

## **A New and Amazing Approach to Living a Stress Free Life**

Teachers Health Week October 2007

We have all embraced technology and few people would be willing not to have the benefits, but unfortunately many people are affected by Electromagnetic Radiation (EMR). If you have been or are exposed to radiation the energy of the thymus gland can be affected, and also your meridians each one connected to a different organ in the body

People who have puzzling health conditions that just won't go away, including headaches, heavy and unrefreshing sleep, poor circulation, irritability, finding it hard or lack of concentrate would be wise to check out if radiation is affecting them in some way.

Some examples of EMR hazards experienced during the day are

- Fluorescent Lights
- Mobile Phones, even when turned off, worn on the body
- A battery or solar powered watch worn on the wrist
- Sitting for long periods of time in front of a computer

For people who are stressed, not sleeping very well, or have a lot of neck and shoulder pain, or just feeling tired should look at their bedroom. Bedrooms are a place where you rest and rejuvenate your body for the day ahead. And quite often when feeling ill you will go and lay down on your bed.

Bedrooms should be used only for sleep and sex, yet a lot of people have their bedroom crowded with electrical appliances.

These could be:

- Digital Clock Radio
- Charging mobile phones and blackberry's beside the bed
- Electric Blankets, heated water beds
- TV's, DVD players, sound systems.
- Anything with a transformer.
- Motors of air-conditioners, water heaters, or refrigerators in the next room.
- Meter Box for the house at the back of the bed.

The above are just some of the hazards to look at especially if you are not sleeping or feeling tired, or having recurring illness, that just won't go away. The most important thing is to take these objects and remove them from the bedroom and keep them as far away as possible.

Many people notice this when they move house, and find they are not getting a good nights sleep. Quite often it can affect one partner and not the other. Intuitively they may feel something is wrong.

Of course it is impractical to do without the benefits of technology, but being aware of electromagnetic radiation, you can take a few steps to minimize their toxic affects.

A skilled kinesiology practitioner can check out if EMR radiation is affecting your health and what to do about it.

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From: Living with Radiation a Kinesiology Course by Malcolm Chaffer, Kinesiologist, Herbalist, Homeopath and Researcher [www.centralcoastkinesiology.com.au](http://www.centralcoastkinesiology.com.au)