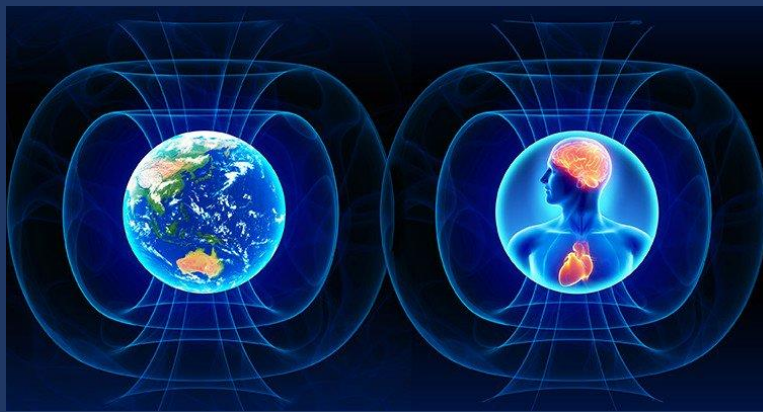


LFR MEDS

Electromagnetic Fields

Electromagnetic Fields (EMF) are energetic waves that are naturally produced by the Sun and Earth's natural functions. Even our own bodies are EMF generating machines, with the heart and nervous system creating their own measurable fields. For millennia these fields have worked together harmoniously to regulate sleep cycles, digestion and hormonal/endocrine functions. Unfortunately, the discovery of electricity and ensuing wave of technological advancement has led to a wide range of EMF interference that we encounter in our day-to-day lives.



EMF comes in the form of Low Frequency and High Frequency waves:

- Low Frequency – sources include microwaves, wifi, cellular devices, computers, Bluetooth devices and power lines.
- High Frequency – Ionizing Radiation from UV light, x-rays, gamma rays.

High Frequency EMF are most harmful but least likely to be encountered. Conversely Low Frequency EMF are less harmful yet are difficult to avoid in today's world. Their long-term exposure effects are what cause the most problems. Signs and symptoms of long-term EMF exposure include:

- | | |
|--------------|----------------------------|
| ○ Insomnia | ○ Dizziness |
| ○ Anxiety | ○ Adrenal Fatigue |
| ○ Depression | ○ Hormone Imbalance |
| ○ Brain Fog | ○ Increased risk of Cancer |

Managing EMF

As Insomnia is a major problem associated with EMF, steps must be taken to reduce the exposure in our homes, particularly in the bedroom while we are sleeping. The best practice, not only to reduce EMF exposure but also to foster an overall healthier sleep environment, is to keep electronic devices such as cellphones, tablets and laptops out of the bedroom. Old school alarm clocks are an excellent alternative to the attention-seeking cell phones we rely on to wake in the mornings and can be picked up cheap at any local department store.