

Are you on the hunt for solutions to an elusive health issue?

If you, or your child, are experiencing difficulty resolving any of the following symptoms: difficulty in maintaining concentration, tiredness, poor sleep, headaches, depression, skin problems, nausea, limb pain/ aches, irritability or forgetfulness, it is possible that your electromagnetic environment may be having an effect, and if so, there is something that can be done about it.

Around 3% - 7% of the population are EHS to some degree and maybe up to 35% show some mild indications of electro-stress.¹

Our world is full of naturally occurring electromagnetic fields. Our human body is one of these! However these days there are also three other groups of manmade EMF's - Microwave frequency, power frequency and radio frequency.²

What exactly are electromagnetic fields?

Electromagnetic fields are areas of energy that surround electronic devices. When an appliance is plugged in, but not switched on, it has an electric field. Once it is on, there is a magnetic field. The magnetic field is considered to have a greater effect on us than the electric field.

Is our exposure to electromagnetic fields really a problem?

When electromagnetic currents are strong enough, they can cause stimulation of nerves and muscles or affect other biological processes, says the World Health Organisation³

The WHO acknowledges that human health studies are good at identifying large effects such as the connection between smoking and cancer and say that the effect of EMF's "could be undetectable with our method of measurement".⁴

Remember it took literally decades for the link between cancer and smoking to be acknowledged officially.

What are known effects of electromagnetic fields?

- Using a mobile phone for more than 10 years doubles the incidence of certain types of brain tumours, on the side of your head most frequently in contact with the phone.

There is an increase in the incidence of brain tumours as reported by the Central Brain Tumour Registry of the United States (CBTRUS) for people 0 -19 years old. Overall brain tumour incidence has increased by 36% in the last decade and is not explained by an aging population.⁵

- EMF's are also definitely linked to childhood leukaemia. There is now significant research linking EMF to adult leukaemia, clinical depression and miscarriage.
- Low frequency electromagnetic fields can suppress the body's immune system function

What can I do about EMF sensitivity?

Take action at two levels:

1. Reduce your exposure to EMF

That means reducing time on and around the technology that emits EMF; and:

- Wear natural fibres
- Aim for natural flooring
- Earth yourself frequently by touching metal objects or walking barefoot on the earth
- Drink plenty of good water (sub-clinical dehydration seems to be more of a problem for EHS people)⁶

2. Minimise the effects of EMF's on you

There are products available which may shield you or protect you from EMF's. The very subtle effects of such products are immeasurable by scientific equipment at this time. We suggest you obtain a money back guarantee, in case what you've bought does not work for you.

The solutions we recommend:

- Wear something that attracts negative ions e.g. a Titan ion Energiser bracelet
- Breathe negatively charged air. Diffusing therapeutic grade essential oils will increase negative ions (and oxygen levels) in the air.
- Go outside in nature often - the beach, the bush, anywhere that is natural.

What am I likely to experience by reducing the EMF effects?

Research shows that EMF's increase the number of positive ions per cubic metre. An excess of positive ions produces detrimental effects both physically (headaches, dizziness, fatigue, circulatory disorders etc.) and mentally (irritation, apathy, anxiety, depression etc). Negative ions are beneficial, and can improve alertness, concentration and overall body function. More than 5000 studies support this.⁷ If you increase the negative ions you are likely to offset the impact of EMF's and experience

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| • increased alertness and concentration | • normalisation of hormone imbalances |
| • more energy | • relief from allergies and hay fever |
| • relief from migraine headaches | • improved sleep and relaxation |
| • reduction in severity of asthma attacks, depression, tension | • enhanced immune system |

Nurture House resources to support your family

1. Titan Ioniser Bracelets & Wristbands

The composition of these Titan Ion Energiser wristbands includes soft silicon rubber, titanium, tourmaline and ceramic. It is these characteristics that attract negative ions to your body.



[More info](#)

How do we know Titan Ion Energiser Bracelets work?

We test the coherence of the body by using simple muscle testing, with and without a mobile phone in their hands. Then we place a Titan bracelet or wristband on the person and repeat the test. You can view this process on the video clip.

Each time we test someone we find that the Titan band increases the coherence of the body i.e. its strength. We have also measured the ionisation levels in the air both with and without Titan bands, and observed an increase in negative ions around the Titan bands.

2. Diffuse therapeutic grade essential oils

Therapeutic grade YL* essential oils are not simple substances. They are mosaics of hundreds - even thousands of different chemicals, derived through the finest distillation processes. They have been used medicinally since time immemorial.

Oils are to be taken or applied in various ways, depending on the need. For the purpose of support with EMF's it is recommended to diffuse oils in order to negatively ionise the air you are breathing. Therapeutic grade YL* oils may also benefit you by being worn on the skin or inhaled directly from the bottle as a mini-support.

*we supply Young Living essential oils because we are confident in the high quality of this source



[More info](#)

For further information and to purchase Titan Ion Energiser products and Young Living Therapeutic Grade Essential oils please visit www.nurturehouse.com.au

Sources:

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- ¹ www.ei-resource.org Electrical sensitivity and electrical hypersensitivity
 - ² www.powerwatch.org.uk - A Basic Guide to EMF's
 - ³ <http://www.who.int/peh-emf/about/WhatisEMF/en/> What Are Electromagnetic Fields? World Health Organization
 - ⁴ <http://www.who.int/peh-emf/about/WhatisEMF/en/> What Are Electromagnetic Fields? World Health Organization.
 - ⁵ <http://www.superforce.com/Press-Releases/press-release-Special-Olympic-Report.htm>
 - ⁶ www.ei-resource.org Electrical sensitivity and electrical hypersensitivity
 - ⁷ <http://www.superforce.com/Press-Releases/press-release-Special-Olympic-Report.htm>

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