



## Best Supplements and Minerals For EMF Protection

written by Christian |



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There are so many things we can and should do to help protect ourselves from EMF radiation, but we don't often think about what the best supplements and minerals for EMF protection are.

In many of my other posts here on EMF Academy I talk about all the different ways we can protect ourselves from EMF radiation, but taking quality supplements can do wonders to help our bodies combat this danger. The supplements I recommend here are not only helpful to combat



First let's talk about my favorite supplements for this, and where you can get them, and then we'll talk about the best minerals.

(Also, I would love for you to take just a minute and check out Nicolas Pineault's groundbreaking E-book "[A Non-Tinfoil Guide To EMFs](#)." It is the most entertaining and informative book on EMF radiation you'll ever read, I promise.)

## Best Supplements For EMF Radiation Protection

### Iodine

If there was just one supplement on this list that I would recommend, it would be Iodine. First of all, Iodine helps keep the body's thyroid gland working correctly so that the correct regulation of hormone production can be maintained. Iodine also helps to boost the immune system by scavenging free radicals, like vitamin C, and also increases the positive influence of antioxidants on the body, which in turn improves the body's defense of diseases like heart disease and cancer.

EMF Radiation has been shown to increase the chances of cancer, and Iodine directly combats this. Iodine's anti-carcinogenic properties were shown in a study that proved cancer cells shrank when injected with iodine. In fact, these cancer cells at times during the study died and were replaced by healthy cells.

High levels of heavy metals in the body have been shown to have amplifying effects on EMF radiation. Iodine helps to flush the body of heavy metals. It is recommended when taking Iodine to also take magnesium, vitamin C, and selenium as well.

My favorite Iodine supplement is made by Pure Encapsulations, you can [pick it up here on Amazon](#).

### Noni

Noni is a supplement you may not have heard of but is really unique and powerful. It comes from the fruit of a Polynesian plant and is sometimes referred to as Indian mulberry. The fruit has been used for a long time in traditional medicine to treat all kinds of illnesses, but modern medicine is confirming the powerful health





Research at the Memorial Sloan Kettering Cancer Center suggests that noni is likely to slow the growth of certain cancerous tumors. As you may know, EMF radiation, especially radiation from your cell phone increases your odds of developing brain tumors (glioma) on the side of the head you normally hold your phone. Another study published in the “Asian Pacific Journal of Cancer Prevention” stated that they believed noni supplement to be almost as strong as a chemotherapy treatment in killing cervical cancer cells. Other studies have also discovered noni’s ability to slow the growth of cancer. Clearly, this supplement would be extremely effective at combating the increased cancer risk from EMF radiation.

On top of its cancer-fighting power, Noni has been known to help the body adapt to environmental stresses like that of EMF radiation.

My favorite Noni concentrate supplement is [this one](#) from Doctor’s best.

## Melatonin

Many people don’t think about this, but EMF radiation can really affect your sleep. The primary reason for this was discovered in a [study conducted](#) by the Department of Electrical and Electronic Engineering at The University of Melbourne. The university study found that EMF radiation effects the bodies ability to produce melatonin.

This happens because the pineal gland, where the melatonin is produced, interprets the EMF radiation as light, and so it reduces its melatonin production. For much more on EMF radiation affecting sleep, check out [this post](#).

Most people take melatonin as a safe, natural, non-addictive sleep aid, so be sure to only take it at night.

My absolute favorite Melatonin supplement is made by Natrol and you can pick it up [on Amazon](#).

## Spirulina

Spirulina is one of the world’s most popular superfoods, and for good reason. First of all, it helps to prevent cancer. In fact, more than 70 peer-reviewed papers have evaluated spirulina’s ability to affect cancer cells.





Asia showed how spirulina taken regularly helped individuals who had been consuming arsenic in their water. As we talked about above, not only can EMF radiation be amplified in bodies full of heavy metals, but EMF radiation increases cancer risks. So spirulina helps protect the body on two fronts.

This superfood also helps to protect the cells, bone marrow, and DNA from EMF radiation.

The best Spirulina supplement around, in my opinion, is [this one](#).

## Algin

Algin is extremely powerful at cleansing the body of chemicals and free radicals, even ionizing radiation. It has been shown to clear the body of strontium, barium, tin, cadmium, zinc, manganese and even mercury.

Algin is a little bit harder to come by, but luckily there is still a [great supplement](#) available on Amazon.

## Curcumin

One of the strongest free radical fighting supplements available, Curcumin also helps to protect the cells, and prevent damaging inflammation from radiation.

Curcumin is found in turmeric, and you can pick up a quality encapsulated supplement [here](#).

## Best Minerals For EMF Radiation Protection

The body goes through a lot when exposed to high amounts of EMF radiation, but one area where it is hit the hardest is the cells. EMF radiation is believed to cause cells to shed their protective calcium coating, which then causes the body to begin to lose minerals. These minerals include calcium, magnesium, potassium, selenium, lithium and more. One of the best things we can do to keep our bodies healthy is to replenish these minerals.

## Lithium

Lithium is a fantastic mineral. It is known to have a significant calming and mood stabilizing effect on people taking it. It is also often used as a way to treat things like depression, panic attacks, bipolar disorders and more. Don't let this scare you though, lithium basically just helps



The best lithium on the market, in my opinion, is made by Pure Encapsulations, [you can pick it up here](#) on Amazon. I would start by taking a bit less than what is recommended on the bottle, maybe half, and then take more as needed.

## Magnesium

Again, with most of these minerals, we are trying to replenish what the body is likely to release when EMF radiation is present. Magnesium is a very important one to keep in our body.

Magnesium is known to:

- Increase energy
- Calm anxiety
- Help achieve restful sleep
- Prevent headaches
- Aid digestion
- and much more.

Magnesium is just an all-around fantastic mineral. The best I've found is also made by Pure Encapsulation, you can [pick it up here](#).

## Selenium

Selenium is another mineral that you really want to keep steady in the body when exposed to EMF radiation. Selenium is known to help prevent heart disease, fight inflammation, increase blood flow, and even eliminate the oxidative stress from free radicals. Some other studies have also alluded to the fact that Selenium may help prevent the production of cancer cells.

Pure Encapsulation also makes a great Selenium supplement that you can get [on Amazon](#).

## Potassium

Deficiency in potassium has been known to have associations with muscle weakness, mental weakness, heart disease, as well as kidney and adrenal issues. Potassium is a fantastic mineral that the body handles extremely well. High exposure to EMF radiation has been known to cause the body to shed potassium as well as other minerals.



This is where it all begins with EMF radiation affecting the cells. Our cells have a calcium coating that helps keep beneficial minerals inside. Getting a quality calcium supplement can help prevent this from happening. Calcium can also help with pH balances, mood stabilization, and many other health benefits

You can see my [favorite calcium supplement here](#)

Ok, now that we've covered my absolute favorite supplements and minerals for EMF protection, let's talk about a few other important things!

## Basics of EMF Protection

First of all, the best thing you can do to reduce EMF radiation is to eliminate the sources of it in your home, for this, I would check out the following posts:

[11 Ways To Reduce EMF and Dirty Electricity Exposure](#)

[Smart Meter EMF Protection – A Complete Guide](#)  
[How To Eliminate EMF Radiation In The Bedroom](#)

[11 Ways To Reduce Computer Radiation Exposure](#)

[A Non-Tinfoil Guide To EMFs](#) (Couldn't recommend this book any higher, it does cost a few dollars but is more than worth it.

If you don't have time to read through those articles (it's ok, I totally understand) here are a few of my favorite tips for EMF protection:

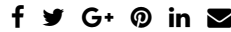
- Turn your mobile phone off at night, or if you must use it for an alarm (I'd suggest a simple [mechanical alarm clock](#)) then at least put it in airplane mode.
- Use ethernet whenever possible instead of WiFi
- Throw out the [microwave](#).
- Reduce your exposure to your [Smart Meter](#)
- Reduce your use of tablets and smartphones.
- When using your cell phone, try to use speakerphone or headphones, try to not put your cell





OK, there it is, I really hope you enjoyed my post "Best Supplements and Minerals For EMF Protection" if you did, please consider sharing!

0 comment



CHRISTIAN

I created and currently manage EMF Academy, one of the premier sources for EMF safety knowledge. I am so passionate about spreading this crucial information. If you need anything, just shoot me an email at Christian@emfacademy.com and I'll do everything I can to help.

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