

These Tips will help you cope with overloading your vibrational channels called *Nadis* with low level EMF and EMR from electronic devices.

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.
7. Give yourself a Facial Marma treatment before going to bed with Ageless Beauty Facial Cream. Ask Dr. Beech about how to do Facial Marma.
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. Drink good spring water while working on computer
13. Rub Flexible Flow cream on the hands and inhale the aroma every 2- 3 hours when working at computer.
14. Take a break every 2 hours and go outside in the fresh air.
15. Unplug electronic devices and turn them off when not in use. This is especially important for cell phones and computers in the bedroom at night.