMF). This amplifies your vibrational blueprint to help reset it back to when it was perfectly tuned, as the trauma and stressors that have impacted you throughout a lifetime are released.

Q. What exactly are you measuring in the study that shows that the Harmoni Pendant is working?

Using HRV and other testing equipment, we can actually take a snapshot of a person's autonomic nervous system. We can see your heart rate, the total mitochondrial power that you have in your body, and the amount of systemic stress in your body. We can see if you have enough mitochondrial power to address stress in a healthy way. We can also see to what degree you are in the sympa-

thetic ‘fight or flight’ mode, and what percentage of your cellular energy is being used for this ‘fight or flight’ response on a given day.

We observe a lot of people who are using 60% or even 70% of this energy for the fight or flight stress response. We are also able to see how much energy is being used by your parasympathetic branch for resting, regenerating, and detox. In addition, we can detect on another indicator, VLF, whether your hormones are functioning properly. We take a snapshot of all of this on an HRV meter before activation, and then we take another snapshot of the individual after activating with the Harmoni Pendant. We consistently see a marked reduction in sympathetic response energy, and a boost in parasympathetic regenerating function. This is all within five minutes of initial activation of the Harmoni Pendant.

[We just received the findings of a research study](#) conducted across the US with 8 doctors and 101 volunteers. The study was single armed, open label with three timepoints (before, during and after EMF exposure) where participants were measured for bodily stress using a Heart Rate Variability (HRV) monitor.

In the end, the researchers found that following activation with the Harmoni Pendant:

- EMF-induced bodily stress was significantly reduced by an average of 48%
- total energy reserves and mitochondrial power were significantly increased by 530% on average
- biological age was lowered by an average of two years
- the body's biorhythms and circadian rhythms (sleep cycle) was improved by an average of 160%

The vast majority of the 101 study participants saw a corrective shift in one or more variables, including their heart rate variability scores.

Q: What is the distance of the protective field when wearing the pendant?

We do not have a definitive answer for this, however, we do know that the pendant offers benefits to the body in that it regulates and harmonizes the body's energy field. The body's energy field extends about 10 ft in diameter around the body.

THE EFFECTS AND BENEFITS OF THE HARMONI PENDANT

Q. What are some of the benefits that one can expect after activating their Harmoni Pendant?

First off, many people feel very relaxed or even sleepy in the first 30 minutes after activating their pendants. The most common thing people report is improved sleep, and mood is also often improved, as the body is better able to adapt to stress. A general sense of good natural core energy throughout the day is another oft reported benefit. This calm, adaptive state also helps one to feel more connected with other people and the environment.

A lot of people notice a reduction in their occasional aches and pains in the days following activation, leading to better mobility. Athletes and people who've experienced injuries often note that they feel much better.

Q. How long does it take to experience the benefits of the Harmoni Pendant?

It takes time to energetically release long-held past traumas and stressors from the body. In the first four or five days you may feel some shifts in your sleep patterns and quality, or you may feel some detox symptoms (sometimes you may even not sleep as well due to this).

Many people feel the effects right away. They feel more relaxed and less stressed, even sleepy.

After about four or five days of this adjustment process, you should start feeling the overall benefits. Some people who are severely in need of detoxification may experience some detox symptoms. These could include a slight headache, occasional aches and pains, and even rashes. It is not the pendant causing this, but it is indicative of the fact that the pendant is doing its job by optimizing the body's regulatory systems. These are signs that your body is trying to remove toxins that could be damaging your cells.

The worse you feel, the more you really need to harmonize. The pendant can actually be very helpful for those in need of detoxification who may be having a hard time releasing toxins. Approximately 5% of people experience these symptoms; it is not terribly common.

Note that once you begin feeling the benefits of wearing the pendant, you will begin to habituate to a new normal. So you may feel that the pendant is no longer doing anything, even though you are at an elevated new normal. Be aware of

this. People sometimes take off their pendants thinking they're not working but when they put them back on and activate them again, they feel much better.

Q. Can you explain how the pendant improves sleep quality?

Due to the structural, chemical, emotional, and electromagnetic stressors bombarding us each day, our bodies are in constant 'fight or flight' mode. Our cortisol levels may be high, our normal inflammatory response is disrupted, and we're feeling stressed. When we are in that fight or flight state and we attempt to sleep, it is difficult to achieve the deep REM state because our bodies can't get into the necessary parasympathetic rest and regeneration mode. By activating the pendant, we are able to energetically release stressors and trauma that get us stuck in that sympathetic fight or flight response.

We can then shift normally into the parasympathetic state and achieve proper communication of our organs, glands, and all systems of the body, enabling it to maintain homeostasis. This helps one to achieve an anabolic state when sleeping. This has great anti-aging and cellular benefits. If one is unable to shift into the parasympathetic sleep state, it becomes difficult to maintain good health.

Many of our customers notice improved sleep quality with Harmoni, especially those who are more sensitive to EMFs. Also, those with high levels of stress (and therefore high levels of the stress hormone, cortisol) often notice better sleep—because cortisol is a powerful sleep disruptor. In fact, it's what your body releases to wake you up every morning. Harmoni may help you to relax more before bedtime and therefore fall asleep more easily. Harmoni Pendant fans notice waking up less often and waking up feeling more refreshed.

Q. Can you discuss some of the benefits of the pendant for athletes/active people?

Athletes are always pushing themselves to the limit. Stress is good if you can adapt to the stress, but when you can't adapt, it tears your body down. The better it can adapt to the stress of athletic activity, the better it can perform. In addition, the better it can achieve an anabolic sleep state and regulate, regenerate, and heal through proper autonomic nervous system regulation, the better it will be able to function.

One of the main testimonies we've gotten from athletes (many of whom are professionals or Division 1 college level), is that the tenderness and pain from their injuries decreases due to the body being better able to release the trauma from the injury and start healing normally. They also experience a more calm and peaceful state leading up to athletic events. We've also had reports of overall in-

creases in strength, endurance, coordination, speed, and improved performance and athleticism.

Q. How does the pendant help to reduce stress levels?

Obviously, Harmoni cannot change whatever stressful circumstances a person may be in, but it can help with the response to stress. We know this because, in initial testing, Harmoni has been shown to improve HRV (heart rate variability) and, through one test case, improved alpha brainwave production. Higher HRV and higher alpha brainwave scores are both indicators of an improved response to stress. For those who are stressed out, we recommend finding ways to improve stressful life circumstances while also including Harmoni as a way to improve overall stress resilience.

[In our pilot study with 101 humans](#), subjects saw a 700% average improvement in their HRV scores, a measure of stress—that is pretty astonishing.

Let me explain how the body deals with stress. The autonomic nervous system has two branches that help us adapt to stress: the sympathetic and the parasympathetic. When in sympathetic mode, we experience a fight or flight response. Immediate stressors that require attention cause us to shift into this sympathetic fight or flight mode, in order to deal with that stressful situation.

Your body is intended to stay in the sympathetic mode for a short time while dealing with a stressor, and then regulate back into the parasympathetic mode, which is where you rest, regenerate, digest and detox, repairing your body. This is a very delicate balance, and this is the way the body maintains homeostasis and deals with stress. Unfortunately, because of the structural, chemical, emotional, and electromagnetic stressors impacting us, we're finding that 90% of people are stuck in a sympathetic fight or flight mode daily, all day long. This affects blood pressure levels, heart rate, and cortisol levels. This nervous mode causes people to burn up all their ability to adapt to stressors so that they cannot address and adapt to the stress they're currently under.

When this happens, people get stuck in a destructive, catabolic mode in which the body is degenerating due to using all of its power in this fight or flight mode. The body is not regulating into parasympathetic mode at night when it is supposed to sleep and regenerate and recover. There's no power left, so even if your body wants rest, regenerate, detox, and digest, it can't. People go to bed but they can't fall asleep because they are still in that fight or flight mode, and the body is degenerating as a result.

Harmonizing with the Harmoni Pendant is a very simple way to support normal stress management and take us out of this high-stress state. Once you activate your pendant, the sacred geometry in the pendant communicates with the body to help it tune and regulate the body's energy field. By clearing stressors normally, the body is then able to slip into parasympathetic mode and one feels less stressed and more relaxed.

Q: Can Harmoni help me feel less anxious?

Anxiety is a medical condition and something we absolutely cannot make any claims about. There is evidence that stress and anxiety levels can be connected in some individuals. And therefore it is possible that addressing stress resilience with Harmoni can be helpful.

Q. I experienced headaches while wearing the pendant. Why is this?

Harmonizing the pendant starts the process of stress release, which may be the reason why you've been experiencing headaches. It may take some time for this process to complete.

Additionally, as the body sinks into a more relaxed, parasympathetic state, the body will begin detoxing pollutants that can cause headaches. We recommend mitigating this detox symptom by taking a binder, like Citricleanse or activated charcoal. You can also drink more water and take lemon baths (baths with cut-up lemons and juice).

Q: I have noticed my heart pounding after wearing the pendant for a little while. It would then subside after 20 minutes or so. Is this a normal response?

If you are experiencing this symptom or any other uncomfortable symptom, you can take the pendant off and wear it for an hour a day to "work up" to wearing it for longer periods of time. It may take up to 4 or 5 days for your body's energetic field to regulate, calm down, adjust, and acclimate to the pendant. During this time people can have varying symptoms.

We suggest that you take a binder, like Citricleanse or activated charcoal to absorb toxins that your body is releasing and mitigate any symptoms that may result. As the body responds to these changes, some people experience a rapid heartbeat or other uncomfortable detox symptoms. This is nothing to worry about. The Harmoni Pendant cannot harm you. Your body simply needs time to adjust.

HOW THE HARMONI PENDANT AIDS IN EMF MINIMIZATION

Q: How is the Harmoni Pendant different from other EMF solutions?

We cannot speak to the effectiveness of other EMF solutions. We can only speak to the fact that the [Harmoni Pendant has been found to reduce the effects of stress in the body when exposed to EMF by 48% on average.](#)

As noted above, we also have strong initial testing data showing that Harmoni improves HRV (heart-rate variability) by an average of 700%, and brainwave data, including alpha and theta. These are quantifiable indicators of an improved stress response when in the presence of EMF.

Q: Is there any difference in the EMF minimization offered between the small and large pendants?

No, both sizes are equally effective in reducing the effects of stress induced by EMF. We offer two sizes for aesthetic reasons.

Q: What metal is the pendant made of, and is the metal what causes the pendant to protect the body from EMFs?

The pendant is made of surgical grade stainless steel that is nickel-free. Nickel in jewelry often causes rashes. We chose stainless steel because it is hypoallergenic, so it doesn't cause irritation to the skin.

Q: Since the pendant is metal, wouldn't it act as an antenna/receiver for EMFs as well?

Since the Harmoni Pendant can transmute or convert electromagnetic frequencies into harmonious energy that is beneficial for the body, the stainless steel that the pendant is made of will not act as an EMF antenna. The energy that is produced when one wears the pendant won't allow harmful EMFs to be attracted and absorbed by the pendant. The pendant helps the body to metabolize EMFs by improving its biophoton field regulation, helping it to adapt to and metabolize EMFs. This outweighs the extent to which the metal could function any sort of mini-antenna.

Q: I've heard Nick Pineault, Dr. Klinghardt, Dr. Mercola, and other EMF experts say that pendants don't work to protect from EMF. How do you respond to that?

We would agree! Everything we have tested over the years has not proven to protect against EMF.

The Harmoni Pendant is NOT solely an EMF device. By tuning up and clearing the body's energy field, the pendant helps the body to deal with the stress of EMF more efficiently. EMF mitigation is just one benefit of the pendant.

In a study with 101 participants, we measured HRV (heart rate variability), an indicator of stress, before, during, and after EMF exposure and then after activation with a Harmoni Pendant. The results were impressive. It clearly shows the pendant's ability to support healthy function after EMF exposure. [You can review the results of that study here.](#)

This study showed that the Harmoni Pendant can help mitigate the effects of EMF. We do not claim 100% protection against EMF but our initial observational studies have found that on average people enjoy 48% mitigation of stress caused by EMF.

One main point I want to make is that the Harmoni Pendant is a stress reduction device. It works to support the body's energy field and resilience to stress. It just also happens to do that by improving the body's resilience to stress, and EMF is a major type of stress.

We've had hundreds of people report to us that the Harmoni Pendant resulted in a number of benefits for them, including stress and pain reduction, better sleep, better mood, and much more.

The pendant works at the bioenergetic level. Remember how we said that everything has a frequency? Well, this includes electromagnetic fields (EMFs) and their radiation. A big problem with EMFs is that they can disrupt your body's own natural, optimum frequency response. The Harmoni Pendant does not block out electromagnetic radiation (this is only possible with a Faraday cage or barrier)—but what it can do is help your body KEEP its optimum frequency levels, even in the presence of EMF radiation.

WEARING THE HARMONI PENDANT

Q. How do you activate the Harmoni Pendant to achieve the most benefit?

Upon purchasing the pendant, you will be emailed a step-by-step video and a PDF with instructions on how to activate your pendant. [You can watch the video here.](#) Your pendant will also come with a card in the box that contains a QR code that leads to the activation video and PDF guide.

Your pendant will work to a small degree if you simply wear it, but you can only enjoy the maximum benefits when it is properly activated and tuned to your body. This is a very simple process that will only take a couple of minutes.

The easiest way to do this is to use a 12-inch ruler, and hold it against your sternum/heart facing straight outward. Then, hold the pendant at the end of the ruler for 1-2 minutes. This will tune the pendant to your body's energy field. You can also estimate the approximate distance of 12 inches from your sternum/heart rather than using a ruler.

We strongly recommend that you repeat this activation process once a week to keep your pendant tuned to your body's energy field. You are constantly bombarded by various stressors that can throw off your body's energy field, and you want to keep the connection between you and the pendant optimized.

You can also repeat it anytime you feel mentally or physically off.

Q: How often do I need to reactivate the Harmoni Pendant?

We typically recommend doing the reactivation process about once a week. It only takes 60 seconds and ensures the Harmoni Pendant is calibrated to your body's unique biofield. [Click here](#) for instructions on how to reactivate it each week.

Q: If I forget to reactivate the Harmoni Pendant, does it stop working?

No. But its effect may be diminished. Remember, your body and the electrical field around your body is always changing depending on your environment, stress levels, diet, sleep levels, and countless other factors. To ensure that your Harmoni is always "in sync" with your body, Harmoni recommends you set a weekly reminder for yourself to go through the 60-second reactivation process.

You may find if you forget to reactive it for a while, the day you reactivate it, you may feel particularly good that day.

Q: Does the Harmoni pendant need to be worn on the outside of your clothing?

You can wear the pendant either way; outside or under your clothing. It will not affect its performance.

Q: How many hours per day do you need to wear the Harmoni pendant to experience benefits?

For best results, we recommend that the pendant be kept on or near the body at all times. You could put it on a keychain, in a pocket, or just wear it as a necklace. The minimum recommended wearing time for one to experience benefits is one hour per day.

Q: Can I/should I wear the Harmoni pendant when I sleep?

Yes, you can wear the Harmoni Pendant when you sleep but the chain could break. We recommend placing the pendant, icon down facing away from the body, under your pillow as opposed to wearing it around your neck while you sleep.

Q. Can you keep the Harmoni pendant in your purse, wallet, keychain, or pocket?

Although some may want to put it in their purse, you really want the front of the pendant facing away from you as much as possible. If it is in your purse it may be too far away from you, and it may be turned the wrong way. If it is in a wallet or directly in your pocket, it may be close enough to the body to be optimally effective, but you should keep the Harmoni Pendant icon on the front facing away from you.

The same applies if putting it on a keychain, carrying it in a purse, wallet, or pocket — make sure the Harmoni Pendant icon is facing away from the body.

We also recommend placing the pendant underneath your pillow, sheets, or mattress cover when you sleep. This will make sure it comes in closer contact with the body to ensure you're getting the benefits.

Q. Can you wear the Harmoni Pendant in the shower or when swimming? Is water going to hurt it?

Yes, you can shower and swim with the pendant as much as you would like. Water will not harm it. In addition, if you were to accidentally wash the pendant in the washing machine, this will not damage it. As long as the shape of the

pendant isn't damaged in such a manner that interferes with the symmetry of the hole pattern, the pendant is fine. In addition, any type of cleaner you want to clean it with is not going to damage it whatsoever.

MISCELLANEOUS QUESTIONS

Q: Do you carry adjustable chains for the pendant?

Unfortunately, we do not carry adjustable chains. You do, however, have the option of using any chain that you like with the pendant. It will not affect the pendant's benefits or performance.

Q: My chain broke. Do you have replacement chains?

If you break your Harmoni Pendant chain, Harmoni is happy to replace it and ship it absolutely free! Please contact support@harmonipendant.com for replacement chains.

HARMONI PENDANT PROTOCOL

Q. Can I share my Harmoni Pendant with anyone else after it is activated to my body? Can I recycle an old pendant and give it to my friends?

No, you cannot. You cannot share your pendant with others once it has been activated to your body. There's a good reason for this. All matter in the universe has its very own resonant frequency, or its own vibrational blueprint.

The pendant works by holding it 12 inches from the body and activating it to your individual body. Your energetic pathways pass through the pendant, causing the pendant to resonate at a frequency that matches your frequency. Now that the pendant has been activated and your energetic pathways have been passed through it, it's harmonized to your vibrational blueprint.

If someone else attempts to activate the pendant to their vibrational blueprint it, in essence, dilutes the pendant and it is only able to offer about half of the benefits it will offer to the original wearer. So, once it's harmonized or activated to your vibrational blueprint, you will want to keep it with you.

If somebody touches it, or holds it, or puts it on for a few minutes, that's not an issue. However, if somebody were to wear it for a day or two, or to activate it to their body, then it would be activated with two different people's vibrational blueprint. This would dilute the benefits of the pendant for the original owner as

well as the second person wearing it. Needless to say, you should not share the pendant with a pet, either.

Q. What if I accidentally let someone else wear my Harmoni Pendant for a day or more once it was or before it was activated?

Unfortunately, there is no way to fix this if another person were to wear it for any extended period of time. You would need to get a new Harmoni Pendant. You cannot share the pendant as it will dilute its effectiveness for you if worn by another person.

Q. Is it a problem if I wore the Harmoni Pendant without activating it before understanding the activation process?

If you have it on for a good four or five hours, it will start to naturally harmonize to your vibrational blueprint; not to the extent that it would through proper harmonization 12 inches from the sternum, but it will start harmonizing nonetheless. This is easy enough to fix! Activate your pendant and then repeat the activation process once a week.

Q. How can I avoid mixing my Harmoni Pendant up with the pendant of a family member or anyone else?

You can mark your pendant, engrave it, use a different chain, put some sort of tie on it, or use some other indicator just to make sure you know which one is yours. It is also good to just keep it on you as much as possible, especially considering that the more you wear it, the more benefits you will experience.

Q: Can children wear the pendant?

Yes. The Harmoni Pendant can be used by anyone.

Q: Can pregnant women or women who are breastfeeding wear the pendant?

Harmoni has not done any research to date on pregnant and nursing mothers. Though they have not had any reported issues with customers wearing the pendant while pregnant or breastfeeding.

Mama Z has worn one all throughout her last pregnancy and while nursing with no complications at all.

Q. Can cats, dogs, or horses wear the Harmoni Pendant? How do I harmonize the pendant to a pet?

Pets, just like humans, are exposed to stressful situations and are traumatized throughout their lives. So, they can receive the benefits of the Harmoni Pendant just like human beings can. The shift in animals is quite apparent; a lot of times they suddenly feel very relaxed and almost fall asleep. They may bark less and have visibly reduced anxiety.

As for activating or harmonizing the pendant to your cat or dog, it is pretty simple. Just hold the pendant about three to four inches from the animal, right between their eyes straight out from their forehead for about two minutes. Do this with the front icon of the pendant facing away from them. You can do it while they're sleeping or relaxing to make it easier. They can wear it on their collar, or if they have a place where they sleep, you can place the pendant icon face down under where they sleep so they sleep on it at night.

With horses, you will want to harmonize or activate the pendant how you would with a dog or cat, but in front of the horse's head about 12 inches. A good way that horse owners keep the pendant on their horses is to sew the pendant into the bridle, or into the saddle, to keep it on the horse at all times. We've seen remarkable benefits with cats, dogs, horses, or with any animal in terms of physical as well as mental and emotional wellbeing.

Q: What is your guarantee and refund policy?

Harmoni offers a 100% satisfaction guarantee on all Harmoni Pendants no questions asked. If you are unhappy with your Harmoni for any reason within the first 60 days, or if you have any questions or concerns about your order, please contact Harmoni at support@harmonipendant.com and let them know how we can help ensure your satisfaction.

HARMONI PENDANT VS OTHER PENDANTS AND EMF DEVICES

Q. If I have an energy balancing bracelet from another company, or I'm using a different type of energy balancing pendant, will the Harmoni Pendant work along with these other energy balancing devices that I have? What about regular jewelry?

The pendant will actually allow the body to harmonize even better with the other energy balancing devices you may be wearing, so it will only improve the benefits of anything else you may be using. The pendant will also harmonize you with any

other jewelry you are wearing, so you can certainly wear any other jewelry with the Harmoni pendant. They will not interfere with the Harmoni Pendant and the pendant will not interfere with them.

Q. What is the difference between Qlink and the Harmoni Pendant?

The Qlink has crystals inside. Crystals are charged with frequencies and the type of crystals in the Qlink are known to absorb or protect against EMF. This is a great technology. People do feel benefit from that. But it's a one size fits all approach.

The Harmoni Pendant, through the activation process with your body, actually tunes up your individual body energy field and clears distortions or energetic blocks in your energy field, which impede proper function and communication.

The Qlink crystals emit frequencies, which can make you feel better, but don't address the root cause of one's issues — distortions or blockages in one's energy field where most communication takes place in the body.

Additionally, crystals typically need to be energetically cleared on a regular basis as they can pick up negative energies. And if that happens, they can be disharmonious to your energy field and body.

Q. What is the difference between the Harmoni Pendant and EMF protection or transmuting crystals like Shungite, Obsidian, Shungite, Charoite, Hematite, Sodalite, Himalayan Salt, Black Tourmaline, Lodestone, Magnetite, Pyrite, Amazonite, Fluorite or Indigo Gabbro?

Crystals have amazing energy and capacity to send frequencies to the body and even protect from EMF. People do feel benefits from that. But it's a one-size-fits-all approach.

One thing people may not be aware of is that you have to energetically cleanse your crystals periodically. They can pick up and carry detrimental energy. And if that happens, they can be disharmonious to your energy field and body. If they are not cleared energetically periodically, their EMF neutralizing and protective effectiveness can be significantly reduced. You can set them out in the sun to clear them. You can also consult with experts on crystals to clear them.

The Harmoni Pendant, through the activation process with your body, actually tunes up and clears your individual body's energy field and removes distortions or energetic blocks in your energy field, which impede proper function and communication. It's a customized approach.

Crystals emit frequencies, which can make you feel better but do not address the root cause of one's issues — distortions or blockages in one's energy field where most communication takes place in the body.

Crystal energy can be quite strong and have unintended effects, like keeping you awake if they are kept by your bed at night.

Other stones or crystals used for EMF protection include epidote, serpentine, pyrite, copper, malachite, unakite, azurite, jasper, lepidolite, turquoise, and green aventurine.

Q: Is the Harmoni pendant a harmonizer? What is a harmonizer?

A harmonizer is an object that creates a spinning torus field around itself (such as the electromagnetic field of the earth, or our personal electromagnetic fields). The strength and size of the torus field is determined by a variety of factors.

All non-harmonic energies/frequencies that come within the torus field of the harmonizer are converted into the harmonic energies/frequencies produced by the harmonizer.

While we did not design the Harmoni Pendant to be a harmonizer in the strictest sense of the word, the way it works is very similar.

SPECIAL PRICE JUST FOR NATURAL LIVING FAMILY READERS!

Our Natural Living Family “group buy” will save you up to 53% off of the Harmoni Pendant that’s been clinical proven to reduce EMF stress by 700% and provide on-the-go protection for you and your family! [Check out this life-changing technology HERE!](#)

PART THREE

Helpful Resources & More Practical Tips

How to Turn EMF Toxicity OFF

You can begin to protect yourself immediately with the [EMF-Protecting Harmoni Pendant](#) available at our exclusive 53% OFF “Group Buy” discount for our Natural Living Family. Yes, it really works and has been clinically proven to reduce the EMF stress by 700%, improve heart rate variability by 940% & enhance sleep rhythms by 148%.

But don't take our word for it - the testimonials pouring in our online Natural Living Family members say it all:

- *“I bought two Harmoni Pendants small for me & large for Chuck. I normally have an irregular heart beat. None since I activated it and put it on. And my knees didn’t hurt when I got out of car like they usually do. Amazing.” ~ Penny L.*
- *“Hi all. I just wanted to say that I ordered the Harmoni Pendant and I love it. I have felt such a tremendous calm. I was very skeptical but truly this is amazing.” ~ Susan M.*



→ Go [HERE](#) to get a pendant & protect your family from EMF stress!

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**.
- › **Saucepans 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.



IMMUNE BOOSTING BLEND

(From the Healing Power of Essential Oils)



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

Instructions

- Mix the essential oils in a 5-ml bottle.
- Add 5-6 drops in your diffuser or as directed in immune boosting remedies.



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- Add 5-6 drops in your diffuser or as directed in immune boosting remedies.



IMMUNE BOOSTING CAPSULES

(From the Essential Oils Apothecary)

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

Instructions

- 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.
- Fit the wider top half of the capsule over the bottom half and secure it snugly.
- 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

(From the Essential Oils Apothecary)



Ingredients

- ✓ 1 Tbl. unsweetened, creamy almond or sunflower butter
- ✓ 1 serving liposomal Vitamin C
- ✓ 1 tsp. raw honey ([Manuka](#) is best)
- ✓ 1 tsp. organic, [unrefined coconut oil](#)
- ✓ 2 drops Immune-Boosting Blend
- ✓ $\frac{1}{4}$ tsp. organic [pumpkin pie spice](#)
- ✓ Tiny pinch of [Himalayan pink salt](#)

Supplies:

- ✓ Small glass bowl

Instructions

- Mix all the ingredients in a glass bowl.
- Eat by itself or with some freshly cut veggie sticks or apple slices.
- Take whenever you want a healthy immune-boosting snack.
- 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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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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