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15 Ayurvedic Tips For Reducing Electromagnetic Toxicity

1. Walk under moonlight, especially when the moon is full or near full.
2. Lay down on the earth: Clean sand or clay soil is the best.
3. Walk near water or under big, green trees.
4. Hug & hold a tree. Put your chest (heart area) against the trunk.
5. Rinse your face with cool water three to six times per day.
6. Apply a narrow strip of cheese cloth covered in Vaidya Mishra's skin clay across the eyes and temples before bedtime. (Clay should go on outside of the cheese cloth).
7. Give yourself a facial marma treatment before going to bed with Lalita Age-Defying Facial Cream.
8. Keep plants near the computer to absorb EMF.
9. Don't keep any electronic devices in the bedroom.
10. Stop TV and computer after 7 PM.
11. Spray Blissful Awakening spray in the air around the computer every 2 -3 hours when working on computer.
12. Rub or spray supersport cream on the hands and inhale the aroma every 2- 3 hours when working at computer.
13. Take a break every 2 hours and go outside in the fresh air.
14. Unplug electronic devices and turn them off when not using. This is especially important for cell phones and computers in the bedroom at night. Turn off wireless routers at night while sleeping.
15. Drink good alkaline spring water while working on computer.