Frequency Interference

Indicator	Sources	Affect Indicators/Symptoms	Food Sources
Home Electrical Systems	Household electrical supply.		**Cleansing foods similar across all sources:** Spirulina, chlorella, blue algae, wheat grass, sulfur, curcumin, leafy green veggies, melatonin, B vitamins, coconut oil, selenium, glutathione, zinc, holy basil, iodine.
Computer	Computers/Laptops/Tablets.		
ELF (low frequency)	Power lines, electric meters, water pipes.		
Electrical AF (alternating frequency)	Refrigerator, washing machine, basic household currents.		
Electro smog	General pollution from all EMF/ELF items.	**Symptoms similar across all sources:** Nausea, bloody vomiting, diarrhea, headaches, dizziness, tremors, loss of balance, infertility, hand sensitivities, insomnia, cognitive impairment, aches and pains.	
Electrostatic field	Materials store different charges and dissipate through ground or touch.		
LFR (low frequency radiation)	Communication towers, aircraft beacons, navigation systems, weather stations, AM radio signals.		
Magnetic Constant Field	Electric generators & motors, Wireless charging devices (e.g., Qi/pad chargers for smartphones, earbuds, smartwatches, and tablets), electric toothbrushes, credit/debit cards with magnetic stripes, MRI machines, cochlear implants		
Microwave	Microwave ovens, GPS, speed cameras, Wi-Fi (2.4 & 5 GHz), doppler radar, satellite communications.		
Home & Office Appliances	Air Conditioning, Heater, Printer, Electric Stove, etc.		
Mobile & Cellular Networks	4G or 5G mobile telephones.		
Wireless Technologies	Bluetooth devices, wireless headsets, cordless phones, shortwave radio, radio broadcasts, aircraft communication.		
Television	Flatscreen, LED, OLED, QLED, LCD, Plasma.		
Transport & Vehicles	Communication towers (cellular and railway), air conditioning systems, railways, railway stations, rail overhead lines and power lines.		

Other tips:

Replace metal dental fillings, turn off Wi-Fi and other electrical appliances at night, especially those in bedroom. Use speaker phone rather than holding cell or cordless phone to ear. Drink energized (ionized) water. Eat healthfully and exercise. Use "harmonizing" wave form discs.