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EMF Hygiene

In order for your body to heal, you will need to attain *and* maintain Brain Balance. Brain balance is another word for the “healing state”, and is the opposite of the stressed state. Electromagnetic radiation is a very common cause of brain balance issues. In order to maximize your healing potential, use the following checklist to protect yourself from EMF stress in your environment.

Bedroom:

- Remove television, computers, iPads, iPods, wireless devices, and unnecessary equipment
- Replace clock radio with battery operated clock
- Remove cell phone* and do not use as an alarm clock
- Remove cordless phones and bases
- Unplug electric devices near the bed, such as electric blankets and space heaters. Use battery powered LCD clocks (not LED), keeping them several feet from the body.

Living Areas:

- Replace cordless phones with hard-wired phones*
- Keep cordless phone base far away from your body and bedrooms
- Use a hard-wired router instead of wireless router*.
- Place wireless router far away from bedrooms*

General:

- Limit computer use especially before bed
- Keep cell phone as far away from your head and body – use speaker phone if possible*
- Do not put a laptop “on your lap” EVER
- Do not use the microwave as it mutates the food
- Do not have the cell phone on in a car as the radiation amplifies off the metal
- Do not use blue-tooth devices* unless you have the Quantum Cell protector
- Use an air-tube (Blue Tube) ear piece to talk on the cell phone unless you have a protection device on it.
- Turn off WiFi feature on Kindle/Nook book readers

*EMF radiating devices such as laptops, cordless phones, routers and cell phones may be used safely and even close to your body, if you purchase EMF protection devices. The ones I recommend can be found on my website: www.imacupuncture.com/EMF. Listen to this radio show with an EMF expert: www.karenkan.com/radiowireless

For more info go to: <https://holisticprimarycare.net/topics/topics-a-g/environomics/1149-emf-hygiene-how-to-minimize-health-risks-from-wireless-devices>