

Protect your family from 5G wireless

This collection of video and suggested resources was so good, we wanted to give it a placement on our site for easy access and sharing opportunities – [Wireless Warfare Exposed. Includes ways to protect your family.](#)

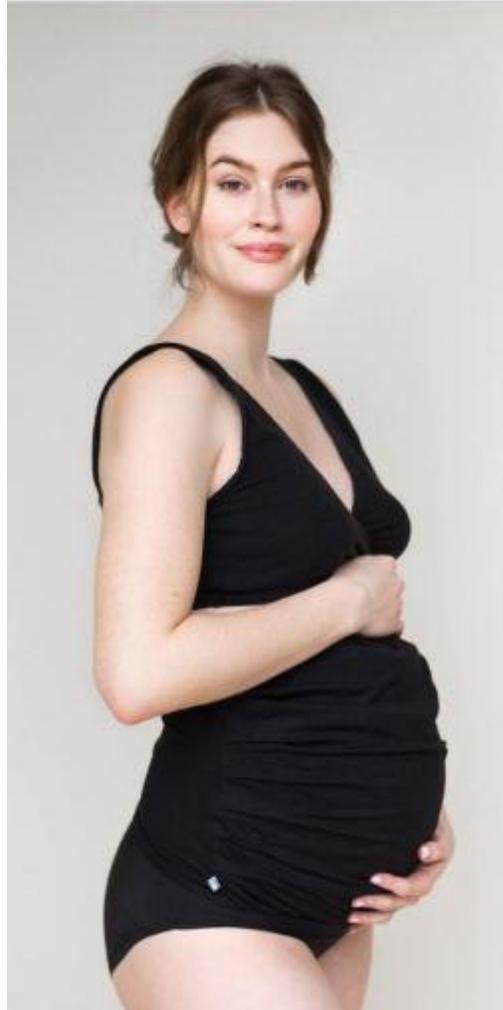


These are the recommended websites discussed in the video.

LONG LIST of studies with RF effects on biology along with the exact frequency type and power of each RF signal used as well as who performed the studies here:

[Reported Health Effects From Non-Ionizing RF Radiation](#)

Where you can [get RF meters](#) to check your own microwave/RF/EMF levels at home:



[3-Axis RF meter](#)

Where to get [Shielding Bedding to block RF](#): (also paint, curtains, fabrics, phone cases).

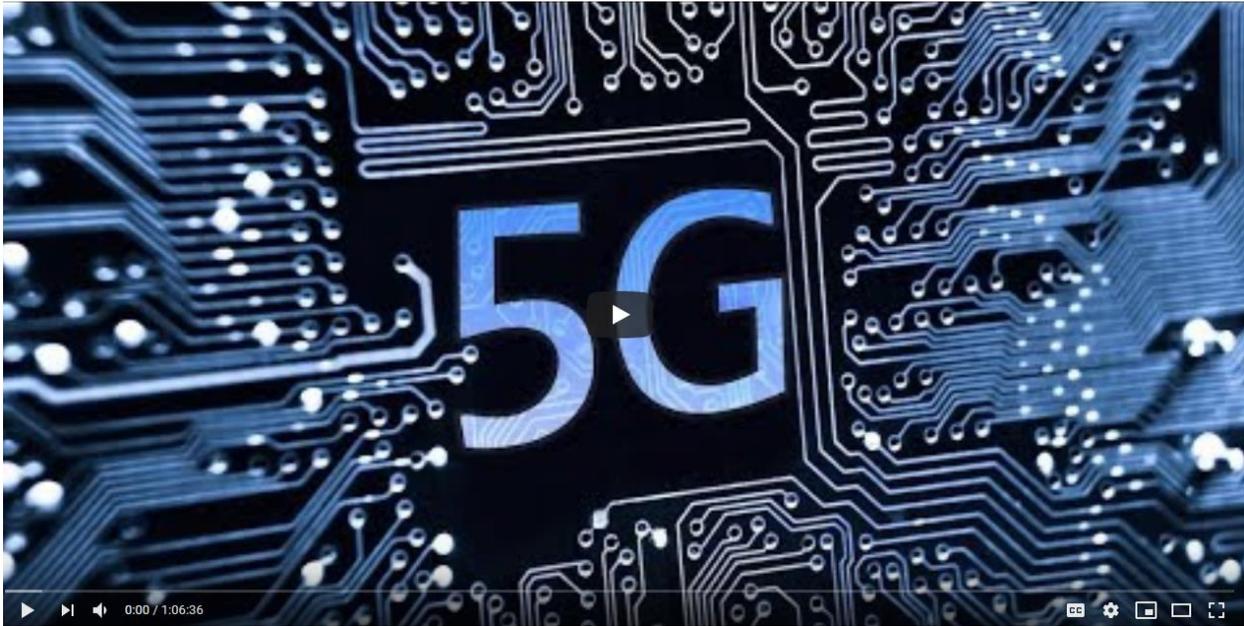
Gear to [Protect Mama and Baby from RF Belly Band](#) (Baby Protection)

[Belly Blanket Collection](#)

[Maternity Apparel Collection](#)

Router with EXTERNAL WiFi "OFF" button: N600 Netgear Dual Band Router WNDR3400v3

[Dangers of the 5G Wireless Network](#)



How to Antidote EMFs and 5G

Getting the Heavy Metals Out of Your Body

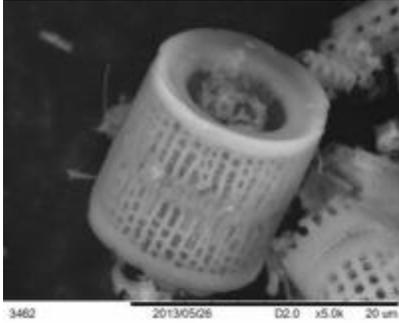
Heavy metals in the body act as an antenna for 5G and the dangerous metals and chemicals in chemtrails, not to mention the accumulation of pharmaceuticals and other poisons that haven't been flushed from your liver, tissue and blood, accumulating year by year, over decades.

We cleanse our own bodies using the following techniques:

For more on liver flushes, click here for the [Amazing Liver Flush](#). This is one of the lessons in the Ascend Program where you learn to cleanse your chakras from foundation to crown. If you haven't started this program, you might consider starting this program.

You will be amazed at the results. We were blown away.

After you have completed a series of liver flushes, you may want to try two other protocols that can eliminate heavy metals, pharmaceuticals, and poisons from your body.



We recommend Bentonite clay and Diatomaceous Earth.

[Ancient Minerals](#) has a really good clay, as well as a magnesium oil which is recommended in the ASCEND program.

DE can be picked up at any health food store. Below is a great article showing you its benefits. This can be taken daily to help flush out heavy metals.

[How to Use Diatomaceous Earth](#)

What Type of Metal to Wear?



As far as the metal that is recommended to wear, it needs to be attracted to a magnetic. It should be a metal that doesn't rust. If it meets both criteria, it will do the trick. Examples are stainless steel, meteorite, polished iron. This metal works because it grounds the electrostatic energy.

The picture below shows you the various ways that you can incorporate meteorite in jewelry. These are pieces of meteorite that are kept organized on a string, and might give you some

ideas of how you can use yourself. There are websites that use meteorite in rings – which is very cool.



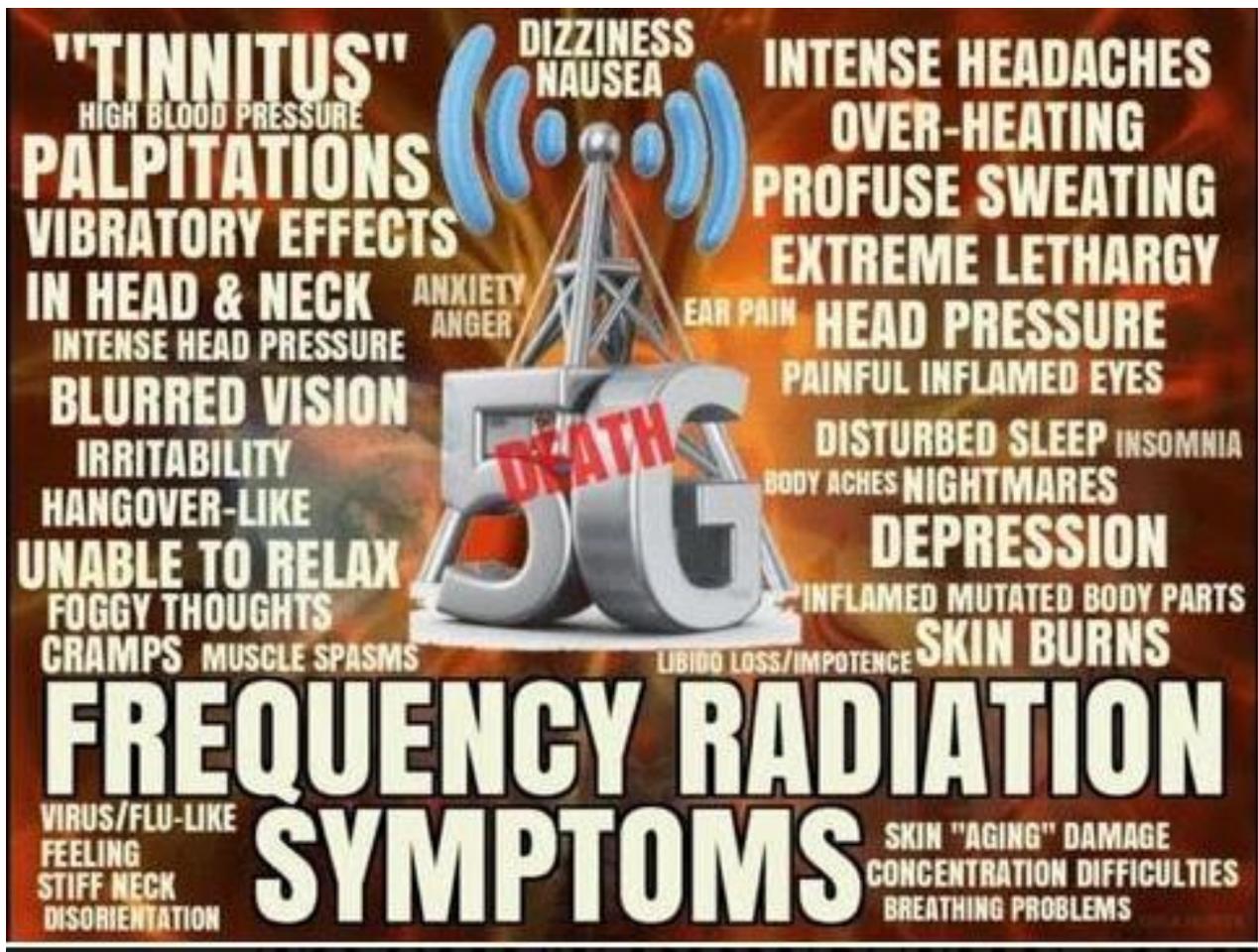


[Shungite, C60, Buckyballs, Ormus, and](#)

[Superconnectivity](#)

Thomas Paine and John Barnwell discuss some great ways to antidote 5G. Listen as they explore ormus, C60, shungite, buckballs, and superconnectivity.

We regularly update this article: [How to Antidote EMFs and 5G](#). Please share it with family, friends, and colleagues. This effects all of us – all of humanity.



Have you tried the recipe for colloidal silver water? [The Best Homemade Recipe for Multi-Use Colloidal Silverwater](#)

How to stay energized 24-7?

We take 15-30 mg of HEMP CBDs 3 times a day. You wouldn't believe how well it works for aches and pains. We have recommended this protocol to many folks who tell us that they also see great improvement in their physical and emotional well being.

Just go to a Specialty Cannabinoid Store and get a few bottles. **Remember, they will NOT WORK if you leave them in the bottle or forget to take them as scheduled.**



As far as the 5G technology and your sleep, we have readers commenting that placing sigils in their bedroom and around their beds has been helpful in eliminating the buzzing, ringing, static sound some people hear with 5g and other EMF fog. The sigils are free so download and use generously. How they work is explained here: <https://www.ourspirit.com/qube> and here <https://www.ourspirit.com/sigil>

Also, if you are in a state where you can purchase CBDs *made from cannabis*, try out some THC gummies or drops for a great night's sleep – even better than hemp CBDs. For the *entourage effect* use one of each just before bed. If you have medical issues that aren't resolved with these products, you might want to check out Rick Simpson Oil.

EMF/ Radiation Protection

Smart Dots <https://www.energydots.com/about-energydots/>The EMF protection device is programmed to harmonise EMFs from our much-loved gadgets using the process of entrainment.

Omnia – Stickers

<https://www.omniaradiationbalancer.com/pages/5g-protection-stickers>The Omnia Radiation Balancer('ORB') contains conscious energy technology combined with a brand new unit of energy (the 'Deca'). Very advanced - Quantum energy.

Quantum Healing Frequency Device –

This Device is the most advanced Quantum Technology available that I (Medyhne) am aware of. I use it every day. It has 120 Programs including a range of Protection Programs (against EMF Radiation & lots of things!) & basically reads your Quantum energetic field & fills in the gaps utilising 144,000 frequencies. It has 4 levels you can purchase - the highest level analyses your entire Quantum field & tells you what it is working on specifically (unbelievable... eg. it told me when I was working through an issue with my Dad what I was working on with him!)

[Medyhne](#) is a distributor so if you want to find out more or order one pls contact her (0408 547804 or Email: medyhne@medyhne.com)

Cellsafe - are a Aussie Company based in Australia.

<https://cellsafe.us10.list-manage.com/track/click?u=bfd10453924709cc403b96985&id=9f9d87ffca&e=0bbdf945b7>

Reducing Mobile Phone radiation & more...

QU Wave Radiation Protection – USA

<https://quwave.com/>

QuWave products are the only products on the market which have an active powered field generator. This electronic generator actually produces the high-frequency Quantum Scalar Waves which are coded with the low-frequency Schumann Resonance (or with some models, the Scalar Waves are coded with Solfeggio Frequencies).

CRYSTALS

Black Crystals like Black crystals such as hematite, agate, **black tourmaline**, and **onyx**, are power crystals that, like some red and scarlet minerals, relieve your fears of physical harm.(Don't forget to cleanse your crystals regularly too!!!)

1.[Orgonite](#)

Is one of the most common and popular to use for EMF'S. It is man-made from resin, crystal shavings and metals. This mixture of elements are combined to harmonise bio-energy or chi.

2.[Lepidolite](#)

Cleans electromagnetic pollution, good for computers. Dissipates negativity. Reduces stress and depression. A stone of transition, calming and supportive during deep emotional distress.

3.[Shungite](#)

Shungite protects against EMF's from computers and phones and is especially effective in the home around any electrical devices. It has Fullerenes which have powerful antioxidants. It cleanses water then

infuses it with potent healing vibrations. It has been used in Russia for a long time and is well known for its healing miracles.

4. [Black Tourmaline](#)

Cleanses, purifies and forms a protective shield around the body. Protects against EMF'S. Banishes feelings of being a victim, Attracts inspiration compassion and prosperity. Protects against cell phones, and strengthens immune system.

5. [Aventurine](#)

It defuses negative situations to positive. Aventurine stabilises the mind and stimulates creativity. Calms anger and irritation so you can live from your heart.

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BEST SECURITY MEASURES

Proton Emails

VPN Servers - These help with Data Security. I use Cyberghost & you can use these on multiple devices like Desktops. Browsers & Phones.

A VPN, or Virtual Private Network, allows you to create a secure connection to another network over the Internet. VPNs can be used to access region-restricted websites, shield your browsing activity from prying eyes on public Wi-Fi, and more.

<https://www.comparitech.com/blog/vpn-privacy/best-vpn-australia/>

SOCIAL MEDIA SECURITY

FB - Super Dodgy on many levels plus new laws coming 1st Oct make it more dodgy!

Parler - a FB alternative ...supposed Privacy. Freedom of Censorship. Quite Americanised in content.

WimKim - Supposed to be Freedom of Speech but crashed with an huge attack recently. Not set up well enough & attracting much negative content & energy.

Me We - apparent strong connections with CERN (funded by Rockefeller's & Deep State). Dodgy!

Cold Cast - meant to be Censorship free & No Big Brother.

Telegram - jury is out on this one ...many people use it individually & for Groups. We do know these Groups are often infiltrated by the controllers keeping an eye on it.

Trooth - Brendan Murphy (a good Aussie!) set this up - relatively small but growing...

Awaken - similar to Trooth

You Tube - highly censored & dodgy! (will be replaced)

Brand New tube - much better alternative to You tube

GAB – Alternative news – no censorship

ENERGETIC PROTECTION

PHONE APP - Energetic Protection - Angel Essence Protection for Phone App from one of our Lightworker Team - Sheena.

Also has beautiful Music & an Angelic Card Reading on it. \$13.95