



What is electromagnetic resilience and how to avoid exceeding it.

Picture a paper grocery sack, at the grocery store there is a new clerk who is placing your groceries into the bag but they over fill it. You carry the bag to your car and the handles snap. Your groceries spill and roll all over the parking lot. You are left scrambling to pick the pieces up. The grocery bags resilience was exceeded. Like a grocery bag, our bodies also have resilience. Like a grocery bag we can exceed our bodies' resilience and when we do, there is a price to be paid. While our body does have an overall resilience, it also has resilience capacity for individual stressors. One of these individual stressors is electromagnetic radiation. Our bodies are equipped to deal with various sources of threat or stress, and this includes electromagnetic resilience.



Our ability to tolerate, neutralize and therefore maintain our bodies homeostasis (stability) in the presence of electromagnetic radiation is called our electromagnetic resilience. We have ways within Total Body Modification (TBM) to analyze or assess whether you've exceeded your body's electromagnetic resilience. When it comes to resilience we are not alike. What one person is able to tolerate can be quite different from what another person can tolerate. Your TBM practitioner will work with you to both increase your electromagnetic resilience and resolve any issues created from having exceeded it in the past. They can provide specific feedback and guidance in charting a course where you will hopefully never exceed it again. If you are wondering if you are exceeding your electromagnetic resilience, we can quickly ascertain that by scanning the body points ELF EMF system 1& 2.

Why do we need resilience? Since the discovery of electricity is relatively recent how is it that our body can deal with EMR? The reason we are equipped to handle EMR is because of the sun. The sun is the biggest culprit for EMR. sun. – move the sun information here. Sometimes the sun's electromagnetic radiation exceeds the bodies

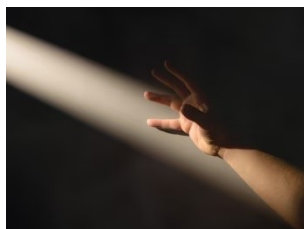
resilience in solar storm. Solar storms are periods of spikes of electromagnetic radiation that disrupts our electricity on earth and the satellites off the earth.

They affect not just electronics but people as well. Electromagnetic fields (EMF) are synchronized electric and magnetic waves. The different waves produce different penetrating radiation levels. We



are exposed to radiation every day. Have you ever been out into the sun? Placed your hand into a sunbeam? We'll you are exposed to Electromagnetic Radiation (EMR) from that sun beam.

What else gives off Electromagnetic Radiation (EMR)? Electromagnetic fields (EMF) are synchronized electric and magnetic waves. The different waves produce different penetrating radiation levels. EMF are invisible waves that get released from anything that



has a battery or is plugged in. Everything that has electricity gives off EMR. What comes to mind when thinking of items that use electricity? Our lights, cars, toys, heating, microwaves, electric toothbrushes, cell phones, laptops, etc. Did you know that when you rub your head on a balloon a form of electromagnetic radiation which we call static electricity? You can feel this form of

electromagnetic radiation. But most forms are not so easily recognized. The cumulative exposure through these forms throughout the day and night can have serious consequences.

What devices pose a threat to my resilience? Everyday items include cell phones, microwaves, laptops, Bluetooth headphones, smart devices such as an Alexa, TVs, cell phone towers, and more. These devices and electronics are part of our society. It is our responsibility to limit our own exposure. We do not want to exceed our bodies resilience capacity. Anytime we exceed our bodies resilience in any way, there is a price we pay. It is our responsibility to ensure that our resilience is not exceeded. Don't assume the government is doing enough to protect you from overexposure, nor that common exposure limits of your friends or family are safe for either you or them.

Why do I care? EMF exposure is known to cause tissue damage, decrease immune function, disrupt sleep, and increase the risk of tumors. EMF radiation symptoms include lowered immune health, headaches, skin irritation, tinnitus, musculoskeletal pain, sleep disorders, mood swings, dizziness, nausea, and memory difficulties.

Is electromagnetic radiation new? – No! It is not new. The sun is the biggest culprit of electromagnetic radiation; solar storms are increasing because of it. Solar storms are periods of spikes of electromagnetic radiation that disrupt our electricity on earth and the satellites off the earth. They affect not just electronics but people as well. The largest documented solar storm was in 1859, the Carrington Event. It was a geomagnetic solar storm, at the time even sparked fires at telegraph stations. Good news! Since this radiation is not new, our bodies are equipped physiologically to deal with electromagnetic radiation, it has its limits. Again, we call those limits electromagnetic resilience.

How do you avoid cell towers? Cell towers today are unavoidable unless you move to the mountains or desert wilderness. The new 5G cell towers waves are less penetrating, which means they don't travel far, meaning more towers are needed and being built. Increasing our bodies overall EMF burden. Elementary schools receive funding by having cell towers placed on their roof. Being aware of the towers near your home or work and communicating with your TBM practitioner to help ensure you're not exceeding your resilience.

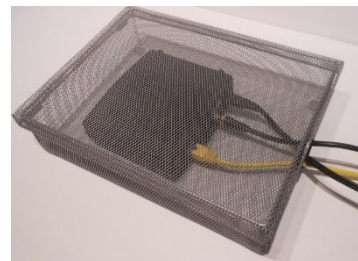
“How to keep the grocery sack handles from breaking”

(In other words, ways to implement electromagnetic hygiene)

What is electromagnetic Hygiene? Electromagnetic hygiene is instituting daily practices to ensure you don't exceed your electromagnetic resilience.

Sleep 10ft away from all electronics -- Keep them away from your body and away from your head. Sleep with your cell phone at least 10 feet away from your body. Unplug electric blankets before you get in bed, unplug clock radios before you climb in bed.

WIFI router – Put as far away as possible from where you spend most of your time at home. Unplug it off at night or place a faraday cover on it at night. → See photo



Laptops & Tablets – Never allow direct contact with your body. Always maintain a minimum of 6 inches in between your body and devices. Laptops, 6” from body. A wooden desk could be the equivalent, your practitioner could make sure that it's adequate. The easiest way to do this is to get a laptop lap stand. ← see photo

Can I put any electronics against my body? The answer is No, do not place electronics in direct contact with your body – Yes, I know, I just ruined your life but read until the end. This includes putting a cell phone up to your ear, quartz watches, smart watches, fit bit, Holter monitor, hearing aids, Bluetooth headphones, VR headsets, etc. Use wired headphones or speaker phone when answering calls.

What can I do when my efforts are enough? - This could be an issue if you live near a cell tower, work at a factory with a lot of electric equipment, computer or data center or if you need hearing aids. If you are unable to fully implement electromagnetic hygiene, wearing a multi polar magnet will help with the physiological burden. You can purchase these at www.livetbm.com – Multi polar magnet & pouch. Magnets normally have a north and south poles. The TBM multi polar magnets have about 40 poles. Not just any multi polar magnet will work. They need to be medical grade like the one you can purchase on the TBM website.



Do airplanes give off radiation? Yes, they do. When you are flying in an airplane you are flying above the protective layer of the atmosphere. You're flying in the trophosphere which is above the protective layer closer to the sun. There are flying protection vials you can purchase to help offset the radiation. The great thing about these vials is you experience less jet lag by using them. They are available for purchase on www.livetbm.com. There is a printout that goes with these vials you can obtain from your TBM practitioner.



Want to nerd out on this topic?

<http://www.redemptionshield.com/> - There is a lot of great information in their blogs, they also sell equipment to help offset the effects of electromagnetic radiation.

Check the blog on www.livetbm.com for posting surrounding EMR and new findings.

Studies on electromagnetic radiation immune suppression -

“Hardell’s research team was itself the source of several studies included in the meta-analysis. In the October 2006 issue of the *World Journal of Surgical Oncology*, the investigators reported a 70% increased risk of grade III–IV astrocytomas (highly aggressive brain tumors) for analog cell phone users. This same study found a nearly 4-fold increase in risk for acoustic neuromas after 15 years of exposure to analog cell phones. “ (Mead, M. N., 2008)

“Studies in mice have shown that environmental electromagnetic waves tend to suppress the murine immune system with a potency similar to NSAIDs” (Marshall, T.G., 2016)

“EMFs disturb immune function through stimulation of various allergic and inflammatory responses, as well as effects on tissue repair processes. Such disturbances increase the risks for various diseases, including cancer. These and the EMF effects on other biological processes (e.g.

DNA damage, neurological effects, etc.) are now widely reported to occur at exposure levels significantly below most current national and international safety limits.” (Johansson, 2009)

“EMFs have been shown to significantly reduce pain levels in patients suffering from various diseases. This led to hypothesis that the beneficial effects of EMFs could be achieved by regulating inflammatory immune processes.” (Markov et al., 2006)

Citations:

Markov, M., Nindl, G., Hazlewood, C., & Cuppen, J. (2006). INTERACTIONS BETWEEN ELECTROMAGNETIC FIELDS AND IMMUNE SYSTEM: POSSIBLE MECHANISM FOR PAIN CONTROL. In *Springer eBooks* (pp. 213–225). https://doi.org/10.1007/1-4020-4278-7_12

Marshall, T. G., & Heil, T. J. R. (2016). Electrosmog and autoimmune disease. *Immunologic Research*, 65(1), 129–135. <https://doi.org/10.1007/s12026-016-8825-7>

Mead, M. N. (2008). Cancer: strong signal for cell phone effects. *Environmental Health Perspectives*, 116(10). <https://doi.org/10.1289/ehp.116-a422>

Johansson, O. (2009). Disturbance of the immune system by electromagnetic fields—A potentially underlying cause for cellular damage and tissue repair reduction which could lead to disease and impairment. *Pathophysiology*, 16(2–3), 157–177. <https://doi.org/10.1016/j.pathophys.2009.03.004>

Rosado, M. M., Simkó, M., Mattsson, M. O., & Pioli, C. (2018). Immune-Modulating perspectives for low frequency electromagnetic fields in innate immunity. *Frontiers in Public Health*, 6. <https://doi.org/10.3389/fpubh.2018.00085>

Magnetic pouch photo

Shade line photo

Laptop holder photo

Static electricity photo

Food in microwave

Cell phone tower

Router with faraday cover

Easy to do ways use for instance Brian heading aids, if you're needing to wear hearing aids you can simply wear a magnet to help our resilience to not be exceeded. LIST places to buy faraday covers etc.

Laptop emf shields, place to buy the laptop holder,,

What is resilience

What is EM resilience

Why do we have EM resilience

Now here are specific sources of EM radiation – man made, in addition to the sun.

START A QUESTION All electronic devices produce EMR as pollution. There are devices that create their own waves and use electricity (EMR + EMF Pollution). Then devices that don't create their own waves but just use electricity (EMF Pollution). An example of EMR + EMF Pollution is a Microwave. A microwave's job is to produce EMR to heat up food while making it toxic. Your phones produce EMR, the EMR travels to the cell phone tower, going back and forth. This EMR is what allows us to communicate via our cell phones. A cell phone also produces EMR pollution but it also makes EMR because its creating its own waves. A laptop doesn't produce EMR but it does produce EMR pollution, because it is an electronic device. We need to be concerned about the EMR pollution. A cell phone also produces EMR pollution but it also makes EMR because it's creating its own waves.



Read it to Morgan and this first paragraph is the most important thing, answer the question what are EMFs in a way that Morgan can tell me back. She can explain it. The Sun gives off EMR. The heat

when you put out your hand is EMR. EMF Invisible waves that get released from anything that is engaged in electromagnetic activity. Everything that has electricity is going to give off EMR. The biggest source of EMR in the solar system is the sun. That is EMR that you feel. A balloon can build up EMR (static electricity) is a form of EMR. Feel the sun, felt static electricity, (day to day experience) there are different types of electromagnetic radiation, ALL electrical devices produce them as pollution, some of them produce EMR as their job, the job of a microwave oven is to produce EMR to make food toxic. Your phones produce EMR, the EMR travels to the cell phone towers it's the back and forth of EMR between the tower and the phone that allows them to be in communication. Make it tangible for people. Real day to day devices – concerned about pollution and concerned about the waves that are intentionally generated as part of the device itself. . Read it to Morgan and this first paragraph is the most important thing, answer the question what are EMFs in a way that Morgan can tell me back. She can explain it. The Sun gives off EMR. The heat when you put out your hand is EMR. EMF Invisible waves that get released from anything that is engaged in electromagnetic activity. Everything that has electricity is going to give off EMR. The biggest source of EMR in the solar system is the sun. That is EMR that you feel. A balloon can build up EMR (static electricity) is a form of EMR. Feel the sun, felt static electricity, (day to day experience) there are different types of electromagnetic radiation, ALL electrical devices produce them as pollution, some of them produce EMR as their job, the job of a microwave oven is to produce EMR to make food toxic. Your phones produce EMR, the EMR travels to the cell phone towers it's the back and forth of EMR between the tower and the phone that allows them to be in communication. Make it tangible for people. Real day to day devices – concerned about pollution and concerned about the waves that are intentionally generated as part of the device itself. Computer isn't to generate EMR, however there is EMR as pollution because the computer is an electronic device. Where the phone is pollution, but it also makes waves. Pollution vs aim of device.

Electromagnetic repair/ symptoms that may be related to low magnetic resilience. To have their practitioner check those three things.