



## EMR Tips “What really works to make your home safe and healthy”

### EMR Testing Primer:

5 types of frequencies should be tested to be sure your living space is safe.

1. **AC Magnetic Fields –**
  - o Low Frequency Polluters: dimmer switches, power lines, electrical wiring, transformers,
  - o High Frequency Polluters: energy efficient appliances, fluorescent & compact fluorescent lighting, dimmer switches, tv’s and computer monitors
- **AC Electric Fields –**
  - o Measures the actual body for attached frequencies from electrical fields in each room -Is it affecting you or not?
  - o Test the body in sleeping areas to determine what circuit breakers require a demand switch
- **Radio Frequency –**
  - o known as wireless or microwave radiation is electromagnetic radiation -frequency range 3 kHz - 300 GHz
  - o detects wireless devices, hidden cameras, cell phones, smart meters and should be tested
- **Dirty Electricity –**
  - o Electrical outlets emit high-frequency pollution found in the wiring system of your home or office
- **Geopathic Stress-**
  - o Underground Hartman or Curry lines, water streams, can cause sleep and health issues
  - o Water bottle test – simple to do at home, and you can send in your sample for an ART practitioner assessment.

**If you find you have issues that cannot be helped by our simple solutions, please contact us and we will recommend a Building Biologist to assist you with individualized remediation support.**

### Simple Remediation Tips

1. Turn off Cell phone when not in use and use in Airplane Mode reduces EMR
2. Do not sleep with your cell phone in the bedroom. Keep the bedroom clear of any wireless frequencies.
3. K-dwell cell phone chips and computer sticks convert the incoming radiation energy through minerals, homeopathics, and energized hologram transfer into the body raising vital energy levels, release energy blockages to allow energy flow through the meridians. Tests well for all. It does not protect, but treats the body.
4. Use battery powered alarm clocks
5. Invest in a meter to assess your living space or use a professional certified building biologist for home testing
6. Use a sleep Canopy to help with sleep issues for your immune system to “re-boot” during restorative sleep.
7. Move your bed location if you find you have too high frequencies along one wall of your room.
8. Use Stetzer filters in rooms where outlets with dirty electricity measure over 50 on the microsurge meter
9. Unplug appliances and lamps when not using a filter – plugged in they emit dirty electricity
10. Put your modem on a timer
11. Install demand switches in your bedroom if necessary per testing, to turn off your power at night
12. No metal in your bed, use a mattress or top pad with natural latex, cotton, wool materials as best options
13. Use cork tiles under your bed on the floor for geopathic stress ( sound reducing tiles work) Or grounded Foil for EMR.
14. Be smart and do not use ‘smart devices” when possible – less is more.
15. Take Technology Free holidays into nature. Grounding only with the earth, not to the outlets.
16. When you must use devices that emit radiation, limit the use and use with wise intention.
17. Rosemary Tincture and Propolis Tincture are radiation protective for your body, helps those using laptops.
18. Shielding curtains are good for your windows. Window glass allows outside radiation to enter the home.
19. Shielding paint must be grounded to your electrical outlets and used only if necessary. Ask for advice.
20. Smart Meters- are “RF enabled electrical meters” Wrap inexpensive aluminum mesh around the meter.  
Note; The one thing to keep in mind is that in the Northeast the RF enabled electrical meters are not as powerful as in other places in the country. Because of this it may not be easy to detect the pulses of the meter above ambient levels unless you are in the room where the meter is located. Also, these ‘smart meters” typically send out a very brief pulse every 30 seconds or so. First time meter users may not know what they are looking for or miss it because it happens so quickly and infrequently. **RF levels from cell transmitters are a bigger issue than the smart meters in large cities.**
21. Do not live in Fear. Fear is far worse for your health than anything EMR can do. Become educated, do what you can and incorporate these tips into your lifestyle and live above the radiation so it has no hold on your spirit.

### DIY- Easy to Use Measurement Meters for Electro-Magnetic in your Home or Office for Beginners.

These meters are recommended by certified Building Biologists. They are not the cheapest but offer the best combination of accuracy, ease of use and features so you can use the information for self-remediation. Many less expensive meters that make a noise when detecting frequencies are not as useful for remediation purposes, especially for 5 G frequencies. The advantage of buying your own meters is that you can use them at home, work, with friends and family over and over again. We distribute these meters for those in need. Contact us at [info@klinghardtacademy.com](mailto:info@klinghardtacademy.com) to purchase. 908-899-1650 or 908-414-0769 cell

## 5-G Detection - Most simple meters for Novice – use all 3 for full remediation

### 1. AC Magnetic Fields - UHS2 3-Axis AC Gaussmeter (\$310.00 Each)

This digital Gaussmeter is used to measure AC Magnetic Fields across 1 axis for source location or 3 axis simultaneously for total exposure measurements. The UHS2 measures frequencies between 13 Hz to 75 000 Hz (75kHz) Good for patients to use.

- Wide Frequency Detection Range 13 Hz to 75 kHz (75 000 Hz, including 5 G)
- Offers the option to measure with 3-axis simultaneously or 1-axis to aid in locating sources
- Capture Magnetic Fields from all low frequency polluters, sources such as all standard household appliances, electrical wiring and wiring errors, power lines and transformers
- Identifies higher frequency sources such as all energy efficient appliances, fluorescent and compact fluorescent lighting, dimmer switches and computer monitors
- Option to isolate and quantify the higher frequency signals (1kHz - 75 kHz)
- Low Batt will appear on the display when approximately 1 hour of battery life remains



### 2. AC Electrical Fields - Body Voltage Home Test Kit (\$169.00 Each)

Most Popular, Easy to Use Body Voltage Test Kit - Measures AC Voltage Present on the Human Body From Live Electrical Wiring in your Ceilings Walls and Floors

**Easy to Use Body Voltage Home Test Kit - Compatible with Bau-Biologie / Building Biology Measurement Guidelines** Know for sure" What AC Voltage is on your body

AC Electric Fields from live electrical wires are attracted to the Human Body. This test kit will indicate the level of AC voltage on the body from the surroundings. Determining exposure levels will complement measurements of an AC Electric Field meter

- Measures the amount of AC voltage attached to the human body from the following:
  - Electrical wires hidden in the ceilings, walls and floors
  - Overhead power lines - Power outlets - Extension Cords - Power bars - Appliance power cables etc...
  - Typically used in sleeping areas to determine what circuit breakers require a demand switch
  - For precise body voltage measurements in milliVolts
  - Complies with Bau-Biologie measurement standards
  - Detailed Body Voltage measuring instructions included
  - Complete with basic body voltage meter, hand probe, ground cable, and other accessories
  - Meter includes a standard 9V alkaline battery comes in a carrying case



### 3. RF- Radio Frequency - Acoustimeter AM-10 + Hard Shell Zipper Travel Case (\$376.00 Each) Easy to use, Extended Frequency range ( 5-G ) - Measures Radio Frequency / Microwave Radiation (200 MHz – 8.0 GHz) with Audio Signal Analysis, LCD displays peak and average values, Led indicators displays a quick visual of RF intensity **Wide Measurement Range, Easy to Use**

The Acoustimeter is a reliable, user friendly RF meter which enables you to make quick and informed decisions regarding the level and source of Radio Frequency signals in your environment. It comes equipped with two series of graduated LED lights and a LCD text display offering precise measurements with a lower update speed, giving you time to take note of the readings.

Detects Electromagnetic Radiation coming from your microwave oven, computer screens, modems, The LCD display offers high accuracy with a lower update speed, giving you time to take note of the readings. Good for patients.



**Best 5 G meters- The Acoustimeter and AC2 measure the 600 – 900 MHz, 2.6 GHz and 3.5 GHz 5G / LTE bands. At present there are no meter handsets that will work at the 28 GHz band. But, the 28 GHz band will be more localised as it doesn't pass through walls. At present it is not clear about the timing of the development and rollout.**

- Typically 25 hours on two charged 2700 mAh NIMH rechargeable batteries
- **Also offers:** A speaker (and audio output socket for headphones or to feed to an audio recorder), allowing you to determine, with a small amount of practice, what type of device is creating the levels that are present. Sound samples are available to help you identify what type of signal your Acoustimeter is measuring. The sounds made by different transmitters can change with time, so these are meant as a rough guide only. If you are subject to a number of sources of RF, the sounds may intermingle and be less easily identified. A built-in antenna located at the top rear of the case. Signals are best measured with the source behind the instrument, but also quite good with the source to one or other side (particularly the left side away from the switches and volume control). It under-reads if the source is in front of the meter as the LCD display acts as an RF screen.

## Advanced EMR and RF Kit – The BEST for Health Practitioners and Home Use \$675.00

Comes with Bonus EMR DVD set from Klinghardt Academy

### Designed for a more thorough monitoring of your personal EMF exposure and RF exposure

The MK20 Electrosmog Test Kit contains the Gigahertz Solutions ME3830B EMF Meter and the HF35C RF Meter.

Allows a typical home owner or practitioner to conduct a thorough EMR home assessment, identify sources and measure precise exposure levels.

Sources Identified: cordless phones, Wi-Fi systems, wireless LAN, cellphone towers, power lines, electrical installations and appliances, baby monitors and alarms, microwave ovens, cell phones, Smart Meters etc. Best Combination Set

Add the AC Electric Fields– Body Voltage Meter listed above, to make the kit complete



## Dirty electricity - Stetzer meter with Stetzer Outlet Filters

### Most important to protect what is coming from your outlets!

Stetzer "Microsurge" Meter \$125.00

Stetzer Filters - \$35.00 each

Box of 20 Filters - \$ 700.00



### Quick and Easy to Use

Used for symptoms of electrical sensitivity such as headaches, tiredness, poor short-term memory, fatigue, depression, nausea, rashes, irritability, or even chronic fatigue syndrome. High-Frequency EMF pollution that is carried in wiring has been shown to be the source of electrical sensitivity symptoms for some people. This high-frequency EMF pollution is produced by common household items such as electric motors (found in hair-dryers, blenders, can openers, etc), loose wires, fluorescent lights, transformers, and especially dimmer switches.

The Box of 20 EMF high frequency suppressors which are simply plugged into ordinary electric outlets, distributed throughout the home or office using the microsurge meter for correct placement. These suppressors will measurably reduce the high frequency EMF pollution in your environment. A number of people have reported immediate relief from electrical sensitivity symptoms with the use of the HF EMPOR.

The suppressors do not use electricity (but they could reduce your utility bill), nor will they interfere with any computers, TV's or other appliances. Installation is simple and enables you to avoid expensive electrician service calls. The suppressors are portable, so you can move them from one site to another. **This is NOT a bio-energetic device.** Special electronic circuitry simply drains the high-frequency pollution out of the wiring system.



This kit of 20 with the meter will effectively filter an average size home or office. If you have a large home or office, or a large number of EMF high-frequency pollution producers, you may need additional EMF high-frequency noise suppressors. 60 Hz, 120V North-American plug style only.

## K Dwell – Electrosmog Treatment Rides the Waves into your field.

K Dwell is a unique treatment that rides with the radiation giving the body a treatment for the immune system to handle being in the presence of EMF longer, made with homeopathics, minerals, and is energized. We find it tests well on all with Autonomic Response Testing.

It does not absorb, nor reflect radiation, but instead uses it to bring the treatment into your field. Remember to be smart, and to know that there is nothing to place on your phone or on your body that totally will stop the radiation coming at you unless you are in a canopy or faraday cage.

**Exposure always has effects so please follow the advice of limiting exposure to EMF.**

K Dwell – Cell Phone Chip \$75.00

K Dwell – Computer Stick and Pendant \$150.00



To Purchase- Discovery Health Solutions 908-899-1650 or 908-414-0769

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