



# EMF PROTECTION TIPS

Dr Pall, in his book 5G Risk: The Scientific Perspective - Compelling Evidence for Eight Distinct Types of Great Harm Caused by Electromagnetic Field (EMF) Exposures and the Mechanism that Causes Them, he highlights that EMFs:

1. Attack our nervous systems including our brains leading to widespread neurological/neuropsychiatric effects and possibly many other effects. This nervous system attack is of great concern.
2. Attack our endocrine (that is hormonal) systems. In this context, the main things that make us functionally different from single celled creatures are our nervous system and our endocrine systems – even a simple planaria worm needs both of these. Thus the consequences of the disruption of these two regulatory systems is immense, such that it is a travesty to ignore these findings.
3. Produce oxidative stress and free radical damage, which have central roles in essentially all chronic diseases.
4. Attack the DNA of our cells, producing single strand and double strand breaks in cellular DNA and oxidized bases in our cellular DNA. These in turn produce cancer and also mutations in germ line cells which produce mutations in future generations.
5. Produce elevated levels of apoptosis (programmed cell death), events especially important in causing both neurodegenerative diseases and infertility.
6. Lower male and female fertility, lower sex hormones, lower libido and increased levels of spontaneous abortion and, as already stated, attack the DNA in sperm cells.
7. Produce excessive intracellular calcium  $[Ca^{2+}]_i$  and excessive calcium signaling.
8. Attack the cells of our bodies to cause cancer. Such attacks are thought to act via different mechanisms during cancer causation."

## WHO AM I?

I am Davida van der Walt. On my journey with autoimmune disease, I have experienced severe Multiple Chemical Sensitivities (MCS) and Electro-hypersensitivity (EHS). By following the 5Rs, I have managed to claim my life back. Are you ready to do the same?

**R – REMOVE THE TRIGGERS**

**R – REPLACE THE BAD WITH THE GOOD**

**R – REINOCULATE THE GUT**

**R – REPAIR THE GUT**

**R – REBALANCE YOUR LIFE**

## FOR MORE INFORMATION, CONTACT

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**SERVICES:**

1. HEALTH COACHING
2. BOOKS: (1) NO MORE STRESS, A PROACTIVE APPROACH TO STRESS MANAGEMENT (2) NO MORE ILLNESS, LIFE AFTER AUTOIMMUNE DISEASE
3. ON-ROUTE NATURAL PRODUCT RANGE
4. EMF ADVISORY SERVICE
5. GROUNDING PRODUCTS

## HOW TO REDUCE YOUR EMF EXPOSURE?

1. As a very minimum, put you WiFi on a timer, so that it switches off at night while you sleep.
2. First prize is to wire your home. Wire your WiFi, television, cell phone, and disable your WiFi on your router.
3. Switch off all non-essential appliances.
4. Do NOT put a cell phone next to your ear, use earphones or the speaker phone.
5. Do not use a cellphone in a car. Put it on flight mode while in your car.
6. Replace all your LEDs and energy saving light bulbs with "old school" incandescent bulbs.
7. Do NOT stand in-front of your microwave when using it. Go to a different room.
8. Make use of WoWe EMF protection devices. [www.mindunique.co.za](http://www.mindunique.co.za)
9. Do not carry your phone in your pocket or handbag. Keep it away from your body. Unless on flight mode.
10. Avoid Smart Meters.
11. Avoid all Bluetooth devices. This includes smart watches. When it comes to Bluetooth ear-pieces, computer keyboards, wireless mouse for your PC, rather go for wired.
12. Do not use a baby monitor close to your baby's bed. Put it on the other side of the room.
13. To improve your sleep:
  - a. Do NOT sleep with a phone next to your bed. Put it on flight mode or put it in a different room not adjacent to your bedroom.
  - b. Do NOT sleep with a digital alarm clock next to your bed.
  - c. Remove all extension cords next to your bed.
  - d. In your bedroom, while you sleep, switch off the lights and plugs at your DB Box.
  - e. If you have an alarm system, switch off your alarm in your bedroom.
  - f. Do NOT sleep close to your router. Put it as far away from all bedrooms where adults or children are sleeping. And switch it off at night as mentioned before.

## BENEFITS OF GROUNDING

Grounding Benefits according to an article:  
**Integrative and lifestyle medicine strategies should include Earthing (grounding): Review of research evidence and clinical observations**

### Authors:

Wendy Menigoz, Tracy T.Latz, Robin A.Ely, Cimone Kamei, Gregory Melvin, Drew Sinatra

### Source:

<https://www.sciencedirect.com/science/article/pii/S1550830719305476#>

## WHAT IS GROUNDING?

Grounding, also known as earthing, refers to contact with the earth's surface electrons by walking barefoot outside or sitting, working, or sleeping indoors connected to conductive systems, that transfer the energy from the ground into the body. Emerging scientific research\* supports the concept that the earth's electrons induce multiple physiological changes of clinical significance, including reduced pain, better sleep, a shift from sympathetic to parasympathetic tone in the autonomic nervous system (ANS), and a blood-thinning effect. From our testing it has also shown significant decrease in Electro-Hypersensitivity (EHS) Symptoms.

Grounding Buddy has been carefully developed to help you ground while you sleep or even whilst working at your computer.

For more about the Grounding Buddy, contact me at [marlena@mindunique.co.za](mailto:marlena@mindunique.co.za) or 083 456 3505

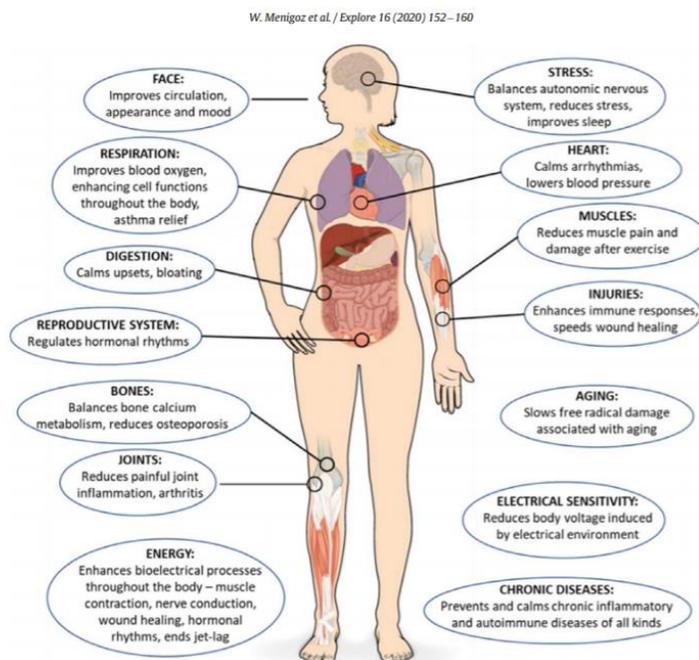


Fig. 6. Systemic benefits of Earthing.