



ENERGY HYGIENE

*Practical Guide
and Healing Checklists*

Stop and think about everything you do with your body in just one minute. Think about every breath you take, every beat of your heart. You move your limbs, you blink your eyes, you think about what you're going to do in that next minute and the next one and the next one. A lot happens in a minute. Your body never truly stops, not for one second. Even when we're sleeping your body is healing itself, your brain is communicating with the rest of the body and everything keeps functioning. Every single moment your body is doing something, and every single action requires energy.

ENERGY IS EVERYTHING.

We are built to self regulate and to heal, but we can't do that if we don't have the energy we need. And unfortunately, our modern world is increasingly becoming energy depleting. We are constantly being bombarded by waves and vibrations that are harming our bodies. Everyday seemingly benign and harmless technology is affecting our health. You couple that phenomena with the mounting daily stress and tension of the average individual, and the body itself cannot maintain the energy it needs to heal and stay healthy.

ALWAYS IN COMMUNICATION

Our bodies are a series of interlocking networks of communication. Every cell interacts with the cells around it in bigger and bigger circles until you have the entire body working in tandem towards a solution. These cells operate on the energy that they create within themselves, but as we get stressed or encounter environments that are damaging to our body, our cells produce less and less. Thus we produce less and less in our lives. Our cells lose their charge, and maintaining a good energy hygiene practice is the way to get that charge back.

In order to recover, in order to have the energy we need for everything in our lives, we need to look at the source of our problems. A lack of energy is the symptom, not the cause. In order to recover from a chronic illness, we need to apply therapeutic strategies that address not only biochemistry but often biophysics as well. Disease starts when there are energetic imbalances and blocks in the energy flow within the body.

Understanding and practicing basic energy hygiene is a powerful way to maintain and reclaim your health.

For more information, listen to Dr. Schaffner's Spectrum of Health podcast interview with Dr. Beverly Rubik Understanding the Biofield and Electromagnetic Fields





UNDERSTANDING WHAT IS COMING AT US

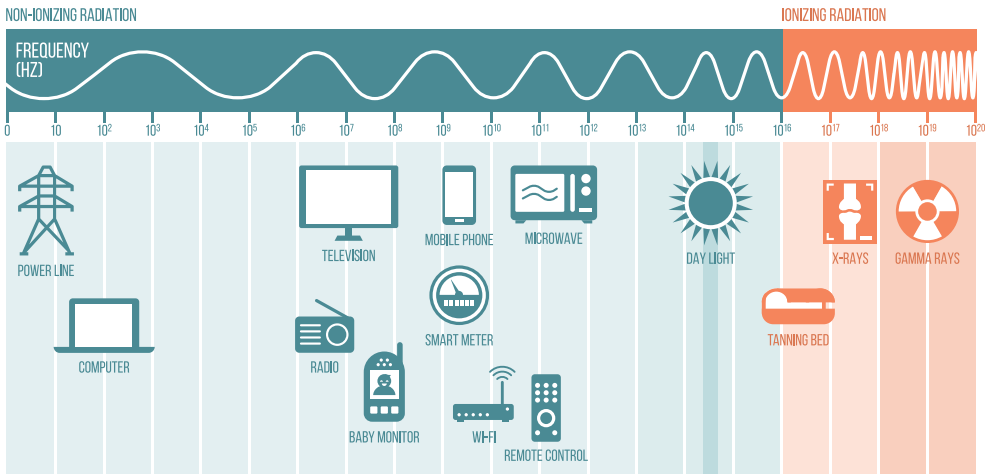
Electromagnetic Fields:

EMFs tend to be considered dangerous but the truth is not all electromagnetic fields are harmful. In fact, we have electromagnetic fields in our bodies.

We each have our own pathways of electricity within our body

- local fields that surround specific centers in the body
- the biofield that surrounds our entire body

These are all very weak electromagnetic fields, but they do exist within us. EMF is not inherently harmful, it is the frequency of the EMF that can be harmful.





SIGNS OF ELECTROMAGNETIC SENSITIVITY

- Burning or warm sensations in the face (similar to being sunburnt)
- Tingling or prickling sensations across the body or face
- Swelling in the mucus membranes around the nose, ears, throat, and sinuses without obvious infections
- Feelings of impending cold or flu symptoms that never quite arrive
- Issues with memory-loss, concentration problems, and dizziness
- Pains throughout the teeth and jaw
- Pains and aches throughout joints and muscles
- Extreme dryness in the skin and mucus membranes, this might include dry eyes, throat and mouth
- Palpitations in the heart or chest
- Nausea and headaches





TOP OFFENDERS

Wi-Fi

Wi-Fi is everywhere from your home, to office, to your local coffee shop. We are affected by our neighbor's Wi-Fi, and the Wi-Fi from the businesses we go into, and the cars that pass us on the street. Wi-Fi causes a host of issues in every part of the body, and there is no getting away from the exposure.

Most of us don't know how Wi-Fi works, we just want it to work faster. Wireless Wi-Fi routers use radio waves to transfer connection to a network from the router to other machines. The energy used for Wi-Fi communication is very similar to the radios used for walkie talkies. The router receives a signal, then decodes and the router sends the information to the internet using a physical wired ethernet connection.

If all the wireless emitters (both from internal and external sources) have been eliminated and symptoms persist, there is another possibility, and that is excessive Dirty Electricity and or magnetic radiation.

If there are circuits that are cross connected, lights and outlets will still work, but generate large magnetic fields. These are measured in mG or uT, and turn every live wire into a radiation emitting antenna.

This also magnifies the smart meter generated dirty electricity (2-50 kHz).



Dirty Electricity

One of the most dangerous but least addressed types of EMF is Dirty Electricity. Dirty Electricity is when the power lines and wiring within your home contain frequencies other than the normal 60 Hz electrical current. This is caused by spikes and surges within the wiring that shoot electromagnetic radiation around the home.

These surges and spikes are caused by things found in typical modern homes including Solar System converters, smart home appliances, and light dimmer switches.

The spikes and surges cause spikes and surges within our bodies that can affect our immune systems, may cause heart arrhythmias, and can create tingling and rashes on the skin. Health issues cause disrupted sleep, cognitive issues, and/or neurodevelopmental symptoms.



LED Light

LED Light is widely supported because it is an environmentally friendly alternative to the traditional lightbulb, however, LED is not good for our bodies. Compared to the traditional lightbulb, LED lights expose us to far more blue light. Blue light interrupts sleeping patterns and is also dangerous for our retinas and can lead to cumulative retinal damage.



To learn more listen to Dr. Schaffner's Spectrum of Health podcast interview with Milena Simeonova How Light Can Help or Hurt Your Brain

Many LED lights now have the capacity to connect to Wi-Fi. These light bulbs are called Smart LEDs and part of the Internet of Things, a movement where more everyday objects are becoming connected to the internet. Smart LEDs increase our exposure to EMF.

Another common offender is Fluorescent Lights, including CFLs, which are dangerous because they contain mercury and can emit Dirty Electricity.



Cell Phones

Cell phones emit two types of EMFs. The first is microwave electromagnetic radiation from the antenna, and the second is EMFs from the body of the phone. BOTH are harmful. Cell phones emit non-ionizing EMF which can interrupt brain patterns and affect your mental capacity. When we put our phones next to our heads to speak, 20-80% of the radiation leaks into our brains.

What many people don't realize is the tremendous health risk that still exists when they are not using their cell phones. If you store your phone on your body or in a pocket while it is not in use, the radiation continues to be absorbed by your skin.

To learn more about EMFs listen to Dr. Schaffner's Spectrum of Health podcast interview with Nick Pineault The Truth About EMFs and How to Protect Yourself





UNDERSTANDING WHAT'S ON AND IN OUR BODIES

It is also important to understand and identify areas of stress in the body. We call these interference fields. An interference field is an area of the body that can cause destabilization to the autonomic nervous system.

It is an area that has become depolarized or weakened due to previous trauma such as an old scar, concussion, or root canal tooth to name a few, which causes stress to the body. Even though a trauma may be very old and is no longer painful, it can still short-circuit the body's natural energy flow, reflexing to a specific organ or gland, creating chronic issues – often that seem “mysterious” and unresolvable with many types of treatment.

Over time, these areas can often bio-accumulate a broad range of environmental and metabolic toxins, which can act to block the normal energy flow of the nerve and meridian network of the body, thus perpetuating illness and preventing the body from healing.





TOP OFFENDERS

External Scars

- Mole or skin cancer removal scars
- Episiotomy scars, C-section scars
- Breast implants, and other cosmetic surgery
- Sports injuries, falls, cuts
- Shunt scars
- Biopsy scars

What to do: You can begin to break up the scar tissue by applying manually shea butter or wheat germ oil, or a formulated treatment such as Sophia Flow Cream. This manual application of one of those oils on a regular basis (at least 30 days) will break up the blockage.

Lymphatic congestion is very often the foundation for chronic or viral infectious stress. Sophia Flow is a powerful lymphatic detoxifying cream, based on decades of research, used transdermally to support the immune system.

Learn more about Sophia Flow™ Cream at www.SophiaFlow.com





HEALING CHECKLIST

Similar to brushing your teeth twice a day, you want to create a daily energy hygiene practice.

Use this list of powerful healing practices and products as a guide to get you started.

PRACTICES

Grounding or Earthing

Sinking your bare feet into grass, dirt, sand, or water is known as “earthing” or “grounding.” When skin comes into contact with the ground, the human body becomes a sponge that soaks up negatively-charged electrons from the earth.

Grounding neutralizes free radicals generated through inflammation, infection, cell damage, trauma, stress, and our toxic environments. An abundance of free radicals are responsible for some of our most threatening chronic conditions such as cancer, cardiovascular disease, diabetes, chronic pain syndromes, and autoimmunity.

Grounding is a simple, inexpensive means by which most of us can combat these destructive forces. The negative electrons absorbed from the earth quenches the free radicals and supports the immune system. Grounding also helps to establish a normal cortisol level at night, which can help to improve sleep and alleviate pain, and stress.



Yoga & Meditation

Yoga and meditation have been around for thousands of years and used as an alternative form of exercise to keep the mind and body healthy. Practicing yoga improves balance, endurance, flexibility, and strength, while meditation helps keep the mind sharp, relieves stress and anxiety, and can strengthen your immune system.

Scientists have also recently concluded that a regular yoga and meditation practice can reverse the molecular reactions in our DNA that lead to depression, anxiety, cancer, and other health problems.

Qigong

According to traditional Chinese medicine, the principles on which qigong is based, energy (qi) flows through our bodies along channels called meridians. When this energy is strong and flowing freely to all parts of your body, you are in a state of good health. Disturbance in this flow is thought to give rise to disease, and blockage of the flow is felt as chronic pain. Long-term exposure to big and small stressors, whether that's undergoing cancer treatment or simply handling the pressures of a busy life, depletes our supply of qi. The calm movements and breathing patterns that comprise qigong are designed to help restore a healthy, flowing balance of qi throughout your body, which helps improve your health and balance your mental and emotional state.



✓ Color

Color is a living energy whose power affects us on all levels. Color can change our lives. Color influences us and can change our feelings. It can be used to bring balance and harmony within the psyche and the body, it influences our moods, it affects our homes, our work space, our schools, our hospitals, our very existence. It is not only the color around you but also the colors of the food you eat.

Certain colors can also definitely affect certain diseases, build new tissues, burn out (cellular) corruption, cure certain nervous troubles and eradicate certain nervous tendencies.

Learn more with Deanna Minich's
Seven Systems of Health

| SYSTEM | SYMBOL | PHYSIOLOGICAL RESPONSE | EMOTIONAL | MENTAL |
|--------------|--------|------------------------|-----------|--------|
| 1. ENERGY | ⚙️ | ... | ... | ... |
| 2. VITALITY | ★ | ... | ... | ... |
| 3. INTUITION | ◇ | ... | ... | ... |
| 4. EMOTION | △ | ... | ... | ... |
| 5. SENSATION | ○ | ... | ... | ... |
| 6. ACTION | □ | ... | ... | ... |

✓ Tapping

Emotional Freedom Technique (EFT), which is also known as Mental Field Therapy (MFT), is a technique that involves tapping near the endpoints of “energy meridians” located around the body in order to reduce tension and promote a deeper mind-body connection. EFT works to direct the flow of energy in the body in a way that promotes well-being. This technique goes by a few different names, including Emotional Freedom Technique, EFT Tapping or simply Tapping.



PRODUCTS

Bio Mat

The Bio Mat is a state-of-the-art FDA-approved medical device that delivers therapeutic far infrared rays and negative ions, relieving pain and restoring balance and energy to the human body. They can improve circulation and cardiovascular function, relieve pain, improve immune function, boost skin health and reduce stress.

BEMER Mat

BEMER stands for Bio-Electric Magnetic Energy Regulation. The mat makes use of pulsed electromagnetic frequencies, or PEMF, to aid in the body's circulation. There are magnetic fields and frequencies all around you every day. BEMER uses these same types of frequencies to normalize and optimize the body's blood flow.

The improved circulation can assist with heart health and lowering blood pressure. Improved circulation can also help you breathe more easily, move more flexibly, and improve mental acuity. It also assists in boosting your immune system.

Ionic Foot Bath

An ionic detox foot bath is a natural method of assisting the body in eliminating harmful toxins, heavy metals, and other harmful foreign matter. A few of the benefits include purging of heavy metals, more balanced pH level, reduced inflammation, detoxifying the liver, enhancing the immune system as well as supporting liver, kidney, and parasite cleansing.

Infrared Saunas

Infrared wavelengths penetrate soft tissue up to an inch and a half, warming the body and opening blood vessels in a process called "vasodilation." Infrared saunas help with detoxification, arthritis, joint pain, immune support, skin conditions, heart health, and more.

Dirty Electricity Filters

Dirty electricity can be one of the highest sources of EMF radiation in your home. Fortunately, there are dirty electricity filters that can completely, and measurably, reduce or remove this source of radiation.

WHERE TO START?

Create a Safe and Healing Sleep Environment:

We need a nightly break from all the stress out in the world to repair and to heal. And if we don't have that restorative time, that's when we get sick. Here is your simple checklist to create a powerful and healing sleep environment.

YOUR ROOM

Install blackout shades. A dark room supports the pineal gland and assists with more restorative sleep.

Swap out your digital clock to a battery-operated clock

If you must use your cellphone as your alarm distance is your friend. Keep it on the other side of the room on airplane mode.

Unplug everything in your room

Basic solution: Add timers to your room outlets.

*** Upgrade option: Remove dirty electricity from your room by adding Stetzer filters in your room.*

*** Upgrade option: Install grounded outlets in your bedroom.*

Paint your walls with EMF shield paint

Pay attention to the colors in your room. Color is a wavelength — choose calm soothing colors such as blue, pale yellow and silver.

YOUR BED

Incline your bed five degrees to support your lymphatic system

You can do this very inexpensively by adding a book under your mattress. If you want to take it one step further: Look into purchasing a Samina bed.

Grounding pad

It is important to make sure your grounding pad is properly grounded by grounding in the Earth or plugging into an outlet that is grounded.

YOUR ROUTINE

Turn off your Wi-Fi router at night

Simple solution: Add a timer to your router

Turn off all electronics 2 hours before bed

Simple solution: Wear blue-light blocking glasses in the evening or go outside in the evening barefoot for 15 minutes. Putting your body in physical contact with the earth (called grounding) supports repair of the body and relieving stress.



HOW TO CREATE A GROUNDING BATH

2 - 3 times per week at the end of the day

WHAT YOU WILL NEED:

Epsom Salts (2 big cups)

Choose your favorite grounding essential oils such as:
Lavender, Vetiver, Frankincense, Palo Santo, Cedar, Sandalwood

INSTRUCTIONS:

Before turning on the water add Epsom Salts to your tub.
Next, add your essential oils to the Epsom Salts.
Once done, fill your tub with water.

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