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Integrative and Functional Medicine

# 10 Things

*You Can Do Right Now*

# TO SUPPORT RECOVERY FROM EMR SYNDROME





## Disclaimer

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The information provided is for informational purposes only and is not intended to substitute for medical advice from your physician or healthcare professional. Dr. Sharon Goldberg and Glow Health, PA assume no responsibility and make no claims in treatment or cure of any disease or illness. Be sure to consult with a licensed healthcare professional before starting any diet, exercise, or supplement program.



# 1

## Reduce your intake of toxins from food

- ✔ **Eat organic food, mostly plants, of many colors. Meat should be organic, pasture raised and finished whenever possible.**
  - ◆ I highly suggest using the Environmental Working Group's [Shopper's Guide to Pesticides in Produce](#), [AKA The Dirty Dozen/Clean Fifteen](#).
  - ◆ The Dirty Dozen/Clean Fifteen is a list of the most and least contaminated produce, updated annually and will help you understand which foods should be avoided if not organic/which ones are ok to buy nonorganic.
  
- ✔ **Familiarize yourself with the genetically modified foods (GMOs) currently on the market and avoid them, as they are heavily contaminated with pesticide residues.**
  - ◆ Historically, the most common GMOs sold in the U.S. included corn, soy, alfalfa, cotton/cottonseed oil, canola/rapeseed oils, sugar, papaya (Hawaiian) and some zucchini.
  - ◆ Regularly updated information on GMOs can be found on the [Institute for Responsible Technology's website](#).
  - ◆ The [IRT's non GMO Shopping Guide](#) is a great resource.
  
- ✔ **Other measures you can take:**
  - ◆ Limit fish/seafood consumption, favor fish lower in metals (the smaller, faster growing fish are generally lower in heavy metals and contaminants) i.e., sardines are less contaminated than larger fish like swordfish or ahi tuna.
  - ◆ Minimize canned foods (aluminum and BPA from the can or can liner).
  - ◆ If you consume dairy, use butter/ghee in moderation because of the high toxin levels.



## 2

### Reduce your intake of toxins from water

- ✓ Purify your drinking water with reverse osmosis or a charcoal filtration system like Berkey.
- ✓ Avoid water packaged in plastic. If you currently use a plastic water bottle, replace it with a stainless steel or glass bottle.

### 3

## Minimize your exposure to toxins in the home

- ✓ Discontinue use of commercial cleaning products, pesticides/insecticides and weed killers. Favor natural alternatives.
- ✓ Get your home tested for radon and mold.
- ✓ If recent renovation or painting, consider evaluating for VOCs (volatile organic compounds) and overall air quality.



Maximize elimination of toxins from your body - the 3 ways toxins are removed are via urine, stool and sweat. Exercise stimulates circulation of blood and lymphatics.

### 4

## Don't dehydrate yourself

Hydration is a must to protect kidneys and support optimal elimination of toxins.



- ✓ Drink  $\frac{1}{2}$  of your body weight (in pounds) in ounces of water daily.
- ✓ Hydrate upon awakening - drink a large glass of water with lemon/lime juice first thing in the morning. If this causes teeth sensitivity, then herbal tea is an alternative or plain water.
- ✓ Be aware of the dehydrating properties of many caffeinated drinks such as coffee and green tea. If you drink coffee/tea then it is harder to stay adequately hydrated.

## 5

### Prevent and/or treat constipation naturally



- ✓ The essentials here are: ensure hydration, daily exercise, adequate fiber.
- ✓ Certain supplements can support bowel regularity naturally, such as vitamin C and magnesium.

## 6

### Maintain good sleep hygiene

- ✓ Have a regular bedtime and wake up time.
- ✓ Turn off all screens at least 2 hours before bedtime – earlier is better.
- ✓ Use blue light blocking glasses when working at a computer.
- ✓ Avoid alcohol, refined sugar, stimulants/caffeine. Identify and discontinue medications that interfere with sleep (some decongestants for instance).
- ✓ Avoid late night eating – try to finish dinner/eating at least 2-3 hours before you go to bed.
- ✓ Get outdoors within 20 minutes of waking up and avoid screens in the early morning.





## 7

### Support vitamin D production naturally

- ✓ Ensure regular mid-day sunlight exposure to boost your body's natural production of Vitamin D

## 8

### Ensure that you are sufficient in vitamins and minerals

- ✓ The best policy is to eat a rainbow of different fruits and vegetables every day. Each color contains different phytochemicals that work to support your overall health, including detoxification.
- ✓ Eat a mineral rich diet – mineral deficiency impairs effective detoxification.
- ✓ If you are vegan or have a restricted diet, ensure adequate protein in the diet.
- ✓ Consider taking a high-quality multivitamin with active B vitamins, vitamins D and K.

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## Know that dietary supplements can potentially make things worse if not carefully selected

- ✓ Only use high quality, GMP certified products free of chemicals and GMOs. Always read the labels before you buy.
- ✓ Any detox support product can potentially make sensitivity related illness worse if taken in excess.



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## Consider mold illness in cases of unresolving electrosensitivity

**If... EMR Syndrome does not significantly improve after EMF remediation measures... or if you have regular exposure to a water damaged or musty smelling home, office, or car.**

- ✓ Home inspection by a trained mold expert is recommended.
- ✓ Remediation by a professional remediation company is needed if mold is detected.

Sharon Goldberg is a Santa Fe based Integrative and Functional Medicine Physician. She is Board Certified in Internal Medicine and has over two decades of practice experience working with both complex chronic illness and disease prevention. She is a medical educator, peer reviewer, and was Course Director for the 2021 EMF Medical Conference.

To request additional information about group coaching for EMR Syndrome or one-on-one appointments with Dr. Goldberg

[\*\*CLICK HERE\*\*](#)