



Our body has natural electromagnetic fields which is low in density & help with our body's Qi (energy) circulation, nervous system functions & metabolism. While external electromagnetic fields are high in density & may be harmful to our health's immune system.

Do you ever feel a tingling sensation when you touch your phone, computer's keyboard or mouse, etc? It could be a sign of electromagnetic radiation's issue! If your work is connected with computers, electric devices or machines, you need to protect yourself against the negative effects caused by external electromagnetic radiation because in the long run, they may cause health problems like depression, poor immune system, poor memory, sleeping problems & stress, etc. Use 10 to 20 minutes of your lunch time to help reduce its negative effects. It also helps to ease fatigue & stress. Some preventive measures are:

(1) Dry your hands completely with a dryer whenever you wash your hands because the electromagnetic radiation may penetrate through your fingers or hands into your body. If no

dryer is available, rub both hands till you can feel a warm sensation. Shall you often experience the tingling sensation on your fingers, advisable to wear cloth gloves to reduce the tingling sensation.

(2) If you have sweaty palm, do wear cloth gloves because the electromagnetic radiation may penetrate through your sweaty palm into your body.

(3) Soak your hands in warm water for 10 minutes which can help to improve better Qi (energy) circulation & reduce the electromagnetic radiation.

(4) Do not put your hands on top of the devices or machines because the electromagnetic radiation may penetrate through your hands into your body.

(5) Apply 10 minutes hands' acupressure or massage which can help to improve better Qi (energy) circulation & reduce the electromagnetic radiation.



Most importantly, take more alkaline foods to reduce the electromagnetic radiation. Some alkaline foods are:

### **Recommended Food Sources For Electromagnetic Radiation Detox**

- Acidophilus, Aloe Vera, apple cider vinegar, barley grass, cucumber, fermented vegetables, fresh coconut, green beans, green peas, mushrooms, seaweed, wheatgrass, yogurt, etc.



- **Diet 50% of fruits & vegetables especially Green color fruits & vegetables.**
- Daily drink 8 to 10 glasses of water (Eg: distilled or mineral water).

### **Avoid or Least Intake For Electromagnetic Radiation Detox**

- Alcohol, caffeine beverages, carbonated beverages, cold or raw foods (Eg: iced drinks, salads or brown/ tan & white fruits & vegetables) & dairy products except yogurt, fried or greasy foods, processed foods & refined sugars (Eg: biscuits, cakes & pastries), etc.
- **Avoid smoking.**

### **Supplementary For Electromagnetic Radiation Detox**

- **Herbs & Natural Extracts:** Acidophilus, Alfalfa, Aloe Vera, Apple Cider vinegar, Barley grass, Chlorella, Dandelion, Kelp, Lecithin, Maitake, Multi-Enzyme, Probiotics, Wheat grass, Willow Bark, etc.
- **Amino acids, Vitamins & Minerals:** Calcium, Magnesium, Phosphorus, Potassium, S-Adenosyl-Methionine (SAME), Vitamin A & Vitamin B complex, etc.

Try out our Tea recipes & remedies:

- (1) [\*\*Apple Cider Vinegar Ginger Tea \(For Cold Body System\)\*\*](#)
  - (2) [\*\*Apple Cider Vinegar Peppermint Tea \(For Heaty Body System\)\*\*](#)
  - (3) [\*\*Hand Bath: Apple Cider Vinegar Ginger Detox \(For Cold Body System\)\*\*](#) and
  - (4) [\*\*Hand Bath: Apple Cider Vinegar Peppermint Detox \(For Heaty Body System\)\*\*](#).
- Apply in conjunction for a quicker & better efficacy.