



# Frequency Interference

Affect indicators/symptoms	Food sources
<p><b>Symptoms similar across all sources:</b></p> <p>Nausea, bloody vomiting, diarrhoea, headaches, dizziness, tremors, loss of balance, infertility, hand sensitivities, insomnia, cognitive impairment, aches &amp; pains.</p>	<p><b>Cleansing foods similar across all sources:</b></p> <p>Spirulina, chlorella, blue algae, wheat grass, sulfur, curcumin, leafy green veggies, melatonin, B vitamins, coconut oil, selenium, glutathione, zinc, holy basil, iodine.</p> <p><b>Other tips:</b></p> <p>Replace metal dental fillings, turn off Wi-Fi and other electrical appliances at night, especially those in bedroom. Use speaker phone rather than holding cell or cordless phone to ear. Drink energized (ionized) water. Eat healthfully and exercise. Use "harmonizing" wave form discs.</p>

Indicator	Sources
50 Hz mains current	Household electrical supply.
Computer	Computer/laptops/tablets.
ELF (low frequency)	Power lines, electric meters, water pipes.
Elect. AF (alternating frequency)	Refrigerator, washing machine, basic household currents.



## Frequency Interference - continued

Indicator	Sources
Electro smog	General pollution from all EMF/ELF items.
Electrostatic field	Materials store different charges and dissipate through ground or touch.
LFR (low frequency radiation)	Communication towers, aircraft beacons, navigation systems, weather stations.
Magnetic Constant Field	Electric motors, alternators, magnets.
Microwave	Ovens, GPS, speed cameras, Wi-Fi, 3G phones, Doppler radar, satellites.
Mobile Telephone (0.9GHz)	Phones operating at 0.9GHz.
Mobile Telephone (1.8GHz)	Phones operating at 1.8GHz.
Radio Frequency	Cordless phones, shortwave radio, radio broadcasts, aircraft communication.
TV Screen	Cathode Ray, Flat screen, Plasma.
Traction Current	Railways, railway stations, rail overhead lines and power.

We recommend that you get your epigenetics analysed every 88 days to prevent frequency interference and wellbeing challenges.