

Success Forum

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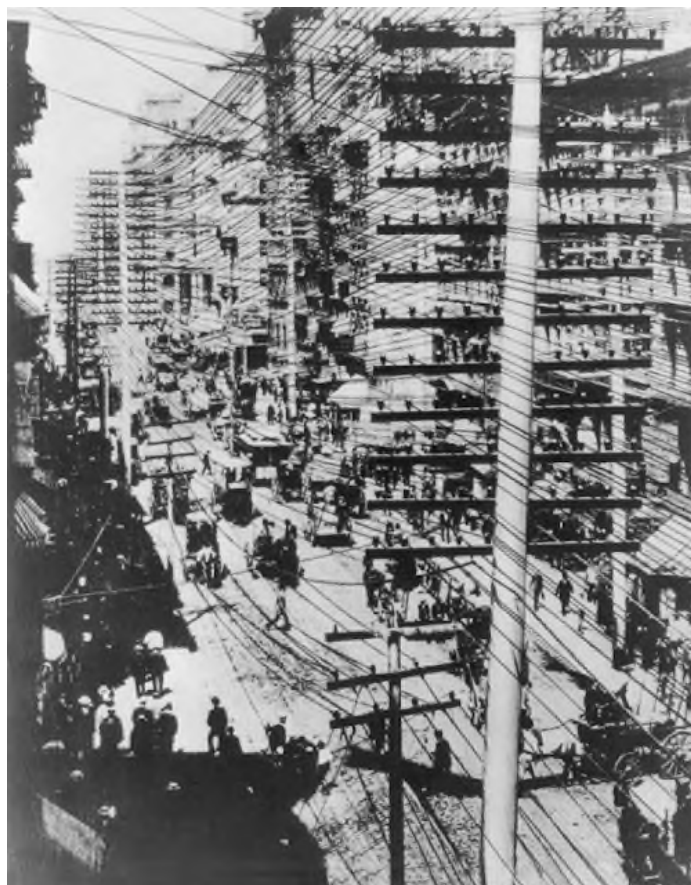
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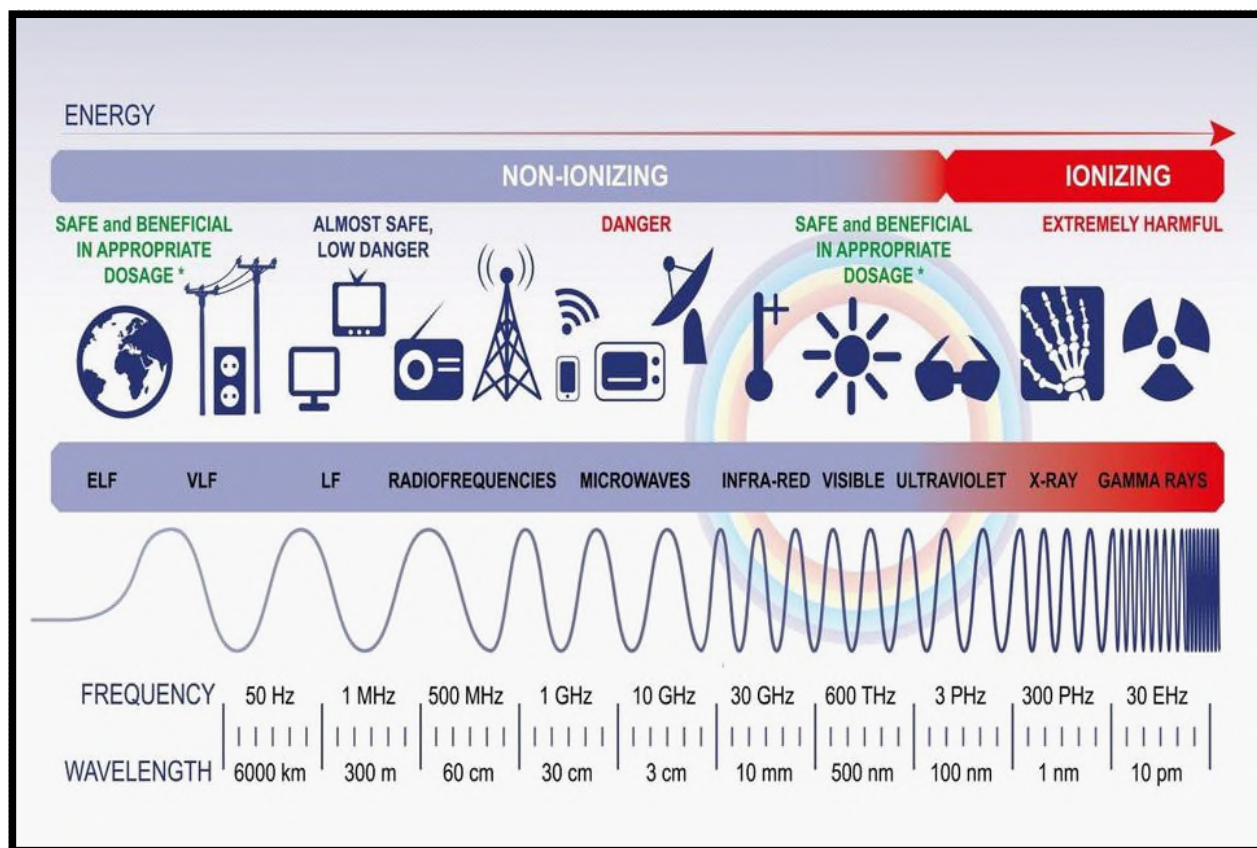
The invisible threat that may be destroying your HEALTH

In his 1860 essay *Compensation*, Ralph Waldo Emerson said, "The first wealth is health. The second wealth is a good memory." Did you know that your cell phone may be destroying both??

I did a newsletter in 2017 about ElectroMagnetic Frequencies (EMFs) and the danger they pose. Everyone thought I was crazy. Now here we are, eight years later and people still think I'm a little off when I tell them they should not be wearing a computer on their wrist, or putting their cell phones in their jeans pocket. I mean come on, Cheryl! If my cell phone was dangerous wouldn't the cell phone makers, or at least the government, tell me? It's time to wake up, my friends. Let's explore this topic and talk about how to protect yourself from this danger.

The history is dark and has been obscured by powerful players. Try to do a search on *telegrapher's disease* and you quickly find that it has all but been erased. When they first began stringing telegraph lines in the US, back in the mid-1860's, the men doing the work developed a strange illness and some died. But, the advancement of technology was too important to be bothered with such things. The top photo, courtesy Vintage Everyday on Pinterest, is a shot of telephone wires in New York City from about 1887. These lines, as the ones today, all carry an electrical charge. As crazy as this looks, you can still see a similar situation today in third world counties. The bottom photo was taken in Thailand. The electrical charge is low compared to modern day electrical wires, but especially for the men who worked on these wires, it was significant. It's no different today, and most likely worse. But wouldn't you know, much like the vaccine industry, the telecommunications industry is exempt from lawsuits. Again, the advancement of technology is too important to be bothered with such things.





What are EMFs? In his latest book, *Your Guide to Cellular Health* (Joy House Publishing, 2024), Dr Joseph Mercola talks about what EMF is and the importance of recognizing the negative impact of EMFs on our health.

There are natural EMFs, as you can see in the graphic above. ELF or extremely low frequencies come from the earth itself. Walk in wet grass or on a sandy beach and you interact with ELF. They are healing. Note the long, slow wave.

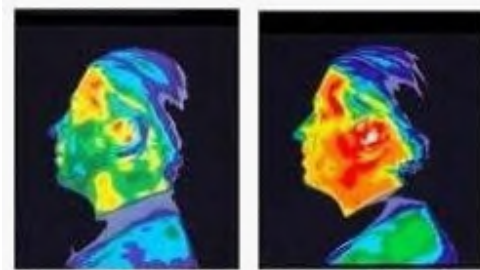
It's as we go up the frequency scale that things change. Dr Mercola points out something very important. "One crucial distinction among EMFs is the difference between pulsed and non-pulsed fields. Most man-made EMFs, including those from wireless devices, use alternating current (AC) and are pulsed. This means they rapidly switch on and off, creating a choppy, irregular pattern of electromagnetic energy. Cory Hill, founder of *EMF Solutions* (emfsol.com), calls it "subatomic chaos." Your body operates on direct current (DC) and is more accustomed to the smooth, continuous non-pulsed EMFs found in nature" (p 115).

Dr Mercola also points out that EMF radiation is divided into ionizing and non-ionizing. You can see that on the graphic. Ionizing means that

exposure causes breaks in DNA, damaging the cell. However, when it comes to human health, it's the pulsed vs non-pulsed that has the larger impact. The telecommunications industry has used the ionizing vs non-ionizing theory to justify their products. If the radiation coming off your phone is non-ionizing, then it must be safe.

Oh, really? Technically, microwaves give off non-ionizing radiation, but would you put your baby in a microwave and turn it on? Of course not! But people don't hesitate to hand a cell phone to a small child.

Cell devices are rated by Specific Absorption Rate or SAR, which is supposed to rate the short-term effects of radiation on the body. This photo is thermal image of a man before using a cell phone, and after a 15-minute call. Since you can't really see it here, the before color is mostly green. The after color is bright red. And this photo is one I've used for more than a decade, so I can only imagine how much stronger cell phone signals are these days.



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Full color version:
SupplementalWellness.com/learning

Classic EMF Sensitivity Symptoms

Sleep Disruption / Sleep Apnea
Anxiety and/or Depression
Autoimmune Diseases
Autism / ADD / ADHD
Brain Cancer / Childhood Cancers
Breast / Prostate / Colon Cancers
Cardiac Arrhythmias (Flutter / Fibrillation)
Heart Palpitations (PVCs / PACs)
Diabetes / Blood Sugar Management Challenges
Fatigue / Adrenal Fatigue
Headaches including Migraines
Infertility - both Male and Female
Joint Damage / Bone Density Loss
Memory Issues / Alzheimer's Disease
Weight Gain / Inability to Lose Weight

Is this real? Here are some real life stories. I first became aware of the EMF problem when my sister moved in with us for a time. She used the guest suite, and almost right away began having headaches and she became incredibly fatigued. As it turns out, our old electric meter had been switched out for a new “smart” meter! They didn’t even give us notification. That meter was about 6 feet directly under Kathy’s head every night. After agreeing to pay an additional monthly fee, they switched it back to a dumb meter. The headaches and fatigue went away.

Much later we figured out that Kathy also, very inadvertently, destroyed her finger joints because of EMF. She reads at night. Many years ago she found a Kindle Paperwhite. It was nice because she didn’t have to have a bedside light on. When she fell asleep, the device would go dark. After we bought a meter, she discovered that the device would appear to turn off, but in fact, it was still trying to connect to WiFi. On a typical EMF meter, a safe level is 0.003 $\mu\text{W}/\text{cm}^2$ (microwatts per centimeter squared). Even with a dark screen, the Paperwhite would spike to 13 $\mu\text{W}/\text{cm}^2$!!!

Her hand joints were very painful and swollen. She got X-rays and the reason was clear. The joints on both hands were basically destroyed. Why both

hands? Because she would sleep on either right or left side, and held that device most of the night. If EMF exposure destroyed her finger joints, you can only imagine what it’s doing to your pelvis when you put your phone in your jeans pocket!

If I try to wear a “smart” watch, even a low-tech pedometer, within an hour my arm will begin to ache like crazy. If I go into an Apple store, or other super high EMF area, I get anxious and exhausted.

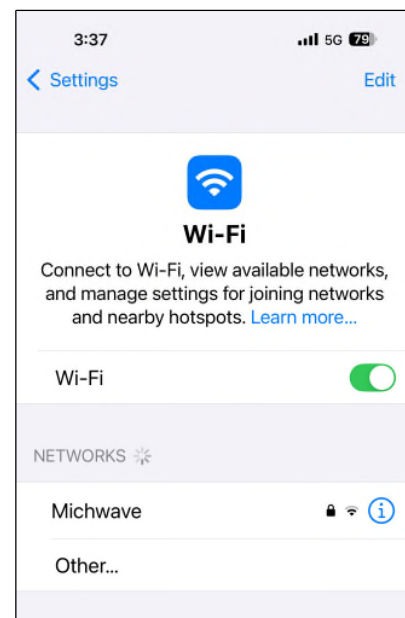
Do you know anyone who has died of a brain tumor? I know of at least two personally, and both of them were big cell phone users.

Remember what Dr Mercola told us. “Most man-made EMFs, including those from wireless devices, use alternating current (AC) and are pulsed. This means they rapidly switch on and off, creating a choppy, irregular pattern of electromagnetic energy.” My friend Anne experienced the effects of that pulsing. When she used her iPad on her lap, her legs got very twitchy. When she used a piece of shielding cloth on her lap under the device the twitching stopped. Later she began using a different type of protection that I’ll talk about, so she no longer has twitchy issues. (Always a good thing.)

Now, what to do about all of this! Kathy’s first advice would be to keep all of your devices on “airplane” mode, or as she calls it, Safety Mode!

Next, you have to figure out how bad your exposure is. There are two ways you can check without even spending any money.

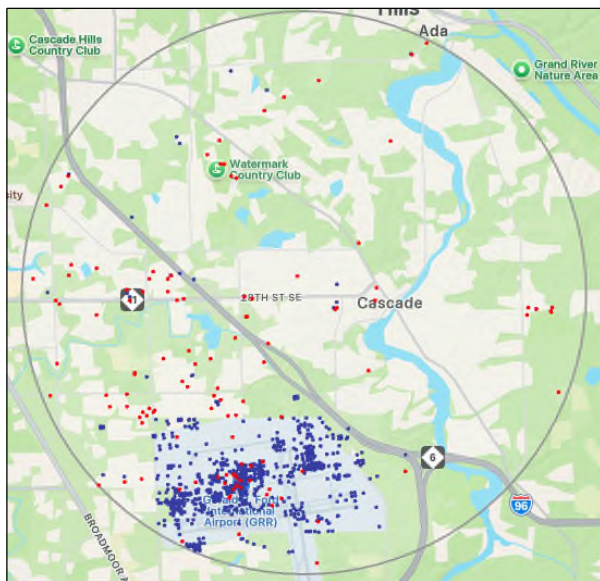
Open the Settings on your phone, then hit WiFi. How many WiFi options are there for you?? The more WiFi signals available, the greater the risk. Michael and I live out in the country. We do have a cell tower in the back yard, so when I check my phone, this is all I get. How many do you have??



Go to: www.AntennaSearch.com

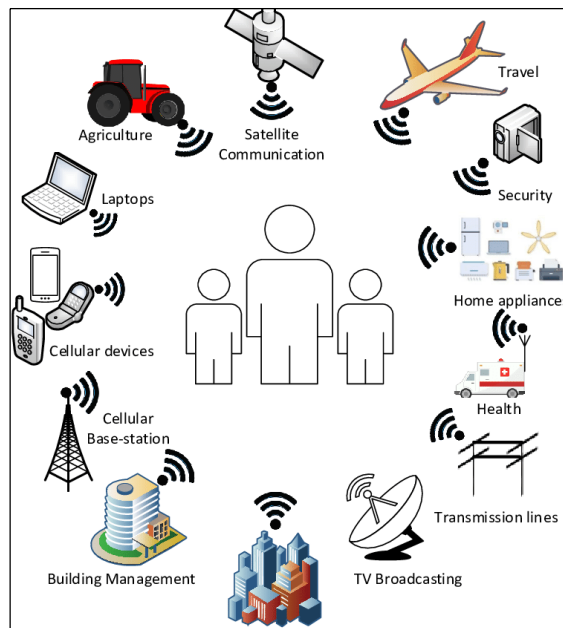
In your home it's not just your cell phone, WiFi router, iPads and laptops, smart meters, smart appliances, speakers like Alexa, and baby monitors that are the problem. EMF comes from all over the place these days. Some you don't even think about, like airplanes flying overhead.

Do you have EMF you can't control? Go to AntennaSearch.com and put in your address to find out. When I put in our home address (out in the country, remember?) we have 29 towers and 25 antennas within a 3.0 mile radius. Then when I put in the address of our nutrition club: **1199 towers and 192 antennas** within a 3.0 mile radius of 6147 28th St. That number has gone up in the last six months by 9 towers and 1 antenna. We aren't far from the airport.



But I found someone on my mailing list who is in deep trouble. I have an address in Kentwood that showed up with **322 towers and 312 antennas!!** Again, airport proximity is a big piece. Every one of those towers and antennas gives off radiation - in addition to cell phones and routers in the building.

Both of those searches are free. There is another powerful type of detection you can do is available at a very low cost. I did a quick Amazon search for EMF meters. The prices have really come down!! The meter I currently have is a Cornet EMF meter that still sells for \$189, but I found this meter ERICKHILL EMF Meter, 3-in-1 Portable Detector for RF, EF, MF, & WiFi Signal – Rechargeable Radiation Reader with 3-Color Sound-Light Alarm.



It was only \$49!! Here is the description: 3-in-1 EMF detector Accurately detects Electric Fields (EF), Magnetic Fields (MF), and Radio Frequency (RF) radiation. EF mode picks up emissions from household appliances like microwaves and smart meters. MF mode tracks magnetic fields from devices such as motors and power tools. RF mode monitors radiation from mobile phones, WiFi routers, and 5G signals. I can't wait to play with that thing!

The nice thing about a little meter like this is you can carry it with you and determine your risk everywhere you go. (If you want to know. It might be scary!) Michael and I are heading to Las Vegas for the annual A4M meeting (American Association of Anti-Aging Medicine). I know the airport will be crazy, but the hotel isn't far from there.

Where does that leave us? It's time to talk about what to do. Next up, **Time, Distance, Shielding** (which does include tin foil hats).



Protect You and Your Loved Ones: Time / Distance / Shielding / Nutrition

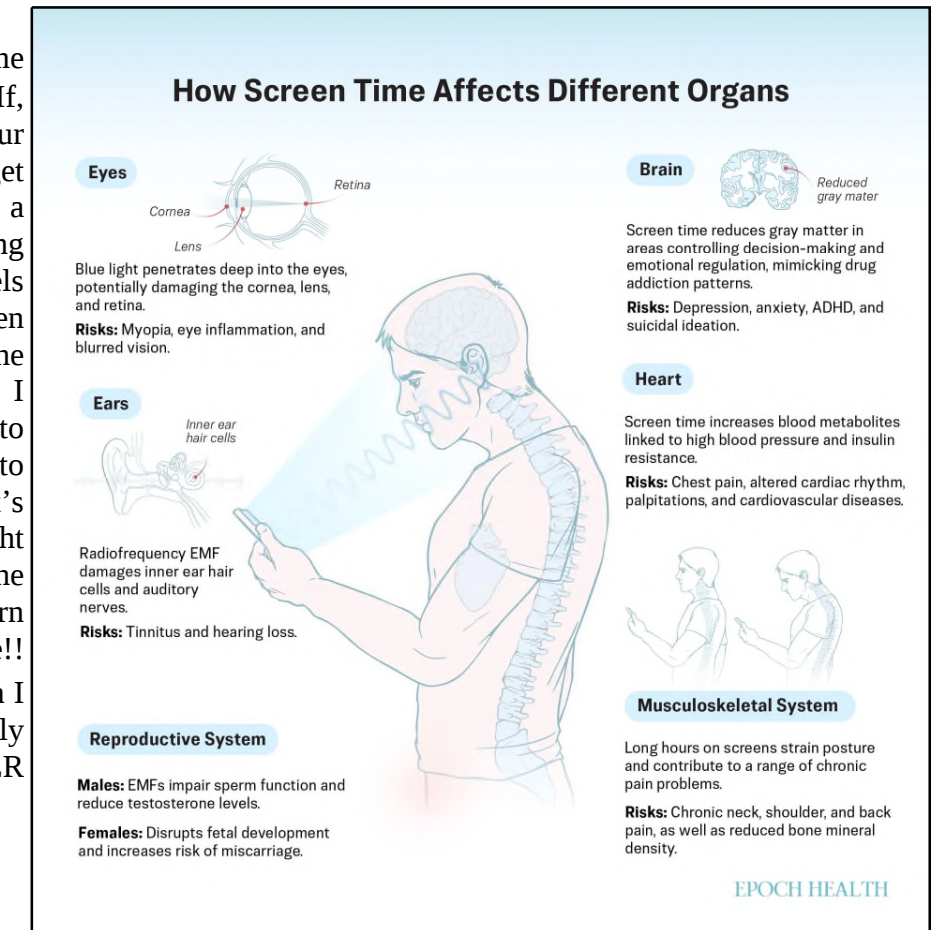
TIME is the first piece. The less time you spend on your devices, the better. If, like me, spend a lot of time on your computer, take the time and effort to get away from using wireless devices. I use a corded mouse and keyboard and everything is connected via Ethernet. The EMF levels in my work space are very low, but even with that, I take breaks. This graphic to the right was just posted by Epoch Health. I hope their article will be an eye-opener to all who read it. I won't have the space to really get into the blue light piece, but it's a problem!! I have invested in red light converters for both our cell phones and the iPad. Find them at BodyGuardz.com. Turn your device into a healthy red light source!!

And these are the glasses I wear when I am working on my computer, especially when it's dark outside. You need AMBER lenses for optimal blocking.



DISTANCE is a critical one.

See this airpod picture? Why would you put a microwave radiation device into your ears?? Using airpods is just plain reckless. They communicate with each other right through your brain stem!!! Text whenever you can, but remember Kathy's story. Your hands are still being irradiated. NEVER put your cell phone in your bra or pants pocket. NEVER put your cell phone up to your head. NEVER put your cell phone under your pillow. Get it OUT of the bedroom altogether, unless it's on safety mode! (No, the little stickers won't help you.)



SHIELDING is another piece. Protect your body from the EMF. Way back in January of 2018, I printed off an article from GreenMedInfo.com: Groundbreaking Study Shows Shielding EMF Improves Autoimmune Disease. The study was published in the journal Immunologic Research. Patients with autoimmune diseases such as multiple sclerosis, lupus, celiac disease and rheumatoid arthritis up to a 90% improvement in their

symptoms. What did they do? They wore a silver-threaded cap for four hours at night and four hours during the day. That was it! They shielded their brains from EMF and had some pretty profound improvements. Your body does NOT like the random, pulsing, subatomic chaos! There are lots of ways to shield. Log on to LessEFM.com for some great ideas, or check out the high tech EMF "shielding" that we have chosen, on the next page.

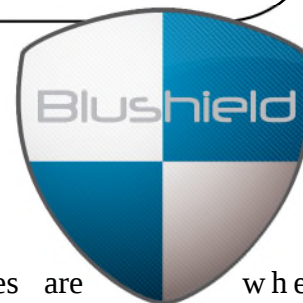




SHIELDING: One more item. This is the Anti Radiation Cell Phone Pouch that Michael and I use, made by SYB - Shield Your Body. My phone is inside this, inside my purse. When Murphy is watching stuff on his phone, he puts the pouch under the phone, so he is protected. The rear of this anti-EMF phone case is lined with a fine mesh of gossamer metallic fibers. These fibers block electromagnetic fields emitted by mobile phones and deflect the radiation away from your body. If you want to carry a cell in your pocket or wear it on your arm as you exercise, please purchase this first. About \$32.

For State of the Art Protection - Choose Blushield

blushield.com/blogs/education/getting-started-with-blushield



Once I started learning about Blushield, I was all in. This is how the Blushield technology is explained on their website.

Blushield is a revolutionary form of EMF protection that uses scalar waves and produces coherent frequencies within the human (animal and plant) responsive range, based on nature-mimicking mathematical algorithms. It emits frequencies using the same power sources as manmade devices, which created active, powerful fields. It is essentially "loud" enough to compete against the biologically incoherent non-native EMF fields. Instead of attempting to block EMFs, Blushield essentially overpowers non-native EMFs with harmonious frequencies. Then we no longer perceive the non-native EMFs as a threat. Our bodies can rest and heal.

Remember the pulsing and twitching that Anne struggled with? The shielding cloth did help, but the testimony is that once Anne plugged in her Blushield device, she found that she could use her iPad on her lap without any negative effects on her muscles. Blushield does recommend we continue to use common sense with our devices, like turning off your WiFi routers at night, don't have an active cell phone near your bed, etc.

When people start using Blushield devices, what do they often report?

- More relaxed and "chill"
- Better able to focus
- Able to spend more time on a computer
- Less tired, zapped eyes
- Greater energy
- Better quality sleep

The real testimonies are when it involves animals, since they can't lie. When I was talking about Blushield at the club, Maria told the story of her daughter's cats. She lives in a condo community in California, with lots of WiFi routers and cell phone towers. As it turns out, she also has a bank of "smart" electrical meters on the outside of her living room wall. She has multiple cats and a big window, so assumed that the cats would love to have a cat tree in front of that window. She got one, put it in place, the cats wouldn't go near it. She bought a Blushield device and within a very short amount of time, the cats were enjoying the view!!

We have a Phi 03 device here at the house and at the club. (And take one when we travel). In both places, since we have 295 feet of protection in every direction, we have seen an increase each year in the number of bees and butterflies in the gardens.

On the Blushield website, there are some amazing animal testimonies!! Cows in New Zealand started showing signs of severe stress when TV masts were erected in the 1970's. Blushield was introduced to the area in the early 2000's and within a short amount of time, the cows were happy again, their stress markers went down, as did their need for supplemental minerals.

blushield.com/pages/dairy-cow-tests?v=7516fd43adaa

Chickens? Why not! Excellent testimony about fewer chicken deaths, more eggs, less noise in the coops and less aggressive behavior. Amazing!

blushield.com/pages/poultry-farm

Check it out and use code **SWELL10** for a great discount! Let me know if you have questions I can answer for you! Blessings!

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Nutritional Support is Needed when in High EMF Environments!

When your body is under stress, you are burning through B-vitamins like crazy. A high EMF environment, with all that pulsing, sub-atomic chaos is VERY stressful for your body! Our **Herbalife Formula 2** is the perfect first step in your defense! Loaded with B-vitamins, the dosing is 1 tab 3 times a day, with food. Feeling a little tired and drained? Have a fourth one!! Grab that before you look to caffeine for your boost!

Need some extra relaxation support? Again - we have the perfect products for you! **Relax Now**, with jujube, ashwagandha and passionflower! One or two tabs any time of the day, helps you relax and focus without feeling drowsy.

Prefer tea? Happy to help! Here's our peppermint based **Relaxation Tea** that will help you calm your body and mind. Formulated with lemon balm, passionflower, lavender and chamomile but no caffeine, so it's perfect any time, day or night.

Need help with sleep to recover from your high EMF day? Sleep Now is just the ticket! **Sleep Now** combines 1 mg per tablet of melatonin, plus hops, cinnamon, passionflower, valerian, orange, amla and lavender! I call those "sleep-inducing herbs." I swear, I can feel them take me off to sleepy land. Try some today!



But if you want caffeine,
we have you covered
there, too!! Introducing
two new LiftOff flavors!!!
Cola and Ginger Beer!!!

Available NOW!



Many Thanks to EVERYONE on my team for all
Your Hard Work! You are changing lives every day
with these products and this business opportunity!!!

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whole world!!! If you haven't
tried us yet, it just might be
time!!! Call for more info!

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powder, sports protein RTDs, meal
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combines % RSP share GBO for 2024.