

Electromagnetic Radiation (EMR)

- Internal protection:

- Kräutermischung von Biopure: E-SCHUTZ (Cilantro, Propolis, Rosemary + Liposorb+Ultraschall).

Take 2-3 pipettes 2-3 times daily

Gevrek, Fikret. "Histopathological, immunohistochemical, and stereological analysis of the effect of Ginkgo biloba (Egb761) on the hippocampus of rats exposed to long-term cellphone radiation." *Histology and histopathology* 33.5 (2018): 463-473.

- Daytime strategy:

- E-Shield skin cream (KiScience)
- Stetzer filters at home or workplace (not any more available from Biopure.eu)
- Avoid use of cellphone – texting is ok
- Switch off WiFi whenever not in use or get rid of WiFi – get Broadband/Ethernet
- Consider Building Biology –measuring, considering Swiss Shield paint/earthing
- wear radiowave protective clothing (Biopure.eu: ANTIWAVE-WÄSCHE +NEU:MÜTZE; großes TUCH; SCHLAUCH für Schilddrüse)

- Nighttime strategy:

- melatonin transdermal crème (after dinner) – 80-500 mg (to obtain all benefits)
- Reiter, Russel J., et al. "Melatonin as a radioprotective agent: a review." *International Journal of Radiation Oncology* Biology* Physics* 59.3 (2004): 639-653.
- sleep sanctuary (only if you ground the net and switch off the fuses for the bedroom)
- switch off WiFi, if possible switch off all fuses
- Samina bed system. Elevate bedposts at head end 12 cm for better lymphatic drainage
- Russian "Torsion Field Corrector" (plug in version) (NOVIS HOME and OFFICE : available from INK and Biopure.eu)
- no computer use after sunset - or get red filter: (ist in Windows bereits integriert; Anzeigeeinstellungen-Nachtmodus)

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