



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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WWW.NATURALHEALTHRESEARCH.ORG

Electromagnetic Fields (EMF's)

Electromagnetic fields (EMFs) are invisible areas of energy that are produced by natural and man-made electricity. They can also be known as electromagnetic radiation (EMR) or electromagnetic energy (EME). EMFs are an essential part of the physical world. They occur naturally in our bodies and from the magnetic field of the Earth and the atmosphere. Man-made EMF sources are pervasive in society and our exposure has increased to unprecedented levels. Powerful EMF's are being generated from WIFI, cell towers and other communication towers, "smart meters", subway rail systems, medical MRI equipment, high voltage power lines, transformers, cell phones, household electricity, and electrical appliances. This increase in exposure has been accompanied with an increase in various health problems.

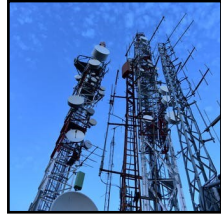


According to some scientists, EMF's can affect your body's nervous system and cause damage to cells. Some people have reported experiencing symptoms that include: headache, depression, fatigue, sleep disturbances, nausea, irritability, anxiety and skin burning or tingling.

It is nearly impossible to completely avoid radiation from EMF's, but you can take the following steps to lessen your exposure to it.

- Buy an EMF protection cell phone case
- Avoid body contact with your phone - use the speakerphone function to talk on your phone
- Avoid having electronic devices in your bedroom, including your cell phone
- Unplug electronic devices, especially TVs, computers, and microwaves, when not in use
- Turn your WiFi off at night or when you are not using it
- Keep your cell phone and tablets at a distance when you are not using them
- Avoid placing laptops and tablets on your body while in use
- Take some time away from electricity and devices, and enjoy the outdoors

In addition to reducing your exposure to devices, you can also provide your cells with added nutrients, such as antioxidants, that encourage cellular health and recovery on a continuous basis. Increase your antioxidant intake by eating more whole plant foods or supplementing with vitamins and minerals.



[Radiation from Cell Towers Base Station Damage Human Genes](#)



[Mobile Phone Radiation Associated with Genotoxic Effects](#)



[Radiofrequency Radiation in Swedish Schools with Wi-Fi](#)



[Electromagnetic Radiation Exposure Adversely Affects Reproductive Mouse Cell Function](#)

Upcoming Events



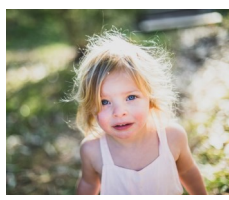
American College of Nutrition's Annual Conference
Personalized Nutrition 2019—Regenerate Health in Our Toxic Environment
November 13-15, 2019 in San Diego, CA

The NHRI will be an exhibitor and a sponsor at this landmark 60th annual conference.

The conference will showcase the latest science and solutions from the world's leading nutrition researchers and clinicians and environmental experts.

[View Details and Registration Information](#)

Recent Posts



Lead and Phthalate Concentrations Associated with Behavioral Outcomes in Children

Written by Angeline A. De Leon, Staff Writer. This study shows that although some indicators of child behavior were significantly associated with their urinary BPA and phthalate concentrations, the major chemical associated with adverse behavioral indicators was lead. [Read more »](#)



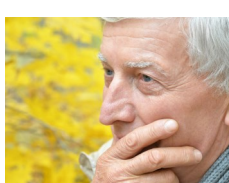
Lycopene-Rich Tomato Nutrient Complex Protects against UV Radiation

Written by Joyce Smith, Staff Writer. Lycoderm, a carotenoid-rich tomato nutrient, significantly protected against UVB-induced erythema and significantly reduced skin inflammation by attenuating levels of pro-inflammatory cytokines such as TNFα and IL-6. [Read more »](#)



Optimism and Healthy Aging

Written by Chrystal Moulton, Staff Writer. Women with high optimism were twenty-three percent more likely to experience healthy aging. [Read more »](#)



Fermented Soybean Shown to Improve Deficits in Mild Dementia

Written by Jessica Patella, ND. The results of this clinical trial suggested that Lactobacillus plantarum C29 can be safely administered to enhance cognitive function in individuals with mild cognitive impairment. [Read more »](#)



Magnesium-Zinc-Calcium-Vitamin D Combination Improves Gestational Diabetes

Written by Joyce Smith, Staff Writer. Study findings demonstrated that a six-week co-supplementation with magnesium-zinc-calcium-vitamin D significantly reduced biomarkers of inflammation and oxidative stress in women with gestational diabetes mellitus. [Read more »](#)

November is Diabetes Awareness Month

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans have diabetes — that's more than 30 million people. Another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk.

To help prevent type 2 diabetes:

- Watch your weight
- Eat healthy
- Get more physical activity



world diabetes day

14 November

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