



# Electricity in Bedrooms

People tend to live in a sea of electronics, computers, radiation and wireless technology. These have a big impact on the electrical field of the body. Electrical stress can contribute to headaches, insomnia, fatigue and all manner of illness.

## **Ideally in your bedroom, you would:**

- Use a battery operated alarm clock instead of an electric alarm clock. If you must use an electric clock place it over six feet away from your bed.
- Take out all unnecessary machines such as computers, printers, T.V's, radios, etc.
- Never use electric blanket.
- Keep any heating or massage equipment unplugged during sleep.
- Try not to place anything electrical near your bed except for a lamp that can be dimmed.
- Never use water beds as they require heaters.
- Arrange your bedroom furniture so the head of the beds are against the walls with no major electronics on the other side of the wall in the next room.

Yours for health naturally,

*Dr B*

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