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HARNESS YOUR SUPERPOWERS

## 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” without a Defender Pad or something similar
- ✓ 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 an EMF 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 are much safer if you purchase EMF protection devices. The ones I recommend can be found on my website: [www.karenkan.com/EMF](http://www.karenkan.com/EMF).