



FERNZ HOLISTIC CONSULTING

Embrace 'EM' Good Ones; Free 'EM' Bad Ones!

We live in an advanced world made possible by invisible electromagnetic frequencies (EMFs). The spectrum ranges from extremely low frequency (ELF) fields (e.g. power lines) to radiofrequency (RF) radiation (e.g. Wi-Fi, cell towers, Bluetooth), to the radiation from sunlight and magnetic fields, all the way up to ionizing radiation (e.g. X-rays, gamma rays).

The Good EMFs: Natural EMFs that exist in nature and that are beneficial for us and the environment:

- Sunlight (helps your body make vitamin D)
- The Earth's magnetic field (makes a compass point due North)
- Lightning and thunder.

The Concerning EMFs: Man-Made EMFs that come from our modern technology:

- Cell phones and tablets
- Wi-Fi routers
- Microwave ovens
- Power lines
- Bluetooth devices
- Smart meters

They have different properties that make them stronger than natural EMFs. Please refer to the next page for a glimpse into: [The Documented Health Effects of EMF Exposure](#)

How to Protect Yourself— It's Better to Be Proactive than Reactive!

Technology Habits

- Use the speakerphone feature of your mobile
- Take breaks from technology when you can
- Don't carry your phone in your pocket
- Avoid using the phone in basements
- Use Airplane mode when device not in use
- Keep devices away from you when not in use
- Keep bedroom free from phones or computers
- Turn off Wi-Fi when you're sleeping

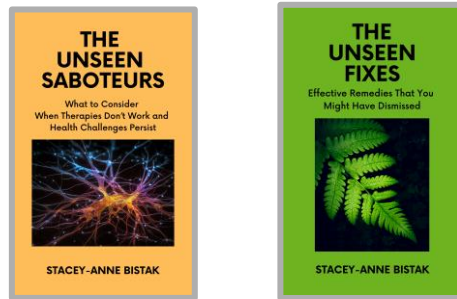
Nutrition That Helps:

- Eat foods rich in antioxidants (berries, leafy greens, colorful vegetables)
- Avoid processed foods

EMF-Shielding Resources That Have Clinical Backing

1. [Grounding Sheets and Throws, Mats and Accessories, and even Footwear for Men and Women](#)
2. [Essential oil blend for EMF Protection and Fascia Release](#)
3. [PEMF therapy](#)

COMING SOON! My books:



In *The Unseen Saboteurs*, I outline symptoms and health conditions that can be mistaken for other illnesses and treated as such with little to no lasting benefits. I have learned this from my own experiences, observations over the years, experiences with clients, and published studies and references from reputable sources.

The Unseen Fixes will have a substantial list of effective remediation measures to protect your health and those of your loved ones. To learn when my books are out, please watch out for my newsletters from Fernz Holistic Choices (info@fernzholicconsulting.com). If you got this checklist from a friend, you can subscribe to my newsletter, and get a gift here: <https://www.fernzholicconsulting.com/freesleep>

The Documented Health Effects of EMF Exposure

- **Immunological Disruption:** leading to a greater susceptibility to infections, hypersensitivity reactions, and possible dysregulation of autoimmune processes (more likelihood of developing autoimmune conditions where our immune systems attack our own organs).
- **Neurological and Cognitive Dysfunction:** Pulsed EMFs such as those emitted from cell phones trigger neuroinflammation and damage the blood-brain barrier. Poor cognition, sleep disorders, profound fatigue, and even neurodegenerative diseases can result from this.
- **Cancer Development:** There is scientific documentation from different countries with observations of brain tumor rates increasing over the years with corresponding rise in cell phone use. In 2011, the International Agency for Research on Cancer (IARC) classified radiofrequency electromagnetic fields as “possibly carcinogenic to humans”. More recently, more analyses and updated meta-reviews suggest that the risk for gliomas may be greater than initially estimated.
- **Chronic Pain, Stiffness, Numbness, Tingling, Reduced Flexibility, and Poor Mobility:** Unhealthy fascia can restrict movement and cause chronic pain, especially in areas like the neck, shoulders, and lower back. EMF exposure has been found to negatively impact fascia.
- **Aging and Degeneration:** These processes are accelerated by exposure to EMFs.

Here are some other important resources:



[Free EMF Hazards Summit](#)



[An eye-opening article](#)



[Body Burden Course](#)

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Thank you! I wish you a safe, healthy, and meaningful life with family, friends, and love!
Stacey-Anne