

DIGESTIVE HEALTH CENTER

PRESENTS

AN INCONVENIENT TRUTH- DOWN THE RABBIT HOLE

ELECTRO POLLUTION - EMF- HOW TO PROTECT YOURSELF AND YOUR FAMILY

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* **FREQUENCIES THAT HEAL** - EMOTO, BECKER AND GERBER

* **FREQUENCIES THAT HARM** - OVER THE PAST HUNDRED YEARS

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Extremely Low Frequencies range like power lines

RF - Radio Frequency Microwave Range - where all things wireless live

Intermediate Frequencies - Dirty Electricity

Highest Frequencies - X-Rays, Gamma Rays

RADIO FREQUENCY (RF) FIELD -High Frequency EMF's are generated by the equipment that transmits wireless signals, such as cell towers, broadcast towers of radio and TV stations and the equipment that receives the signals - your cell or cordless phone.

* **OUR CELLS SENSE AND RESPOND TO FREQUENCIES FORM DIGITAL**

* **CELLS INTERRUPTED - SUBLIMINAL STRESS**

* **COMMUNICATIONS SUCH AS CELL PHONES, TOWERS, COMPUTERS**

*** IS THERE A TOWER OR ANTENNA NEAR YOU?**

www.antennasearch.com - 1.9 MILLION TOWERS IN THE UNITED STATES
increase in symptoms if living within a quarter mile of cell and broadcast towers

* **Bruce Tainio of Tainio Technology** - Eastern State University - built first frequency monitor in the world.

Average Human body during the daytime is 62-68 Hz. When frequency drops to 58 Hz cold and flu symptoms appear

52 Hz Epstein Barr Virus

42 Hz Cancer

ELECTROMAGNETIC SCIENCE - WHAT HAPPENS IN YOUR BODY

Low levels may **rupture delicate cell membranes**, releasing calcium from cells and allowing toxins to enter and contents to spill out.

May release chemical messengers too soon and at the wrong time, impairing our ability **to make neurotransmitters** and send false messages to the brain

Mental fog due to too many calcium ions in brain - impairs decision making ability

*Australia study found Chemicals Pouring from your ruptured cells damage your DNA

Young adults who used cell phone most often - **poor memory and delayed reaction time**

* **EMF'S MAY DISRUPT NORMAL CELL DIVISION**

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* **EMF'S CREATE OXIDATIVE STRESS THAT DAMAGES DNA**

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* **EMF'S RAISE BLOOD SUGAR**

* **EMF ELEVATES AUTO IMMUNE DISEASE**

* **EMF ALTERS GENE EXPRESSION**

* **EMF INCREASES INFLAMMATION**

We need to understand that humanity is currently playing the role of guinea pig.

Put simply, this is one big experiment.

* **DENVER RESEARCHERS WERTHEIMER AND PHYSICIST ED LEEPER**

Children who live one or two houses from step down transformers, barrel shaped devices mounted on power poles in your neighborhood had a 3 fold increase in childhood cancers of leukemia and brain tumors. University of North Carolina Chapel Hill confirmed this study

* **David Carpenter, MD, Dean of School of Public Health at State University of New York**

30 percent of childhood cancers stem from EMF Exposure

* **2019 Article in Medical Hypothesis** - Electromagnetic Field (EMF) Radiation interacting

with Petrochemicals, hormone-disrupting chemicals, agricultural chemicals, environmental pollutants has a major role in the rising rates of neurological diseases and associated deaths, Parkinsons, ALS, Alzheimers and Dementia

* In Sweden where mobile phones have been in use since the early 1990's the **Swedish Institute for Working life** examined the cell phone habits of more than 900 people who had been diagnosed with brain tumors

* Those who used the cell phone most often and for the longest period of time had a **240 percent increased risk of a malignant tumor** on the side of the head where they typically held the phone

* In 2009 a multi national study found that people who use mobile phones before the age of 20 are more than **5 times as likely to develop a malignant brain tumor**

* There is **increased risk of brain tumors** in people who use cordless phone for more than 10 years

* **A study by Mayo Clinic by Vini G. Khurana PH.D.** of all the available research of use for 10 years or more showed that long term use doubles the risk of brain tumors on the side of the head where the phone is held

* **Research Link between Occupational EMF Exposure and ALS**

* **RADIOFREQUENCY EXPOSURE** - are linked to the formation of Free Radicals which damages cellular genetic materials

* The body's own **protective antioxidant production is being suppressed** - suppresses

melatonin, Superoxide dismutase, Vitamin E

- * Can cause a **break in the blood brain barrier**- toxins can now reach the brain
- *
- * **Center for Disease Control and Prevention showed 148 chemicals from lead, mercury and PCB's used in transformers**, which can then enter your brain and cause nerve cell death and trigger tumor formations
- * **Childhood Leukemia and Hodgkins Lymphoma** - Israeli study found people living near cell phone towers and military radar/communication bases had a 4 fold increase in risk of many different kinds of cancers including breast cancer, Hodgkins disease cancer of the bones, kidney, ovary and lung
- * **People living near towers report Sleep disruption, headaches, dizziness, depression, depression, lack of concentration, muscle fatigue.**
- * **Elevated stress hormones like Adrenalin and Cortisol**
- * **Increased Heart Rate**
- * **Increased Inflammatory Cytokines**
- * **Increased Fatigue**
- * **Digestive Stress- Bloating, Pain, Constipation, Heartburn due to increased Stress**
- * **Poor Sperm Quality, Fetal malformation, birth defects and miscarriage**

YOUR CELLS ARE IN DISTRESS, EVEN IF YOU FEEL PERFECTLY FINE

WHAT YOU CAN DO TO PROTECT YOUR HEALTH

FOCUS ON THESE ZAP PROOF SUPERFOODS AND SEASONINGS

ARTICHOKES - Stabilizes Cell Membrane, increases glutathione and SOD
1 - 2 large artichokes per week

ASPARAGUS - 5 Asparagus spears contain more glutathione than any other food
Glutathione is a potent scavenger of free radicals, the rogue molecules that damage DNA. It helps repair damaged DNA and moves carcinogens out of the body; strengthens capillary walls and increases selenium and zinc which is depleted by EMF exposure

Blueberries - 1 cup per day is your body's best antioxidant defense

Cinnamon - 1/2 teaspoon lowers blood sugar from EMF exposure

Cranberries - Powerful free radical scavenger, kills H-pylori bacteria , boost anti oxidant capacity - 64 ozs of cran water, 56 ozs of water and 8 ozs of unsweetened cranberry juice

Cruciferous Vegetables - cabbage, kale, brussels sprouts, broccoli, cauliflower increases glutathione production

**Cumin - anti inflammatory increases glutathone
3 servings of 1/2 teaspoon per week**

Garlic - 1/2 to 1 clove per day - inhibits calcification and plaque, reduces free radicals in blood stream

Mushrooms - Shitake, Maitake - powerful antioxidant - protects DnA from Free Radical Damage, slows development of degenerative diseases

Olive Oil- Control blood sugar, anti inflammatory 1 tablespoon per day

Pomegranate Juice - 2 ozs - 3 x higher antioxidant activity than that of red wine and green tea- 2 or 3 8 oz servings per week

**Prunes -Dried Plums - contain unique killer antioxidants against the very dangerous free radical -superoxide anion radical-the main target of SOD
2-3 servings per week**

Red Beans - high in antioxidants - 3 cups per week

Rosemary - Protects Cellular DNA from damage - 2 to 3 1 TBSP Servings per week

Seaweed -high in Selenium -targets radiation - find reputable source

Tart Cherries - Contains Melatonin - 2 -3 servings per week of 8 ozs

**Turmeric - Inhibits radiation induced chromosomal damage - protects against damage from environmental pollution and carcinogens
1 Tablespoon per day**

FOCUS ON THESE ZAP PROTECTING SUPPLEMENTS

Studies have shown even low levels of EMF Exposure reduces

Melatonin Levels- a potent increase of body's killer cells and fight off foreign invaders
immune booster

Take 3-5 milligrams of Melatonin in time release form daily

Calcium Citrate Malate- 800-1,000 mgs per day for all ages

Magnesium Citrate Malate - 400-800 mg per day

Phosphorus - 700 mgs for adults 19 years and older

**Potassium - Coconut water, bananas, swiss chard, yams and winter squashes,
avocado, spinach**

**Sulfur - Take MSM Supplement - eat cabbage onion, garlic, meat, fish, legumes
and eggs**

Chromium - Type 3 - Diabetes, High Blood Sugar - take 200-400 mcgs. per day

**Manganese - Forms SOD - support mitochondria, powerhouse of every cell
15-30mgs Leafy greens such as kale, chard, romaine lettuce, turnip greens,
cinnamon, turmeric**

Selenium -potent heavy metal chelator - 100-200 mcg. per day

Zinc - DNA Synthesis, cell division, overall immune support

**Glutathione - Potent Free Radical Scavenger- reduces inflammation, protects
DNA, neutralizes toxins and heavy metals. Crucial with EMF exposure**

**NAC -N-Acetyl-Cysteine - helps raise glutathione. Sulfur compound, Anti- oxidant
increases immunity, Blocks DNA damage**

Up to 600 mg per day

**Vitamin D-3 - Helps facilitate communication between cells which is interrupted
by EMF - Activates immune response which is affected by EMF exposure**

**Ultra H-3 - protects the brain from damaging electro physiological changes
1-2 tablets 2 x per day**

**Milk Thistle - Increases glutathione and boosts SOD which is depleted by EMF
It aids cell repair, calms inflammation, helps detox liver, reduces oxidative stress**

140 mgs of extract, 2 x per day

Superoxide Dismutase - Strong Link between occupational EMF exposure and ALS

Quenches free radicals, repairs cellular free radical damage = anti-inflammatory

5,500 units, 1-3 x per day

Co-Enzyme Q10- Ubiquinol QH - Antioxidant for cell membranes, protects DNA and lipoproteins, prevents oxidation of blood fats, vital to mitochondria, power house of cell -100-300 mgs per day

HOW IS YOUR MICROBIOME - GUT BACTERIA AFFECTED BY EMF'S?

EMF exposure makes some bugs grow more than others

EMF reduces the number of beneficial bacteria that help you digest and absorb your food, manufacture vitamins, make anti-tumor and anti-inflammatory factors

- 1. EMF radiation may reduce the amount of good bacteria and cause some to become pathogenic or “bad gut bacteria”.**
- 2. EMFs increase the proliferation of pathogens and make them more resistant to antibiotics.**

For effects on good bacteria, studies have found that this type of bacteria grows more slowly in the presence of electromagnetic fields allowing for the negative pathogens to dominate

Patients that deal with electromagnetic hypersensitivity (EHS) have found success in managing some of their symptoms taking probiotics most likely because their gut bacteria is extra sensitive to EMF's.

The second part to how gut bacteria may be effected by EMF's is the increased proliferation of negative pathogens.

E.Coli is one form of bacteria that can become negative and pathogenic when it is overgrown in a state of dysbiosis. This is associated with with many negative conditions like ibs, crohns and other stomach issues.

Studies found that when bacteria like E.Coli is exposed to cell phone and wifi radiation its growth rate was significantly faster.

In addition to this within around a 6 hour window after exposure the bacteria was more resistant to antibiotics. [8](#)

This is certainly not good news as we see more and more proliferation of EMF emitting devices in our life and more powerful technology like 5g.

Steps To Protect Yourself

The best place to start is going for the source of radiation and changing your habits.

Most EMF radiation in your life is going to be coming from cell phones, wifi, computers, tablets and microwaves.

When it comes to your microbiome make sure not to keep devices on your stomach. If you absolutely must do this purchase a protective case or blanket to mitigate any negative effects.

Sleep is incredibly important to general health and dealing with the effects EMF radiation. Turn your wifi off and cell phone/other devices completely off at night

One of the best supplements to take is something called molecular hydrogen. Research has shown H₂ gas can fuel positive gut bacteria to grow and provides them with energy.

Molecular hydrogen is also the worlds most effective antioxidant and can selectively scavenge the harmful free radicals produced by EMF's

This is the number one recommended supplement for EMF radiation and can be taken in many forms.

IMPORTANT RESOURCESEMF Kill Switch -

www.emfkillswitch.com

541-538-9529

Earthcalm

www.earthcalm.com

Stroommaster at Noxtak- www.noxtak.com

Cindy Russell, MD - Executive Director. Physicians for Safe Technology

www.MDSafeTech.org

**Cece Doucette - Education Service Director - Wireless Education, Safe Schools
Healthy Workplaces**

www.wirelesseducation.org

508-395-4214

Environmental Health Trust

www.EHTrust.org

EMF Safety Network

www.emfsafetynetwork.org

www.digestivehealth.center - Test Your Gut

650-856-3151

