Protect Your Pets from EMFs

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A Rude Awakening

Advances in modern technology have exploded in the past 2 decades.

I vividly remember a time where TV's only had 3 channels, with only black and white movies and no remote controls. Rotary phones without voice mails or caller id's were the norm. But dwelling in the old does us little good when it comes to the less pleasant effects of this modern technology.

Though modern advances bring tremendous benefits, there is no doubt that there is a very dark side to this matter as well.

As with everything in this world, there is no escaping this planet's principle of duality - the pro's and cons of it all. There is never a "positive" without a "negative side.

Today, EMF's have become one of the most significant forms of pollution, affecting the biology of all living organisms in ways never present before. Needless to say that we all didn't have time to acqurire coping strategies to keep us safe in this short period of time.

EMF's thus can be a very scary subject and one that's hard to brush aside given all the devices that have become indispensable in our lives. Because of this "need" to have them around, we also have a tendency of putting on blinders in order to not have to deal with the potential harm. We're basically all in some degree of denial.

EMF's 101 - What You Need to Know

What are EMFs?

EMF stands for elecrtomagnetic fields and are invisible fields of energy or waves. They can be of natural origin or man-made.

Within the EMF spectrum, we find a wide range of frequencies that can be separated into high frequency, ionizing radiation (x-rays, gamma rays, and ultraviolet light) and low frequency, nonionizing radiation. It is undisputed that these high frequency EMFs cause a lot of damage to the body.

Low-frequency EMFs are emitted by all electrical equipment and domestic appliances:

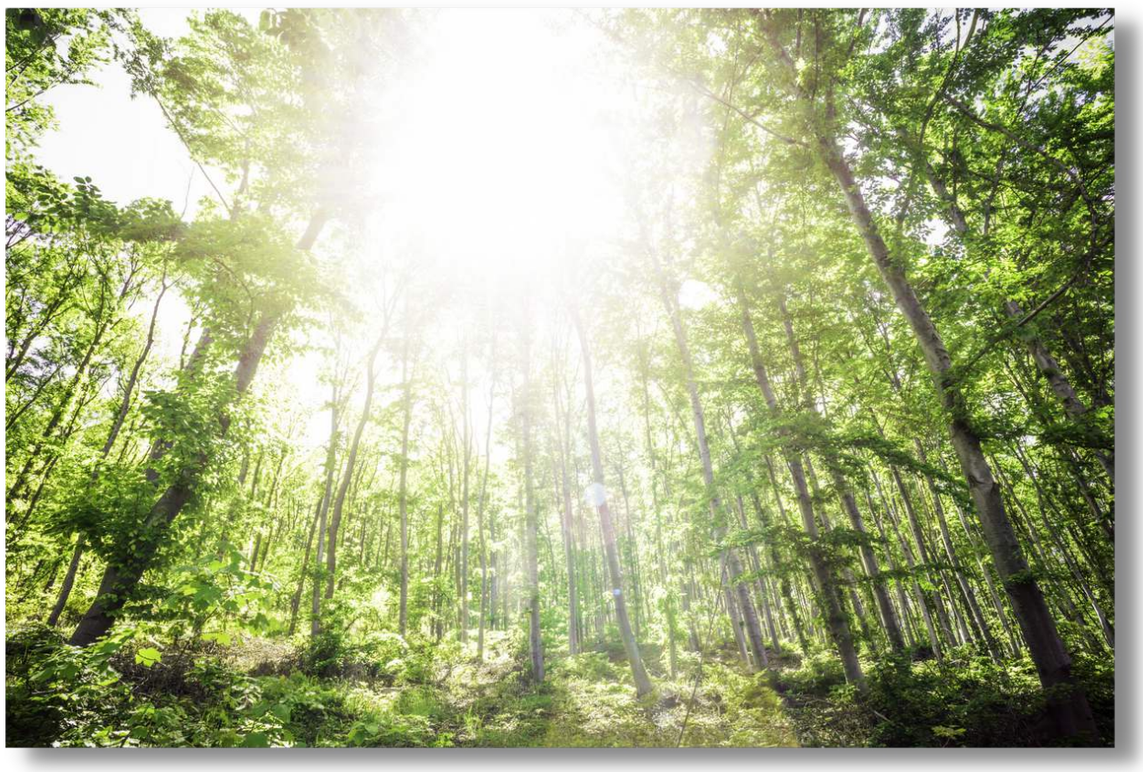
- Power lines
- Refrigerators
- Cell towers
- Microwave ovens
- TVs
- Wireless devices (mobile phones, laptops, Wi-Fi routers and smart meters)
- Cordless baby monitors or Bluetooth headphones

Even thouth these types of lower frequency EMFs don’t carry enough energy to damage the structure of an atom, they can still cause harm to living cells.

We now live in a sea of electromagnatic radiation!

EMF's 101 - What You Need to Know

Natural EMF

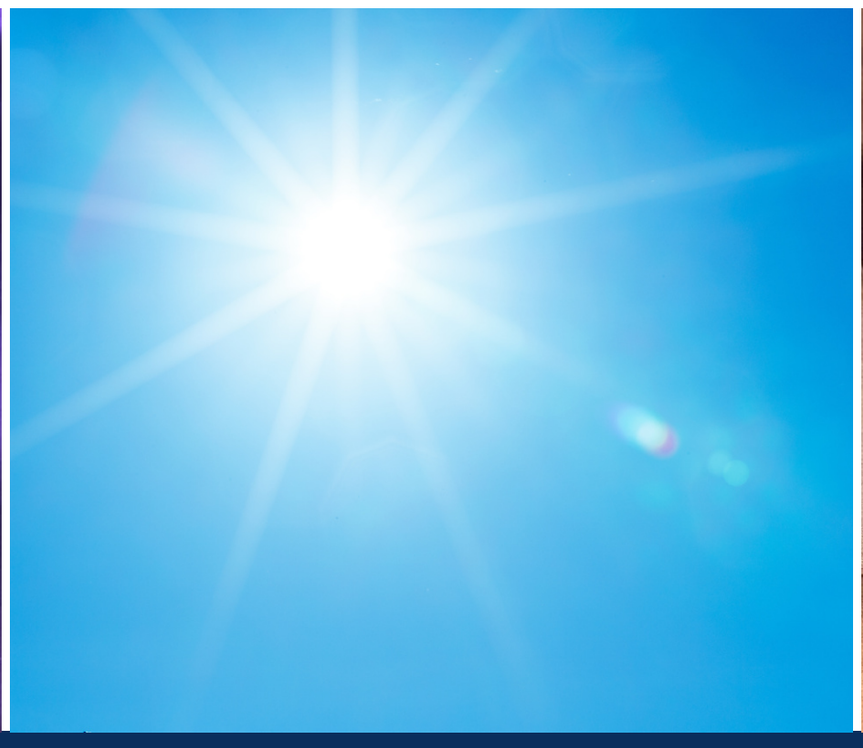


The body is fundamentally electric through biochemical processes, thus creating an electromagnetic field itself. In fact, every single cell of the body is a small electro-magnetic unit resulting from electrical activity primarily at the cell membrane level. Naturally, the body's EMF interacts with external EMFs such as sunlight, cosmic r adiation and magnetic and gravitational fields.

EMFs provide information to the body. While both man-made and natural waves act as modulators of the body, natural EMR (ionizing radiation not included) serves to regulate biorhythms and function of organs and glands. Without natural electromagnetic radiation, the body cannot function properly and internal communication and adaptation to environment cannot take place. That's why we feel better in nature.

Man-made EMFs

Two categories of electromagnetic radiation exist. Higher frequency ionizing radiation in the form of x-rays and gamma rays causes DNA damage. Low to radio frequency non-ionizing EMFs are produced by power lines, electrical appliances, microwaves, wireless communication devices, cordless phones as well as visible and infrared light.



THE 4 Types of EMFs

1 Electric Fields

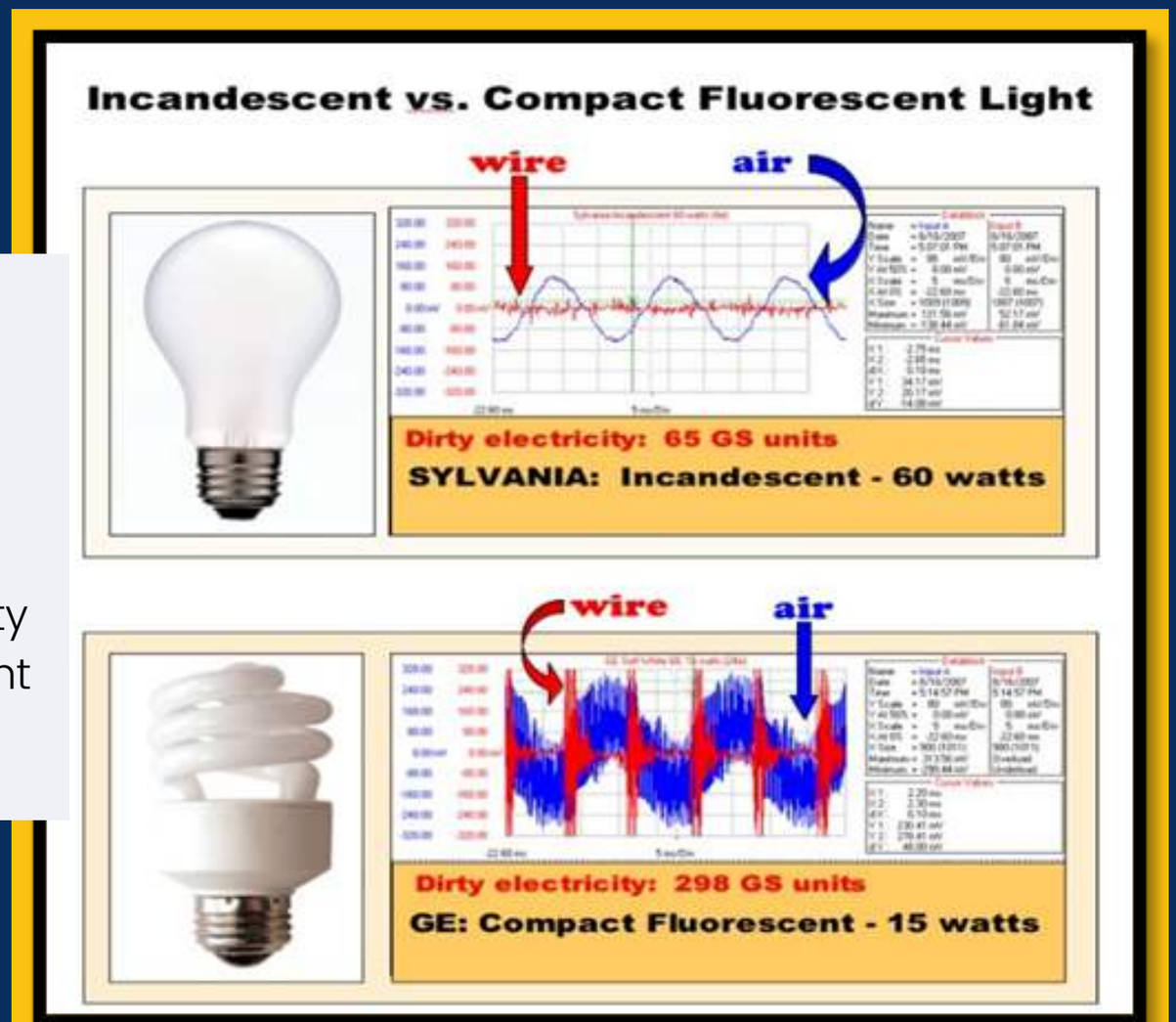
As soon as a device or appliance is plugged in, an electric field is created.

2 Magnetic Fields

Once an appliance/device is turned on and an electrical current flows, a magnetic field is added.

3 Dirty Electricity

Erratic spikes and surges of electrical energy traveling along power lines and building wiring. Common sources: faulty wiring, dimmer switches, energy efficient lights, etc.



4 Radio Frequency

Common sources include Wi-Fi routers, 5G, cordless phones, mobile phones, smart tech, smart meters and microwaves

Is EMF Exposure Harmful for Your Pets?

Because all living organisms are electrical by nature they are affected by all EMFs surrounding them - natural or man-made. Some of these frequencies, such as the earth's Schuman resonance, are beneficial and support health, while others damage the body and lead to dis-ease.

Between 2000 to 2010, the average radiofrequency (RF) levels have increased in urban areas by 1,000,000,000,000-fold (1 Trillion). With the rollout of 5G, we will soon be unable to resonate with natural frequencies.

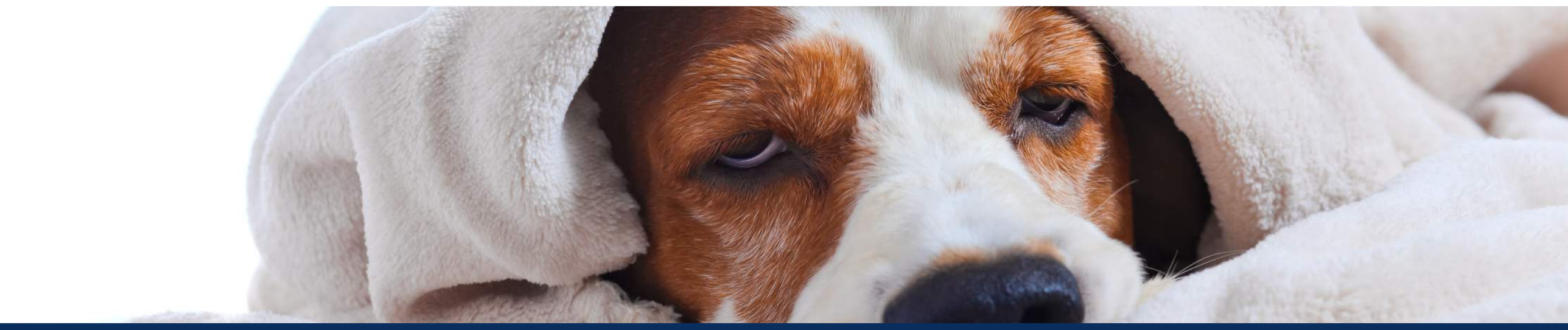
Independent, non-industry funded studies show that EMFs are harmful to health. Over 28,000 studies have been done with 61% showing biological effect of EMFs including **damage to**:

- DNA and mitochondria
- organ systems
- fertility and hormone balance
- brain function and behavior
- liver and kidneys
- memory and concentration
- immune system
- microbiome

.... just to name a few.

A study in dogs showed that high levels of magnetic fields in their homes increased the risk of lymphoma by 3-6 times.

One of my patients who started to wear a GPS collar became aggressive and suffered from thyroid damage that lead to permanent hypothyroidism. Thankfully the behavior issues resolved with the removal of the tracking device.



Did You Know?

EMFs – the new asbestos?
Lloyds London - one of the world's foremost insurance groups, are unwilling to offer health insurance cover for claims connected with wireless EMF technologies.

> "There is irrefutable evidence of the effects of electromagnetic radiation on the human body, plants and animals, as demonstrated by studies around the world."
>
> Dominique Belpomme, Professor of Oncology at the University Paris-Descartes

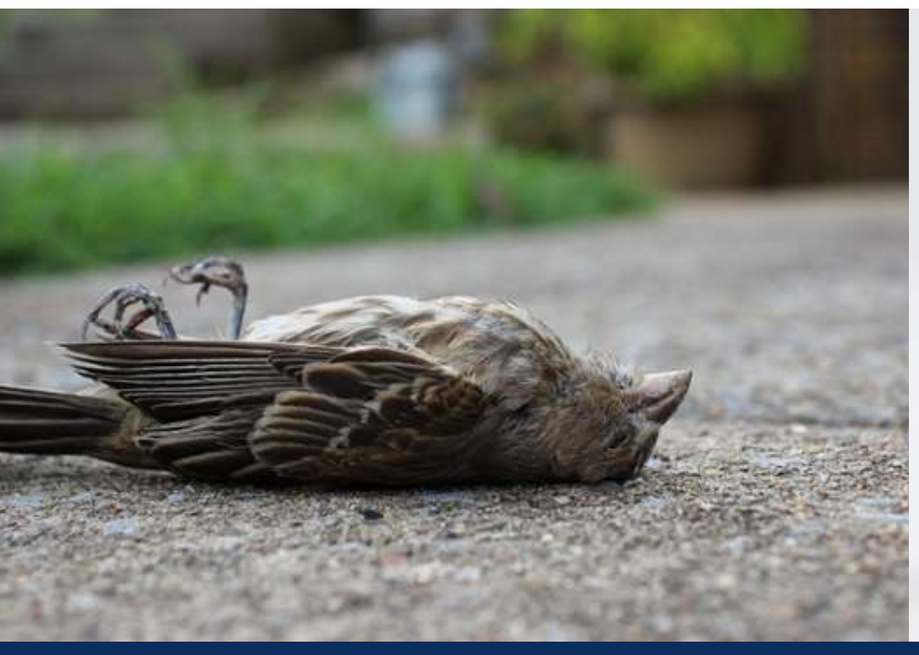
As of January 2020, 194,749 people from 204 nations - including hundreds of scientists - have signed an appeal to the United Nations, the WHO and the EU, urging them to take the risks posed by EMFs seriously. The 5G Appeal calls for a total freeze on the new network rollout until it can be proven safe, and the public and the environment are properly protected.

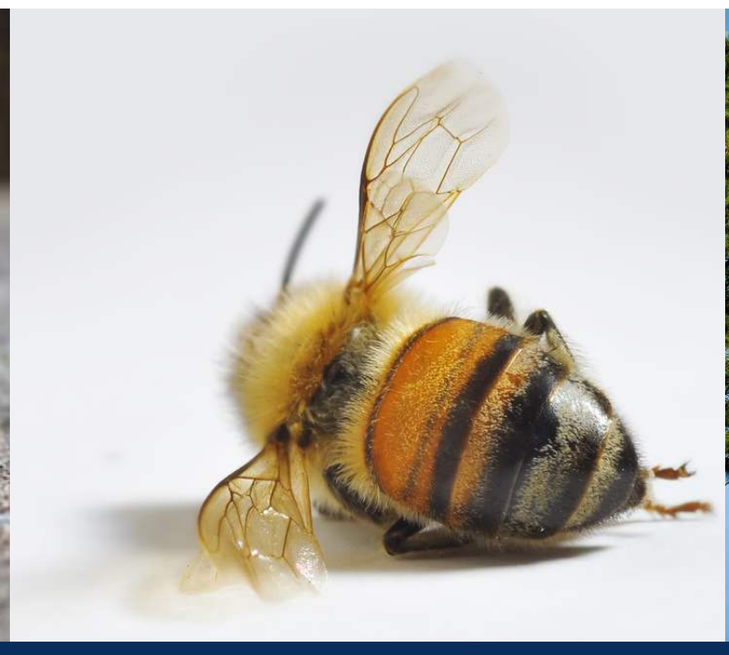
View the appeal here:
https://www.5gspaceappeal.org/the-appeal

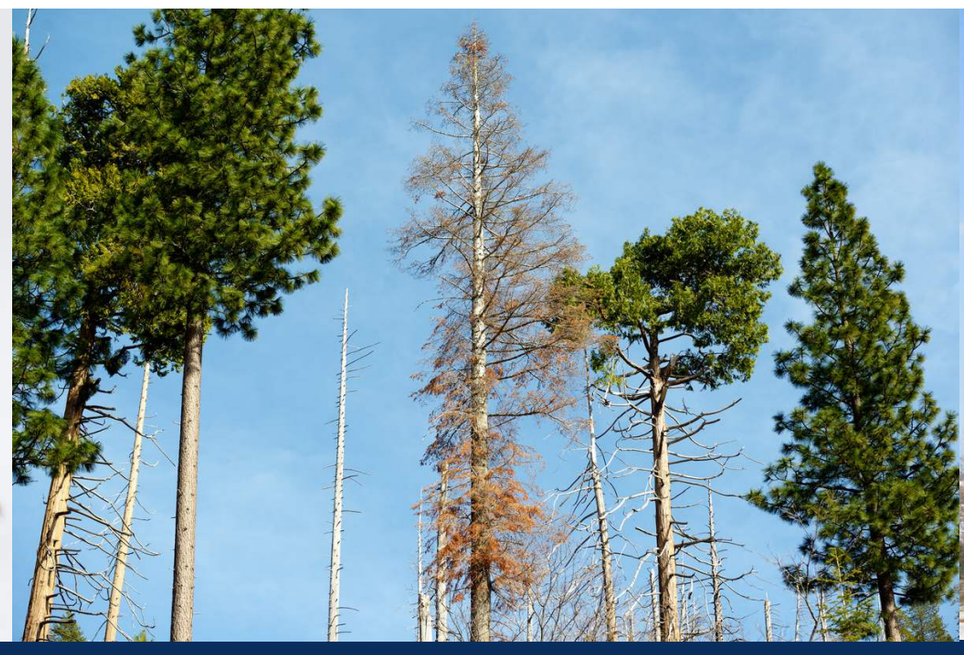
Other Living Beings Affected

- Bees can't find their way home (bee colony collapse)
- Plants and trees
- Bird numbers down by up to 70%
- Mold produce up to 6,000 times more toxins per day when exposed to EMFs
- Increase in pathogenic microbes including E. coli
- Cows make less milk

> "Putting in tens of millions of 5G antennae without a single biological test of safety has got to be the stupidest idea anyone has had in the history of the world."
>
> Dr. Martin Pall, Professor of Biochemistry at Washington State University







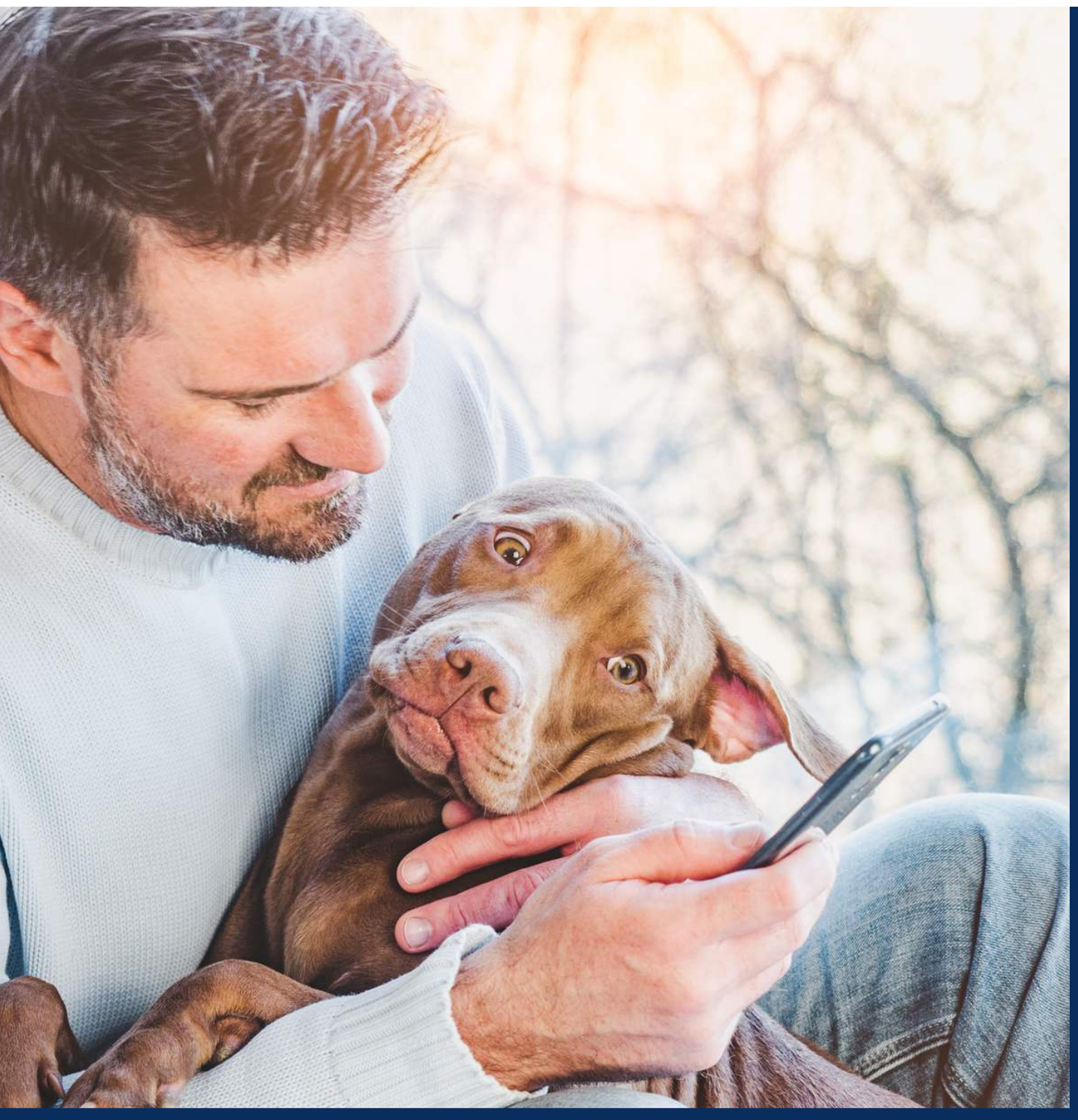
How to minimize your pet's exposure to EMFs at home, at work and on the move

Advances in technology can of course not be halted and this isn't about throughing out all modern devices and moving back into a cave.

Because EMF exposure has a cumulative effect on the body, the more time you and your fur family spend without, the more time the body has to repair itself.

Simply cutting down on exposure time is a big deal! Turn off all electronic devices when you're out of the house or sleeping - except for the fridge of course.

Distance is your friend. The further away you and your pets are from the source the less exposure they will have.



REMEDIATION PRINCIPLES

1. Measure
2. Reduce exposure
3. Minimize duration
4. Shielding
5. Support the body

Remediation Principles

1 Measure EMF Levels in Your Pet's Environment

You may be as surprised as I was when I tested my home and find minimal levels of exposure. Or the levels may be really high but coming only from one source that is easily remedied.

2 Reduce Exposure & Minimize Duration

Simply become aware of how and when you're using technology. Are you sleeping with your cell phone next to your head? Is your pet's bed right next to the WiFi router? Do you really need to wear a smart watch or a GPS collar in your pet's case? These are easy fixes.

3 Create Distance

Distance is your friend! The further away from the source the less exposure your pets will have.

4 Shielding

If you can't eliminate the source (neighbor's WiFi, smart meters, etc.) that's when you want to think about creating a shield between your animals and the source.

5 Support the Body

Implement the 7 Pillars of Health to strengthen your pet's body and make it more resilient.

At Home

Reducing EMF sources is the **best strategy** and makes a big difference! Here are some simple steps that are easy to take and don't break the bank. They will all support both you and your pets.

Make the move from wireless to wired:

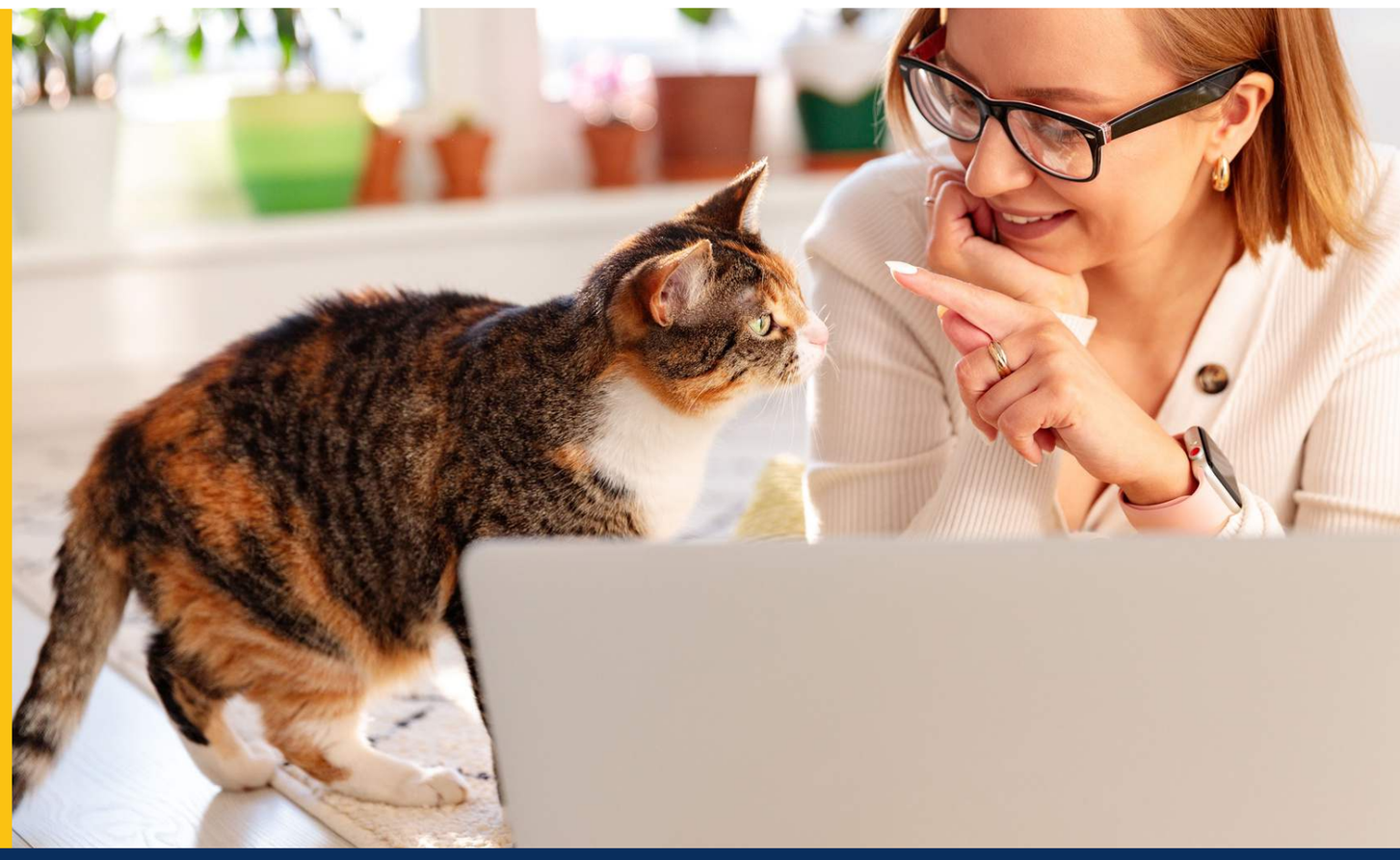
- Switch to corded home phone
- Connect your computer and tablet to a shielded ethernet cable (don't forget to switch them to airplane mode)
- Switch to plug-in sound systems
- Don't use wireless chargers
- Ditch the Alexas and Smart Watches
- Get rid of and turn off bluetooth

Say no to smart meters or shield them if you can't opt-out.

Make your bedroom a sanctuary. Create a 'digital and electricity free' zone so that both you and your pets can sleep without being bombarded with EMFs. Allow your bodies to recuperate and rest during the night.

- Never sleep with your phone next to your bed. Turn it off.
- Create an 8 inch space all around your bed to avoid EMFs emitted from wires in the wall.
- Turn off all WiFi.
- Switch to battery operated alarm clock (wired versions emit EMFs).
- Ditch electric blankets and unplug electricity operated beds once you found the right setting.
- Position your bed as far away from appliances that don't turn off.

Now more than ever in the history of this planet are we exposed to unnatural energies and suffering from an epidemic of chronic diseases!



On Walks

Just turn off your phones and ditch the Smart Watches, Fitbits and GPS collars! We did without for centuries. All they do is distract us from being present with our animals and nature. Use the time together to relax, breathe, listen to the birds and do fun training games with your pets.

They communicate more with you when you're present with them.

Especially if you have a horse, don't text or call while riding, because you might very well be entirely unprepared for whatever your flighty companion may react to. It's an accident waiting to happen!

At Work

If you take your pet to work with you, make sure you keep routers and wireless devices as far away as possible. Best to wire your computers, printers and other office appliances.

For you, always use a wired mouse and keyboard instead of wireless, then disable Bluetooth on your computer.

Connect your printer and computer via USB or other cable and also disable blue tooth.

Never rest your laptop on your lap, especially if you're a male.

Support the Body

EMFs cause cells to malfunction. If they're already malfunctioning for other reasons such as the all too comone toxin exposure via air, water, food, household cleaners, pesticides and herbicides, I'm sure you can imagine that the body will be struggling even more.

Thus it's imperative in today's world to support the body in any way possible no matter what. Today it "rains" on everyone. We cannot get away from the insults. Being proactive is the key. **Even if your pet is not showing obvious signs of ill health, it's important to support optimal functioning TODAY!**

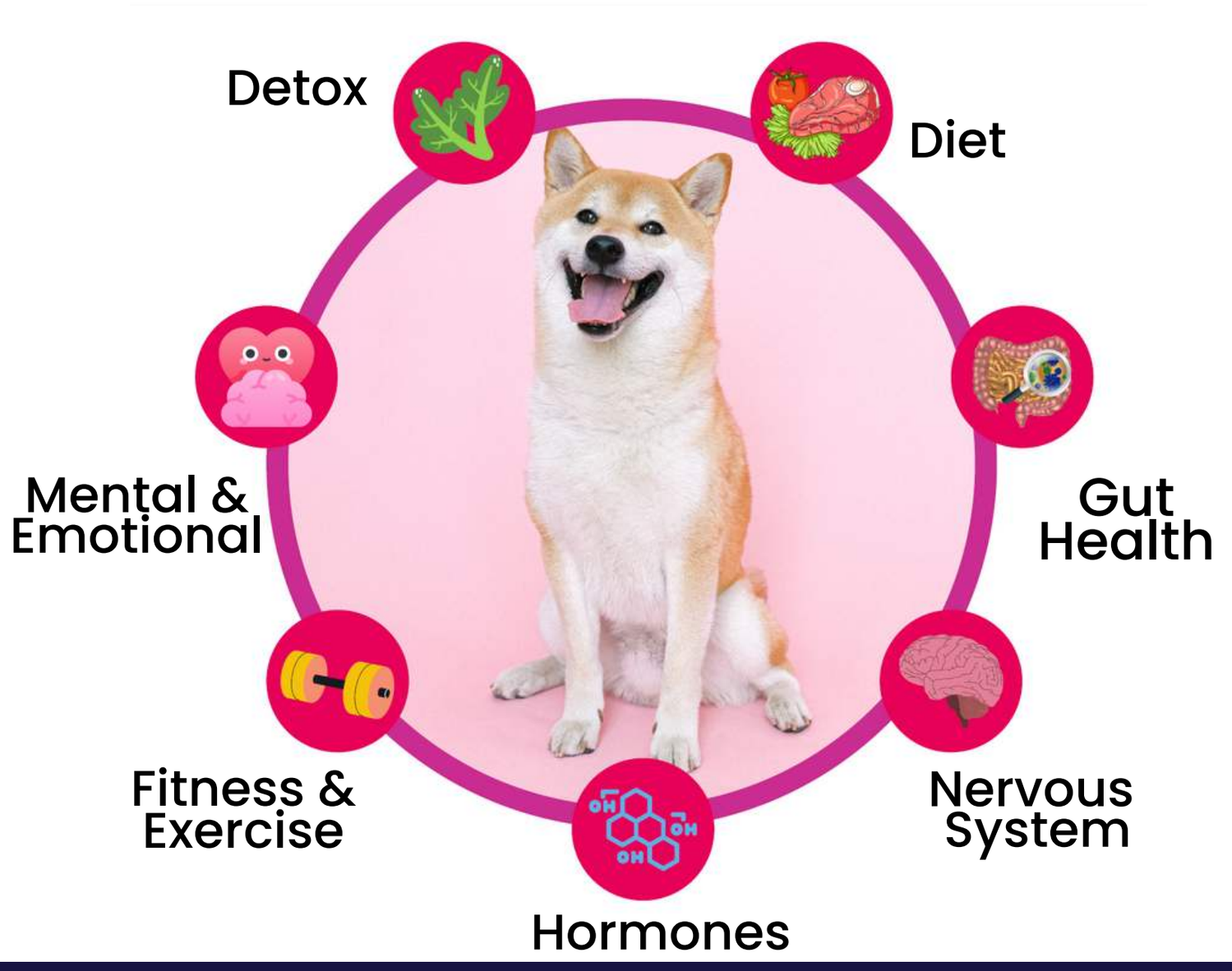
Maintaining or restoring your pet's health has to include their entire life. All the trillions of cells and all the microbes that support the body's function have to work in synchrony and harmony.

Using the 7 PILLARS of HEALTH is the best way to be proactive, because it addresses all bodily systems as a whole. It will make your pets more resilient and better able to tolerate what's thrown at them. Click this button to learn more/

FREE Masterclass

The whole is greater than the sum of its parts!

- *Aristotle*



Minimizing EMF exposure and Implementing the 7 Pillars of Health is an ongoing life style choice and not a temporary side path. You must work on all of them, and not just the ones you like or those that seem easy.

I urge you to find an EMF consultant and pet health coach (holistic vet) to help you on this journey, because I know you don't want to see your pets suffer unnecessarily. Unlike us humans, they don't have a decade for you to figure it out. They need you to be on the fast track that helps you wade through all the information available so that you can narrow down on what will make the biggest impact on their health and longevity.

To learn more and find a mentor to show you the way, I invite you to schedule a chat with me to see if my PET HEALTH ACCELERATOR Program is a fit for you.

SCHEDULE A CONSULTATION

Thanks for coming on this journey of learning with me! I know it will benefit your animals greatly.

To learn more, please check out my...

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