

# Electromagnetic Fields (EMFs)

Definition per Wikipedia: A physical field produced by moving electrically charged objects. It affects the behavior of charged objects in the vicinity of the field.

Many things in our environment give off harmful EMFs or “dirty electricity”.

- Cordless phones
- Cell phones & tablets
- Laptop computers, plugged in
- Sleep Number beds or any other bed plugged in
- Electric blankets
- Ceiling fans
- Microwave ovens
- Power lines
- OnStar or wireless in vehicle
- Vehicle seat warmers & seat coolers
- Earthing or grounding sheets & pad
- Fit Bit
- Ear buds, Bluetooth hearing aids

Common symptoms you may experience if you are sensitive to EMFs are:

- Sleeplessness
- Achy joints & muscles
- Unexplained fatigue
- Forgetfulness
- Adjustments not holding

EMFs are everywhere, but there are things that can be done. See italicized comments below:

- Cordless phones (*use speakerphone*)
- Cell phones & tablets (*use speakerphone, do not keep in bedroom at night, limit use.*)
- Laptop computers, plugged in (*do not use on your lap while plugged in*)
- Sleep Number beds, plugged in (*unplug while sleeping*)
- Ceiling fans (*turn off if in a room with low ceilings. Do not use in bedroom while sleeping.*)

- Microwave ovens (*best not to use. If have to use, stand back at least 3 feet.*)
- OnStar or wireless in vehicle (*turn it off if able*)
- Vehicle seat warmers and coolers (*do not use while seated*)
- Earthing or grounding sheets & pads (*do not use*)

We have discovered that these EMFs will deplete minerals over time. We recommend taking a multi-mineral to help replenish these minerals. We have many options in stock.

**EMF Product Recommendations** – Memonizer products work to protect against EMFs. Products that attach to devices or wear on your body.

- Total Harmony with Nature ([totalharmonywithnature.com](http://totalharmonywithnature.com))
- Blu Shield ([www.blushield-us.com](http://www.blushield-us.com))
- Green Smoothie Girl ([www.greensmoothiegirl.com](http://www.greensmoothiegirl.com))