



SIMPLE HACKS  
TO PROTECT AGAINST  
THE HARMFUL EFFECTS  
OF EMFS

By Lily Whitehawk

I am a wellness coach and traditional sound healer who has had the privilege to practice my craft for several decades. A few years ago I started to notice a serious increase of baffling symptoms in some of my clients... including those who up until that time had no problem remaining healthy. Things like sleep issues, exhaustion, anxiety, emotional difficulties, weakened immune systems, failing memory, “foggy brain” and exotic autoimmune symptoms; almost every person I saw had one of these challenges, too many of them more than one.

What was going on here? After doing extensive research I came to the conclusion that this rise in symptoms directly correlated with the introduction of WIFI technology and the invisible sea of artificial EMFS that now blanket the globe. These symptoms are the same ones associated with WIFI exposure cited in many research papers.

I was able to effect the greatest alleviation of symptoms in these people through the use of sound therapy. This made scientifically verifiable sense to me, as the foundation of all life is frequency, providing the framework through which the Universe creates form and maintains harmony as well as the perfect functioning of all things. It is obvious to me these artificial man made frequencies from WIFI technology are disrupting our natural healthy frequency and creating issues. It is also logical to conclude that if exposure to harmful frequencies is creating issues, exposure to beneficial frequencies has the capacity to bring things back to balance.

This realization led me down a path that eventually resulted in the creation of HUSO, a patented sound frequency technology utilizing the power of the human voice in an enhanced form to bring sound healing to everyone, no matter where they are, in an easy to use system.

The truth is, WIFI is here to stay, and most of us would not wish it away even if we had that power. We do have the power however to implement some simple hacks into our everyday routine that will go a long way towards helping us thrive and live in harmony with this brave new world... manifesting so rapidly we can't evolve fast enough to keep up with the changes. These are tactics I use myself, so I know they work!

It is my wish this guide will help you be the best you can possibly be in the midst of this tremendous, breathtaking, sometimes scary, exhilarating time on the planet.

With Love and gratitude,

Lily Whitehawk  
Co-founder  
HUSO



Dear wireless devices, how do we love thee? Let us count the ways...

We now literally hold the power to instantly access a wealth of knowledge greater than that found in the libraries of Cambridge and Oxford combined in the palm of our hand. We can shoot and send videos and images in real time from practically anywhere on the planet. We can watch the NFL



*We are in love with wireless technology... dealing with the effects of EMFs that comes with it, not so much!*

playoffs even if we are in the middle of a hike through Sequoia National Park. We can reach out and virtually touch friends across the globe at any hour from anywhere. We can start movements and galvanize millions of people to change the world. If we get lost we can Google map the way home.... And if we are really lost or in trouble, our cell phone can help our rescuers find us.

Wireless technology has miraculously expanded our personal Universe and morphed the world in ways that, if we really stop to think about it, are simply mind-blowing. And this warp speed transformation is not slowing down, with the recent introduction of 5G and AI.

We love our shiny new world and we're not giving it up.

## **THE DOWNSIDE OF WIRELESS**

So what are the drawbacks? One of the biggest potential dilemmas is continuous exposure to an ocean of man-made high level EMF's (electromagnetic fields) generated by wireless technology and the devices that use that technology to make the magic we are so in love with. And why is this a problem?

Our body's cells are continuously generating, sending and receiving subtle natural electromagnetic frequency signals throughout the body. This is the language - the alphabet - they use to communicate and regulate all body systems and the systems within the cells themselves. WIFI frequencies can scramble the language of our body's cells, disrupt that signaling which is the foundation of life and create a kind of "static". The cells then start sending faulty messages unrecognizable to the body, and nothing can communicate.

These much stronger WIFI frequencies have the power to override the subtle signaling of the body cells and alter those signals through the scientific principles of resonance and entrainment. Simply put, the cells start to mimic these foreign signals and begin sending distorted scrambled messages. This initiates a process that ends in internal chaos and a weakened, malfunctioning body.



Image of EMF field from a cell phone carried by a student, captured by Luis Hernan, who designed an app to make these fields visible... weirdly beautiful and definitely scary.

Critical processes within the cells - DNA, RnA and mitochondrial function - are disrupted. Cell walls are weakened and can no longer correctly “read” the messaging coming from inside as well as outside the cell. The natural protection of the cells against external toxins is destroyed and toxic waste created by internal cellular processes can’t be efficiently eliminated. The blood/ brain barrier that protects our brain from the invasion of toxins breaks down.

## WHAT DOES THIS LOOK LIKE?

When the healthy balance of the body is disrupted strange unpleasant side effects rear their ugly heads. We can no longer sleep. We can’t calm down. We can’t relax.

We get headaches. We can’t think. We suffer from “foggy brain”. Our immune system starts to break down and we get sick. Our nervous systems can’t function correctly. We have trouble regulating our emotions. We become anxious and stressed. We can’t rest and we are exhausted all the time. In the worst-case scenario, some studies have linked exposure to toxic electromagnetic fields with the development of cancer, autoimmune disease, emotional issues and nervous system dysfunction. Here is a list of some of the known symptoms of prolonged exposure to toxic EMF’s:

- Fatigue
- Weakness
- Insomnia and sleep disturbances
- Headaches and migraines
- Brainfog and difficulty concentrating
- Depression and anxiety
- Memory loss

- Visual disruption
- Light sensitivity
- Skin rashes
- Heart palpitations
- Tinnitus



## WHAT CAN WE DO?

Here are some simple hacks we can implement right this minute to protect ourselves and mitigate any potential damage. Believe it or not, these easy to make changes can significantly transform how you feel.

- Do not carry your wireless devices next to your body.
- NEVER hold your cell-phone directly against your ear.

on you cell phone's speaker mode and put it down when in use.

- If you use a landline, make sure it is wired rather than wireless.
- Opt for wired or ethernet connections whenever possible
- Just say no to any "SMART" devices, appliances, TV's, baby monitors and utility meters. These devices are like mini cell towers, constantly sending and receiving information in the form of frequency.
- Turn your devices and routers off when not in use.
- Never sleep with your devices near you, under your pillow or next to the bed.
- If you charge your phone at night, be sure to do this in a room where you are not sleeping
- Do not keep electric clocks or lamps using LED bulbs by your bed, or unplug them before you go to sleep
- If you want to go all in, you can literally turn off the power at the fuse box to the room where you sleep and then switch it back on in the morning.
- Be sure your main sitting and sleeping areas are not on a wall that is shared by appliances or SMART meters directly on the other side of that wall.
- Speaking of SMART meters: if you live in a house with one, try to have the utility company remove it. If you do not own your house or live in a city that makes the removal prohibitive, then invest in a meter shield. These are readily available online and easy to install.
- There are a few companies now offering clothing, sleeping bags and sleeping tents made of a material containing silver thread that blocks EMF's.



*When it comes to rebalancing our biofields, Nature is our BFF*

- The natural frequencies found in nature, around the ocean, running water, and in forests will help to re-balance scrambled energies in your body. Make time to take a walk or a run in a natural setting once a day. Pick an environment that is as far from cell towers as possible. This is becoming increasingly impossible with towers popping up on rooftops, behind buildings and on street light poles throughout cities and towns, but just do your best. Remember to switch your phone to airplane mode.
- While communing with the outdoors on your walk or run, try opting out of listening to tunes on your phone or iPod and instead immerse yourself in the beauty of the natural soundscape. The sounds of birdsong, wind through trees, ocean waves, rain and running water have been the symphony mankind has used to calm the mind and soothe the soul for eons. These sounds have the power to balance brain frequencies if listened to long enough.
- Ground yourself whenever possible by taking off your rubber soled shoes and walking on the earth for at least twenty minutes. Rubber acts as an insulator, preventing the discharge of static and unhealthy positive ion build-up in the body, separating us from the beneficial recalibration that can occur when we are connected with the earth's natural electromagnetic field.
- Allow yourself several 15 to 30 minute breaks throughout the day to turn off your devices and just be. If you are a meditator this is a perfect time to practice being in the moment and centering in to the stillness. Consider giving yourself one entire device free, WIFI free day a week. Heavenly!



- Soaking in a bath of Epsom salts and warm water and adding a little lavender oil, standing under a shower for 5 minutes, or better yet, jumping into the ocean if you are lucky enough to live seaside will help to reset your biofield.
- Stay hydrated. It is important to drink plenty of water throughout the day. But not just any water. Spring water that contains naturally occurring minerals such as silica and magnesium help to balance internal frequencies by neutralizing harmful ionic charges caused by unnatural WIFI frequencies.

- You can use the emerging science of sound frequency therapy derived from natural non-digital sources to return your body to a balanced healthy state. Sound is the most effective carrier of frequency we have. The right sound delivered in the right way can harmonize and balance out of balance frequencies. Through the scientific principles of resonance and entrainment - ironically the same processes that caused the imbalance in the first place - cell signaling and body function can be repaired and returned to wellness.

our software and then putting it in a box to deliver our sound without having to connect to the Internet. Our sound is full spectrum and lossless so you get the benefit of all the subtle harmonics that are lost with digital audio generation and wireless delivery. We use sound frequencies from the voices of traditional sound healers and then enhance those tones by manipulating waveforms and adding harmonics until we arrive at the specific combination that generates an oscillating frequency most beneficial to the body. It is this combination of the ancient tradition of sound healing with modern technology that makes HUSO unlike anything else in the field of sound therapy.

## HOW HUSO CAN HELP

HUSO sound frequency therapy was specifically designed with EMF protection in mind. This is why, in a wireless world, we chose to be wired, and added an internal battery to HUSO 2.0, our newest design. It is also why we spent years of research creating our unique tones as well as developing

For more info on the dangers of wireless technology and man-made EMF's, sound Frequency therapy, as well as the role natural emf signaling plays in the maintenance of health, check out The Science page on our website.

If you want to learn more about HUSO, visit our website: <https://thisishuso.com>





# HUSO

**Experience the power of Human Sound**

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