

ENVIRONMENTAL FACTORS IN ILLNESS Part 3 FOCUS ON EMF'S



*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, prescribe for, treat nor claim to prevent, mitigate or cure any human disease. Information provided by Brooke (or representatives)/ Heather Holistics LLC are intended for nutritional/lifestyle support. General suggestions are for information purposes only and Individuals vary, which is why we must always consider the whole person when recommending a course of action. Specific disease terms are based upon medical literature and is not a substitute for medical advice. If you suspect a medical condition, consult a physician.

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Red flags in dietary and supplement choices:

- 1. Avoid: MSG, preservatives, artificial colors and flavors, and packaged/fast foods*
- 2. Keep the following to a minimum: sugar, refined carbohydrates, polyunsaturated and hydrogenated oils & Nutra Sweet*
- 3. Eat 3 meals daily, unless otherwise recommended. Sometimes during pregnancy for example, it is best to eat 4-6 smaller meals (without snacking).*
- 4. Eat adequate animal protein and saturated fat at every meal, and do not eat excessive carbohydrates.*
- 5. Drink spring or well water. Talk to your health care provider about the quality of your water and recommendations for a filter.*
- 6. Eat animal meat cooked medium at the most; eat vegetables cooked (but not over cooked), just until the crunch is out.*
- 7. Eat whole, minimally processed foods.*
- 8. Take Catalyn as a source of trace minerals other protective factors.*
- 9. Sunlight (though not direct sunlight) exposure for your skin and your eyes is essential daily and supplemental whole food sourced Vitamin D as needed.*
- 10. Exercise is indispensable, as an important aspect of the assimilation of nutrients in for the body*

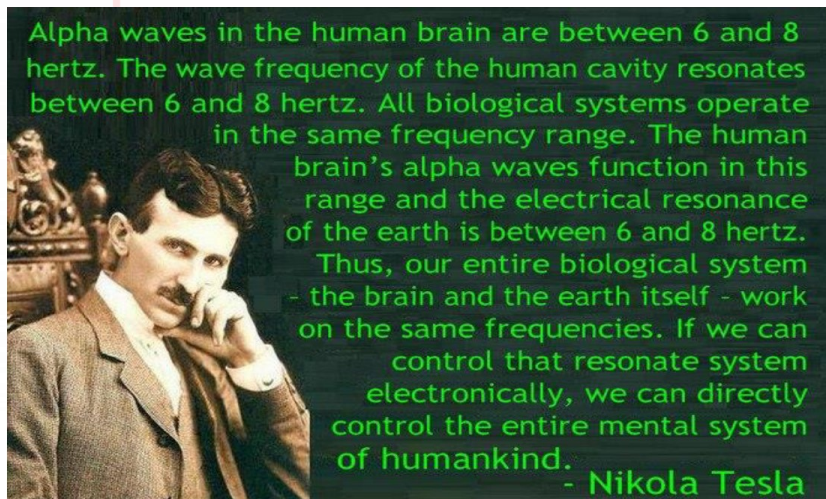
If health care practitioners did nothing more than give this diet) as specified in my *Vital Food Plan*) along with the whole food supplement Catalyn, they would have achieved as much as all the typical "nutritionists" with their mega doses of so-called "nutrients" that make expensive urine all while upsetting the metabolic balance.

Remember, the essential purposes of your diet are quite simple yet vitally important. Now for your information about how and why Electromagnetic Frequency (EMF) pollution comes into play when considering your deteriorating health:

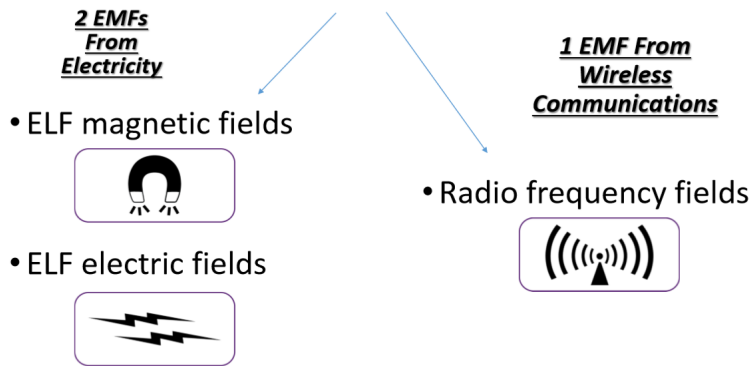
Have you ever considered how much you protect your computer more that your brain?

Which one is the more complex and sensitive mechanism? They are both electronically functioning and yet, which one do you place more strict safety standards upon?

For most of our history, humans have had continuous contact with the earth. Studies show us how ions from the earth help stabilize the inflammatory process of oxidation. Direct contact with the earth promotes health through "grounding" inducing electro-physical shifts into balance.



Summary: Three Kinds of EMFs



Dr Neil Cherry:

- “EMFs are a Ubiquitous Universal Genotoxic Carcinogen.”
- “There is no safe threshold level. The only safe exposure level is zero.”

Dr Neil Cherry Did the original study showing increased cancer rates near the Sutro Tower (broadcast antennas) in San Francisco. He also showed that chromosome breaks can be initiated by EMFs.

The Effects?

Sleep

- Sleep problems and difficulties • Suppressed melatonin • Night/day bio-rhythms off schedule • Fatigue and general lack of wellness

note: sleep disruption and melatonin suppression may be an underlying factor connecting many of the other research/anecdotal effects)

Mental and Emotional

- Mental fatigue and headaches • Difficulty with concentration • Memory problems • Dizziness • Seizures • Irritation and Anxiety • Depression • Suicide

General Physical

- Headaches • Physical fatigue • Nausea • Pain • Inflammation • Feels like burning inside the body, under the skin, like a sunburn inside the body • Hypersensitivity

Skin

- Inflammation • Redness • Itching • Pain • Rashes • Burning sensations

(note: the skin is the first “antenna” to EMFs in the environment)

Heart

- Blood pressure • Heart rate • Heart rate variability • Heart arrhythmias

(note: some highly sensitivity individuals monitor their heart rate and blood pressure as their most accurate “bio-marker” to show them when they are exposed)

Auditory

- Microwave hearing • Tinnitus • Hear sounds or “vibrations” (not just irritating, maddening!) that others do not hear • Hear same thing inside head as from the “audio function” of the RF meters

(note: auditory affects are especially sensitive and difficult to mitigate for many sufferers)

Sensitivity

• Sounds • Physical vibrations • Foods • Chemicals and scents • Other people's emotions • Stress

Stress • Feeling stressed and overwhelmed • "Wired and tired" • Stress response • Stress hormones • Cortisol • Heat shock proteins • Hormonal changes

Reproductive

• Miscarriage • Birth defects • Effects on sperm • DNA damage and chromosome breaks • Suppression of DNA repair mechanisms

Cancer

• Childhood leukemia • Adult leukemia • Lymphoma • Brain and nervous system tumors • Acoustic neuroma (from cell phones and cordless phones) • Melanoma • Male breast cancer (suspicions for female breast cancer, melatonin link)

(note: the 4 most common systems with cancer effects from EMFs are the big conductive "antenna" systems of the body – blood, lymph, nerves, skin)

EMFs may be just as harmful to our health as smoking and sugar



Other Reported Effects

• Suppression of immune function • Cellular changes, cell membrane changes and calcium efflux • Leakage of the blood brain barrier • Effects on brain waves • Lou Gehrig's Disease (ALS) • Alzheimer's Disease • Lyme Disease? Chronic Fatigue Syndrome? (suspected)

(note: and more, perhaps EMFs are systemic effect on the body)

**Adapted from Functional Medicine University

To restoring vitality,

Brooke Heather

My job is ultimately to empower others to be informed of their options, guide them on how to preserve health, recover and maintain vigor, thoroughly and progressively assess ones state of vitality, or what one may call "health". I do this with a combination of both ancient teachings and modern technology. The word I have chosen above, "progressive" I literally mean in two ways; both with advanced methods as well as an evolving process (as it is not ideal to base a treatment plan upon a one-time consultation!). This process of the unfolding of outcomes originates from, in part, Ayurvedic medicine principles: observational pattern of symptom case taking over thousands of years! In my view, nothing happens in isolation as in with the allopathic model. In today's perception of health care, having many symptoms presents a difficult case i.e. symptom a=treatment (drug) x. Rather, in time-honored or ancient medical models, the more presenting complaints the more definitive the treatment. This is so, due to the grouping of symptoms or conditional states into categories Ayurveda calls a Dosh, or metabolic constitution. In summary, western/allopathic view is reductionism vs. eastern/holistic observational, patient involved noting of patterns in mind and body revealing a state of health with a method for correction.