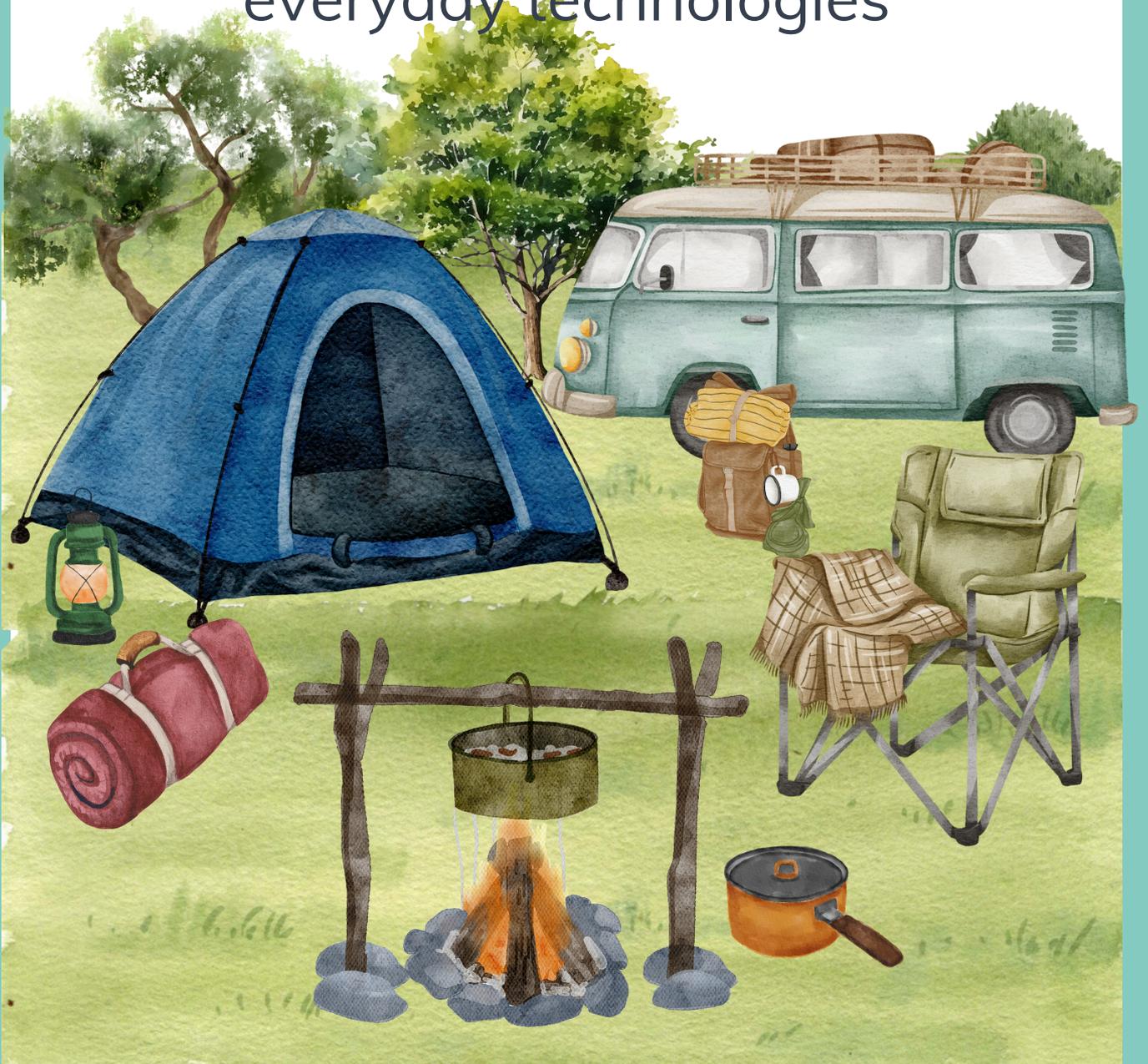


# A Guide To Protecting And Balancing EMF:

With a special focus supporting  
you against our manmade  
everyday technologies



Jacquie McIntyre

# A Guide to Protecting and Balancing Against EMF

## With a special focus on our everyday technologies

Electromagnetic fields (EMFs) are invisible areas of energy, often referred to as radiation, that are produced by the movement of electrically charged particles.

They occur naturally in the environment as well as through human-made technologies. Not all EMF is harmful—in fact, many forms of natural EMF are essential for life.

### This guide will help you:

- Understand the difference between natural and man-made EMFs.
- Learn how man-made EMFs can affect the body, animals, and the environment.
- Discover practical steps to reduce exposure to harmful EMFs.
- Reconnect with nature's beneficial EMFs for health and vitality.

**There are two types of EMF, natural and man made.**

### Natural (Supportive, Life-Giving)

- Earth's Magnetic Field – supports orientation and circadian rhythms.
- Schumann Resonance – Earth's natural heartbeat (~7.83 Hz), aligns with human brainwaves.
- Sunlight – visible light and infrared support vitamin D, energy, and mood.
- Water Movement – streams, waterfalls, and waves generate negative ions that uplift mood.
- Living (Sentient) Beings – all plants, animals, and humans emit biofields that interact with one another.

👉 **Interaction examples: barefoot walking, time outdoors, morning sunlight, gardening, swimming in natural waters.**



# Naturally Occurring EMFs & Their Health-Supporting Potential

## 1. Earth's Magnetic Field (Geomagnetic Field)

- Generated by Earth's molten core.
- Supports orientation, navigation, and regulation of circadian rhythms.
- Interaction:
  - Barefoot walking (earthing/grounding) on soil, grass, sand.
  - Spending time in natural landscapes (mountains, forests, beaches).

## 2. Schumann Resonances (Earth's Natural "Heartbeat")

- Extremely low frequency (ELF) electromagnetic waves resonating in Earth's atmosphere (main frequency ~7.83 Hz).
- These frequencies overlap with human brainwaves (alpha & theta), encouraging relaxation and restoration.
- Interaction:
  - Time in nature, away from artificial EMFs.
  - Meditation or breathwork outdoors.
  - Sleeping with windows open to allow natural atmospheric resonance indoors.

## 3. Solar Radiation (Broadband Natural EMFs)

- Includes visible light, ultraviolet (UV), and infrared.
- Interaction:
  - Morning sunlight exposure helps reset circadian rhythm and boosts serotonin.
  - Short, safe UV exposure aids vitamin D production.
  - Watching sunrises/sunsets (low UV, more red/infrared light) promotes calm and balances melatonin cycles.

## 4. Infrared Radiation (Natural Heat)

- Felt as warmth from the Sun, fire, and warm bodies.
- Promotes circulation, relaxation, and mitochondrial health.
- Interaction:
  - Sitting near an open fire.
  - Sunbathing responsibly in morning/evening light.
  - Spending time in saunas or hot springs (mimics natural IR exposure).



## 5. Lightning & Atmospheric Electricity

- Each lightning strike produces a spectrum of EMFs, from radio waves to gamma rays.
- Even without storms, the atmosphere maintains a natural electric field.
- Interaction:
  - Being outdoors before/during/after a thunderstorm (from a safe place).
  - Observing the energy shifts in the body's nervous system and mood.



## 6. Cosmic Rays & Solar Winds

- High-energy EMFs from the Sun and deep space.
- Mostly shielded by Earth's atmosphere, but small amounts influence biological rhythms and magnetic sensitivity.
- Interaction:
  - Stargazing at night (aligning with cosmic cycles).
  - Conscious breathing outdoors under open skies.



## 7. Auroras (Northern & Southern Lights)

- Result from solar wind interacting with Earth's magnetosphere.
- Create shifting EMFs visible as colourful lights.
- Interaction:
  - Experiencing auroras in person can create deep states of awe, coherence, and nervous system reset.

## 8. Natural Radioactivity (Background Radiation)

- From the Earth's crust (e.g., radon, uranium, thorium in rocks).
- Very low levels provide constant gentle exposure—part of what life evolved with.
- Interaction:
  - Visiting natural caves, stone mountains, and mineral-rich landscapes.
  - Bathing in mineral-rich hot springs (mild natural radioactivity present in some).

## 9. Water Movement & EMFs

- Flowing water (streams, rivers, waterfalls, ocean waves) produces negatively charged ions and subtle EMFs.
- These interact with the body's energy field and may uplift mood, regulate stress hormones, and improve oxygen uptake.
- Interaction:
  - Swimming in the ocean, lakes, or rivers.
  - Sitting near waterfalls or fountains.
  - Having water features or bowls of water indoors.

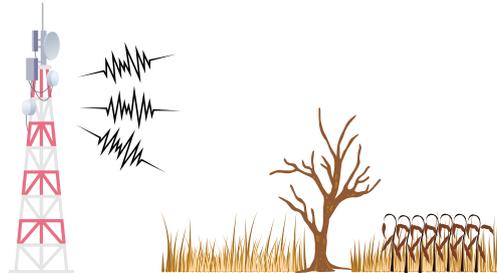


## 10. Biological EMFs (Living Beings)

- Every living organism emits bioelectromagnetic fields (also called the biofield).
- Heart and brain fields are measurable and can entrain with others.
- Interaction:
  - Time with animals, plants, or people with coherent, calm energy.
  - Gardening and touching living plants.
  - Hugging a tree or resting against it.

## Harmful Man-Made EMFs

- Power lines & wiring – ELF fields (50–60 Hz).
- Smart meters – wireless transmission of energy data.
- Wi-Fi & Bluetooth devices – routers, phones, laptops, wearables.
- Mobile towers & 5G – pulsed microwave radiation.
- Household appliances – microwaves, induction cooktops, electric blankets.
- Artificial lighting – LEDs, blue light from screens.



## Natural EMF vs Man-Made EMF

### Natural EMF (Supportive & Healing)

### Man-Made EMF (Pathological & Harmful)

 <b>Sunlight</b> – visible light, UV, and infrared regulate circadian rhythm, vitamin D, and mood.	 <b>Mobile Phones &amp; Towers</b> – constant pulsed microwave radiation, especially with 5G.
 <b>Earth's Magnetic Field</b> – stabilises orientation, navigation, and biology.	 <b>Wi-Fi &amp; Bluetooth</b> – routers, laptops, wearables emitting 24/7 signals.
 <b>Schumann Resonance</b> – Earth's natural heartbeat (~7.83 Hz), calming to brain and nervous system.	 <b>Power Lines &amp; Wiring</b> – extremely low frequencies from household wiring and appliances.
 <b>Water Movement</b> – rivers, waterfalls, and ocean waves create negative ions that uplift mood.	 <b>Smart Meters</b> – wireless energy transmitters on homes.
 <b>Living Systems</b> – plants, animals, and humans emit biofields that promote connection.	 <b>Artificial Lighting</b> – blue light from screens and LEDs disrupts sleep.

## How Harmful Man-Made EMFs Can Affect Us

### Humans

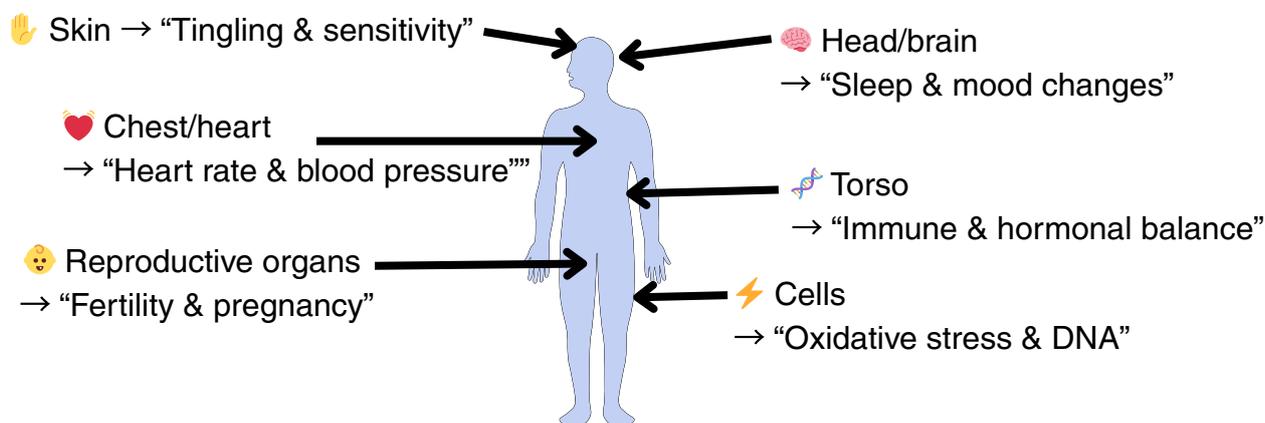
- Nervous system: sleep disruption, headaches, brain fog, mood changes.
- Hormonal system: reduced melatonin, thyroid imbalance, adrenal stress.
- Immune system: inflammation, increased autoimmunity risk.
- Cardiovascular: heart rate variability, palpitations, blood pressure changes.
- Cells & DNA: oxidative stress, DNA breaks, mitochondrial dysfunction.
- Reproductive health: reduced fertility, risks during pregnancy.
- Skin & senses: tingling, heat, increased sensitivity.

### Animals

- Domestic pets/livestock: anxiety, immune issues, fertility changes.
- Wildlife: bird migration disruption, bee disorientation, aquatic species navigation errors.

### Environment

- Trees: leaf burn, reduced growth and plant die off near towers.
- Soil: microbiome disruption.
- Pollinators: decline linked to EMF exposure.
- Aquatic systems: interference from underwater cables.
- Natural rhythms: man-made fields masking Earth's natural EMFs.



#### ⚠ Mechanisms of Harm (How EMFs may stress the body)

- 🌀 **Oxidative Stress** – Creates excess free radicals, damaging cells.
- ⚡ **Cellular Stress** – Overstimulates calcium channels, disrupting balance.
- 🔄 **Resonance Effects** – Interferes with natural rhythms and brainwaves.
- 🔥 **Thermal & Non-Thermal Effects** – Heat at high levels, subtle disruption at low levels.
- 🌟 **Biofield Interference** – Disturbs the body's natural electromagnetic field.

## Practical Solutions

### 1. Reduce Exposure

- Switch Wi-Fi off at night.
- Use wired internet where possible.
- Keep phones off your body (use speaker/air-tube headsets).
- Move smart meters away from bedrooms if possible.
- Use shielding paint, fabrics, or smart meter cages.
- Turn phone off at night/ or on Flight Mode (use analogue alarm clock if needed)
- Use Blue Light Blockers when using technology to reduce it's affects on brain.

### 2. Grounding: The Root Solution

- Unlike blockers (stickers, pendants) which reduce exposure, grounding discharges built-up charge from the body.
- Research shows grounding can reduce body voltage up to 58-fold and Cortisol up to 31%.
- Direct barefoot contact with the earth stimulates the body to eliminate free radicals.
- Daily grounding supporting your body's natural protective energy system (often referred to as Wei Qi)

**Benefits:** Improved sleep quality and cycles, reduced inflammation, balanced hormones (particularly cortisol) improved digestive function, strengthens immune system function.

### 3. Home Solutions

- Home EMF harmonisers / neutralisers: Plug-in or whole-house devices (e.g., Blushield, Vortex BioShield).
- Scalar energy or orgonite devices: Pyramids or discs placed between you and the meter to shift EMF signatures.
- Shungite & black tourmaline placement: Large stones near EMF source to absorb and scatter EMF.
- Earth grounding rods & earthing mats: Helps dissipate electrical build-up and reduce EMF stress.

👉 **Ways to ground:** barefoot on earth daily, swimming (without sunscreen (if you must, ensure it is free of chemicals and harmful ingredients)), grounding mats or sheets, time in nature, sleep under or hug a tree, early morning and late afternoon bathing in sunshine.



### 3. Strengthen the Body

- Prioritise good sleep, quality hydration, and antioxidant-rich foods (see the Nutrients Table handout).
- Daily movement and breathwork to support detoxification.
- Use red light or infrared therapy for cellular resilience.
- Indoor plants for improved air quality (suggestions);
  - Snake Plant 🌿 – cleans air & works overnight.
  - Peace Lily 🌸 – purifies toxins & boosts humidity.
  - Spider Plant 🕸️ – hardy & pet-safe.



### Reconnecting with Natural EMF

- Morning sunlight: boosts mood, hormones and regulates sleep cycles.
- Schumann resonance: spending time outdoors restores calm brainwave states, supports your bodies microbiome and immune systems.
- Water & ions: Thunderstorms, ocean, rivers, waterfalls uplift mood and reduce stress.
- Living systems: time with animals, trees, and gardens aligns our biofield.

#### ★ When to Seek Extra Support

If you're experiencing persistent symptoms such as:

- Fatigue, brain fog, or poor sleep
- Anxiety, mood changes, or nervous system stress
- Hormonal, immune, or inflammatory imbalances
- Difficulty creating or maintaining health despite trying the strategies in this guide

👉 One of the most effective steps you can take right now is to schedule a BodyTalk session with Jacquie McIntyre.

#### A BodyTalk session helps your body-mind complex:

- Rebalance and integrate after EMF exposure.
- Release stress patterns and restore natural rhythms.
- Build resilience so lifestyle changes have greater impact.

#### Your action plan:

1. Book your BodyTalk session with Jacquie.
2. Use the strategies in this guide as supportive daily practices.
3. Notice how your system re-aligns as you combine both.

💡 Together, these approaches give you the best of both worlds: professional support + daily empowerment.

**Extra Tip:** If your provider allows it, consider opting out of wireless transmissions in favour of wired or manual readings (for Smart Metres)— often the single most effective way to reduce EMF exposure.



### Summary

Natural EMFs are nourishing. Man-made EMFs can challenge and sometimes overwhelm our body-mind complex and it's many systems, but by reducing exposure, grounding, and reconnecting with nature, you can protect your health and restore balance.

**Remember: Awareness + Small Daily Actions = Long-term Resilience.**

This information is for educational purposes only and not a substitute for medical advice. Please consult a healthcare professional for personal health concerns.

# My Daily EMF Care Checklist

Pin it to your fridge, keep it by your desk, or slide it into a journal  
Add your own checklist items.

## 🌙 Reduce Exposure (Tech side)

## 🌍 Reconnect with Nature (Healing side)

 Turn Wi-Fi off at night	 Walk barefoot outside (10–15 minutes)
 Keep phone away from bed/ out of room. OFF or on Flight Mode	 Morning (best) and/ or afternoon sunlight for 10 - 20 minutes
 Use speaker or air-tube headset instead of holding phone or using wireless air pods	 Use grounding sheet/ mat while resting or sleeping
 Limit screen time before bed (reduce blue light)	 Spend time with plants, animals, or trees
 Keep Smart Meter area clear of beds or chairs	 Move your body & breathe deeply outdoors

## Extra Tips

- Hydration: Drink mineral-rich water daily.
- Plants: Keep at least one air-cleansing plant nearby.
- Use Himalayan Salt Lamps in the home and next to technology. They release negative ions into the environment, neutralising positive ions created by EMF. Positive ions create inflammation, change ones mood and create general disharmony.
- Movement: Stretch or move every hour if using screens.
- Weekly reminder: Spend time by the ocean, rivers, or waterfalls.