10 Tips for Minimizing Your EMF Radiation Exposure while Traveling

By Virginia Brown, Occupational Therapist, President, BioElectric Shield Co.

1. **Avoid the airport walk-through scanners**
   - Full body scanners (“naked scanners”) are being used in close to 70 airports in the US. These full-body backscatter X-ray scanners use ionizing radiation, a known cumulative health hazard. Children, pregnant women, and the elderly are susceptible to the type of DNA damage caused by ionizing radiation.
   - My advice – opt-out – protect your body from the possible damage from a scanner.

2. **Shield your entire body with a [BioElectric Shield](#)**
   - The further you get from the Earth’s surface, the less protection you have from cosmic radiation.
   - Additional EMF exposure comes from cockpit computers, the jet engine, electronic sensors, electrical wiring in the cabin, static electricity from the fuselage, e-readers, IPads, and WiFi, which is now available on many planes.
• Based on **applied physics** the BioElectric Shield will: deflect radiation from any source of radiation, strengthen your immune system and protect you from other people’s stressful negative energy.

• Customer report: “I am in between flights and thought I’d pass along my update regarding the gold shield: On our flights to Australia I felt none of the normal fatigue & my energy seemed to maintain a balance. I only needed a short nap a few days later. As packed as our schedule was, it really seemed to help.”

3. **Wear EMF protective clothing**

   • You don’t have to buy special clothing. You can use a fabric rinse designed to impregnate your clothing with a layer of invisible but effective radiation shielding particles.

   • Yes, when you wash these clothes, you’ll have to use the rinse again, but it’s a great way to add a layer of EMF protection during your flight.

   • Order the **EMF Fabric Radiation Shield Rinse**.

4. **Sit as far away from the front of the plane as you can**

   • Avoid radiation from the cockpit and the jet engines. Being on an airplane exposes you to more radiation than a chest x-ray.

5. **Avoid the seats with TV Screens in the headrest**

   • If you want to avoid seats that have the TV screens in the headrest, see if you can sit in the back row

   • The back row is as far away from the cockpit as you can get without being outside the plane on the wing!
6. **International Flight – Reset your Watch & Catch a Nap**

- Reset your watch to the time of your destination country
- When its night time there, take some melatonin so you can go to sleep or at least begin to reset your biological clock. The BioElectric Shield also helps with this reset.

7. **Hydrate!**

- Drink plenty of water before and during the flight.
- Your body will handle any EMF’s better if it’s hydrated!
- Avoid carbonated drinks and alcohol.

8. **Prepare your Immune System**

- Eat probiotic-rich foods for days before you travel. Prepare your body to deal with the stress of travel and the EMF environment the plane creates.
- Good examples are sauerkraut and kefir.
- Bring your own protein-rich snacks for long flights. Skip eating on short flights.

9. **Work with Time**

- Avoid last minute stressors so you aren’t rushing to do anything before you travel.
- Be well rested before you fly – another way to counter the EMF stress on a plan.
10. Local Immune Boost

- Dab some lip gloss on your lips and on the inside and edge of your nostrils.

- The stickiness will grab the germs and block them from entering your airways. Once off the plane, blow your nose.

Protect yourself during travel and all the time with a BioElectric Shield.

Click here to learn more about EXCLUSIVE discounts for Summit Attendees
See the Buyer’s Guide for Choosing Reliable EMF Protection
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