

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

THE DANGERS OF EMR

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I would like to devote this newsletter to the emerging public health issue of excessive exposure to electromagnetic radiation. Unfortunately, it is getting to be very difficult to participate in society without a cell phone, computer, Wi-Fi, and all the latest gadgets that supposedly make life and business easier. As infatuating as this type of technology can be to all of us, the health ramifications cannot be ignored. We are seeing increasing numbers of people suffering the very real effects of hypersensitivity. Electromagnetic radiation and pollution is invisible, and is usually not felt at the time of exposure. Unfortunately, evidence about the damaging effects of electromagnetic radiation exposure upon DNA, the immune system, and other parts of the body hasn't been widely published in the mainstream media. The U.S. government has also set extremely high limits for EMR exposure which far exceed what scientists who don't profit from EMR industries deem to be safe. Electromagnetic radiation has been linked to cancer, autoimmune and many other diseases. It can be just as dangerous as contaminated water, GMO foods, or even infection. While studies are already proving that EMR damages cells, causes cancer, and plays a role in many diseases, we really have no idea about the full impact of its effect upon the body. A recent study from Sweden is particularly frightening, suggesting that if you started using a cell phone as a teen, you have a 5-times greater risk of brain cancer than those who started as an adult. Electromagnetic pollution is more widely recognized and accepted as a health hazard in European countries and safety standards for EMR exposure are much stricter. Even Russia and China have stricter standards for EMR exposure than the United States does. France has also made it illegal to market cell phones to children and will not allow the use of cell phones in public schools. The European Parliament officially recommends wireless to be removed from schools, daycare and hospitals. ~ over ~

EMF SAFETY TIPS

1. Use hard-wired telephone and computer connections and 'wired only' printers.
2. Cell phones should not be near the body, daytime or nighttime. Never place a cell phone directly against your head or body. Use a speaker phone or headsets. Use it only for emergency situations, not for leisure purposes. Never leave a cell phone 'on' near where one is sleeping at night, as microwaves deplete melatonin and interfere with the body's rest and repair.
3. Children's brains absorb more radiation. Never allow a child to use a cell phone!
4. Use hard-wired headsets not Bluetooth headsets or ear buds, which add an unnecessary layer of Wi-Fi radiation exposure. Instead, use hard wired headsets or 'blue tube' headsets, which incorporate a plastic, stethoscope-like tube, through which the sound travels but radiation does not.
5. Do not use a cell phone in a car, train, elevator, aircraft, skyway or other metal container, as it increases radiation exposure.
6. Create electromagnetically clean bedrooms. Unplug all electric devices near the bed, such as electric blankets and space heaters; use battery powered LCD alarm clocks (not LED); turn the fuse box off to the bedroom at night to eliminate all electrical current.
7. Do not use wireless baby monitors. Search for the old analog baby monitors with long antennas.
8. Do not use Apple iPads, which presently only offer Wi-Fi or 3G internet connectivity.
9. Women who are pregnant or who are trying to conceive should be urged to not use wireless devices of any kind and to avoid 'second-hand radiation'.

For more detailed information and to listen to interviews with scientists and doctors, please visit the following website: www.electromagnetichealth.org and www.EMFSafetyStore.com

Join the "Campaign for Radiation Free Schools" on Facebook and sign the "EMF Petition to Congress".

JUNE SPECIALS

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| Good Health—Rosemary & Olive Oil Chips, 5 oz. | 25% OFF |
| Good Health—Olive Oil & Sea Salt Chips, 5 oz. | 25% OFF |
| Nutiva—Organic Hempseed shelled, 13 oz. | 25% OFF |
| San Pellegrino—Orange Sparkling Water, 6 pack | 25% OFF |
| San Pellegrino—Grapefruit Sparkling Water 6 pack | 25% OFF |
| Woodstock—Black Mission Figs or Thompson Raisins | 25% OFF |
| Woodstock—Pumpkin Seeds or Sunflower Seeds, | 25% OFF |
| Woodstock—Almonds or Dark Chocolate Almonds | 25% OFF |
| Woodstock—Cashews or Walnuts | 25% OFF |
| Woodstock—Honey Roasted Peanuts | 25% OFF |
| Woodstock—Yogurt Pretzels | 25% OFF |
| Woodstock—Sesame Sticks | 25% OFF |
| AND MANY MORE ITEMS! | |

"Our lives begin to
end the day we
become silent about
things that matter".

~ Martin Luther King, Jr.



Organic Roots  Bistro

Summer Hours:

Tuesdays through Thursdays 10 AM–4 PM (or later);

Fridays & Saturdays 10 AM–8:30 PM (Dinner by reservation!)

Check out our expanded market, deli & to-go-items!!!