



Things you need to know about your body and Negative Ions!

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Introduction

We live in interesting times. – In a world filled with amazing electronic gadgets that are made to improve our lives. However, we see them as either a blessing or a curse, it's up to us on how we should respond. We have choices to make to determine what these times have taught us, and that is to avoid their *electromagnetic fields* (otherwise known as EMFs EMRs) that your cellphone and other electronic devices communicate wirelessly–use to function.

All these gadgets have built-in antennas, which send digital information back and forth through cellphone towers via radio waves. Most of these devices connect to communication towers in your area, instead of connecting to another phone, it then connects to the internet and retrieve or sends information.

We've become so dependent on them for various reasons that we ignore or even forget about our environment, which lately has NOT been so friendly from the amount of harmful EMF's and EMR radiation in our environment, which is known as environmental smog, and of course there's the 5G signal. Our body's DNA can suffer from too much exposure from electromagnetic radiation waves, and yet we somehow manage to work around the potential risks. Simple put, our bodies are sensitive to these EMF waves that can cause symptoms like headaches, insomnia, fatigue and other sensation of skin prickling signs. Although, as human beings, we forget that we are made up of star stuff ourselves, a combination of Earth elements, and we have no idea of our cell's biochemistry that requires us to stay healthy and mentally alert. What's so interesting is that the human body is comprised of 99% of six natural elements: oxygen, hydrogen, nitrogen, carbon, calcium, and phosphorus, and five additional elements.

The other five elements make up the 0.85% of the remaining mass: sulfur, potassium, sodium, chlorine, and magnesium. All these eleven elements are necessary for life, and are considered essential elements. Before you start thinking we should float away with all the oxygen, hydrogen, and nitrogen atoms, remember that the oxygen molecules are mainly part of the water in our body (H₂O). In fact, over half of the human body is made up of water (50-70%). Although the elements of earth are part of physical matter around us, it is best to understand it from the basis of our lives, because most people only really experience their own body and mind.

Your Body is a Temple

We've all heard the term, "your body is a temple." In spiritual terms, it often feels that we're at war with our flesh. But the reality, the meaning is respecting your body and keep it away from things that harm the biological balance. Easier said than done, right? Unfortunately, we're often guilty of taking our bodies for granted, abusing or neglecting it in unknowing ways.

Many of us fail to properly nourish or hydrate our bodies through a healthy and well-balanced diet. We don't take the time or effort to exercise like we should. Some people abuse their bodies through overeating, excessive consumption of alcohol, illicit drug usage, and even intentional self-harm. It's a sad state of affairs.

One of the basic tenants of naturopathic medicine is the healing power of nature. Nature reduces anger, stress, and aggression. It promotes a sense of community; it promotes healthy attitudes. Nature is a powerful antidepressant. Spending time outside is good for the heart, research shows, and since high blood pressure costs the U.S. approximately \$48.6 billion per year and affects 1 in 3 Americans, visiting green spaces may be a simple and affordable way to improve heart health.

The fresh air could be one factor, since air pollution has been linked to a higher risk for heart attacks, but since the study participants lived in cities (and therefore were also being exposed to air pollution), that likely isn't the only driver. Scientists think stress reduction also plays a part. Nature is connected to better health, it requires effortless attention to look at the leaves of a tree, unlike the endless emails at work. Below are six facts and benefits of negative ions found in nature.

1

Benefits of Negative Ions

Negative ions are created in nature as air molecules break apart due to sunlight, radiation, and moving air and water. You may have experienced the power of negative ions when you last set foot on the beach or walked beneath a waterfall.

While part of the euphoria is simply being around these wondrous settings and away from the normal pressures of home and work, the air circulating in the mountains and the beach is said to contain tens of thousands of negative ions.

Much more than the average home or office building, which contain only dozens or hundreds, and many register a flat zero. Negative ions have been reported to contribute to positive changes in mood and behavior. Generally speaking, negative ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy. They also may protect against germs in the air, resulting in decreased irritation due to inhaling various particles that make you sneeze, cough, or have a throat irritation.

You may be one of them if you feel sleepy when you are around an air-conditioner, but feel immediately refreshed and invigorated when you step outside or roll down the car window. Another fact, air conditioning depletes the atmosphere of negative ions, but a 5G Negative Ion Pendant re-releases the ions that air conditioners remove.

2

Mood Swings

Not everyone with seasonal affective disorder (SAD) can afford to slumber amidst the babbling mist of a nearby brook with the gentle caress of the day's first sun softly nudging them awake. It's ideal, but studies indicate that simulating those conditions with negative ions simulate light.

Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel "down" when the days get shorter in the fall and winter (also called "winter blues") and begin to feel better in the spring, with longer daylight hours.

In some cases, these mood changes are more serious and can affect how a person feels, thinks, and handles daily activities. Chronic non-seasonal depression has also been shown to be improved with negative ion therapy. High density ion therapy was far more effective than low density ion therapy.

The action of the pounding surf creates negative air ions and we also see it immediately after spring thunderstorms when people report lightened moods, in fact, Columbia University studies of people with winter and chronic depression show that negative ions relieve depression as much as antidepressants.

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Why are Negative Ions so Important?

We are surrounded by free radicals! Free radicals are unstable atoms or molecules with an odd (unpaired) number of electrons; they are naturally formed during metabolism or by exposure to environmental toxins. In excess, free radicals cause oxidative stress on the body which can damage cells, cause diseases (e.g. cardiovascular disease, rheumatoid arthritis, diabetes & cancer), and accelerate ageing. Our urban lifestyle exposes us to high amounts of free radicals causing oxidative stress.

This is why we need Negative Ions that exhibit antioxidant properties to neutralize free radicals and minimize the effects of oxidative stress on your body. In order to neutralize free radicals, Negative Ions donate electrons to them and bring them to a stable state. And while you can get antioxidants from your diet that also help to neutralize free radicals, chances are, you are still not getting enough.

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Breathing

The trachea is the windpipe, the passage through which air travels into our lungs. Along the trachea are cilia, tiny organelles which keep airborne particles from passing into the lungs. If ciliary activity is inhibited, as in cystic fibrosis, more foreign particles are introduced into the lungs.

If ciliary activity is uninhibited, the junk is kept out of the lungs and discharged later via saliva and mucus. Research shows that negative ion exposure increases ciliary activity in the trachea of humans and monkeys, while positive ion exposure inhibits it. Another study in asthmatic children found that exposure to positively ionized air exacerbated their asthmatic response to exercise. All told, there does appear to be something to it.

Maybe that's why sitting around a campfire with your buddies surrounded by towering examples of plant life feels so good. Toss in a nearby river gurgling over stones, throwing mist up in the air? You've got a potent recipe for negative air ions. Could that be why camping out in the great outdoors is so rejuvenating and so energizing?

Sure, you could argue that camping is just a way for us to get away from the madness of work and city life, get some fresh air and exercise, and reconnect with our Primal selves... but there has to be a physiological mechanism for that. What if negative ions play an important role in that mechanism? What if part of what we're "getting away from" is the glaring lack of negative ions?

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How to capture Negative Ions

The best way to get exposure to negative ions is of course going to be the old, natural way. Go to the beach (and play in the water, don't sit bundled up on the shore). Climb a mountain. Spend an afternoon reading a great book in a garden, surrounded by plant life. Swim underneath a waterfall. Even just stepping outside the stifling stuffy air of your office, turning off the AC and lowering the car windows, or letting some cross breeze into your house will help. Take a shower. The closest thing many of us get to moving water is our regular showers.

Moving water is moving water, and showers do a good job of producing negative ions in their own right. Another way is to design a negative ion-generating garden, using running water (preferably a waterfall or fountains) and plenty of green life.

This method is a mite more involved than simply buying a generator or visiting natural sites of negative ion generation. The important factor appears to be the presence of running water, since the negative ions are highest around waterfalls. For your home or office, we highly recommend a 5G Negative Ion Pendant. Give it a shot, especially if you don't spend time in the natural settings where negative ions are predominant.

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How the 5G Negative Ion Pendant Works

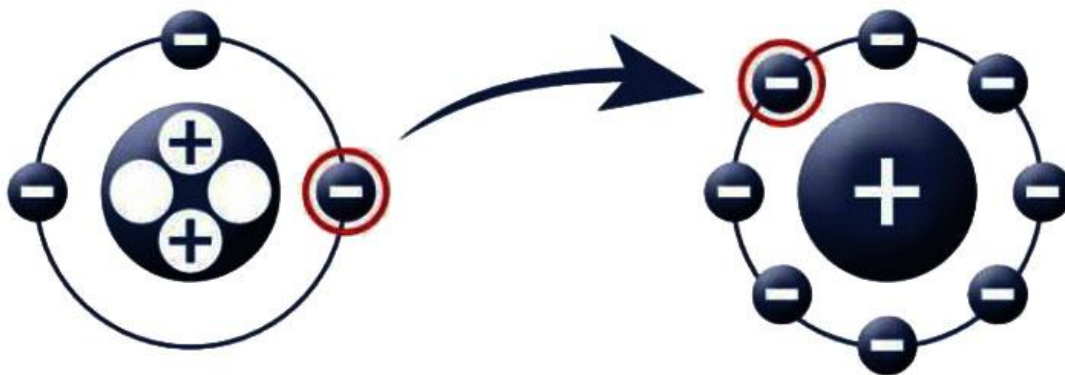
Negative ions are said to create a biochemical reaction in our bodies. They increase the levels of serotonin, which is a mood stabilizer that can help you feel better. This is why some people believe that negative ions can help us cope with depression, stress, and anxiety. In fact, a 2013 review of scientific research from 1957 to 2012 found that "ionization" had a notable impact on people suffering from depression and seasonal affective disorder (SAD).

At our own research facility, Energicx Laboratory, we study the effect of negative ions, and found they can help regulate sleeping cycle, improve immune system functioning, increase the metabolism of carbs and fats, and stop or even kill the development of dangerous bacteria, viruses, and mold. More research is needed, but based on what we know thus far, negative ions can absolutely have a positive impact on your health and wellbeing.

Throughout your average day, you are likely absorbing thousands of **positive ions** and not even realizing it. They come from your computers at work, home, cell phone, fluorescent lights, and certain kinds of machinery.

Because this can negatively impact your mood and emotions, wearing a 5G Negative Ion Pendant can help to counterbalance the effects. It's especially beneficial particularly for people struggling with depression, higher levels of exposure (meaning several hours or longer) to negative ions are much better.

The 5G Negative Ion Pendant can produce up to 3000 negative ions while you wear the pendant daily, it releases negative ions constantly that can gently heal, stimulate, and detox your body and mind.



As illustrated above, negative ions give additional electrons in free radicals, so these atoms are now neutralized. Free radicals have been surrounded by negative ions. This reduces the risk of your illness and disease. Negative ion with levels like this can increase cell metabolism and increase vitality, regulate the autonomic nervous system, restore fatigue, increase appetite and so on. Therefore, negative ions are considered to be “vitamins of the air.”

Harmful Effects of Positive Ions

Despite their name, positive ions don't always have a good impact on your health. Likewise, negative ions sound harmful, but can actually have a positive effect on your overall health. As a research and development company we have been working together with other researchers who have several years of experience identifying the many ways EMF and EMRs toxins negatively affect the human body through the absorption of what's known as positive ions.

Positive ions can turn in to free radicals in the body which can damage healthy cells and increase the acidity of the blood. This is because they oxidize the cells, raising the levels of lactic acid which can cause many illnesses including cancer.

Life on this planet has a bioelectric field of energy surrounding it and thus can easily be influenced by things like electromagnetic pollution and more. Positive ions are small molecules that have gained a positive charge.

Most forms of pollution, toxic chemicals, pollen, mold, pet dander, and other harmful chemicals in the air all carry a positive electrical charge, making them positive ions. And unfortunately, in today's world, there are significant quantities of positive ions in the air, much more than what our ancestors and hunter-gatherers had to deal with. They are especially problematic in congested cities, office buildings, and industrial zones.

What Generates Positive Ions?

We are surrounded by positive ions from electromagnetic fields generated by computers, cell phones, and other electronic devices which can impair brain function and suppress the immune system causing symptoms such as: anxiety, breathing difficulty, fatigue, headaches, irritability, lack of energy. In general, anything that's toxic or has electromagnetic capabilities will generate harmful positive ions including:

- Electronic devices like televisions, cellphones, and computers
- Fluorescent Lighting
- Toxic carpeting, upholstery, and paint
- Air pollution, especially in crowded cities and industrial zones

Most studies have found that levels of positive ions are extremely high in homes, cities, and office buildings. When you have an excess of positive ions in your body, there are many negative consequences that you could be suffering from. Because these positive ions are concentrated indoors, you may suffer from these issues more during the cold winter months or when you are too busy to find time to be outside.

Too many positive ions can cause allergies, lethargy, infections, depression, anxiety and suicidal feelings. If you know that positive ions have a negative impact on breathing and asthma, it makes sense to assume that negative ions can help the problem. In fact, research shows that negative ions increase activity, which helps expel foreign matter from your respiratory system, helping combat allergies and breathing conditions like asthma.

Having high levels of positive ions in the environment can lead to a host of ailments. This is because we are surrounded by positive ions from electromagnetic fields generated by computers, cell phones, and other electronic devices which can impair brain function and suppress the immune system causing symptoms such as: anxiety, breathing difficulty, fatigue, headaches, irritability, lack of energy, poor concentration, nausea, and vertigo.

Unfortunately, in today's society, there are significant quantities of positive ions in the air, much more than what our ancestors had to deal with. They are especially problematic in cities, office buildings, and industrial zones.

Finally, the Negative Ion Pendant can increase your immunity in general, helping you feel healthy and less fatigued on an ongoing basis.

It can also help keep your bones strong and help you recover physically from things that tax your body, such as exercise, surgery or a health complication.

The pendant comes in an attractive black box with a durable stainless-steel chain. The feedback we have received from people so far is that they feel more relaxed and calmer during stressful situations, while wearing the pendant.

