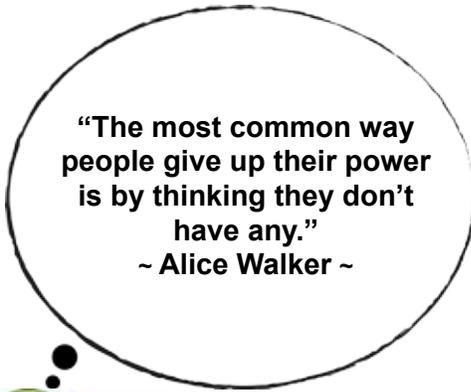


Spelling Error

Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winners!
Hector & Steve



**"The most common way people give up their power is by thinking they don't have any."
~ Alice Walker ~**



Quote to ponder...



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Care To Share

This month's Care to Share winner is

Diane

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I don't know if you've had this conversation or not,

But last month I turned to my wife, Linda, while we were sitting together in our family room and said,

"Just so you know, I never want to live in a vegetative state dependent on some machine. If that ever happens, just pull the plug."

She immediately got up, walked over and unplugged the TV.



Source: John Mason



Call today: 262-781-0084

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Mark Your Calendar



Closings

NO CLOSINGS

MICROWAVE ELECTROMAGNETIC FIELDS (EMFs) SHOWN TO CAUSE DEPRESSION & ANXIETY



Neuropsychiatric effects from microwave frequency electromagnetic fields have been studied since the 1970s, when two government reports found evidence of a wide variety of symptoms which were linked to occupational exposure to non-thermal levels of microwave EMFs. The observed prevalence of these combinations of neurological symptoms became widespread enough by the late '90s that the term "microwave sickness" or "radiofrequency sickness" was coined to summarize and label this increasingly common condition.

The brain, nervous system and mood related symptoms that are most commonly reported include depression, anxiety, restlessness, insomnia and sleep disturbances, fatigue, headaches, concentration and attention problems, memory loss, dizziness, irritability, nausea, skin burning and tingling, and EEG changes. These symptoms have been linked to exposure to microwave EMFs for several decades already, even back when radiofrequency radiation levels were a small fraction of what they are now as 5G is being rolled out, significantly increasing the RF density of our living environments with no prior safety testing.

Dozens of epidemiological studies over the last 50 years all collectively show that various non-thermal microwave EMF exposures produce diverse neuropsychiatric effects. These effects are linked to cell phone base stations, excessive cell phone usage, wireless smart meters, and more.

The main reason these studies have been disputed, or not taken as seriously as they should be, is because of the lack of an apparent mechanism for generating these symptoms. We now have studies which point to a primary mechanism of harm from pulsed microwave EMFs. The mechanism relates to the voltage-gated calcium channels (VGCCs) which occur in very high densities throughout our nervous system and have near universal roles in release of neurotransmitters and neuroendocrine hormones. Their unnatural hyper-activation from external electromagnetic fields causes a destructive chain reaction that includes excessive neurotransmitter release and the resulting oxidative/nitrosative stress.

Voltage-Gated Calcium Channels – A Key Piece To EMF Harm

Our entire bodies run on their own form of natural electricity. These natural electric currents are controlled and regulated by various ions that hold and release electrical charge when appropriate to any given biological function. Knowing that, it's no wonder we are sensitive to even the very weakest electromagnetic fields from our environment. If our bodies are electrochemical in nature, and respond to even the smallest endogenous electrical signal, of course we are also going to be affected by external electric and magnetic signals.

It has been discovered that a primary mechanism through which manmade electromagnetic fields (especially pulsed microwave frequency EMFs) affect our bodies is through the voltage-gated calcium channels that are found in the membranes of every cell in our body, especially in our brain and nervous system. Calcium ions are sitting at the ready in our cell membranes, waiting for any signal prompt from hormones, neurotransmitters and other messengers in our bodies. When prompted by natural endogenous means, they typically release a tiny amount of calcium into the cytosol (the inside of the cell), which then triggers chain reactions of enzymes and other messengers to initiate a wide variety of functions, depending on what the messenger substance signaled. Our bodies are incredibly complex and sensitive.

The structure of the manmade, artificial EMFs that are being utilized today has a disastrous effect on our voltage-gated calcium channels (VGCCs). The havoc wreaked is related to the pulsed nature of alternating currents and radio-frequency radiation, which massively overstimulate our VGCCs, triggering the release of a literal flood of calcium into the inside of our cells. This causes a biologically confusing and overstimulating flood of signals that create chain reactions throughout ultimately every one of our bodily systems. It also necessitates the replacement of the calcium ions that are supposed to hold the negatively charged phospholipids of the cell membrane together with their double positive charge, with other ionic elements that are not as suited for this task. This results in small holes in the phospholipid barrier of the cell that leak substances into and out of the cell into places where they shouldn't be, causing a variety of potential health issues.



**HELP US CELEBRATE OUR
19TH ANNIVERSARY**
Look forward to little treats
all month long.

Health HACK



TOP O' THE MORNIN' TROPICAL GREEN MOOTHIES

- About 3/4 cup spinach, packed (21 g)
- 1/2 cup kale, packed (14 g)
- 3/4 cup coconut water
- 1/4 cup milk of choice (I prefer almond milk)
- 1/2 cup water
- 3/4 scoop vanilla whey isolate protein powder
- 1 tablespoon ground flaxseed
- 1 tablespoon chia seeds
- About 1/2 cup banana slices, frozen (40 g)
- About 1/2 cup each pineapple and mango chunks, frozen (~45 g each)
- 1/4 cup avocado chunks, frozen (30 g)