



The Energetic Health  
Institute  
&  
Healing for the A.G.E.S.  
Present

# Your Complete EMF Guide

Authored By  
Dr. Henry Ealy



**ENERGETIC HEALTH  
INSTITUTE**  
*Let's Make Tomorrow Amazing!*



# Your Complete EMF Guide



**ENERGETIC HEALTH  
INSTITUTE**

*LET'S MAKE TOMORROW AMAZING!*

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# A Celebration of Solutions

You're eating right, you're exercising, you're getting enough sleep, but:

- Do you make sure your cellphone stays OFF your body at all times?
- Would you grab an ungrounded antenna with electricity running through it?
- Do you want tech companies (or your government for that matter) knowing your whereabouts at all times?
- Do you consistently turn off your cellphone antennae when they aren't in use to lower your exposure to EMFs emitting from your cellphone?
- Do you ground your cellphone, computer, and wi-fi router when using them, especially your cellphone or computer when touching them?
- Do you ground yourself at night as you sleep?
- Do you Earth yourself for at least 30 minutes each new day?

If you answered “No” to any of these questions, then this Complete EMF Guide from the Energetic Health Institute & Healing for the A.G.E.S. is perfect for you.

Dr. Ardis, Dr. Group, Dr. Ealy, and Dr. Schmidt are passionate about alerting as many of you as possible to the dangers of EMFs, and even more important, eager to share all of the helpful and healing solutions you can apply to your life to round out your healthy lifestyle and fight this age of bioweapons.

We invite you to celebrate the solutions with us and apply them to your life.



## About Healing for the A.G.E.S.

Healing for the A.G.E.S. is the vision of Dr. Bryan Ardis, founder of Ardis Labs, to bring together people who believe that natural medicine is God's medicine and, therefore, the best medicine to help us all navigate the current age of bioweapons.

In early 2023, after being repeatedly ostracized by white coat, cult of Asclepius, MDs for simply sharing verifiable research into deadly venoms and their influence upon the lab development of the SARS-COV-2 virus, Dr. Ardis had had enough. It was time to start working with the natural healers and existing organizations that were open to collaborating in order to understand the depth of the problem humanity now faces. So, Dr. Ardis contacted Dr. Ed Group, founder of Global Healing, Dr. Henry Ealy, founder of the Energetic Health Institute, and Dr. Jana Schmidt, founder of Jana's All Natural to see if an alliance was possible. Each doctor was enthusiastic, and Healing for the A.G.E.S. was born.

By September 2023, the "Fantastic Four," as they are lovingly referred to, launched the conference of the decade with more than 11,000 people in attendance ready to stop being patients and start being students of the natural healing way! Today the Fantastic Four continue to lead research teams around the world investigating how bioweapons are being unleashed and integrated into our lives and, more importantly, what we can do to solve the dire circumstances we all face. Every year Healing for the A.G.E.S. plans on hosting multiple conferences and monthly masterclasses to help share their research.

With complete faith, humility, and passion, Dr. Ardis, Dr. Group, Dr. Ealy, and Dr. Schmidt work tirelessly every day to be of service and prove to the world that there is a better way than the pharmaceutical industry when it comes to healing.

Their collective mission is simple—"To Re-Enlighten."



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## About The Energetic Health Institute

On December 5, 1999, Dr. Henry Ealy pondered, “What if there was a school that provided the most complete education in natural medicines and holistic healthcare? What if it could be a home to some of the best teachers in the world and attract amazing students, eager to make a difference? And, what if it could become the pebble in the pond that creates ripples of healing waves throughout humanity, bringing us closer together and showing us what really matters?”

Dreams this big aren’t possible alone. Dr. Ealy was told this dream was too big or it wouldn’t happen, but he took that negativity like a vitamin and over time, his dream began to manifest.

EHI exists today because thousands of people embraced the aloha spirit and helped to create and shape its community. They have taught, worked with, and shared beautiful life-enriching experiences making the Energetic Health Institute—A School for Amazing People—Just Like You!

The common thread that continues to hold EHI together, nurturing growth and success, is the aloha spirit. Studying and working with EHI embodies the aloha spirit, which is then carried out into the world.

### The Mission

- To create a truly special experience students will love for a lifetime.
- To empower each student to heal what hurts, love themselves unconditionally, and discover what life feels like at their best.
- To share knowledge from the heart for the betterment of all.
- To graduate exceptional healers dedicated to making tomorrow amazing!
- This is **OUR** school.

For more information about becoming a student at the Energetic Health Institute, visit the website at: <https://www.energetichealthinstitute.org/>







# TABLE OF CONTENTS

Just a Thought	1
What We've Found	3
Mother Earthing	4
Voltage Direct Current (VDC)	5
Mother Earthing Versus Grounding	8
A Word of Caution	9
Ground Sleep System	10
Grounding Sleep System Enhancements	12
Grounding Mats & Blankets	13
Grounding Shoes & Sandals	15
Healthy Habits for Earthing & Grounding	16
Healthy Habits for Cell Phone Use	16
Healthy Habits for Computer & Wi-Fi Router Use	18



“How can I shield myself from all this harmful 5G?”

## Just A Thought

If ever there was a frequently asked question, like a Kenny Loggins song, This Is It!

***“How can I shield myself from all this harmful 5G?”***

We can't tell you how many times we've been asked this question, not with an innocent conversational curiosity, but rather with a palpable and weary desperation. It's asked with a deep intuitive knowing that something isn't right...

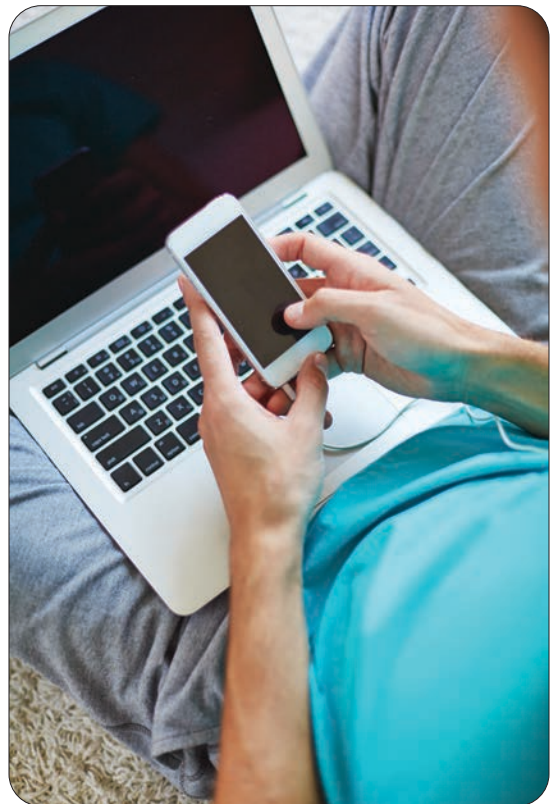
... and while it might be invisible, it is definitely felt.

***“Why does my hand and arm tingle when I hold my phone for too long?”***

We can confidently tell you that is your body's warning sign to you that you have accumulated a toxic level of EMFs.

So, what's happening to your body when the EMFs accumulate?

Literally, your Voltage Alternating Current (VAC) increases as we demonstrate in recorded testing videos. And your VAC increasing is not a good thing.



***“When are you going to come out with your guide for shielding EMFs?”***

We’ve gotten this question a whole bunch too. And to that we say, the next time we test an “EMF shielding” device that works, it will be the first time.

Almost \$20,000 spent testing EMF shielding devices, including everything from SMART meter “shields” to shielding curtains to laptop shields, so you can set your computer near your reproductive glands. We’ve tested phone cases that claim to shield you from harmful EMFs... and not one... not a single one has passed our tests yet.

We’ve invited “experts” on shielding to brief our research team so we can understand how they test their shielding products. Thus far they have given us only excuses as to why they can’t meet with us.

We’ve run tests, we’ve repeated the tests. Tests like a \$100 laptop shield so you can sit your computer on your lap with the claim that it reduces up to 99% magnetic and electric AC EMFs. It even claims to reduce Radio Frequency (RF) EMFs. What an incredible laptop table right?!

Now you can safely sit with your ungrounded computer right on your lap as you watch your favorite movie. There is no need to change your unhealthy behavior.

Our testing demonstrates that when you sit with your computer on your lap, you are exposing yourself to toxic levels (off-the-chart levels, really) of magnetic EMFs. So, this shielding laptop table is God-sent right?!

Wrong...

It took us longer to take it out of the box than to prove it didn’t perform as promised. And it certainly didn’t lower toxic magnetic EMFs by 99%. The laptop shield didn’t lower magnetic EMFs by even 100%. Excellent way to spend your hard-earned money, right?!

We’ve tested cellphone cases that actually amplified the EMFs emitted from the cellphone.

We’ve videotaped each of these cases, and no we won’t be releasing those videos or telling you which company for two reasons, (1) we don’t need the legal headaches that could distract us from our mission, and (2) we’ve found a much better approach to dealing with EMFs and companies that make products we’ve tested extensively—products that really work!

# What We've Found

Thanks to our research into quantum dots<sup>1</sup> and their potential role alongside venom-inspired spike glycoproteins<sup>2</sup>, plasmids<sup>2</sup>, genetically modified microorganisms<sup>2</sup>, and N1-methylated pseudouridine<sup>3</sup> in this genocide, we were able to see the problem of 5G EMFs from a different point of view.

Unless you are prepared to live in a thick-walled, concrete bunker buried deep within the ground; unless you are willing to live without a cellphone, a laptop computer, access to the Internet, and all the good that this technology does have the potential to be, then you are going to be exposed to 5G EMFs.

***“The greatest ‘shield’ against 5G EMFs is being connected to Mother Earth.”***

***—Dr. H :)***

And there's no amount of EMF shielding that's going to change that.

Now, we'll keep testing because there very well may be something out there that works, but while we do, let's use what we know works—Mother Earthing.



## Mother Earthing

Mother Earthing, or simply Earthing as many have termed it, is the most natural act of any part of your skin in direct contact with Mother Earth's electron-rich surface. Thank you to Clint Ober<sup>4</sup> and so many proponents of Earthing for their dedication to promoting both research and reliable products that work.

Thank you for realizing the hopes and dreams of the brilliant work of Lakhovsky.<sup>5</sup>

Mother Earth's surface includes grass, soil, sand, natural bodies of water,



saltwater pools, and even concrete (but not asphalt).

Touch Mother Earth with any part of your skin, and we can prove that your VAC drops to absolute zero volts. From here it gets interesting.

When your VAC drops to absolute zero volts, you enter into a teleportation device. You are directly teleported to what life felt like before AD 1835 when AC didn't yet exist.

Your body now gets to exit the 5G EMF world instantly in a manner of speaking.

Being in physical skin-to-Earth contact with Mother Earth allows any accumulation of 5G EMFs measured as an elevated VAC in your body to immediately clear.

It's as if an invisible power for healing places you back into electromagnetic equilibrium in no time and gives your body a tremendous opportunity to replenish electrons essential for literally every biochemical function in your body.

The result? Your physical, mental, and emotional states improve, Earthing (and Grounding) give you and your body a well-deserved break from the constant bombardment of EMFs for however long you remain connected to Mother Earth.

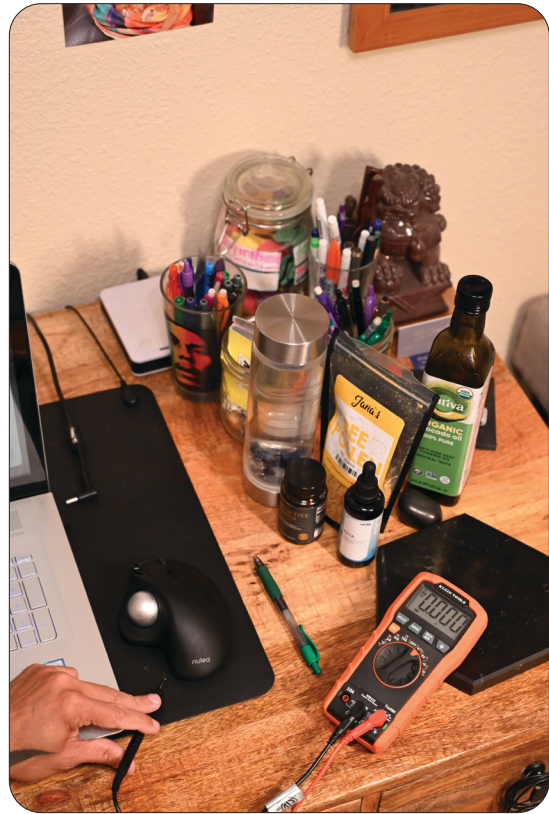


**FIG 1. HIGH VAC TOUCHING UNGROUNDED COMPUTER**

Did you know that after hours of 5G EMF exposure it is common for VAC to rise due to exposure? But that's not really a big deal if you take advantage of the free medicine Mother Earth provides. Simply touch her and all the chaos of 5G EMFs vanishes... and your Voltage Direct Current (VDC) becomes a very interesting topic of discussion.

### Voltage Direct Current (VDC)

After spending months testing the effects of EMFs upon my body, I've noticed that, after hours and hours of computer exposure, my VAC increases in positive charge.



**FIG 2. ZERO VAC TOUCHING GROUNDED COMPUTER**

I also notice that my VDC, that should be negative, is actually positive.

So how did I learn that the goal for healing is absolute zero VAC and negative VDC?

Because a simple question was asked: What happens when we Earth that makes being connected with Mother Earth feel so good?

When in direct contact with Mother Earth, VAC drops instantly to absolute zero. We know this, it is repeatable, and everyone we've tested this on results the same.

When in direct contact with Mother Earth, VDC becomes increasingly negative until a steady state is reached often taking 20 to 30 minutes at least.

Personally, I've observed my VDC starting at +30 to +50 mV following a full work day bathing in invisible EMFs around my workstation. This was observed before I began ensuring that my laptop and phone are grounded when I touch them.

Over the course of 20 to 30 minutes of Earthing, I observe that my VDC will become increasingly negative and

typically I will reach a very healing -70 to -90 mV while in direct contact with Mother Earth.

I can only speculate that this is due to my body accumulating essential electrons while Earthing as suggested by Chevalier.<sup>4</sup>

But why does VAC drop to absolute zero when Earthing?

I've reviewed several arguments and ultimately decided that the arguments are highly speculative. It just feels like an egghead war carried out by people

**FIG 3. ZERO VAC GROUNDED WORKSTATION**





with competing Grounding devices and devices for “safer” Grounding.

What I care about is that it feels good for my bare feet to be in touch with the grass, sand, or soil.

What I care about is that when my bare feet are in contact with Mother Earth, my VAC consistently reaches absolute zero instantly.

What I care about is that while my VAC is absolute zero, my VDC becomes increasingly more negative until steady state is reached.

Why?

Because this phenomenon is both measurable and reproducible.

What I care about is reproducing this exact phenomenon for hours and hours every night to help us navigate the minefield of bioweapons we are exposed to virtually every minute of every day.

What I care about is reconnecting humanity with Mother Earth every night and day. What could be more healing for us than this ever-present free medicine?

**FIG 4. ZERO VAC WHILE USING GROUNDING SANDALS**



With the understanding of what happens when Earthing, we now have a control to test Grounding devices against. If the Grounding device can reproduce what happens to us when Earthing, then it works. And it's really that simple.

## Mother Earthing vs Grounding

So, while Earthing is direct skin contact with Mother Earth, Grounding is the use of a device that helps connect us to Mother Earth. Today we live so insulated and disconnected from our Mother Earth; and what child can thrive cut off from a loving mother?

When we test Grounding devices, it's really astounding how many of them do exactly what they claim to do. In fact, we have yet to test one that hasn't worked, even though some Grounding devices do indeed work better than others.

This is a stark contrast to shielding devices.

We've tested sandals and shoes that clearly enable the connection between you and Mother Earth to be maintained, provided you aren't wearing socks that may insulate you and provided that the sandals or shoes are in contact with Mother Earth.

We've tested Grounding sleeves and Grounding mats. All have passed our

tests. All have recreated the dual phenomena of the body being tested reaching absolute zero VAC while the VDC becomes increasingly negative.

And we've tested Grounding mats, sheets, and pillows for beds. Imagine sleeping for hours at a time with the invisible shield of Mother Earth protecting your entire body.

Simply plug each Grounding device into the ground port of a properly wired electrical outlet and PRESTO... the Grounding device will connect you to Mother Earth.

As a friendly reminder, make sure you're in skin contact with the Grounding device and NOT in physical contact with any electronic device. It's no good to Ground (or Earth) yourself while touching an electronic device. That's it. It's simple.

When I wake now, I wake before my alarm goes off every morning. I wake clear headed. I wake ready to go and have noticed a clear increase in my athletic performance and endurance.

I wake after an incredibly restful and restorative sleep filled with wonderful dreams and the experience is consistent.

And we hope, with all our hearts, that this will be your experience as well.

## A Word of Caution

We certainly acknowledge that there are people out there who live in homes that are wired improperly. And we acknowledge that some people are incredibly sensitive to EMFs even in properly wired homes. Thus, more precautions may be needed.

Thanks to a conversation with a concerned friend of humanity, we acknowledge that there may be situations where a person may need to turn off the circuit breaker to the outlet they intend to use for their Grounding device. This would be to ensure there is no AC running through that outlet—AC that can “jump” to the home’s ground and travel into the Grounding device.

We acknowledge that there may be devices out there that can provide a safer ground at the outlet. Heck, we’ve even heard about people who’ve installed a dedicated copper ground outside their home exclusively for their Grounding devices. Yeah, I’ve done that for testing purposes, but have no intention of using it regularly for multiple reasons.

There will likely be situations where modifications and adaptations must be made. Our hope is that most Grounding devices will work as we have tested, and that you will come to find that which we have found.



### Dr. Jana’s All Natural Recommendations for Helping Your Body Thrive in EMFs

Surround your living and work spaces with plants. Cacti, spider plants, pothos, philodendrons, betel leaf plants, and broad green leaf plants are best...and they purify the air too!

Here are some great ORGANIC foods, herbs, and nutrients that help build your body’s resiliency to EMFs as well:

- Ginkgo biloba (The Bearer of Hope)
- Walnuts
- Aloe Vera
- Seaweed
- Moringa
- Saint George’s sword

Breaking our addictions to tech and developing much healthier habits that minimize focused 5G EMF exposure are essential skills in the age of bioweapons.

Mother Earth is the best shield we could ever hope to have, proving once again that the best medicines in life are free.

## Grounding Sleep System

The goal is to Earth and Ground for more hours in a day than you expose yourself to concentrated EMFs using computers, cellphones, and so forth.

We have tested this Grounding Sleep System. Please keep in mind that this presumes the home is wired properly or that there is a dedicated ground for the sleep system to be connected to.

Also keep in mind that people who are most electrosensitive may have a different experience due to their sensitivity. In these cases, we encourage the electrosensitive person to clean their internal environment, ensure that they are drinking Homebrewed Holy Water and taking in clean nutrition for electron replenishment, retention, and transfer. In these cases, we hope that the electrosensitive person

### Putting Your Sleep System Together

We will consider the mattress to be the base of the Grounding Sleep System.

1. Cover your mattress with a hypoallergenic, waterproof mattress cover to ensure that mold exposure is minimized while sleeping.
2. Place the [Earthing.com](https://www.earthing.com) Elite Mattress Cover over the hypoallergenic, waterproof mattress cover and plug in the grounding cord to a viable outlet per instructions.
3. Place the [Healthy & Grounded Earthing Fitted Sheets Deep Pocket](https://www.earthing.com) over the Earthing.com Elite Mattress Cover and plug in ground to outlet per instructions. **Note: Using a fitted sheet that is not a Grounding Sheet will block your ability to ground while sleeping.**
4. Use any flat sheets, comforter, and or duvet cover you like on top of your Grounding Sleep System. Organic is always better. Organic linen and hemp are the best.



**FIG 5. GROUNDING SLEEP SYSTEM WITH NO ELECTRIC EMFs OVER BED**

compares their experience on a Grounding device to their experience when Earthing, using Earthing as the control for what's supposed to feel right.

With the Grounding Sleep System, you will now be able to achieve absolute zero VAC and replenish electrons, as your VDC becomes increasingly negative until reaching steady state while at rest. A wonderful reproduction of the exact phenomena that occurs while you are Earthing.

Remember to have at least 70–80% of your skin exposed and in contact with the Grounding Sleep System.

Best practices are to bathe and exfoliate before bed to help increase conductivity created by moisture.

**Also, it's very important to refrain from using lotions or oils after showering before bed because they can block electron transfer into your body and damage your Grounding sheet.**

**Reminder:** Best practices are to never use technology while Grounding, and to instead ground the technology when using it. So, no more playing video games or watching videos on your cellphone while in bed LOL.

## Grounding Sleep System Enhancements

While the [Earthing.com Elite Mattress Cover](#) and the [Healthy & Grounded Earthing Fitted Sheets Deep Pocket](#) are tested to work beautifully together, and serve as the base Grounding Sleep System, there are a few enhancements we've tested as well.

If you are dealing with tinnitus or head pressure, then a grounding pillow may also be a worthy exploration for instance.

If you are dealing with back pain or pregnant, then a grounding body pillow can really help decompress the spine. And yes, Grounding Sleep Systems are perfectly safe for expectant moms and babies alike!

Our next enhancement does cost more, but like the [Aqua Energizer Water Structuring](#) device for your [Home-brewed Holy Water](#) that I shared with you last year (and swear by to this day), as you use this Grounding Sleep System Enhancement, you will feel it too.

Rife Machines are fantastic and offer the luxury of “setting the tone” all around your sacred sleeping environment. Rife Machines come with hundreds of preset frequency sequences for everything from infections to improving eyesight. And these machines can even be programmed



**FIG 6. RIFE MACHINE FREQUENCY GENERATOR**

so you can create your own frequency sequences.

My personal favorite sequence right now is 432 Hz, 528 Hz, 528.4 Hz, and 2720 Hz on repeat. Every night that it plays I have wonderful dreams. This has been the case for months. In fact, it's like night and day, weird dreams versus nice dreams when I don't use it versus when I do.

Why? Because good frequency matters too.

And in this case the frequencies the Rife Machine helps you create in your

bedroom can create a stronger field that effectively ‘shields’ the chaotic 5G EMFs outside your home, particularly when you turn off your wi-fi router and cellphone at night as we all should.

We do still have several shielding products to test for enhancement to the Grounding Sleep System and will update this document following the testing.

Imagine that there is a frequency shield to go with the shield of being connected with Mother Earth provided to us. Imagine that both are capable of creating a healing environment where you can finally rest and restore.

With many people reporting troubled dreams and ineffectual sleep due to many factors including 5G EMFs, perhaps our most effective strategy for defeating this evil includes reclaiming our dreams in an environment that connects us to Mother Earth, filled with frequencies that heal—just a thought.

## Grounding Mats & Blankets

The ones that we have tested and now use, you can find here at [Hooga Health](#) and back at [Earthing.com](#) and [Healthy & Grounded](#).

When touching technology, it’s important that the technology is grounded and that you aren’t, so the VAC you are accumulating in close proximity to technology drains from your body rather than your body acting as the conduit for VAC from the computer to reach the ground.

- **It is imperative that you Earth and Ground daily.**
- **It is imperative that you limit how long you are within 12 inches of ungrounded tech.**
- **And it is imperative when touching tech that you ground the tech rather than grounding yourself.**

As I type this, my cellphone is in another room on airplane mode, my computer sits atop a grounding mat, and I sit upon a wooden stool completely ungrounded. My AC Voltage sits at +0.316 VAC when not in contact with the computer but drops to +0.012 VAC when I start typing.

How do I know this is better? Because I’ve tested both ways. I’ve tested myself grounded touching ungrounded tech and

***“So, please do NOT touch technology while you are grounding or earthing! Instead, always ground your technology, then touch it..”***

***—Dr. H :)***

tested myself ungrounded touching tech while the tech is grounded.

When the tech is grounded and I, ungrounded, touch the tech, there are no “pins and needles” sensations of tingling running up my fingertips into my arms.

That tingling sensation we all have felt from prolonged use of tech is the accumulation of toxic EMFs upon the nervous, digestive, reproductive, and cardiovascular systems at least.

However, when I am grounded and the tech is ungrounded, and I touch the tech, I get that toxic EMF tingling sensation every time.

In fact, I just retested this scenario with me grounded, touching ungrounded tech.

My ungrounded VAC when not touching the computer is +0.254 likely because the computer was set a little further away. When I ground myself and touch the ungrounded computer, my VAC rises to +0.354 instantly as the

electric field emitting from the computer runs through my body to get to the ground.

So, please do NOT touch technology while you are Grounding or Earthing!

Instead, always ground your technology, then touch it.

And remember that distance matters.

The closer you are to a tech device with antennae like your computer, router, cellphone, SMART meter, Bluetooth headset... any 2-way EMF emitter, the more intense and harmful the toxic 5G EMF exposure.

The good news? This works both ways. With each inch of distance you create between your body and a tech device, the greater the exponential drop-off in both intensity and harm to you. So shielding isn't really the best approach in my professional opinion because it is impractical even if possible.

Earthing, Grounding, and creating healthy habits around tech is the best approach. We can confidently make this statement based upon months and months of testing to develop this celebration of solutions for you.



## Grounding Shoes & Sandals

We were skeptical at first, but we're always skeptical. What else is new?

The thought of sleeping grounded all night is already a huge win for us all. It's definitely on the level of [Homebrewed Holy Water](#), [Foreign Protein Cleanse](#), [Microsomal EDTA](#), and [Organic Bee Pollen](#) and [Ultimate Cellular Health](#) in terms of healing prowess in the age of bioweapons. We're talking essential lifestyle skills and natural medicines here.

So, the thought that we could be connected to Mother Earth for hours and hours each day while we sleep and even while we walk around is exciting!

We've tested four shoes from multiple companies, and each has been successful in Grounding. Some are more efficient than others, while the sandals from [783Harmony.com](#) have proven to be the best of a really good bunch.

Let's keep good businesses in business and thank you for using our affiliate links and codes when and where you can. Revenue from our affiliates funds continued research and testing to find solutions and guides such as this one.

With all that being said, let's share with you the healthy habits we recommend you integrate into your lifestyle in this age of bioweapons.



## Healthy Habits for Earthing & Grounding

Practice these healthy habits:

- The goal is to spend more minutes each day Earthing and Grounding than you do in the EMFs created by your computer, phone, router, and so forth.
- Earth for at least 30 minutes daily, preferably within 90 minutes of sunrise or 90 minutes before sunset when red light is most prominent. During this time, sunbathing is safest and most restorative to your cells via cytochrome c activation. Allow the sunlight to contact your solar plexus for optimal healing potential.
- Ground while sleeping every night.
  - Be sure your Wi-Fi router is turned off.
  - Be sure your cellphone is off or set to “airplane mode” with your location GPS antenna off.
  - Be sure your cellphone is at least six feet from your bed.
  - Be sure all tech, like TVs and computers, are off.
  - Rife Machines or similar healing devices are ok to be on while sleeping.
- Never touch tech while you are Grounded (or Earthing), especially while Grounding in bed.

- Always Ground (or Earth) your tech when in use.
- When Grounding always have your skin in direct contact with the Grounding device.
- When sleeping, it is best to have at least 70–80% of your skin exposed to promote skin to Grounding device contact to help your body get to absolute zero VAC or very close.

## Healthy Habits for Cell Phone Use

Consider these cell phone habits:

- Turn off all blue light.
- When not using an application for driving directions, keep your GPS location antenna turned off. **You will likely have to go into your cellphone settings to turn your location off.**
- We don’t recommend the use of Bluetooth earbuds.
- When not using Bluetooth, keep your Bluetooth antenna turned off.
- At home, use your Wi-Fi antenna and keep your LTE antenna turned off.
- Away from home, use your LTE

antenna and keep your Wi-Fi antenna turned off.

- The idea is to habitually control your cellphone antenna so that the ones you are not using are turned off, thereby greatly reducing EMF emission and exposure.
  - Activated antennae, not in use, unnecessarily expose you to invisible danger.
- **KEEP YOUR CELLPHONE OFF YOUR BODY!**
- When transporting your cellphone on your body, turn it off completely or turn airplane mode on at least.
  - It's dangerous to have a fully operational cellphone, with multiple antennae turned on, in contact with your body for more than 6 minutes in a 24-hour time period.
  - We have yet to test a shielding device that allows you to safely carry your cellphone on your body while it is connected to LTE or Wi-Fi.
  - It's easier and more affordable to simply turn your cellphone on and off at your discretion rather than spend your hard-earned money on shielding devices that don't work.
- When calling, never have your cellphone in contact with your body,

never hold it, never place it near your head, and keep it as far away from your body as you can.

- Place your cellphone on the Earth or on a Grounding device you are not touching when calling anyone.
- Use wired, plug-in earbuds with a microphone or speaker phone to help you maintain distance.
- When texting, gaming, watching videos, or using social media to inform yourself, never have your cellphone resting on your body or in your hand.
  - Place your cellphone on the Earth or on a Grounding device you are not touching.
  - Use a stylus to minimize direct contact—even further if you are electrosensitive.
- 10 to 12 inches (25 to 30 centimeters) is a good minimum safe distance from your cellphone when in use to reduce EMF exposure.
- When sleeping, turn your cellphone off or put it in airplane mode at least.
  - Always keep it a minimum of 6 feet from where you sleep and preferably in another room if it is charging.
- **When Earthing or Grounding, KEEP YOUR CELLPHONE OFF YOUR BODY!**

## Healthy Habits for Computer & Wi-Fi Router Use

Practice these healthy habits:

- Use of an Ethernet cable is preferred compared to the use of Wi-Fi.
- If using Wi-Fi, use the 2.4 GHz setting rather than the 5.0 GHz setting. This is slower, but also less harmful.
  - If you can turn off the 5.0 GHz setting on your router, all the better.
- Place your computer and Wi-Fi router on grounding mats.
- Never place your computer on your lap when in use. Prolonged and repeated exposure to the magnetic EMFs emitting from the bottom of your computer may be severely harmful to your health.
  - We have yet to test a laptop shield that reduces EMFs.
  - Distance matters. Each inch of distance between your tech and your body exponentially lowers your exposure to EMFs emitting from the tech device.
- Wood desks act as an insulating barrier between your tech and your body.
- Turn your computer and Wi-Fi router off every night while you ground your body.

FIG 7. MODEM AND WI-FI ROUTER GROUNDED



# Resources

1. <https://www.energetichealthinstitute.org/companies-we-trust/>
2. <https://thedrardisshow.com/shop-all/>
3. <https://globalhealing.com>
4. <https://www.janasallnatural.com/>

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11. <https://bioinitiative.org/>
12. <https://www.beeheroic.com/5g-and-the-bee-1>

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You can donate to support [our continued research here](#).

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