

STUDIES

[Vitamin C and MF](#)

[MW, genotoxicity, spirulina](#)

[Moringa, RF induced infertility](#)

[RF, oxidation, garlic antioxidant](#)

[EMF aggravates under-nutrition](#)

[Oxidation and protection by garlic](#)

[Vitamins and glucose metabolism](#)

[MW, blood parameters, prunus avium](#)

[ELF redox effects blunted by vitamin E](#)

[MF effects on B12 dependent enzymes](#)

[Antioxidants depleted by mobile phones](#)

[Vitamin E, melatonin, static magnetic field](#)

[Vit. E, glucose metabolism, static MF, rats](#)

★ [Rosemary protects parotid glands, MW](#)

[Vitamin E suppressed genotoxicosis of MF](#)

[Possible effect of diet affecting EMF cancer](#)

[ELF magnetic fields, decreased Ca, Mg, Zn](#)

[Oxidation, antioxidant status, mobile phones](#)

[Vitamin E, EF and membrane destabilization](#)

[Green tea polyphenols protect brain from MW](#)

[Mobile phone oxidative stress, propolis extract](#)

[Gingko prevents mobile phone oxidative stress](#)

[Role of magnesium in regulating calcium efflux](#)

[Vitamin E protects brain tissue from EMF injury](#)

[Hippocampal dysfunction, helped by lotus seeds](#)

[Selenium, carnitine reduce effects of RF on heart](#)

[Chinese medicine nutrient diet, RF, hippocampus](#)

[Vit. C protects rat cerebellum, oxidative stress, RF](#)

[Vitamin C levels decrease in EMF exposed workers](#)

[Zinc prevents alterations from static magnetic fields](#)

[Zinc protects against oxidative stress from static MF](#)

[Vitamins E, C, protection against RF oxidative stress](#)

[MF, testicular effects helped by l-carnitine and co-Q-10](#)

[Vit. C, protection against Wi-Fi effects on liver metabolism](#)

[Olive leaf protects against MW induced metabolic disorder](#)

★ [Melatonin and omega-3 protective to hippocampus, MW](#)

★ [Gallic acid ameliorates MW. stress to prepubertal testes](#)

[Liudweidhuang pills, help against cellphone injury to testes](#)

[Selenium ameliorates MF induced oxidation status disorders](#)

[Ginseng protects against calcium homeostasis disruption by RF](#)

[Altered glucose metabolism, vitamin status, exposure to static MF](#)

[Mobile phone oxidative stress, kidneys, melatonin, propolis extract](#)

[Chinese herb Kang-fu-ling, neuroprotective antioxidant, powerful MW](#)

[Mutagenic effects, 1.8 GHz, WBCs, protective effects of ginkgo biloba](#)

[Vitamin E, catalase, SOD beneficial against some MF cell proliferation](#)

[Rosemary extract reduces apoptosis, sertoli cells, ELF-EMF exposure](#)

[Mobile phone radiation-induced free radical damage, helped by NAC, EGCG](#)

[Selenium reduces oxidative stress, mobile phone exposure, breast cancer cells](#)

THERE IS NO SUBSTITUTE FOR REDUCING EMF EXPOSURES. BECAUSE THAT IS IMPOSSIBLE FOR MOST OF US, WE MAY TRY TO MINIMIZE SOME OF THE ADVERSE EFFECTS. RESEARCH SUGGESTS THAT FOOD AND SUPPLEMENT SUPPORT MAY STRENGTHEN OUR TISSUE RESPONSES, OR AT LEAST HELP US REPAIR SOME OF THE DAMAGE.

NO SPECIFIC OR PERSONAL RECOMMENDATIONS ARE INTENDED IN PRESENTING THE INFORMATION CONTAINED IN THIS MAP. PLEASE CONSULT WITH YOUR HEALTH CARE PRACTITIONER BEFORE EMBARKING ON ANY THERAPEUTIC REGIMEN.



**EMF EFFECTS:
RESEARCH-BASED RATIONALE
FOR
NUTRITIONAL SUPPORT**

Dr. Mallery-Blythe Vimeo

Short Summary of Nutritional Protections

ElectroHypersensitivity Treatment Protocol

ARTICLES

★ [Fermented papaya?](#)

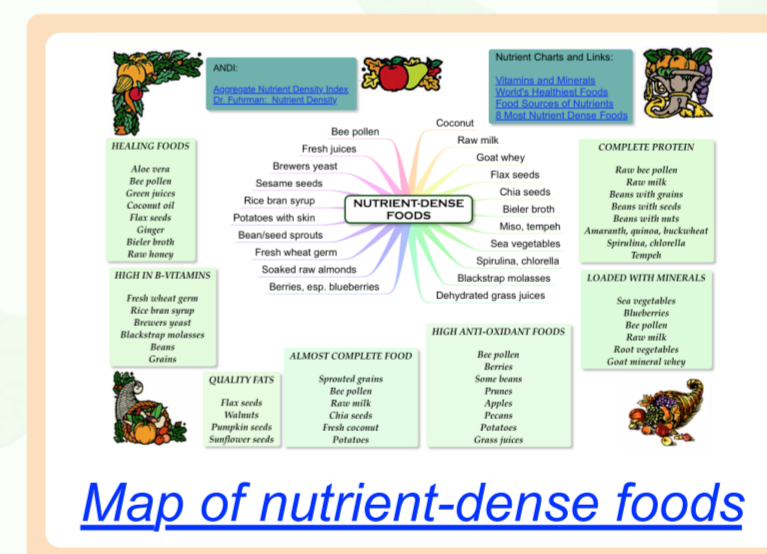
[Nutrients in treatment of ES](#)

[Supplements for EMF protection](#)

[Radio\[protective Yarrow complex](#)

★ [Superfoods to protect against EMFs](#)

[Rosemary extract for ion., NIR radiation](#)



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[EMF and DNA](#)

[EHS Therapies](#)

[Emf, Methylation](#)

[Mast Cell Response](#)

[Melatonin Hypothesis](#)

[Free Radical Damage](#)

[Methylation, Nutrients](#)

PARTIAL LIST OF NUTRIENTS, FOODS STUDIED

Vitamin C

Vitamin A

Vitamin E

Vitamin B12

Selenium

Zinc

Calcium

Magnesium

Coenzyme Q-10

Spirulina

Rosmarinic acid

Catalase

Superoxide dismutase

N-acetyl-cysteine

Epigallocatechin-gallate

Ginseng

Kang-fu-ling

Ginkgo biloba

Olive leaf extract

Lotus seedpod

Spirulina

Prunus avium

ADVERSE EMF EFFECTS WHICH NUTRITION MAY MINIMIZE

MAXIMIZE ENERGY AND REPAIR

Reduce adverse effects of nutrient triage

PROTECT MEMBRANES

Minimize free radical damage

Optimize substrate for ligand function

Optimize substrate for membrane fluidity

Optimize membrane repair

OPTIMIZE RECEPTOR FUNCTION

Sufficient magnesium to protect calcium channel

Optimal fatty acid balance for movement

REDUCE FREE RADICAL EFFECTS

Reduce triage effects of chronic exposures

Stop free radical cascades early

Provide substrates for endogenous antioxidants

Provide substrate for endogenous melatonin

Protect vulnerable mitochondria to maintain energy

REPAIR DNA, SUPPORT TRANSCRIPTION

Minimize cumulative effects of DNA damage

Protect against free radical pathology, cancers

Reduce risks to germ cells, gene pool

Optimize methylation for optimal transcription

MINIMIZE CIRCADIAN DISRUPTION

Provide substrate for melatonin production

Mealtime and natural foods support natural cycles

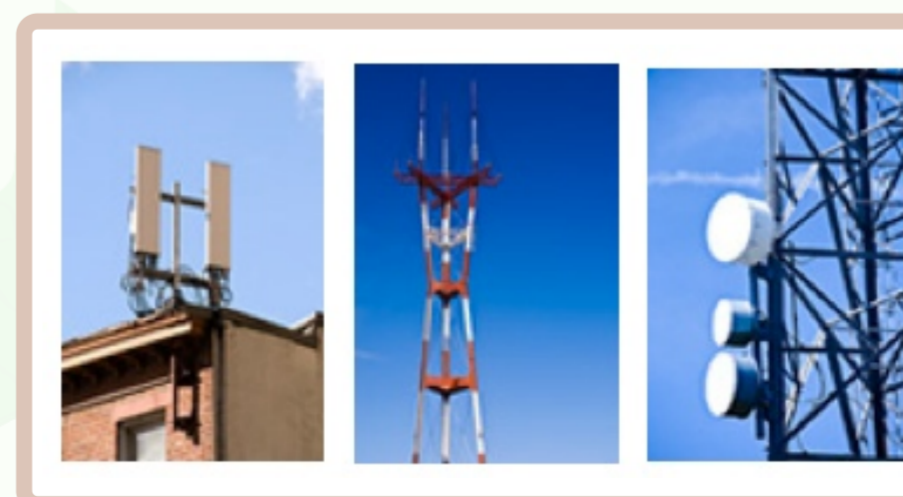
Eat foods in season for seasonal sugar rhythms

MINIMIZE HISTAMINE EFFECT

Support vitamin C, optimize tissue integrity

Support DAO by reducing stress on GI flora

Obtain specific antihistamines from local natural foods



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