

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 278th Newsletter, I want to give us a chance to consider the world of Technology, EMFs and Radiation and the effects they have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

The INVISIBLE SIDE EFFECTS of Wifi/Cell/ Microwave Waves go from DAILY Aches, Pains and Less Energy...all the way to CANCER, please READ and be Informed and PROTECT Yourself!!

Most of us would agree that technology is amazing and provides us with **many advantages** that were never possible in the world before. However, with all of our advances in technology has come an array of health related issues that the world did not have before also. This Newsletter has been created to allow you to be aware of the **dangers** inherent in various technologies so that you and those you love can protect yourselves and begin to **reverse** the effects that have already been created that you may not even be aware of.

Even if you think this is NOT a BIG DEAL, and you FEEL healthy, PLEASE READ to **prevent** possible CANCER a year from NOW and regretting that you did not DO SOMETHING TODAY to prevent it. Also, just please read it to be able to **support** your Loved ONES in PREVENTING and HEALING health issues that may NOT seem RELATED even though they **totally ARE!!**

Our MASSIVE Technologies are POISONING our **Bodies** in a way that MOST people have NO IDEA about, and the Media is INSURING that most stay IGNORANT and therefore EASY VICTIMS. Even the people that consider themselves KNOWLEDGABLE about this issue, only have **4% of the story**.

Please gift yourself the chance to DISCOVER the LETHAL BLIND SPOT about how this can **produce** all kinds of aches, pains, less than optimal mental clarity, less than ideal **physical** ENERGY...all the way to CANCER!!!

The first article is a bit CHALLENGING to read, so if you prefer please start at the 2nd article and at least case please DON'T miss the **3rd article!**

From cell phones to WiFi to micro-waves technology has made our lives much easier and more global. We can **communicate** with anyone in the world, we can travel anywhere in the world and we can do things with a speed that seemed like **science fiction** even less than a century ago. There is now even a new term for the connectivity of all of our devices:



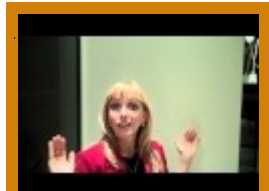
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Internet of Things (IoT).

Globally it is projected that by 2020 there will be a **28% rise** in ownership of wearable technology, a 17% rise in home connected surveillance camera and a **14% rise** in in-vehicle entertainment systems.

In the US alone, in a Neilson Report from over a year ago (February 2014) they reported that the average has **4 digital devices** and the average American consumes 60 hours of content across devices weekly with some top use being an average of 134 hours on Live TV, 13 hours on **Time-Shifted** TV, 34 hours using browsers and apps on smart phones, 6 hrs watching video on the internet, 5 hrs watching video on mobile devices and **27 hours** using the internet on a computer.

The continued move to digital devices such as phones, (Cont. on next page)



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tablets and now **wearable technology** move has even created a new group of people which are estimated at 7.3 percent of U.S. households (8.6 million homes) today who are called "**cord-cutters**," meaning they have high speed Internet but no cable or satellite television service because they are doing everything from their devices. This is on the rise from 4.5 percent in 2010.

And we haven't even touched on all of the types of technology – look around your **home, office, neighborhood**, etc. right now and just count the number of things plugged in to electricity. Then there is your car parked outside, the plane you will get in to take your next trip, the **security** equipment at the airport, stores you shop in, equipment at your doctors' office and all of the technology used at any clinic or hospital.

EMFs are being produced from cordless phones, **microwave ovens**, vacuums, hairdryers, refrigerators, irons, electric blankets, razors, and toothbrushes, TVs (flat panel TVs are better), main ring and lighting circuits, dimmer switches, WiFi, computers, cell phones, remote control gate openers, **baby monitors**, wireless security videos, fluorescent or halogen lighting, fax machines, photocopiers, scanners, cell phones, **implantable** medical devices (i.e. pacemakers), power lines, electrical substations, transformers, cell phone towers, cities that provide citywide wireless Internet and even EMFs from your nearby neighbors' electronic equipment.

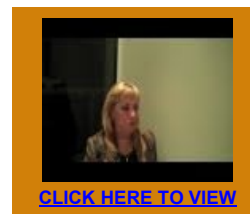
What does all of this lead to? A convenient life, a faster paced life and life filled with a **bombardment** of Electromagnetic Field

Energy (EMF) that leads to structural, physical, mental and emotional wellness conditions that range from headaches to mental emotional imbalances to cancer and a decreased lifespan.

An EMF or **electromagnetic field** can be described as a physical field that is produced by moving electrically charged objects. It has an effect on the behavior of all other **charged objects** in the vicinity of the field. Manmade electricity (harmful EMFs) has been on this planet for over 120 years. Over a century ago, there began the rollout of the electrical grid, which began to structure the current dangers. Now, with wireless technology, artificial electricity can be **measured** everywhere on the planet, making us the first generation to be saturated with EMFs (sometimes referred to as electrical pollution or "electrosmog").

Electromagnetic fields are broken down into three basic categories:

- **Extremely Low Frequency (ELF) and Very Low Frequency (VLF)** fields (~15 Hz to 10,000 Hz) include transmission line frequencies, electrical transformers, sub-stations, electric trains and trolleys, electrical appliances and motors and **building wiring**. Problems occur the closer we are to the source of the fields (living under big transmission lines, an electric panel on the other side of our bedroom wall, building wiring errors, stray **current and voltage** and issues with the grounding systems. Dirty electricity is a rather new term and it is associated with the embedded high frequency transient components onto house wiring from the grounding or distribution lines as well as the **power** supplies of (Cont. on next Page)



To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

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many electronic devices that chop the wave form from a clean sine wave to a jagged one to reduce the voltage.

- **Radio Frequency (RF) fields** (~10,000 Hz to 6,000,000 Hz for our measurement purposes) include information carrying radio waves from **AM and FM radio** and TV transmissions, cell phones and portable phones (cordless and wireless), wireless computer networks, smart meters, microwave ovens, in-house wireless networks, baby monitors and DECT mobile home phones microwave data transmissions, **satellite transmissions** and radar frequencies. It is understood that the higher frequencies (including newer personal communication devices and wireless computer networks) are an increased concern because they vibrate faster and generate more heat.

Energy draws on a power grid of a region by **remotely** turning on and off various appliances within your home through the emitting of RF signals from the appliance to the meter and on to the power grid and back again all using a pulsed digital RF signal. This new technology creates the unintended **consequence** of another chronic exposure source to pulsed digital RF signals that can and do affect cellular functions in sensitive individuals.

- **Ionizing radiation or radioactivity** is a portion of the upper EMF spectrum from ultraviolet through X-rays to gamma rays (nuclear medicine, nuclear power plants and radioactive fallout). The difference between this form of EMF radiation and the non-ionizing is the ability towards rapid **cellular mutation** and cell destruction. This is immediately dangerous where the non-ionizing radiation is more of a long-term exposure consideration. The higher the fre-

quency, the more **biologically** active the potential results. Radioactivity can enter your home from building materials (such as granite -- one-third of the granite in homes is radioactive) or radon gas (a by product of radioactivity) coming up out of the ground.

We are electrical beings with internal wiring. Our bodies are made up of **electrolytes and ions**. As such we have electric pulses or waves running through our body. Every bodily function **depends** on electrical activity that takes place within and between cells. Our body's electrical system works to initiate every action within our body. It also balances the activity of every organ. EMFs should be considered a harmful **invader** to your body, just like any other environmental toxin. It interferes with our health at the cellular level because we are actually electrical beings.

Our own electrical system represents the very foundation of the healing process. This natural electrical energy is used to do such things as **aid in sleep cycles**, hormone production, digestion and immune responses. Our body's **flow of electricity** is as important to our wellbeing as is the blood that runs through our veins. The healthy human body resonates at around **10 hertz**. Frequencies above that create biological stress, tissue damage and serious health problems.

When manmade, outside, **harmful EMF** waves or pulses are absorbed by our systems, this can cause an imbalance in our body's electrical system. As with anything to do with our bodies, if it is out of balance, this can upset our entire body including, but certainly not limited to, our brains, our **immune systems and our healing processes**.

Our environment is saturated with invisible, harmful EMFs from electrical wiring, **appliances, Wi-Fi**, computers, appliances, cell phones, hydro and cell phone towers, etc. The current world environment is increasingly getting polluted with this electronic **pollution**, which is invisible.

Extraordinary developments in various fields of **science and technology** in the last few decades have increased the human involvement deeply into the natural environment, its related ecological, **biological and physical** systems resulting in various undesirable and unintentional negative impacts on human health and environment. With rapid development and usage of electronic products in all walks of life, electronic pollution into environment has become a **great concern** to entire world community.

Electromagnetic **radiations** are not easily recognized and detectable, however their impacts are being felt through human **health hazards** such as increased blood-brain barrier permeability and oxidative damage resulting in **neuronal damage** and associated with brain cancer and neurodegenerative diseases, risk to children/ pregnant women, **DNA damage**, skin problems, ringxiety including ear damage, cause for tumors in the eyes, sleep disorder (Cont. on next Page)

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ders, headaches, and in-creases in all **cancer** causes which have been attributed by World health Organization (WHO) and other researchers. This is a valid concern; EMFs affect **every aspect** of our physical, emotional and mental health and contribute to **every disease** and disorder.

Unhealthy, harmful magnetic fields occur on anything that plugs into an **electrical socket** and more so with anything that has a motor or a pump, such as your refrigerator, dryer, air conditioner, or anything that has a **transformer**, which is that large, black electrical box that takes up so much room on your outlet. Another area of concern is cell phones and other wireless devices such as cordless phones, as well as cell towers, and Smart Meters. These **produce RF fields**, which are very high high frequencies in the GHz range.

Wifi also sends out a **constant signal** and we are impacted not only by our own WiFi, but from every WiFi within range of us. The **most toxic phones are Smart phones**, which are harmful even when turned off. These phones are repeaters that act as relay stations. They put out very strong frequencies that are harmful up to **six feet away**, whereas normal cell phones are only harmful up to three feet.

Bluetooth technology: Including Bluetooth headsets, wireless keyboards, wireless mice, printers, etc. - Bluetooth Technology uses the same microwave radiation to transmit data as cell phones do to receive and send calls. The only difference is the range. A cell **phone antenna** picks up signals from cell phone towers and satellites, while a Bluetooth headset/

technology is receiving radiations from a few feet away. For the most part, a large amount of wearable tech uses Bluetooth, a wireless technology that doesn't emit the kind of strong EMF that other more **powerful** devices that rely on Wi-Fi or cellular technology do.

However, an increasing number of wearable devices don't use low-powered Bluetooth. **Google Glass**, for instance, also uses Wi-Fi – and that means that these more powerful devices could be posing health risks to us. With smart glasses like Google Glass, devices that are designed to be worn for long periods of time in close **proximity** to your brain, this could be detrimental to our health. In fact, Google Glass has a SAR of 1.42, very close to the maximum safety limit of 1.60 imposed by the FCC.

Cell phones emit radiofrequency energy (radio waves), a form of non-ionizing radiation. Tissues **nearest** to where the phone is held can absorb this energy. Dr. Martin Blank, from the Department of Physiology and Cellular Biophysics at Columbia University, warns: "Putting it bluntly (cellphones) are damaging the living cells in our bodies and killing many of us **prematurely**... We have created something that is harming us, and it is getting out of control. Before Edison's light bulb there was very little **electromagnetic** radiation in our environment. The levels today are very many times higher than natural background levels, and are growing rapidly because of all the new devices that emit this radiation.

People with a **heightened sensitivity** or over exposure to electrical impulses can also experience such side effects as: nausea, dizziness, headaches, irritability, irregular heart rates, **altered metabolism**, immune system disorders, hair loss, teeth pain, impaired sense of smell,

ringing in the ears, eye irritation, skin rash, facial swelling, pain in joints and/or muscles, **skin numbness**, abdominal pressure and pain, breathing difficulty, paralysis, balance problems, body and/or muscle spasms, convulsions, confusions and **memory loss**, depression, difficulty in concentrating, and seizures.

An international working group of leading **science researchers** and public health policy professionals is bringing scientific concerns about the radiation to light. Their 2007 report, the **Bioinitiative Report**, concludes that the existing standards for public safety are completely **inadequate** to protect your health. The report includes studies showing evidence that electromagnetic fields:

- Affects **gene and protein** expression (Transcriptomic and Proteomic Re-search)
- Have **genotoxic effects**– RFR and ELF DNA damage
- Induces **stress response** (Stress Proteins)
- Affects **immune function**
- Affects **neurology and behavior**
- Causes **childhood cancers** (Leukemia), ADHD and asthma
- Causes **cognitive development** problems with young children exposed to higher levels of EMF's.
- Impacts **melatonin production**; Alzheimer's Disease; Breast Cancer
- Promotes **breast cancer** (Melatonin links in laboratory and cell studies)
- Enzyme changes that affect **DNA and cell growth**; result is cancer, lymphoma leukemia, autoimmune system deficiencies, and birth defects.
- Increases in **insomnia** □ Changed **metabolism** and increased cell growth. (Cont. on next Page)

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- **Fetal abnormalities**, probably caused by enzyme changes.
- **Gene expression** changes, which creates stress on your body and even result in cancer.
- Increased production of **stress proteins within cells**, linked to Alzheimer's disease.
- Chronic stress, which can lead to **heart conditions**.
- Produces **cardiac** stress.
- **Neurohormone changes**, which can result in memory loss and impaired brain function.
- Electro-smog **disturbs** the growth of cells and the information flow between cells.
- Causes **Photosensitive epileptic seizures (PSE)**
- Causes Lymphatic disorders which lead to decreased ability to prevent certain types of cancers
- Can cause **blindness**, deafness, brain tumors, neck pain/stiffness, skin rashes, hair loss, headaches,
- Causes **miscarriages** and birth defects
- Associated with autoimmune illnesses, multiple sclerosis
- Associated with **Alzheimer's**, Autism, and ADD
- Derails brain function and reduces **brain activity**
- Neutralizes **sperm**
- Produces failure of female **eggs** to implant

Children absorb more microwave radiation than adults because their bodies are relatively smaller, their skulls are **thinner**, and their brain tissue is more absorbent. Fetuses are even more vulnerable than children. Therefore pregnant women should avoid exposing their fetus to microwave radiation.

The danger doesn't always pass once you get away from the

strong electro-magnetic field. That's because **biological systems** have been proven to store electromagnetic radiation within the cells in the form of *electromagnetic oscillations*. These **oscillations** can stubbornly remain inside you, wreaking havoc with your body's most important processes. **Compounding** this problem, metallic objects all around us act as antennae. These include electrical circuits, **telephone wiring**, water and gas pipes, even your keys and jewelry, which collect and **reradiate** these dis-orienting energy waves. The highest frequency energy waves (X-rays, gamma rays and others) can **break chemical and molecular bonds** and can literally rip atoms apart, disrupting the basic biochemical structures of life.

And why aren't we being protected? In a Network World opinion article ominously titled "Is Wi-Fi killing us...slowly?" columnist Mark Gibbs makes the point that "... laws and warnings are all very well but it's pretty much certain that all **restrictions on products** that use microwave technology will err on the safe side; that is, the side that's safe for industry, not the side of what's safe for society." Gibbs then added this ominous closing question, "Will we look back (sadly) in fifty or a hundred years and **marvel** at how Wi-Fi and cell phones were responsible for the biggest health crisis in human history?"

Dangerous technologies are even being used in our health solutions. For example, the FDA approved the mammography device that generates 3-D images of the breast, potentially helping doctors to spot more cancerous tumors. The FDA says the system **doubles the radiation exposure for patients**, but also increases the accuracy of diagnosis. Roughly 37 million women each year have a mammogram to

check for signs of breast cancer even though every physician knows that **radiation** exposure increases ones risk for cancer.

Dr. David Brownstein, M.D., a board-certified physician and one of the nation's foremost practitioners of holistic medicine, says, "Unfortunately, **screening** mammograms, used for nearly 30 years, have never been shown to alter breast cancer **mortality**. And, to make matters worse, mammography exposes sensitive tissue to ionizing radiation, which actually causes cancer. In fact, it is estimated that each mammogram increases a woman's **risk of breast cancer** by 1%. After 10 years of mammograms, a woman's risk may increase by 10%."

Cellular effects of radiation are basically the same for the different kinds and doses of radiation. The simplest and most direct effect of radiation is cell death. Changes in **cellular function** can occur at much lower radiation doses than those that cause cell death. Changes can include delays in phases of the mitotic cycle, disrupted cell growth, permeability changes, and changes in motility.

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Babies born of mothers who had a series of X-rays of the pelvic region during pregnancy were nearly twice as likely to develop leukemia or another form of cancers those born of mothers who had not been X-rayed.

About half of all people with cancer are treated with radiation therapy, either alone or in combination with other types of cancer treatment. Radiation therapy uses ionizing radiation to kill cancer cells and shrink tumors. Unfortunately, the treatment can. Americans today receive far more medical radiation than ever before. The average lifetime dose of diagnostic radiation has increased sevenfold since 1980 with doctors and dentists having no real idea of the risks they are taking with their patients' lives.

Cars, trucks, buses, trains, planes, boats and even motorcycles all create dangerous electromagnetic radiation. What's more, highways and train tracks typically run alongside power lines, another major source of electromagnetic radiation. These harmful fields can layer, one upon the other, creating a toxic soup of radiation. While the electrical component of electromagnetic fields (EMFs) can be shielded, the magnetic fields that are part of electromagnetic fields (EMFs) penetrate concrete, steel and human bodies.

Automobiles are full of electronic as well as electrical devices generating toxic electromagnetic fields. While the engine is running, high levels of potentially harmful EMF's are radiating from the motor affecting your whole body – particularly the lower half. The car's clocks, computers, sen-

sors and more each emit fields. In order to fire a spark plug, the coil voltage soars to nearly 18,000 volts. The alternator and air conditioning create fields. Even the action of your vehicle tires spinning against brake drums and pistons creates tremendous static electricity.

In short, when you drive, you are sitting in a powerful magnetic field. The electrical fields are even greater in hybrids, especially at low speeds, because that's when the car draws on battery power and electric current (as opposed to gasoline combustion for higher speeds). The powerful flow of electric current creates high levels of EMFs with dangerous magnetic fields. What's more, power cables and batteries are usually situated mid-car, close to the driver and passenger seats.

As for airplanes ... few frequent fliers realize the amount of radiation they're exposed to with every trip. In fact, a 3.5-hour flight at altitudes of 30,000 feet or higher can expose you to a greater level of radiation than a chest x-ray!

Magnetic fields in aircraft are generated from many sources:

- Radar from the ground as well as the plane and other planes
- The jet engine itself
- Cockpit computers
- Electronic sensors
- Communications equipment
- Electrical wiring throughout the cabin
- High levels of static electricity generated in the fuselage
- Radiation from the commercial transport of radioactive materials

Random measurements taken inside planes in-flight reveal dangerous radiation, sometimes exceeding 50 mG (compare that with .5-2.5 mG, the amount the EPA deems

safe.) The highest radiation levels are generally found near the walls and floors. Airports are also a site of significant radiation, with their metal detectors, moving sidewalks, monitors and more.

By now many residents in the United States and Canada have the smart meters installed on their dwellings. Each of these meters is equipped with an electronic cellular transmitter that uses powerful bursts of electromagnetic radiofrequency (RF) radiation to communicate with nearby meters that together form an interlocking network transferring detailed information on residents' electrical usage back to the utility every few minutes or less. Smart meters significantly contribute to an environment already polluted by RF radiation through the pervasive stationing of cellular telephone towers in or around public spaces and consumers' habitual use of wireless technologies.

RFID, or Radio Frequency Identification, is a technology, which can be used to identify an object through a unique RFID tag. This tag consists of an antenna and an electronic chip. It does not contain an energy source and is totally passive. It can only emit information – its identifier, by default – if it is activated by the electromagnetic field of a reader. If so activated, it can be used to communicate remotely.

The tag communicates when it comes within the electromagnetic field of a reader. It is this reader, which emits electromagnetic waves at a certain power. Depending on the RFID technology, these readers may emit waves in three frequency bands: 125 kHz for very low frequency (LF) readers, 1 3 . 5 6 M H z f o r
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high-frequency (HF) readers and 900 MHz for ultra-high-frequency (UHF) readers. The impacts of these waves on the human body therefore depend on the frequency band used.

The rollout of smart meters proceeds alongside increased installation of wireless technology and cell phone towers in and around schools in the US. In 2010 Professor Magda Havas conducted a study of schools in 50 US state capitols and Washington DC to determine students' potential exposure to nearby cell towers. A total 6,140 schools serving 2.3 million students were surveyed. Of these, 13% of the schools serving 299,000 students have a cell tower within a quarter mile of school grounds, and another 50% of the schools where 1,145,000 attend have a tower within a 0.6 mile radius. The installations of wireless networks and now smart meters on and around school properties further increases children's RF exposure.

The blue light emitted from electronics such as cell phones, tablets, TVs, and computers suppresses your melatonin production, thereby preventing you from feeling sleepy. The research is quite clear that people who use their computer for playing, surfing, or reading on the Web, or those who use their smart phones for the same purpose, as well as texting, are more likely to report symptoms of insomnia.

Beyond this, there is research showing that blue light may lead to retinal damage in your eyes, which could lead to macular degeneration, a leading cause of blindness. Although this damage is linked to direct exposure (probably closer than you would

get from a cell phone), we're only beginning to understand the consequences of blue light exposure on vision.

Microwave ovens - The same violent friction and athermic deformations that can occur in our bodies when we are subjected to radar or microwaves, happens to the molecules in the food cooked in a microwave oven. In fact, when anyone microwaves food, the oven exerts a power input of about 1,000 watts or more.

This radiation results in destruction and deformation of molecules of food, and in the formation of new compounds (called radiolytic compounds) unknown to man and nature. Not only that but it has been proven that microwave cooking changed the nutrients so that changes took place in the participants' blood; these were not healthy changes but were changes that could cause deterioration in the human systems.

Health issues which could be caused by microwave ovens are:

- Elevated cholesterol levels
- A plummet in leukocytes (white blood cells), which could suggest poisoning
- Decreased red blood cell levels
- Production of radiolytic compounds
- Decreased hemoglobin levels, which might indicate anemia

Tanning beds - The biggest study ever done on tanning beds and melanoma finds that indoor tanning can raise the risk of that cancer roughly two to four times. Scientists have long known that heavy exposure to ultraviolet rays, including sunburns and heavy tanning, can cause skin cancer.

Airport scanners - Full-body airport security scanners lead to cancer and other health problems, according to researchers from the University of California, San Francisco. Particularly at risk, the researchers said, are travelers who are pregnant, elderly or have weakened immune systems. The machines emit X-ray energy levels that would be safe if they were distributed throughout the body, but a majority of that energy is delivered to the skin and underlying tissue at levels that "may be dangerously high," the researchers wrote last month to the White House Office of Science and Technology.

Problems with electromagnetic fields are something that I was not always aware of! I encountered many problems throughout my health journey that steamed from the EMF's that I was encountering. Acute cases of nausea and fatigue were problems that I often had. Being that I was not knowledgeable on what a large impact EMF's had on our wellness, I did not know what to do to prevent this from happening!

I now know that harmful EMFs are (Cont. on next Page)

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BIG time affecting our health more than anyone dares to admit and it is affecting us in all ways ... **physically, emotionally, mentally and spiritually.** Now that I am very aware of this whole NEW LEVEL OF POLLUTION impacting my wellness and OUR WELL BEING and I have taken the **necessary steps** to make my exposure to EMF's less. I spent less time sitting in front of the computer and began attaching a small EMF shield to all of my devices including my phone, my computer and all of my appliances. Also I wear **Bio-Electric Shields** and also follow my Radical Wellness Coach's advice about how to balance out the inevitable side of this kind of pollution that I can't avoid living in the city.

In addition to the tons of **scientific evidence** of this, you can see it for yourself by simply going **out into to nature** where you can be away from technology for a week and you will see, feel the absolute difference!!!

Being aware of your **exposure level to EMF's** can lead to preventing a lot of the problems caused by over exposure. We have included, in this newsletter, some of the suggested methods to reduce your exposure to EMFs and some nutritional ways to protect yourself and heal yourself if already exposed. After all, **prevention can be the best cure.**

Please, **cherish your body** and YOUR WELL BEING ENOUGH to be mindful about EMFs and their impact on you and **do your best** to prevent as much as you can and heal, all you can, from this HUGE INVISIBLE POLLUTION!!!

A Raw VEGAN Living Foods DIET including plenty of **Leafy GREENS,**

tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to healthy, long lasting, shiny thick hair. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself and feel better than you EVER did your ENTIRE LIFE!!!**

The research resource links we have provided below will allow you to discover a wide array of information about the impact of technology on our health:

<http://www.ietbuildinghealth.com/electromagnetic-inspections.htm> - Electromagnetic Fields (EMF) and Radio Frequency (RF) Radiation

<http://www.nielsen.com/us/en/insights/reports/2015/screen-wars-the-battle-for-eye-space-in-a-tv-everywhere-world.html> - Screen Wars: The Battle for Eye Space in a TV-Everywhere World

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There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!!

The issue of technology and its impact on us is not an issue of fear, but rather is simply an issue of making an **informed decision** related to having the life and health that you want. Electricity and **electronics** are an important part of our lives, so how do we live with them while protecting ourselves from them?

There are three ways to reduce the harmful effects of electromagnetic pollution:

- You can **block the waves** by shielding yourself from them
- You can **neutralize the waves**,
- You can **ground them** into the earth.

There are many **EMF reducing practices**. People who are sensitive to EMFs will find these practices especially beneficial. But every one should consider adopting any or all of the following

practices, because minimizing your exposure to EMFs is part of **maximizing your health**:

- Use a **wired network** instead of a Wi-Fi network
- Use **wired speakers** and other electronic components instead of wireless
- When considering an **alarm system** for your home, opt for a wired system instead of a wireless system.
- When using the computer, try not to hold onto the mouse and learn key-board strokes to **replace mouse functions**
- Try to **locate the computer tower** printer and wiring away from where you sit
- Opt for **LCD Flat Screen** computer monitors
- Avoid placing a laptop computer on **your lap** when you are using it
- Purchase a **low-radiation** cell phone recommended by the Environmental Working Group

- Use your phone's "**speaker phone**" option often and put the phone down or get rubber case for your phone as an insulator when you are holding it.
- Use **text or email** instead of talk whenever possible and again use a rubber case on your phone as an insulator when you are holding it. This is even more important for **children**.
- Don't wear a **bluetooth headset** except when on a call and only use it if you must during a call. Keep the call as short as possible.
- Do not have a phone on **both ears** and never be between a cell phone and a computer.
- **Wired headsets** will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded -- and most of them are (Cont. on next page)

There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!! (Cont.)

not -- the wire itself acts as an antenna attracting ambient radio waves and transmitting radiation directly to your brain and your body, for example over your heart.

- Do not put a cell phone near **major organs**.
- Do not sleep near a cell phone that is on. Invest in a wind-up small travel **alarm clock** - it could save a life!
- **Use Your Cell Phone Only Where Reception is Good:** The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body.
- Use a **corded telephone** whenever possible.
- Store your **cell phone in a rubber case** or backpack or purse where it will not be right next to your body. When sleeping keep it at least 3 feet away from your bed
- Place your **electric alarm clock** at least 3 feet away from your bed
- Electric appliances and devices are surrounded by electric fields even when not turned on. So **unplug these at night** if they are in close proximity to your bed.
- Instead of fluorescent bulbs, use **incandescent** or full spectrum bulbs
- If you must use a cell phone or cord-less phone, **use the speakerphone** when possible. Don't use a Bluetooth or earplugs that transmit radiation directly into the ear canal.
- Try to avoid using a cell phone or laptop in a **car or bus** where the EMFs are intensified
- Stay **2 to 3 feet away** from someone who is talking on a cell phone.
- Avoid using waterbeds that need

electric heaters

- Substitute **electric razors, toothbrushes** and can openers with manual versions
- Find alternatives for **electric blankets**
- Substitute a heating pad with a **hot water bottle**
- Washing machines, clothes dryers, and dishwashers have large EMFs, especially when high efficiency. So try to **run full loads mostly**. If someone is sleeping with the head of the bed on the wall behind these machines, don't operate the machine when they are sleeping
- The **larger the TV screen** the stronger and larger the EMF, sit far back and again, don't operate if someone is sleeping directly behind the TV wall
- When using appliances, try to stand 2 to 3 feet back. For instance, when cooking on an electric stove, try to use the **back burners** more often
- Use a Gauss meter to check your home and office for **high levels** of electromagnetic radiation
- Avoid any area that has a level higher than **1 mG**.
- Sit as far from your computer and **television** as you can while using them
- Stand as far away from your **microwave oven** as you can – or remove it from your house.
- Move all electrical appliances at least **six feet away** from your bed.
- Place all major electrical appliances against **outside walls** to keep from creating EMF fields in the next room
- Move all electrical and electronic devices several feet away from your bed – especially from **your head**
- Eliminate **wires** running under your bed
- Make sure the wiring in your home or office is **up to date** and installed correctly

- Eliminate dimmers and 3-way switches
- **Beware of mold:** Mold, just like other microorganisms, can also react in high EMF environments. One study showed **600 times** more neurotoxins generated from mold in a high EMF environment. There are also mold legal cases being reviewed, questioning whether problems in buildings infested with mold may have actually been related to nearby antenna infrastructure.
- **Children Should Never Use Cell Phones:** Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more **vulnerable** to cell phone radiation than adults, because of their thinner skull bones and other factors.

As for nurturing, building, and boosting your system to limit EMF sensitivity, it is a **process**. It's important that you clear any emotional, mental, or spiritual issues that are causing stress; develop a nutrition plan that is right for your particular body and any other current ailments; get **adequate** exercise for your mind and body; and decrease your exposure to the triggers around you. Obviously, those (Cont. on next page)

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There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!! (Cont.)

approaches must be customized to you. However, the list below includes some steps that seem to help almost everyone who is prone to EMF sensitivity:

- **Intestinal care:** Make sure you're getting plenty of healthy probiotics. The Paracelsus Clinic in Switzerland discovered that providing gut barrier support could reduce symptoms of electrosensitivity.
- **Regular detoxification programs:** Not only are you dealing with increasing amounts of toxic chemicals in your environment, your body is full of microorganisms that respond to EMFs by generating increased levels of their own toxins.
- Find an **EMF detector** and compare readings around your home, your office, or other areas to help you understand why you feel the way you do and where.
- Avoid **artificial sweeteners**, which have been proven to exacerbate EMF sensitivity, seizure activity, cancer cell activity, depression, dementia, and more.
- Avoid **MSG** and other artificial flavors, colors, and preservatives.
- Avoid **GMO** (Genetically Modified) foods.
- Avoid **fluoride** in water, toothpaste, mouthwash, and treatments.
- Replace dental **amalgams** and limit seafood intake to 2-3 times per week in order to avoid mercury toxicity and a whole host of health issues.
- Remove **metal** from the body if you wear a lot of it on your skin (glasses, jewelry, clips, etc.).
- Try using reputable **water filters** and air filters, distilled water
- Avoid or limit **vaccines**.
- Avoid **x-rays**, cat scans, and

other screenings as much as possible. Of course, limiting exposure to your other EMF triggers is crucial to recovery.

- **Pace yourself.** "Overdoing it" or introducing too many things at once will have the opposite of your desired effects. In addition, you'll be unable to tell what worked for you and what didn't. So, have patience and keep calm. Embrace the notion and be grateful that **EMF Sensitivity** is an "invitation" from your system to find the things that you need in order to live and thrive more optimally from now on!

Here are a series of nutrition recommendations for **protection** from EMF exposure. They will help protect our cells during exposure to EMF's and help **repair the damage** after the fact:

- **Antioxidants (Vitamins C, E, flavonoids, etc.)** — EMFs can be blocked with antioxidants used before and after exposure. For the antioxidant vitamin C, eat plenty of organic non-GMO fruits, especially berries like the **wild blueberry**. Avoid combining vitamin-C rich foods with foods with high aluminum content, like tea, or high iron content, to avoid increasing one's absorption of these metals. For the antioxidant vitamin E, **almonds** are a good source.
- **Vitamin A or beta-carotene** - This vitamin manufactures antibodies, maintains and protects mucus membranes, and protects the thymus gland, the master gland of the immune system. It helps guard against tumor formation and cancer, as well as reverses aging process of the skin caused by ultraviolet light. **Foods containing a natural Vitamin A**: lima beans, potatoes, yams, sweet potatoes, asparagus, tomatoes, onions and spinach), fruits (mango, grapes, avocado, pears,

oranges plus the white under the peel and pulps, apples plus seeds and peeling, strawberries), all unsprouted seeds (especially sunflower, sesame and pump-kin), all nuts (especially almonds and cashews), leafy green vegetables, carob and teas from fruit blossoms and leaves (peach flowers, strawberry leaves, cherry flowers, apple blossoms), and all grasses, such as wheat and barley.

- **Coenzyme Q10** -This substance protects against many chemicals and radiation, offering immense benefits to the immune system and retarding the aging process. Sufferers of heart problems, high blood pressure, angina, and obesity often find this substance to be helpful in managing symptoms. Natural levels decline with age; therefore, supplementation is needed.
- **Zinc** - Helps strengthen the T-cell-producing thymus gland. Aim for 50 to 100 mg daily, available from grains, nuts, seeds and legumes.
- **Pectin** - Pectin acts as a natural chelating agent, which is a compound that has an affinity for other molecules. It's able to bind radioactive residues and remove them from the body. **Apples and plums** are high in pectin.
- **SOD** – SOD is an enzyme found in **wheatgrass**, lessens the effects of radiation. It also acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- **Alginate** - Detoxes the body from ionizing radiation along with blocking their absorption and also detoxes heavy metals like mercury from the body, which magnifies EMF radiation damage. Sodium alginate also is very effective at protecting the body from radiation and removing it. **Sea vegetables** (Cont. on next page)

There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!! (Cont.)

are rich in sodium alginate.

- **Iodine** - Supports the thyroid, which gives EMF protection, it ensures programmed cell death of damaged and diseased cells (cancer cells shrink when given iodine). Iodine helps **remove heavy metals** (heavy metals encourage electromagnetic radiation damage) and has a protective effect on brain tissue. In order to properly utilize iodine take selenium, magnesium and vitamin C with it. **Sea vegetables** such as kombu, arame, and hijiki are rich sources of iodine although the amount of iodine in a serving of sea vegetables can be quite variable.
- **Spirulina**- Provides cell protection and proper bone marrow functioning including production of red blood cells (red blood cells are destroyed by EMF radiation), provides carotenes that protect against cancer cell generation. Spirulina is a **whole food** so you need to consume at least the recommended serving amount or more for best protection from EMF.
- **Tumeric** - Neutralizes free radicals, which protect against cell damage, protects from detrimental effects of radiation by regulating cell division. It also **reduces inflammation** caused by radiation. Prevents and eliminates plaque in brain associated with Alzheimer's and can be caused from EMF radiation exposure.
- **Vitamin B6** - B6 (pyridoxine) helps **rebuild neurotransmitters** in the brain which have been damaged by radiation and so much more. Foods with high B-6 content include whole grains, bananas, green beans, carrots, **spinach, walnuts** and sunflower seeds.
- **Tryptophan** - Extra is needed with increased EMF exposure. A precursor of melatonin and serotonin thus restoring these hor-

mones destroyed by EMF exposure, has a calming effect and supports deep sleep. Choose sea vegetables like **kelp, seaweed, and spirulina** to increase tryptophan in your diet.

- **Melatonin** is probably second most important supplement consideration for protection from EMFs. New studies show that it helps reverse damage to brain neurons caused by EMF exposure. Tart cherries are a
- **Noni** enhances the overall ability of the body to adapt to the stress of EMFs by its ability to target and correct imbalances before any bodily systems are affected. A powerful **adaptogenic** superfood, noni strengthens the immune system, helps protect from DNA damage, **detoxes** damaged cells and assists proper functioning of lymph.
- **Vitamin B6** helps rebuild neurotransmitters in the brain which have been damaged by radiation.

When exposed to EMF radiation, the **protective calcium** coating is removed from the outside of the cells allowing the cell to dump its selenium, potassium, lithium, calcium and magnesium causing a **shortage** in these minerals which must then be replenished for best protection from EMF:

- **Selenium** - Protects DNA from radiation damage, assists in the proper utilization of iodine in the body, known to have a protective effect against the production of cancer cells. **Brazil nuts**, sunflower seeds, chia seeds and sesame seeds are high in selenium.
- **Potassium** - Deficiency is associated with Alzheimer's, muscle/nerve weakness, mental confusion, heart disturbances, water imbalances, pH balance, kidney and adrenal mal-function. Eat white beans, dark **leafy greens**

(spinach, kale), acorn squash, avocados and bananas for extra potassium.

- **Lithium** - Protects brain neurons from radiation damage. Loss of this nutrient contributes to stress, **ADHD**, depression and other psychological disorders such as declined mood and lack of calmness. **Nutritional yeast** contains the trace element lithium.
- **Magnesium** - Deficiency is associated with **muscle/nerve weakness**, mental confusion, heart disturbances, promotes restful sleep, supports regular bowel function, assists potassium and calcium metabolism, regulates blood pressure. Flax-seeds, sunflower seeds, sesame seeds, **almonds, quinoa**, spinach and Swiss chard are all high in magnesium.
- **Copper** - Is responsible for protecting the **myelin sheath**. Myelin sheath damage is what causes multiple sclerosis. MS is one of the health problems associated with EMF radiation. Deficiencies of copper also affect connective tissue (arthritis issues), **heart function**, colon problems (including cancer, IBS, diarrhea), hemoglobin production, cholesterol, thyroid, mental and **emotional health**, seizures, skin, bone abnormalities. Copper must be balanced with zinc, selenium (Cont. on next page)

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and vita-min C. Kale, sesame seeds, cashew nuts, chick peas and avocados are all rich in copper.

- **Calcium** — Exiting calcium causes arthritis, kidney stones, osteoporosis, pH imbalance, required for mood stabilization and calmness. Artichokes., Bean sprouts, Broccoli, Bok Choy, Kale, Collard Greens, Spinach, Swiss Chard, Turnip greens and Okra provide high levels of calcium.

If you're in need of more protection from EMFs or are healing from recent over-exposure, you can also give the following foods and nutrients a try:

- **Reishi mushroom**: The "king" of Traditional Chinese Medicine, reishi can boost immune function and help to protect the body from EMFs.
- **Ginseng**: This adaptogen is highly effective in resetting the body's many systems. It's potent in mitigating the influence of electromagnetic radiation, too.
- **Green Tea**: Also a great source of antioxidants, green tea can enhance your body's immune function to ward off possible EMF damage.
- **Vitamin C**: A potent antioxidant found in a number of foods and herbs, making sure your vitamin C intake levels are high can prevent free radicals from squeezing into your cells.
- **Olive leaf**: Another powerful antioxidant, olive leaf extract has been shown to help reduce the effects of EMFs and boost the body's recovery.
- **Polygonum**: A less common but still powerful antioxidant, polygonum has been used to protect cells from damage associated with free radicals and EMFs.

- **Pycnogenol**: Pine bark extract is known as a very powerful antioxidant that can give the body EMF protection.

- **Bilberry**: This antioxidant will not only give you EMF protection, but it's also an excellent herb for eye health. Eyes can quickly become strained and irritated by staring at electronic devices.

- **Raw sauerkraut** is rich in vitamin C and probiotics.

- **Berries** and deeply pigmented foods are another great source of antioxidants.

- Eating an avocado together with an orange or lemon has also been shown to protect against radiation.

- **Sesame seeds – raw, ground (tahini)** - Sesame seed oil contains a substance called Complex T, the primary effect of which is to increase blood platelets - a must for fighting infection. In addition to Complex T, sesame seeds contain valuable essential fatty acids (EFAs) that are important workers in the immune system.

- **Sea vegetables and their products** - Sodium alginate, a non-nutritious extract from Pacific kelp used to bind and detoxify heavy metals from the body (such as lead, mercury, cadmium, etc.), and agar, used as a thickening agent instead of gelatin or corn starch, will protect the human body from radiation effects. They also reduce absorption of strontium 90 by 50-80%.

- **Kelp and dulse**, excellent natural sources of iodine, help protect against radioactive iodine, found mostly in milk. When the diet is adequately supplied with organic iodine (as in kelp), radioiodine is not as readily absorbed by the thyroid or the ovaries. Kelp contains 150,000 mcg of iodine per 100 grams (32 ounces). Note: Taking kelp as a source of iodine is much safer than drinking iodine or eating potassium iodide, which can be especially dangerous for

pregnant women and can cause allergic reactions.

- **Bee and flower pollen** - Pollen is an excellent food containing all essential amino acids, vitamins A, D, E, K, C, bioflavonoids, B-complex (especially pantothenic acid and B-3), and 27 minerals. Research has proven pollen to be beneficial in treating several diseases and conditions including: anemia (increases red blood cells and hemoglobin), chronic prostatitis, constipation, flatulence and colon infections, especially diarrhea.

- **Chlorophyll** closely resembles human blood and is used to cleanse, detoxify, purify and heal many conditions. It retards bacterial growth, detoxifies heavy metals from the body, increases wound healing, detoxifies the liver and other organs, deodorizes the body, removes putrefactive bacteria from the colon, aids healing of 11 types of skin diseases, relieves ulcers, gastritis, pancreatitis and other inflammatory conditions, helps heal gum diseases, and inhibits radiation and the metabolic activation of many carcinogens

- **Chlorella, a green freshwater micro-algae** which has even more chlorophyll than barley (wheat) grass plus 55-65% protein with 19 amino acids including all the essential ones. It's an excellent source of beta-carotene, vitamins B-1, B-2, B-3, B-6, B-12, pantothenic acid, folic acid, biotin, PABA, inositol and vitamin C. Vitamin B-12 is especially important for vegetarians and vegans who may be deficient in this vitamin. Chlorella has more B-12 than liver. It also contains important minerals - iron, phosphorus, magnesium, calcium, zinc, potassium, sulphur, iodine and trace amounts (Cont. on next page)

There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!! (Cont.)

of manganese, sodium and chlorine.

- **Wheat grass** is a totally balanced food. It contains all of the nutrients required for life-; vitamins, minerals, enzymes and other proteins (a-mino acids), essential fatty acids and chlorophyll. **Barley grass** has thousands of living enzymes (a special protein). Enzymes are nature's biological catalysts that initiate all the chemical transformations in the body. Over **3,000 enzymes** have been identified. They are required for every transformation in the body - digestion, cell respiration, bodily movements, thinking processes, detoxification, cancer control, fat, protein and carbohydrate metabolism, etc.
- **Cruciferous vegetables** (cabbage, Brussels sprouts, broccoli, turnips, cabbage, spinach, cauliflower, and greens such as kale) - This family of vegetables contain substances that inhibit breast and colon cancer cell growth. Cabbage and other cruciferous vegetables also contain dithiolthiones, a non-toxic group of compounds that have **antioxidant**, anti-cancer and anti-radiation properties. Sources include dark, leafy vegetables (broccoli, spinach, kale, Swiss chard, romaine, endive, chicory, escarole, watercress, collard, mustard and dandelion greens), dark yellow and orange vegetables (carrots, sweet potatoes, yams, pumpkins, winter squash) and fruits (cantaloupe, apricots, peaches, papayas and watermelon).
- **Essential fatty acids, GLA and EPA** - EFAs are essential for proper functioning of the immune system and protects against cancer. Food sources include flax seed oil, evening primrose oil and certain fish, particularly salmon.
- **Pau d'arco (also called iper-oxo, la pacho, taheebo, and bowstick tea)** - To relieve pain and treat many *conditions* including leukemia and other forms of cancer, infections including yeast and other fungal conditions, skin rashes, and many other ailments.
- **Saffron Tea** - Contains colchicine, a substance that has been used in the treatment of leukemia. It also lowers uric acid (high in those who have a tendency towards gout and/or cardiovascular disease).
- **Thyme Tea** - Often used as a remedy after x-rays. Just steep one tablespoon of thyme per pint of hot water for 20 minutes, then cool and strain.
- **Black Tea** - Used for radiation protection

In addition, consuming high **Oxygen Radical Absorbance Capacity (ORAC)** foods is vital to prevent and heal DNA damage from EMFs. Good choices include: artichokes, cranberries, red beans, pecans, pomegranate seeds, rosemary, asparagus, blueberries, walnuts, prunes, cruciferous vegetables, cinnamon, dates, broccoli and cilantro. Always remember to select organic for ultimate nutritional power.

To fully protect yourself from EMFs it is necessary to **strengthen your ground** to the electromagnetic field of the earth. This is normally referred to as Grounding or Earthing. This field lies between the earth's crust and the ionosphere and is commonly called the **Schumann Resonance**. The earth, herself, has her own energy points that have been well documented. They are called **ley lines**, which are currents of energy that flows from point to point. The **Hartman Net** runs north to south and east to west. The **Curry Grid** runs diagonally.

All living things were naturally grounded in this way before there was manmade electricity. To explain, our body's electrical system is **Direct current**, or DC current. The planet's electrical system is also DC current. When **two DC currents** are brought together, grounding takes place. Manmade electricity has severed the connection. Instead of **resonating to the planet**, our cells are resonating to the electricity in our homes/and workplace.

Many products are now available that address the importance of grounding the human body to the earth. These products, through grounding, **block out** other forms of electricity. A simple way to ground yourself without any products is to take yourself into nature as often as possible and **walk barefooted with your feet directly** on the earth.

Finally here are some other suggestions that will help you to protect yourself from the dangers of Technology:

- At least 30 minutes of **exercise each day** – walking, yoga, or Tai Chi.
- Staying hydrated with Natural 100% filtered living water.
- Use water filters in the shower and on taps.
- Use **salt baths**, spas, mineral baths. (Cont. on next page)

If you would, please go to this link and give us/me your feedback:

([CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com))

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!! (Cont.)

- Detox with infrared saunas, colonic irrigation and or massage therapy
- Avoid **alcoholic** excess and drugs (prescription and recreational) and tobacco.
- Place ionic generators in your office and home.
- Using **salt blocks**, air filters to restore the ionic balance in your living environment.

Explore **energy work**, acupuncture, and other holistic modalities to help you better understand your own frequencies, as well as effectively diagnose, balance, and heal your entire **mind-body-spirit** experience.

Exercising at least 30 minutes a day 4 days a week is recommended to help your body to protect itself from and to heal from the impact of all of the electric smog that we encounter. You may want to **avoid excessive, vigorous exercise**, however, as that may increase one's free radical load. Strength training, such as with the use of weights or resistance bands, may be a also be helpful form of exercise.

Alternative medicine, such as acupressure, **YOGA** and qi-gong, may provide benefits for those who are electrosensitive. Acupressure operates under the assumption that the human has electrical channels called meridians. Knowledge of **acupressure** may be helpful to rebalance the electrical system after interference from external sources. Qi Gong is another **Chinese Medicine practice**, of which Tai Chi may be said to be one of the forms. Yoga also has proven results helping people to achieve better **balance within**.

The research resource links we have provided below will allow

you to dig deeper about the ways you can protect yourself from the effects of Technology:

<http://www.angieslist.com/articles/eye-guards-protect-your-childs-vision-effects-technology.htm> - Eye Guards Protect Your Child's Visions From the Effects of Technology

<http://www.emfwise.com/nutrition.php> - Nutrition for Protection in Wireless Environments

http://www.naturalnews.com/038671_electromagnetic_radiation_protection_EMFs.html - It's true: You really can protect yourself against electromagnetic radiation - here's how

<http://www.best-emf-health.com/protection-from-emf.html> - Important Supplements For Protection from EMF

<http://www.electricsense.com/category/electrical-sensitivity/nutrition-electrical-sensitivity/> - EMF Protection With Your Back Garden

<http://www.safespaceprotection.com/Healthy-Tips-Article/healthy-tips-anti-radiation-diet.aspx> - Healthy Tips – The Anti-Radiation Diet

<http://www.electricsense.com/8060/disease-electrical-sensitivity-natural-treatment-protocol/> - A New Model For Disease, Electrical Sensitivity And A Natural Treatment Protocol

<http://www.electricsense.com/1823/cell-phone-radiation-nutrition/> - Cell Phone Radiation and Nutrition – Are You Being Deliberately Mislead?

<http://www.electricsense.com/1761/can-raw-foods-really-help/> - Can Raw Foods Really Help?

<http://www.electricsense.com/1713/>

[can-vitamins-protect-you-from-electrosmog/](http://www.can-vitamins-protect-you-from-electrosmog/) - Can Vitamins Protect You From Electrosmog?

<https://www.livingfuel.com/emf-dangers/> - EMF Dangers

<http://consciousnourishment.org/2014/08/28/emfs-the-slow-silent-killer-and-solutions-beyond-raw-foods/> - EMF Radiation: The Slow, Silent Killer and Powerful Solutions (Beyond Raw Foods)

<http://www.sunwarrior.com/news/9-herbs-for-electromagnetic-protection/> - 9 Herbs for Electromagnetic Protection

<http://www.raw-living-food-success.com/emf-filters.html> - Electromagnetic Radiation Protection with EMF Filters and Protectors

<http://renegadehealth.com/blog/2011/11/17/how-to-protect-yourself-from-emfs> - How to Protect Yourself from EMFs (Electromagnetic Frequencies) : Exclusive Renegade Health Interview

<http://mjclive.com/conscious-living/gemstones-a-natural-radiation-protection> - Gemstones a Natural Radiation Protection

<http://www.meetup.com/theveg/events/223212377/> - EMF Radiation and Your Health, + Vegan Dinner

<http://www.globalhealingcenter.com/natural-health/dont-use-a-microwave-oven/> - Don't Use a Microwave Oven

<http://www.globalhealingcenter.com/natural-health/how-to-protect-yourself-from-dangerous-cell-phone-radiation/> - How to Protect Yourself from Dangerous Cell Phone Radiation (Cont. on next page)

There are AMAZING NATURAL Ways to REDUCE your EXPOSURE to HARMFUL TECHNOLOGY and EMFs!!! (Cont.)

<http://www.globalhealingcenter.com/natural-health/how-to-protect-yourself-from-laptop-radiation/> - How to Protect Yourself from Laptop Radiation

<http://www.globalhealingcenter.com/natural-health/protect-your-house-emf-pollution/> - How to Protect Your House from Harmful EMF Radiation

<http://www.globalhealingcenter.com/natural-health/how-to-protect-yourself-from-smart-meter-radiation/> - How to Protect Yourself from Smart Meter Radiation

<http://www.electricsense.com/10103/emf-protection-plant-essences->

healing/ - How To Use Plant Essences For EMF Protection

<http://articles.mercola.com/sites/articles/archive/2011/02/09/powerful-and-simple-tips-to-help-lower-your-emf-risks.aspx> - Powerful and Simple Tips to Help Lower Your EMF Risks

<http://www.safespaceprotection.com/electrostress-from-cars-vehicles.aspx> - EMF Protection for the Body While Traveling - A Must! Read Why...

<http://ginaspriggs.guru/protecting-life-force-energy/> - Protecting Your Life Force Energy

<http://www.breakthroughhealth.net/protection-elf.html> - Protection ELF

<http://www.longevitywarehouse.com/blog/how-to-protect-yourself-from-the-little-known-dangers-of-emfs/> - How to Protect Yourself from the Little-Known Dangers of EMFs

<http://hibiscusmooncrystalacademy.com/how-to-lower-your-emf-risks-with-crystal-healing/> - How To Lower Your EMF Risks with Crystal Healing

TECHNICAL POLLUTION may be the REASON why being BALANCED PHYSICALLY, MENTALLY, EMOTIONALLY AND SPIRITUALLY IS CHALLENGING!!!

While the effects that EMF's have had on us physically have been reported to be very **serious**, the mental, emotional and spiritual effects can be just as great if not **sometimes greater**. It seems that the **pineal gland** is the organ most impaired by EMF exposure. This organ produces hormones and **neurotransmitters** that tune and regulate the hypothalamus, central nervous system and immune system. EMF exposure suppresses the pineal gland activity leading to the reduction of 2 important chemical messengers: **melatonin and serotonin**. Both are involved in regulating numerous processes and functions, however, serotonin has enormous influence over many brain functions.

When our body's levels of serotonin are **imbalanced**, this affects many areas of our mental and

emotional state such as: memory loss, **mood disorders**, eating disorders, depression, panic attacks, alcoholism, ADD and other learning disorders, aggression, PMS and schizophrenia. Lack of serotonin can also cause impairments in functions that are collectively known as executive functions. Executive function is a **collection of brain processes** that are responsible for our body's thought processes, impulse control, sensory information processing, setting goals, and how we react to outside stimuli such as distractions. It can also affect how we **plan, multi-task and decide our need to seek help from others**. These executive functions are developed during childhood and if a child has over exposure to EMF's then they are likely to suffer more from the above-mentioned difficulties.

Our body's **melatonin levels** can

also be affected by EMF's, disturbing not only our sleeping patterns, but also can cause such things as: Bipolar disorder, Alzheimer's, Autism, Epilepsy, Sudden infant death, Over Anxiety.

From an emotional standpoint, electro-magnetic fields can impact you as well. After a sufficient amount of exposure to the waves that is given off by EMF's, **imbalances will be produced within our bodies**. Emotional effects can include depression and mood disorders amongst many other things. With the chemical imbalances that are created, it becomes difficult to control your emotions.

From a **spiritual standpoint**, if our physical, emotional and mental systems (Cont. on next page)

TECHNICAL POLLUTION may be the REASON why being BALANCED PHYSICALLY, MENTALLY, EMOTIONALLY AND SPIRITUALLY IS CHALLENGING!! (Cont.)

tems are out of balance, as caused by harmful EMFs, then that completely **impacts our spirituality**. Constant exposure to EMF interrupts our **natural rhythms** and our connection to the earth's rhythms sources this can cause us to feel out of synch ourselves and the world around us which is a crucial side of our spirituality. Also, since the **pineal gland** (which many consider the a KEY POINT in our spiritual connection) is directly impacted by EMFs; then this kind of INVISIBLE WORLD POLLUTION is **diminishing your/our ability** to connect with your higher selves and THE Collective Higher SELF and all the **Divine Expressions**.

Besides grounding, which we discussed in the last article, the other ways to help protect and heal ourselves from the dangers caused by technology is to spend time in nature and time with our selves, without technology as much as possible. **Meditation**,

journaling and yoga are all practices that allow us to connect with ourselves and strengthen our physical, mental, emotional and **spiritual balance** which leads to holistic wellness and a body that is better capable of protecting itself and healing itself from the impacts of technical/electrical pollution.

I URGE you to CHERISH your Integral SELF enough to **get aware** of these INVISIBLE DANGERS and do your UTMOST to PROTECT & HEAL Your-SELF from it, **starting TODAY!!**

The research resource links we have provided below will give you more information about the mental, emotional and spiritual impacts of Technology:

<http://boston.cbslocal.com/2012/02/07/how-technology-impacts-physical-and-emotional-health/> - How Technology Impacts Physical And Emotional Health

<http://www.electricsense.com/10178/emfs-god-biological-spiritual-electromagnetic-radiation/> - Playing God – Biological and Spiritual Effects Of Electromagnetic Radiation

<http://in5d.com/why-do-so-many-on-the-spiritual-path-suffer-from-emf-sensitivity/> - Why Do So Many On The Spiritual Path Suffer From EMF Sensitivity?

<http://www.ardentlight.com/help/radiation.php> - Spiritual, Mental, & Physical Protection Against Radiation

<http://www.livelongercleanse.com/page/electromagnetic-radiation> - Your on-line source for...Electromagnetic Radiation, Electromagnetic Fields, Pollution, Microwave Radiation, Cell Phone Cancer

MASTERFUL BUSINESS & PERSONAL COACHING

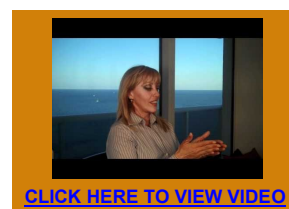
Using various methodologies, I have been coaching both **large groups and one on one**, since 1991. This includes, but is not limited to Landmark Education's Ontological Methodologies, Silva, that of J. Rohn of Herbalife, and MY OWN.

In 1999 I began coaching people in Landmark Education inside of various leadership roles using Ontology (Landmark Education's methodology). In the years that I was leading the Landmark Forum, I coached, 3 weekends a month, different groups in rooms filled with 150+ to 1200 people, in many different cities and countries. I coached **individual people** who came to the microphone for coaching on their personal lives and professional performance. I coached and lead the group as a whole producing a common "simultaneous **UNPRECEDENTED** transformational

shift", for every group no matter what their circumstances. In addition to this, I coached teams of people who worked with me in both group and individual settings. These mostly included **managers, supervisors and leaders**. This coaching/consulting was mostly on business performance and production.

Thus, after 20 years of **outstandingly successful practice**, and after coaching hundreds of thousands of people and consistently **exceeding their expectations 94% of the time**, I have the confidence to say that I can coach anyone, in anything, and under any circumstance and have **YOUR SUCCESS in ANY ARENA** be a foregone conclusion while also having it be a deliciously fun and **FULFILLING ADVENTURE!!**

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