

# Frequency Interference

Indicator	Sources	Affect Indicators/Symptoms	Food Sources
50 Hz mains current	Household electrical supply.		<p><b><u>Cleansing foods similar across all sources:</u></b> 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><u>Symptoms similar across all sources:</u></b> Nausea, bloody vomiting, diarrhea, headaches, dizziness, tremors, loss of balance, infertility, hand sensitivities, insomnia, cognitive impairment, aches &amp; pains.</p> <p><b>Other tips:</b> Replace metal dental fillings, turn off WiFi 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>
Computer	Computers/Laptops/Tablets.		
ELF (low frequency)	Power lines, electric meters, water pipes.		
Elect. AF (alternating frequency)	Refrigerator, washing machine, basic household currents.		
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.		