

Subject line:

Why you should wear a tinfoil hat ...

One of the more frustrating things about fixing mood and thinking problems is not knowing what's causing it in the first place.

Does anything on this list resonate with you?

- Anxiety and panic attacks
- Depression
- Learning difficulties
- Mood swings
- Dizziness, vertigo or feeling light-headed
- Headaches
- Fatigue

If you are dealing with any of the above and can't think of a reason why, it could be *EMF sensitivity*.

Say what?

You could be *hypersensitive* to *electromagnetic fields (EMF)* radiation.

We are permanently surrounded by an *electromagnetic field*. But it's stronger in some places.

Think your office or home Wi-Fi, mobile phone, home or office electrical wiring, smart meters, television and even your appliances.

And unless you choose to live in a Himalayan cave for the rest of your life you need to deal with *EMFs and the effect it's having on your brain*.

23 different studies show that *EMFs affect voltage-gated calcium channels in brain neurons*. And they know this because *calcium channel blockers negate the effects of EMFs on brain cells*.¹

When calcium channels in brain cells are disrupted by EMFs, it messes with brain cell signaling, and neurotransmitter synthesis. The result can be one or more of the symptoms listed above.

Now you could *wear a tinfoil hat and block these EMFs* before they do any damage. But tinfoil is not likely to go well with whatever you're wearing today.

Instead, you can add one or more natural nootropic *calcium channel blockers* to your nootropic stack.

Try one or more of these nootropics and see if it helps relieve your symptoms:

- *Alpha-lipoic acid*
- *Magnesium*
- *Vitamin B₆ (pyridoxine)*
- *Vitamin C*
- *Vitamin E: high gamma/delta E with alpha tocopherol*
- *N-acetyl L-cysteine (NAC)*
- *Omega-3 fatty acids (EPA and DHA)ⁱⁱ*

I'd love to put a link to each of the nootropics listed above so you have quick access to the full review for each. Including dosage recommendations, side effects and types to buy.

But lots of links in an email sends a red flag to your email service provider.

So please go to the [Nootropics List here](#) and scroll down to find each nootropic listed above.

ⁱ Pall M.L. "Electromagnetic fields act via activation of voltage-gated calcium channels to produce beneficial or adverse effects" *Journal of Cellular and Molecular Medicine* 2013 Aug; 17(8): 958–965.

ⁱⁱ Alexander W. "Hypertension: Is It Time to Replace Drugs with Nutrition and Nutraceuticals?" *Pharmacy & Therapeutics* 2014 Apr; 39(4): 291–295.