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Dangers of EMFs and How to Defend Yourself

While you may do everything you can to live a life of natural health, it is difficult to avoid everything that can be a detriment. That's why you need to do your research and figure out exactly what dangers you face, understand how to identify them, and learn how to defend yourself against them.

In this article, we go over a very common cause of issues that are nearly impossible to avoid in this day and age: Electromagnetic Fields, or EMFs.

These EMFs are not going away anytime soon, so take a look to see exactly what EMFs are, what the common causes of EMF exposure are, and how you can defend yourself against them.

What are Electromagnetic Fields?

Electromagnetic Fields are the areas of energy that come from all electronic devices. These are photons that travel together in waves, if they are at lower energy, and travel more like particles if they are higher energy.

As our world becomes more digital, it is becoming more and more impossible to escape electromagnetic fields.

Despite the very modern contribution to the growing amount of electromagnetic fields, the issue has actually been causing concern for people ever since 1960, when high voltage power lines began being installed near residential homes.

Concern grew after research from Nancy Wertheimer, an Epidemiologist, found a correlation between EMF exposure and health. After observing child leukemia cases, she found that there were more than twice as many children with leukemia cases that lived near these new power lines than those that did not.

Since then, there have been a number of studies that have shown that this field of energy from electronics can cause major issues with our health.

Common Sources of EMF Radiation

The concept of “electronic devices” can be a little vague. It can be a struggle to have to identify what is electronic, and what is not, while you’re going through your daily life.

To help, we put together a list of some of the most common causes of EMF radiation:

- Appliances; Microwaves, Washers and Dryers, Ovens, etc.
- Cellphones
- Cell Towers
- Computers and Laptops
- Electric and Hybrid Cars
- Electric Trains
- Fluorescent Lighting
- Power Lines
- TVs

As you can see looking through this list, it would be very difficult to truly avoid electromagnetic fields in their entirety. Many of these items have become necessary to get around in today’s world without major limitations.

That’s why we want to help you identify the symptoms. This will allow you to protect yourself and avoid getting or worsening these issues.

EMF Exposure Symptoms

While it was once believed that only high energy EMF exposure could lead to biological issues, more and more evidence has come out that prolonged exposure to low energy electromagnetic fields can cause serious, negative biological issues.

Our bodies can be affected in many ways. These include, but are not limited to:

- Mental Fog
- Lack of Motivation
- Insomnia
- Headaches
- Dysesthesia
- Loss of Appetite
- Nausea
- Fertility Complications
- Cancer

As you can see, EMF radiation can affect us in many different ways. Some are more serious, but all are a sign that you need to make changes to truly protect yourself from EMFs making things worse.

How to Protect Yourself from the Dangers of EMFs

Through this article, we have learned that EMFs are incredibly dangerous, yet difficult if not impossible to avoid. That’s why you need to understand how to keep yourself safe and minimize the impact that EMFs have on you.

Here are our biggest tips for protecting yourself from the dangers of EMFs:

- **EMF Meters:** Knowing your enemy is the best way to fight it. This is the basis for using an EMF Meter. These are a great way of understanding what areas are more dangerous and require your attention.
- **Orgonite:** This will be your best bet to combat electromagnetic radiation. Orgonite, whether in the form of a crystal, a pyramid, or whatever else you may have it, combats against nuclear radiation, including EMF radiation. While it is impossible to completely get rid of EMF radiation, you can use orgonite to decrease or even neutralize it.
- **Detox and Foot Soak:** To fight against the symptoms of EMF radiation, you will want to cleanse the body. Find a place that has natural health services that you trust and get a detox and/or foot soak. This will get rid of toxins that are in your body.
- **Minerals and Vitamins:** Another, more passive way to combat the symptoms, is to take a consistent rotation of minerals and vitamins. Speak to an expert to determine the best minerals and vitamins for you.

With these tips, you will be prepared to determine when you need protection, how to defend yourself, and how to help minimize the issues caused by this prolonged exposure. In the end, we encourage you to trust professionals. Find a natural health expert who can help you design a plan that works well with your life.

Final Thoughts

The concept of an invisible field that you can't truly escape and that causes biological issues over time is understandably pretty scary. Luckily, we live in a time where there is solid research being done on the topic. You can now research those who are truly experts on the topic.

As long as you understand what you're dealing with when it comes to EMF exposure, what causes it, how to identify the symptoms, and how you can defend yourself, you will be in a great spot to maintain your natural health without having to avoid all electronic devices in their entirety.