EMF Exposure and the Importance of Grounding

Electromagnetic fields (EMFs) are areas of energy that cannot be seen. EMFs are emitted from man-made sources as well as natural sources (the earth's magnetic field). Modern technology exposes us to an unprecedented amount of radiation. Strong artificial EMFs are known to interfere with biological functions.

How many of these sources are you exposed to for several hours per day?

- Cell phones
- Computers, laptops, tablets
- Microwave ovens
- Artificial/LED lighting
- TV's
- WiFi Routers
- "Smart" devices (watches, headphones, etc.)
- Bluetooth devices

*Potential health risks include *insomnia* (melatonin disruption), *hormonal disruption*, *brain fog*, *depression*, *mitochondrial dysfunction and cell membrane deterioration**

What can you do?

- Keep your cell phone away from children
- Do not sleep next to your cell phone
- Turn of your Wi-Fi router at night
- Supplement with fatty acids
- Use an EMF shield to protect you and your family

Why we love HEDRON LIFE SOURCE!

When founders Dr. Ida Allen, DC and Dr. Jerod Bergman, DC began discovering the overwhelming negative effects that EMF has on the human body, especially children, they set off to find a product that they could trust for themselves, their children, and their patients. Unfortunately, after testing nearly every product on the market, they were unsatisfied with the results. So, they set off to create their own.

Together, with a team of Doctors, Scientists, Geophysicists, and Natural Health Practitioners, they created the Hedron EMF Shield for cell phones using a patent pending blend of minerals and crystals plus Scalar technology. This same patent pending composition is the basis behind the full line of Hedron EMF protection products.

HEDRON products we recommend (www.hedronemfprotection.com):

- **5G Elite Cell Phone Harmonizer**
- **Hedron Home Protection**
- **Hedron Pendant**

What is grounding?

Grounding, also called earthing, is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the earth.
This practice relies on earthing science and grounding physics to explain how the electrical charges from the earth can have positive effects on your body.
Want to deep dive? Check out: *The Earthing Movie: The Remarkable Science of Grounding*
Available on multiple platforms