

ABSTRACT

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Exposure to electromagnetic field radiation (EMFR) is unavoidable since the use of electronic devices for work and play is part of modern life. The power lines, cellphones, Wi-Fi routers, computers and other appliances emit invisible energy waves that may impact health resulting in symptoms such as headache, fatigue, stress, sleep disturbances, skin symptoms of prickling, burning sensations and rashes, muscular pains and aches, diarrhea, memory loss and other health problems. While most researchers do not believe that EMFRs are dangerous, there are scientists who question the safety of EMF exposure. The statement by WHO that not enough research into understanding whether EMFRs are safe has been around for decades, meanwhile EMFR hypersensitive people are suffering. Since we cannot live without being exposed to EMFR it is time to prevent the effects of EMFR by various methods which include protection from EMFR, reduction of exposure, detoxification and boosting the immune system by correcting nutrition as well as changing lifestyle.