

**If you follow the points on the checklist below, you could experience the following health benefits:**

- ❖ Reduction in the risk of sleep disorders
- ❖ Reduction of stress and anxiety
- ❖ Reduction of inflammation
- ❖ Reduction of allergies and skin irritations
- ❖ More energy and motivation in daily life
- ❖ Increased concentration and focus

**Smartphone use:**

- Never hold the smartphone directly to the ear (use headphones with a shielded cable)
- Keep the smartphone away from the body when making calls or sending messages
- Activate flightmode mode in vehicles (car, train, bus)
- Turn off the smartphone completely at night or activate airplane mode

**IT devices:**

- Activate ECO-Mode for cordless phones (DECT)
- Use an internet connection via LAN cable instead of WLAN
- If PC/laptop is connected with a LAN cable -> activate flightmode
- Work at a distance with notebooks/tablets (e.g., don't place on the thighs)
- Use a wired keyboard and mouse
- Turn off WLAN overnight or program the router to turn it off
- Use devices with LAN function (e.g., deactivate WLAN on the printer)
- Do not allow babies and children to use digital media with wireless applications
- Baby monitors often have high radiation exposure. Therefore, place them as far away from babies/children as possible and additionally neutralize with, for example, an E-Smog Converter Chip
- Use a sunrise alarm clock instead of a radio alarm clock (deactivate Bluetooth/WLAN/radio)

**General:**

- Use metal-free bed frames (due to the antenna effect)
- Do not use microwave cooking devices or induction stoves (possibly neutralize with E-Smog Convert)
- Do not wear bras with metal underwires (antenna effect)
- Avoid plastic or synthetic clothes and bed linen (due to electrostatic charging)

- ❑ Install an E-Smog Converter indoors to create bioresonance and a feel-good atmosphere (this can make E-Smog largely non-harmful)

### **Natural way:**

- ❑ **Digital detox:** consciously take breaks from digital devices to improve mental health and well-being and to minimize distractions
- ❑ **Forest walk:** 30 - 45 minutes in the forest has been proven to reduce stress factors and promote general health. Turn off the smartphone or put it in flightmode during this time. Longer or shorter stays can also be beneficial
- ❑ **Grounding:** Walking barefoot on natural ground allows humans to absorb free electrons from the earth. These electrons can help neutralize free radicals in the body, which are considered harmful to health
- ❑ **Neutralization:** Disconnect yourself from low-frequency morphogenetic fields that impose themselves in combination with E-Smog. Upon request, I am happy to provide a separate guide on how you can do this yourself

### **Definitions and terms:**

**E-Smog:** E-Smog, or electrosmog, refers to the invisible burden caused by electric, magnetic, and electromagnetic fields. It arises from the use of electric devices and, depending on intensity and duration, can have health effects. Some studies and theories suggest that electromagnetic fields (EMF) or E-Smog can promote the formation of free radicals in the body. Free radicals are unstable molecules that can damage cells and are associated with various diseases

**ECO-Mode for DECT phones:** The ECO-Mode for DECT phones reduces the transmission power and thus the radiation of the phone. This minimizes the burden of electromagnetic fields near the device

**LAN vs. WLAN:** LAN (Local Area Network) uses cable connections, while WLAN (Wireless Local Area Network) works wirelessly. LAN connections emit fewer electromagnetic fields than WLAN, making them a healthier option

**Flightmode mode:** Flightmode mode deactivates all wireless functions of a device, minimizing electromagnetic radiation. In vehicles and at night, this can reduce radiation exposure and improve sleep

**Antenna effect:** Metal can attract and amplify electromagnetic fields, similar to an antenna. In bed frames or bras, this can lead to increased radiation exposure

**Electrostatic charging:** Plastic and synthetic materials can easily become electrostatically charged. This charge can be uncomfortable and increase the burden of electromagnetic fields

**E-Smog Converter Chip & E-Smog Converter:** These devices are designed to convert harmful electromagnetic fields into harmless frequencies. They can reduce radiation exposure in a room or near devices

**Free radicals:** Free radicals are unstable molecules that can damage cells. They are associated with premature aging and various diseases

**Digital detox:** A break from digital devices can help reduce stress and improve mental health. It allows the body and mind to recover from the constant flood of information

**Induction stove:** An induction stove uses magnetic fields to heat cookware. Although efficient, it produces electromagnetic fields that are of concern to some people

## Further links

### Movies:

"Thank You For Calling", "ty4c calling"

<https://youtu.be/MBq-PdbfqDU>

"Fact check, The health effects of mobile phone radiation"

(online streaming / DVD)

<https://faktencheck-mobilfunkstrahlung.de/>

### Swiss 5G antenna locations:

<http://map.funksender.admin.ch>

### More information, advice, and solutions:

Effective products for neutralizing and harmonizing can be found at [i+like Metaphysics](#).

I am happy to advise you to make the right choice

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