

HELP OUR NEIGHBOURHOOD HAVE STRONGER IMMUNITY

2 simple steps to improve the health and wellbeing of yourself and others

SELF-HELP

We know strong immunity is key to fighting off infections and preventing disease.

So it makes sense, not only in these days of Covid, to avoid whatever weakens our immune system. That includes EMFs (electro-magnetic frequencies) which are emitted from all our electrical and digital technology.

We like our technology but we need to take sensible precautions to reduce EMF toxicity and health risks.

Possible symptoms of over-exposure include:-

Headaches, migraines

Tinnitus, dizziness

Fatigue, lethargy, apathy

Depression and moodiness

Hormonal or thyroid issues

Poor concentration. Attention deficit

Muscle aches and pains

Heart palpitations

Skin problems. Hair thinning

Memory loss, Brain Fog

Digestive issues

EHS (electro-hypersensitivity)

1. Turn your mobile phone off or onto flight mode at night

This reduces negative effects on your immune system and improves sleep

2. Turn your WIFI off at night or use a router EMF guard

By reducing exposure to mobile and WIFI radiation you take care of yourself and others around you

By switching your wifi



some of the benefits you may experience include



We have made this because we want to live in a healthy, caring neighbourhood.
Turn over flyer for story + research links

Watch the TED Talk
'Wireless wake-up call'
By Jeromy Johnson