



TIP 1

Fly At Night

You are exposed to more radiation while you fly in the daytime, less when you fly at night. Every cell needs iodine. Iodine protects from EMF's really well, and antioxidants, in general, are great for that.

So take **Ultimate Minerals** when you travel, a double dose morning and night. It is concentrated fulvic and humic acids from the Earth, a full spectrum of all 90 minerals and trace minerals (including iodine) from ancient plant deposits. Synthetic minerals, or supplements made from rocks and chalk, do not have the same bioavailability for the human body.

[Click here to view the resource >](#)

The background of the entire page is a blurred photograph of an airport tarmac. In the foreground, there's a dark, out-of-focus structure, possibly part of an aircraft or ground support equipment. In the mid-ground, a white cargo loader is visible. In the background, a large blue and white aircraft is parked at a gate. The scene is lit with warm, yellowish light, suggesting either sunrise or sunset.

Tip 2

Skip The Scanners

Opt out of the scanners at the airport. TSA won't allow babies to go through the scanner, even though they claim it's safe for everyone else. Remember, it's the cumulative effect of radiation that is the problem--not the single dose. It takes just a few minutes to get a pat down. I do it every time I travel!

A close-up photograph of a child sleeping peacefully in a car seat. The child's head is resting against the car seat's headrest. A green book is open next to the child, with some text visible on its pages. The car seat's fabric has some text and a cartoon character printed on it. An orange arrow-shaped graphic points to the right, containing the text 'Tip 3'.

Tip 3

Go Shoeless

When you're flying, take your shoes off in your seat and wear just socks. Then you will discharge some EMF, and when you get to your destination, walk, sit, or lie on the grass or bare earth for a few minutes, to discharge!

Could EMF Be Why Your Tired & Unwell?

**Learn how you can easily and inexpensively clean up the
“electrosmog” or EMF in your home.**

GET THE EMF ACTION PLAN NOW