

EMF Course For Back To Chiropractic Seminars

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Course Objectives:

- Understand what EMF's are, and how they affect our bodies
- Be able to differentiate between symptoms of electromagnetic hypersensitivity (EHS) and normal symptoms
- Proper history taking procedures for electrical sensitivity discovery
- Learn techniques for reducing radiation exposure for your patients
- Easy lifestyle shifts your patients can make to reduce the harmful effects of EMFs

Hour 1: What are EMF's? And why should we care about them?

- Types of waves and where they come from
- There is 1 quintillion times more radiation that penetrates our body then there was 10 years ago. That is 1 with eighteen 0's!!
- Cell phone manufactures actually state in the information that come with your phone, NOT to put the phone to your ear.
- It is mandated by law that if you buy a cell phone in Berkeley, CA, they have to warn you of the negative health effects of carrying that phone in your pocket or bra while its connected to the internet.
- Specific patient examples that I have come across in practice
- Discuss a couple of the latest research articles and newest findings.
 - Dr. Martin Pall's findings on the Ca^{2+} gated ion channels causing an increase in intracellular calcium, which boosts NO levels inside the cell, which then forms peroxynitrite which is a very strong oxidant and will wreck havoc on the cells
 - Brain, nervous system, heart, and reproductive organs have the highest concentration of voltage gated Ca^{2+} ion channels, thus having the greatest effect there.
 - Findings on how EMF's can cause a leakage in the blood brain barrier allowing for toxins and heavy metals to be able to reach the brain much easier (research is now being done to look at leakage of the gut barrier as well)

Hour 2: What is electric sensitivity? What are the symptoms? What questions should I ask to determine if symptoms are caused by radiation?

- Electric sensitivity symptoms include: headaches, fatigue, stress, sleep disturbances, tingling or burning sensations, aches and pains in muscles, brain fog
 - HOW MANY PEOPLE DO YOU SEE THAT COMPLAIN OF AT LEAST 3 OF THESE SYMPTOMS, IF NOT ALL
- Some history questions to note: (Brief list, but a worksheet could be created for this) Timing of their symptoms matched with these history questions can be KEY to understanding if electronic radiation could be contributing to the problem.
 - Do you use your cell phone as your alarm clock? Where is it when you sleep?
 - Do you use your cell phone while driving?
 - Do you use bluetooth headsets?
 - Where in your home is your wifi located? Computers? Printers? Tablets? TVs? etc.
 - How do you cook your food? Do you use your microwave a lot and stand in front of it while its on?
 - Do you prefer to text or talk on the phone?

Hour 3 & 4: What is the best way to approach this topic with your patients?

- Come from a place of awareness and discuss ways of reducing the amount of radiation, not by taking away all of the technology that creates convenience in their life.

- Pinpoint the sources of radiation that seem to be affecting the patient the most and start there (good history taking will help with this)
- Headaches and Brain Fog Symptoms:
 - Use speaker phone instead of putting phone to ear
 - Replace bluetooth headsets with air tube headsets (cheaper and safer alternative!)
 - Avoid using cell phone in the car because the metal frame will significantly increase the concentration of EMFs within the vehicle (place phone on airplane mode while driving)
- Sleep disturbance Symptoms: (EMF's reduce melatonin production)
 - Keep all electronics out of bedroom
 - Hang blackout curtains to get room as dark as possible (increases melatonin)
 - Turn off wifi while you are sleeping (basic outlet timer can be helpful for this)
 - Use a cheap battery operated alarm clock instead of a plug in alarm clock or cell phone
 - Get rid of CFL (curly, energy saving) light bulbs in your home which produce blue light and high EMFs
 - Avoid blue light from screens (tablets, tv's, cell phones, etc) 2 hours before bed (blue light also decreases melatonin production)
- Numbness & Tingling and Muscle Pain Symptoms:
 - Keep electronics off your body
 - Laptop off of your lap
 - Phones in pockets unless in airplane mode
 - Phones in hand (try using a selfie stick to hold your phone instead)
 - Spend time each day disconnected from electronics
- Case Studies

Hour 5: Other ways to boost your body's strength to defend against EMF damage (things that boost mitochondria helps to lower the NO/ONOO- cycle which is what produces the cellular damage from EMF exposure)

- Special considerations: Children & pregnancy
- "EMF's play a role in all patients. We need to minimize all stressors to empty their toxic stress buckets and EMFs contribute to filling it"- Dr. Dan Pompa
 - Avoid toxins (air, home, outside, food, personal care products)
 - Breathe fresh air
 - Exercise (sweating is important)
 - Grounding (earthing) Protocol
 - Hydration (flushing toxins to boost body's healing)
 - Sunlight/Sleep
 - Infrared sauna
 - Dead sea salt baths

Hour 6: Diet and Nutrition to help defend against EMF damage

- Vitamins:
 - Magnesium helps to reduce the intracellular leak of Ca²⁺
 - Vit D3 when sun exposure is not possible
- Foods:
 - Organic is always BEST: reducing toxic load helps the body to have greater efficiency at protecting against EMFs
 - Raw leafy greens (spinach, kale, micro greens, etc) help boost detox pathways
 - Probiotic rich foods (sauerkraut, kombucha, kefir, etc)- depending on the region of exposure, EMFs can decrease amount of good gut bacteria
 - Anti-oxidant rich foods (such as organic wild blueberries) help to decrease harmful effects of EMFs
- Additional resources

