

**August 2025**

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**Disclaimer:** All information in this newsletter is for educational and entertainment purposes. **It is not meant to diagnose, treat, or cure.**  
Please discuss your health concerns with a **qualified health professional of your choice**, including **holistic practitioners whenever possible**. Contact Nan for a list of possible alternative practitioners.

### **Back to School Edition**



#### **EMFs and Health: Mitigation and Prevention**

We are surrounded by computers, cell/smart phones, cell towers, and smart meters, all of which emit electro-magnetic frequencies (EMFs) which may cause or contribute to a number of health conditions. In May, I experienced EMF syndrome or poisoning on a business trip to Louisville, Kentucky. Since I live in the country surrounded by hills and trees, I don't carry a cell or smart phone, refused Ameren's smart meter, and basically have lower levels of EMF exposure, my body was not prepared for the onslaught of EMFs when I arrived at my downtown hotel. When I exited my car upon arrival, I felt I'd just been hit with a drug. I suddenly felt exhausted, weak, and rather sickish. I felt this way all weekend and wondered how I'd ever make it home feeling so lousy..

However, when I left Louisville, I got on the highway driving the 70 mph speed limit, and about 20 minutes later, I suddenly felt fine. What might have caused the sudden feelings of "lousy" when I arrived, then just as quickly feeling nearly 100% better outside of the city, I pondered. EMFs! I am still feeling some of the effects, however, so I've been researching. Naturopath Dana at Grace Wellness (see ad on p.4) ran a scan and determined I am massively low in magnesium and potassium. How can this be, considering the foods I eat and the supplements I take? Again—those nasty EMFs require our bodies have more magnesium.

...and remember—**children are returning to school this month and are surrounded by EMFs** via cell phones, computers, and nearby cell towers ALL emit EMFs. Children, therefore, also need protection. Again, talk with your wholistic practitioner to determine the appropriate levels of supplements based on your child's age and size.

Following are a few quotes I found regarding prevention, mitigation, and detoxing from EMFs. I also have a homeopathic blend specifically for EMF exposure which I now use, and it does seem to help.

"Signs and symptoms often associated with EMF exposure include **headache, lowered resistance to bacterial and viral infections, weakened immune system, accelerated aging, mood disorders, and anger.** EMF

**exposure alters your melatonin and serotonin balance, which can result in insomnia, inability to concentrate, fatigue, and depression.** In addition, the National Institute of Environmental Health Sciences has concluded that EMFs ‘should be regarded as possible carcinogens.’”

The author of this article also recommends the following foods and herbs to help detox EMFs:

Blue-green algae, propolis, turmeric with black pepper and ginger, rosemary, selenium and iodine, zinc, and vitamins C and E. Further, the author recommends the following: **Calcium**, 1,000 mg for men and women ; **Magnesium**, 310-320 mg for women, 420 mg for men; and **Potassium**, 2,600 mg for women, 3,400 mg for men. (Check with your natural health care practitioner before taking such dosages of these supplements. Food-based supplements are always preferred, if possible. Remember, medical doctors do NOT study nutrition!)  
<https://naturallysavvy.com/care/how-to-detox-naturally-from-emf-exposure/>

Another article adds the following magnesium rich foods: “Beyond leafy greens, other foods which are rich in magnesium include dark chocolate, nuts, legumes, seeds, avocado, banana, quinoa, figs, black beans.” <https://biosoulnaturopathy.com/could-magnesium-be-the-key-to-protecting-against-emf-effects/>

Each of the above referenced articles goes into more depth regarding how EMFs affect the body’s cellular responses to EMFs, so I recommend reading them if you are interested in more details. Also see Dr. Joseph Mercola’s interview at <https://media.mercola.com/PDF/ExpertInterviewTranscripts/Interview-MartinPall-TheHarmfulEffectsOfEMFOnHealth.pdf>

## **Aspirin and Your Cardiovascular Health**

Several medical journals in the last five years published articles about the **risks** of taking a daily aspirin to help prevent heart attacks and strokes. For more details, go to [https://www.ntd.com/many-older-americans-still-take-daily-aspirin-despite-warnings-survey-finds\\_1078449.html?src\\_src=ntddailynoe&src\\_cmp=ntd-2025-07-12](https://www.ntd.com/many-older-americans-still-take-daily-aspirin-despite-warnings-survey-finds_1078449.html?src_src=ntddailynoe&src_cmp=ntd-2025-07-12)

## **ADD, ADHD, and Autism: Natural Treatments** (Dr. Mark Schopp, see ad on p. 4)

As kids are getting ready to go back to school, we must look at ADHD. In addition, we must evaluate their diet. We all know the schools have no interest in serving a healthy lunch, and most likely most in charge don’t even know what healthy is.

One of the largest growth areas in medicine, especially in the U.S., is the so called “problem” child. Children diagnosed with ADHD are assumed to have a brain dysfunction or disease. Some disrupt in class. Others cannot sit still or concentrate. Some children have a hard time sleeping, cannot read or even sit down to eat. Many will just need a more suitable work environment because they cannot do well in an environment that is like a production line.

Children diagnosed with ADHD are assumed to have a brain dysfunction or disease. Seldom are nutritional deficiencies as well as diet considered. Eighty to ninety percent are boys. Schools want to label them as ADHD quickly and get them on medication so they calm down with the result of being easier on the teacher. Why would they do this? Schools receive a \$420 federal bounty for each student labeled “disabled.” Of course, that disability label sticks with the kid.

The treatment of choice for ADHD is medication. Sixty-two to seventy percent of children diagnosed with ADHD are prescribed some form of medication. Of those receiving medication, the majority are prescribed stimulant medications, primarily Methylphenidate (e.g., Ritalin, Concerta, Daytrana) or amphetamine-based stimulants (e.g., Adderall, Vyvanse). They are “speed” type drugs. But if you give it before puberty, it has a tranquilizing effect because it overwhelms the central nervous system. This will overwhelm the central nervous system; it “cuts down the motors”, but can make it difficult for the child to communicate and move properly.

THE DRUG FIXES NOTHING. Parents of children on it need to talk to who prescribed it about getting off. Never just stop the medication. I have had many patients start their kids on medications and then tell me they are well. They are not well, they are drugged.

In 1973, Benjamin Feingold, M.D., a pediatric allergist, told doctors attending an American Medical Association meeting that food additives caused 40 to 50% of the problem with hyperactivity. When children stopped eating food with artificial flavors, coloring and preservatives, they improved. So did other learning disabilities. Studies in the late seventies debunked his work saying the doses were too small to cause an effect. These studies were funded by the companies that were profiting from these products. They are companies like Coca-Cola, Kellogg's (eg Fruit Loops) and C & H Sugar. The very companies that were poisoning your children. Of course that was their findings. On any study, especially those that sound suspicious always look at who funded them.

Recent studies appear to indicate that there is no connection between hyperactivity behavior problems and refined sugars. Again, look who funded the studies. Big surprise, the food industry paid for the studies that found no fault with sugar. The studies not financed by the food industry found that sugar certainly does cause a problem. As Mark Wolraich, M.D., Vanderbilt Medical Center, commented: **"In my mind, sugar can affect almost any area of the body, one being its effect on the brain, causing behavior and learning problems."**

Foods high in refined sugars also tend to be high in artificial flavors, synthetic dyes, flavor enhancers, preservatives, other additives, altered fats, and refined flours. Aspartame is another problem as it tries to sweeten as sugar does. See my video on aspartame on my YouTube page, drmarkschopp. Frightening.

A large number of **nutritional deficiencies** can be a source of the problem. Treatment for these kids includes making some dietary changes and adding proper supplementation so they start to do better. ADHD may have many causes, most of which are controllable. Diet can be changed, poisons and synthetic chemicals can be eliminated, and whole, natural foods stressed along with food-concentrate supplements which approach specific needs. Some patience will be required as kids are addicted to sugars and processed food. Parents need to be on board. Since many victims of ADHD crave and prefer refined sugars and other processed foods, much effort and patience will be required to wean these kids off. They are addicted to sugar and processed foods.

Obviously, this is a topic which cannot be fully covered in a short article. It would take a lecture for at least two hours. There are many vitamins and minerals that need to be discussed that may be deficient. But starting to make dietary changes is a big step in getting a child to the point that they can have a better life free of medication.

### **Additional Resources for Information on Children's Health and Wellness**

WestinAPrice.org (the Westin Price Foundation)

Judy K. Gray. *Kids Need Care: Nutrition, Natural remedies, and Life-Guidance*. Buffalo Grove: Home Media, 2010. (Available at Natural Health and Home)

Aviva Jill Romm. *Vaccinations: A Thoughtful Parent's Guide*. Rochester: Healing Arts Press, 2001. (Available at Natural Health and Home)

Sandra Livingston. *Dr. Mom's Healthy Living*. Springville: Christopher's Pub., 2009. (Available at Natural Health and Home)

NVIC.org (National Vaccine Information Council)

ChildrensHealthDefense.org

**Dr. Peter Breggin** has authored several books on the adverse effects of medications given to children (including severe depression, suicide and homicide) and offers a free online education shows on *America Out Loud*. For his books, see *The War Against Children* (1994) and *Talking Back to Ritalin* (1998), among others.

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