

Strengthening Your Energy Field

Counterbalancing Earth's Dwindling Magnetic Field & Everpresent Electro-Smog

Marlenea La Shomb

November is an important month of thanks-giving for me, and especially to all my readers that have shared with me through this magazine. Without you, I'd have no reason to write. Thank you!

This article came together as a wonderful surprise, as it pulls together and builds off two of my favorite articles. First was my Sept–Oct 2014 article, “*Earthing—Getting Grounded to Mother Earth.*” Based on the book by Clinter Ober, it explained to me why I’ve always felt energized by going barefoot and connecting with our planet Earth—a 6-sextillion-metric-ton battery that is continually being recharged by solar radiation, lightning strikes, and much more. The rhythmic pulsations of natural energy flowing throughout and emanating from the Earth’s surface keep the biological machinery of all life running.

The second, more recently, was the July–August 2015 article entitled, “*The 4 Basics of Health.*” If you remember, this article talked about the how plants need sunlight, air, water, and earth in order to survive—our bodies are no different. We need these four basics in every cell to support life—it’s that simple. (Visit the NaturalLifeNews.com Archives to reread both these articles.)

In August 2015, Dr. Victor Francs, a naturopathic physician



and co-worker, referred me to a fascinating book: *PEMF, The Fifth Element of Health—Learn Why Pulsed Electromagnetic Field (PEMF) Therapy Supercharges Your Health Like Nothing Else*, by Bryant A. Meyers. Here’s where the surprise comes in: my two previous article align with Meyers’ work—and multiply it by 100%! Yes, we need the 4 elements of health—sunlight, oxygen, water and nutritional cell food (earth minerals). His FIFTH ELEMENT of health is the grounding to Mother Earth’s pulsed electromagnetic field (PEMF).

Bryant Meyers, MA, is a former physics professor, TV show host, and leading expert in the field of energy medicine and PEMF Therapy. For over 18 years, he has researched and tested over \$500,000.00 worth of energy-medicine and frequency devices, conferring with many of the world’s experts. Consequently, he HAD to write this book—who else has that kind of knowledge base in

this field to share?

In Bryant’s words: “The pendulum is swinging in modern science, from the old, Newtonian, mechanistic and reductionist approach, to a holistic and integrative approach that looks deep into how our entire body system works together.” He then goes on to explain how the human energy field has been measured: “The Universe is primarily made of energy and information fields, while particles and matter are simply excitations emerging from the field. Perhaps you are thinking this is a bunch of “new age” talk with no real science to back this up. Well, think again. The human, bio-energetic, holographic body is measurable up to 15 feet into space, as proven by modern science... As solid and static as the human body seems, it’s really an interconnected flow of information that’s not as solid and constant as you might think.”

He explains why the body’s *whole-o-gram* is understood and

utilized in therapies that employ “body mapping” of: the feet (zone therapy/reflexology), the eyes (iridology), the ears (auricular therapy), and the entire body’s meridians, as in Chinese medicine (acupuncture, etc.).

Why, at this time, do we have such a great need for reconnecting to the Earth and to supplement our access to PEMF? It’s a two-fold problem: 1) today’s magnetic field deficiency, and 2) electro-smog! He quotes from a Japanese medical journal that states: “4,000 years ago, estimates show, the strength of Earth’s magnetic field was 2.5 gauss. Today, it is only 0.5 gauss, which is effectively an 80% decrease.” This, he explains, has occurred from both natural and man-made causes.

Do you suffer from an electro-magnetic field deficiency? Symptoms, such as chronic pain and sleep disorders, become magnified when the body tests too low for access to the earth’s pulsating magnetic fields. Insomnia, decreased energy, chronic fatigue syndrome, and fibromyalgia have been linked to a deficiency in the Earth’s magnetic field. The need for PEMF in space, as NASA’s research shows, is undeniable and astronauts have devices in their suits to create supplemental PEMF.

What about electro-smog? The most common sources of Extremely Low Frequency (ELF) smog include: power lines, electric blankets, household appliances, TVs, especially plasma screens, computers, fluorescent lights, mobile phones, wireless networks, bluetooth devices—even cordless baby alarms.

Here are Bryant’s **Top Ten Actions Steps to Clear Your Home of Harmful Electro-Smog.** (He has separate section in his book for each of these.):

1) Get rid of cordless phones. Use

wired phones in your house.

- 2) Minimize cellphone usage, maintaining Airport Mode whenever possible.
- 3) Turn Wi-Fi off if possible, and directly plug in the Ethernet to your computer.
- 4) Get rid of all compact fluorescent light (CFL) bulbs and replace with incandescent, full-spectrum lights, if possible.
- 5) Avoid high-EMF appliances as much as: hair dryers, microwaves, plasma TVs, etc.
- 6) Do not use cordless baby monitors. There are safer “on-demand” or corded alternatives.
- 7) Avoid waterbeds, electric blankets, electric heating pads, and alarm clocks.
- 8) Avoid living near cellphone towers or high-voltage power lines.
- 9) Opt out of smart electrical meter installation.
- 10) Invest in an earth-based PEMF device.

We’re all suffering to some extent from Magnetic Deficiency Syndrome, along with overexposure to dirty electricity. Unless we supplement our daily lives with more exposure to Earth’s beneficial influence and/or some form of Earth-inspired PEMF therapy, our health will only decline.

What to do? First, reconnect to the Earth! Walking barefoot. Gardening. For mid-winter Montanans, there’s skiing and snowboarding, getting outside for walks, soaking in hot-springs mineral water, or a natural-mineral-salt bath at home. Get some hands-on therapy—massage, reflexology. Doing tai chi, qi-gong, yoga, or breathwork will increase your chi. Surround yourself with natural crystals, plants, salt lamps, and the liberal use of essential oils. Enjoy chanting, meditation, sound therapy (tuning forks, crystal bowls), and avoid “stinking thinking,” which drains your energy field.

Bryant also recommends several PEMF devices. A Kangen Water Ionizer machine, and a mat (such as the Biomat Infrared mat advertised in this magazine) are among them. Go to PEMFBook.com/recommendations for a list of the devices he recommends.

Check in daily with yourself. Did you give your body the Four Elements of health today? And now that you know about the Fifth Element of Earth’s electromagnetic field, strengthen your field from all five of these energizing resources today and enjoy! ■

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