**Threats Through Invisible Waves: Detoxification**

**Brief Description:**

This course explores the health impacts of electromagnetic fields (EMFs), combining science with practical solutions. Participants will learn about EMF basics, debunk myths, reduce exposure, and complement strategies with earthing. Real-world case studies and references from trusted scientific organisations provide a balanced perspective on managing EMF risks in modern environments. Designed for professionals and individuals, this course equips learners with actionable knowledge to navigate EMF-related concerns effectively.

**Learning Objectives:**

* Understand electromagnetic fields (EMFs), their sources, and types of radiation.
* Analyse health impacts and scientific research related to EMF exposure.
* Debunk myths about EMFs and address concerns about electromagnetic hypersensitivity.
* Identify and implement strategies to reduce EMF exposure in daily life.
* Explore earthing as a complementary approach to mitigate stress and inflammation.
* Apply real-world case study insights to practical scenarios involving EMF exposure and health outcomes.