

# GET HEALTHY SMART

By Lady Carla Davis, MPH

*Specializing in Nutrition*

If you are buying, building, or remodeling a home; if you are buying appliances or electronics; or if you have children in school, the most common buzz word and/or gimmick is ‘smart’ this or ‘smart’ that. Everything from architecture, TVs, iPads, electrical energy meters, door bells and door locks, to wireless (wifi) technology are now called ‘smart’ — what ever and designed as such!

Smart can mean anything from fashionable, stylish, chick, trendy, possessing intelligence, to acting sassy, or rude. Many technology items classified as ‘smart’ are connected to AI (artificial intelligence); and this seems to be the goal for development and usage by large, powerful industries. This is also a cunning way to intrude into our privacy and control humanity and the masses. The more one delves into this field, the more mind-blowing it becomes. In a major speech, about a year ago, Russia’s Putin said, “Those who control AI will control the world.”

But, is this technology really that smart or safe? Buyers and parents BEWARE! If a technology is unhealthy, it is not really very smart!

While the convenience and tasks these ‘smart’ items can achieve or provide are impressive, the science reveals that when the human body is exposed to them, they can cause a great deal of harm and even death. Thus, smart is not always a healthy choice!

More often than not, the effects on our health and a developing child have not been taken into consideration by the manufacturers. And, when harmful effects are exposed, they are often denied or covered up. Just like what happened with the tobacco, pharmaceutical, and chemical industries for decades, and now, the communication industry.

## TOXIC CHEMICALS

The ubiquitous use of toxic chemicals may provide a quick fix, but it is a major cause of cancer, especially now in children. One of the latest killers exposed is glyphosate! Use of these toxic chemicals in your environment is not at all smart! STOP using them! Read “*Toxic Legacy*” by Stephanie Seneff, PhD, Senior Research Scientist at MIT.

<https://stephanieseneff.net/>

Two other examples are:

[https://childrenshealthdefense.org/defender/epa-ban-chlorpyrifos-failure-pesticide-law-policy-use/?utm\\_source=salsa&eType=EmailBlastContent&eId=7dfd8c21-8381-44cb-9882-794d1ff13f51](https://childrenshealthdefense.org/defender/epa-ban-chlorpyrifos-failure-pesticide-law-policy-use/?utm_source=salsa&eType=EmailBlastContent&eId=7dfd8c21-8381-44cb-9882-794d1ff13f51)

**EPA Ban on Chlorpyrifos Huge Victory for Children — But It Took Far Too Long, and We Still Have Far to Go • Children's Health Defense**

[https://childrenshealthdefense.org/defender/78-sunscreens-cancer-causing-ingredients/?utm\\_source=salsa&eType=EmailBlastContent&eId=7dfd8c21-8381-44cb-9882-794d1ff13f51](https://childrenshealthdefense.org/defender/78-sunscreens-cancer-causing-ingredients/?utm_source=salsa&eType=EmailBlastContent&eId=7dfd8c21-8381-44cb-9882-794d1ff13f51)

## **78 Sunscreens, Including 5 J&J Products, Contain Cancer-Causing Ingredients, Testing Shows • Children's Health Defense**

### GMOs

If people knew the truth about GMOs and their long-term effects on the gut microbiome, human physiology, and natural world, they would be horrified. GMOs are not at all healthy smart. In fact, they are quite the opposite.

Jeffrey Smith, Director of IRT has recently produced an inspiring short documentary on this topic called *Don't Let The Gene Out of the Bottle*. Be sure to view it at:

<https://www.responsibletechnology.org/>. The **Protect Nature Now** campaign, which Masters of Health magazine strongly supports, relays the magnitude of this serious problem, how it impacts everything on this planet, including us humans, and what we can do about it. Check it out! Also, explore the magnificent work and books by Dr. Vandana Shiva, PhD <https://seedfreedom.info/> and <https://www.navdanya.org/site/>

### TWO TYPES OF SCIENCE

Generally, there are two types of science: corporate and independent. Corporate science receives massive funding from and is heavily influenced by the industries they do the research for. Many universities and medical/scientific journals fall into this category. Money, money, money and conflicts of interest are the name of the game! On the other hand, there is the independent science without conflicts of interest. These scientists and the studies they wish to conduct struggle to get funding, if what they are doing doesn't fit into the status quo or established narrative.

Anyone who deviates or challenges the narrative is denigrated, censored, and professionally destroyed. Some have even lost their lives in mysterious ways. What happened to Tesla is a good example.

<https://principia-scientific.com/seven-nikola-tesla-inventions-that-changed-the-world/>

### LONG-TERM EFFECTS

What many parents, builders, developers, and school boards don't realize are the long-term effects and harm that can come from many of these 'smart' devices and working or residing in unhealthy architecture!

We need to consider the long-term effects of 'smart' technology, such as wifi, 5G, smart mobile phones, etc., toxic chemicals, and even the type of architecture on the human physiology, our growing children, and all our planet's inhabitants and eco-systems.

For example, when humans are exposed to 'smart' technology such as radio frequency (RF) radiation they can suffer from serious long-term health problems, such as:

- Headaches
- Anxiety
- Nausea
- Rapid heart beats
- Ringing in the ears'

- Weakened immune systems
- Long-term health and hormonal problems
- Reproductive and DNA damage
- Cancer
- Heart disease
- Insomnia

Undoubtedly, ‘smart’ technology has a strong impact on the human physiology. Not only in schools, but also in homes, offices, and other businesses. To learn more go to:

<https://ehtrust.org/key-issues/>,  
<https://www.techsafeschools.org/>,  
<https://childrenshealthdefense.org/>,

And, share these links and this vital information with school boards.

**Children are at higher risk from RF radiation** because of their thinner skulls, developing nervous system, and rapidly changing physiology.

Manufacturers and the FCC (Federal Communication Commission) claim that RF (radio frequencies) radiation is safe because it doesn’t heat the body. However, the FCC guidelines were developed back in the 1980s and last updated in 1996!

The good news is that they were recently sued in court and lost!

<https://ehtrust.org/eh-takes-the-fcc-to-court/> &  
[https://childrenshealthdefense.org/defender/chd-wins-case-fcc-safety-guidelines-5g-wireless/?utm\\_source=salsa&eType=EmailBlastContent&eId=794a9103-1b18-45ca-8441-001a334a6936&eType=EmailBlastContent&eId=fef09799-1d9d-424a-bd64-63e3bb8a5297](https://childrenshealthdefense.org/defender/chd-wins-case-fcc-safety-guidelines-5g-wireless/?utm_source=salsa&eType=EmailBlastContent&eId=794a9103-1b18-45ca-8441-001a334a6936&eType=EmailBlastContent&eId=fef09799-1d9d-424a-bd64-63e3bb8a5297)

Plus, **Moms Across America** has launched a program on tech safe schools and home offices. To learn more and add your support go to:

[https://www.momsacrossamerica.com/techsafe\\_schools](https://www.momsacrossamerica.com/techsafe_schools)

And, read Zen’s article in this (September 2021) issue of Masters of Health magazine.

**To take action in your school go to:**

[https://oneclickpolitics.global.ssl.fastly.net/messages/edit?promo\\_id=11313](https://oneclickpolitics.global.ssl.fastly.net/messages/edit?promo_id=11313)

The simple instructions on this link below can show you how to make your home tech safe.

<https://www.techsafeschools.org/hardware-options>

**Hardware Options | TechSafe Schools**

EMFs

In addition to the type of architecture you choose to live in, when buying or building a new home, a major concern involves the electric meter. For numerous reasons, the older analog ‘turtle’ meters are safer than the newer digital meter. But, with high tech’s powerful government influence, rapid advancements, and little if any competition, many homeowners are now being forced to accept digital ‘smart’ meters or pay a hefty extra monthly fee for their analog meters to be read manually.

For those in this position and in need of EMF protection, there is a solution. Smart Meter Guard <https://smartmeterguard.com/> produces seven unique, quality products, including a meter guard that blocks 98% of the EMFs. Five of their products are designed as a Faraday cage. All products are easy to use or install, American made, and tested for effectiveness. They can be contacted at: [info@smartmeterguard.com](mailto:info@smartmeterguard.com) or <https://smartmeterguard.com/collections/all>, <https://smartmeterguard.com/pages/faqs>

## FREQUENCIES

Everything gives off frequencies, including your voice, your words, flowers, music, architecture, colors, food, chemicals, and even light and sunshine! The higher the frequency, the faster the oscillations, and thus, the higher the energy!

Consider the human senses of sight, smell, hearing/sound, touch/feel, taste, and intuition, and how they are affected by the surroundings we create. Thus, what you look at, the sounds you make and hear, the scents you create and smell, how you arrange your furniture, design your garden, the colors you choose, the type of light and amount of full-spectrum daylight and chemicals you are exposed to, and even the type of architecture you live in, also determine how healthy smart your environment is.

## LIGHT

The eyes are the entry points through which light has its profound effect on the regulations of human physiological and emotional functions, fertility, mood, and the development of consciousness. All the more reason to avoid sunglasses that distort the light waves and lighting products that are not full-spectrum. If you must use sunglasses, only use full-spectrum glasses that do not distort light waves, and keep their use to a minimum. Full-spectrum lighting is the best option for indoor lighting. At night low-blue lighting is the best option. To learn more go to:

<https://lowbluelights.com/>

The *hypothalamus*, which receives light energy by way of our eyes, coordinates and regulates most of our life-sustaining functions. It also initiates and directs our reactions and adaptations to stress. The *hypothalamus* is composed of two major zones and maintains harmony within the body. One zone controls the *sympathetic nervous system* and stimulates hormone production, while the other zone controls the *parasympathetic nervous system* and inhibits hormone production.

The *pineal gland* is the body's light meter. It receives light activated information from the eyes by way of the *hypothalamus* in the brain, and then sends out hormonal messages throughout the body. The *pineal gland* is located in the centre of the brain between the two hemispheres and behind and above the *pituitary gland*. Even though the pineal gland is the size of a pea, its functions are vast. Fluoride calcifies the pineal gland, which in turn damages all its functions and leads to ill-health. AVOID it and expose yourself and your family to as much daylight and beneficial frequencies as possible.

## COLORS

Every color also gives off a frequency that has a physiological and physiological effect on the human body, including the brain. Color can radically affect mood and emotion. Think about how you feel when you look at a gray sky compared to a blue sky.

While various colors are trendy, they may not be very healthy over the long-term. Some colors are cheerful, some inspire, some can be irritating, and some colors can be depressing. Some colors are cooling, while others are warming. Color preferences also indicate a person's psyche.

In an attempt to be trendy, many designers, homeowners, and businesses are creating an environment and economy of gloominess and depression. Perhaps, this is why today's stressed population can't get over their obsession with gray and black? They are obviously unaware of the physiological and psychological effects (frequencies) emanating from too much gray and black clothing, decor, and interior/exterior designs. New Zealand's obsession for gray and black is a good example of a depressed economy and unemotional culture in general.

**Violet** soothes, softens, and heals, as it enhances spirituality and serenity.

**Blue**, the most popular color, is calming and cooling. It represents trustworthiness, strength, and loyalty.

**Aqua** with its combination of blue, green, and white, is tropical, aquatic, cheerful, light and airy.

**Purple** with its combination of blue and red, represents royalty, luxury, and wealth. It also stimulates the imagination, creativity, and romance.

**Lilac** creates a sense of relaxation, serenity, and cheeriness while healing.

**Green**, the color of nature, balances, harmonizes, and livens. It can also be used with most other colors.

**Yellow** radiates cheerfulness, optimism, inspiration, and summer sunshine.

**Gold** adds richness, sparkle, and intensity. It represents wealth and power.

**Orange**, a combination of red and yellow, stimulates warmth, vibrancy, intellect, and enthusiasm.

**Red**, the most psychologically stimulating of colors, produces excitement, energy, confidence, and courage. It can be romantic and sexy in moderation, but too much red can be irritating.

**Pink**, a softer version of red, is perceived to be feminine, innocent, and romantic. It can help make a person more agreeable and is very cheerful.

**Brown**, the earth color, represents comfort, stability, and contentment. It makes one feel secure and connected to nature.

**Gray**, being a combination of white and black, is more subtle, conservative, and reserved. It can also be dull and depressive. People who are stressed and the military gravitate to gray because it is unemotional. Depression is often described as gray. Dark gray clouds are gloomy.

**Silver** adds a sparkle and richness to gloomy gray and is used in jewellery. Medicinally, it disinfects and kills viruses.

**Black**, lacking in light, absorbs everything. In large amounts can be heavy, dark, negative, and depressing. In small amounts can be elegant, mysterious, and powerful. It is best used for accents.

**White**, the reflection of all visible light waves, represents purity, cleanliness, healing, and the nourishment of milk. It is used in the medical and various other professions. Too much white can be stark, cold, and unemotional. White also makes crooks feel uncomfortable.

**Cream** softens with its dabs of brown, yellow, and/or pink and adds warmth to white. It also represents nourishment, contentment, and cleanliness. It has a nice feeling of neutrality and enhances almost every other color.

## MUSIC

Music is the international language. The sound of a beautiful song can warm the spirit and recapture memories better than anything. Music has a powerful impact on the human physiology and even flora and fauna. As with all other things, music can produce both beneficial and harmful frequencies. So, make sure the music you expose your children and yourself to, produces beneficial frequencies. To learn more on this fascinating topic, read the articles by Steve Rees, Ret. RN, Harpist, <https://calmingharp.com/> and others in: <http://MastersOfHealthMag.com>

## ARCHITECTURE

To cut costs, many developers use modern architecture. They claim it is ‘smart’ and environmentally better, but is it healthy? The old architectural masters knew the importance and benefits of sacred geometry in the beautiful time-less architecture they created.

Everything we look at, including a building or home, has a strong effect on the human physiology. Think about how you feel when you look at the sublime Taj Mahal, and ancient Islamic, Greek, Roman/Italian, and Spanish architectural masterpieces. Compare that with how you feel when looking at most modern architecture and drab, ugly cities that ignore the science of sacred geometry.

Unfortunately, many of today’s developers , builders, and city architectural boards are only interested in bigger profits, and thus, totally disregard this science and benefits of sacred geometry when designing or approving buildings or homes.

## ESSENTIAL OILS

Quality essential oils can also have a powerful impact on creating a healthy smart environment. Every essential oil produces a frequency. To learn more about this amazing science and the benefits of using quality essential oils, see the many articles in <http://MastersOfHealthMag.com> on this topic and start using them.

Whenever you are being surrounded or bombarded with ‘smart’ this or that, Get **HEALTHY SMART!** It will make big difference in how you feel, your health and well-being, your children’s health, and future generations.

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