

More info for ES/EHS people

Hello, my name is Iris and I would like to invite you to stay with us here in our shared Farmhouse in Bryn Y Garreg our **ES friendly, wireless tech free** 17.5 acres small farm in Mid Wales. A remote location close by to thousands of acres of woodland, fresh air and a **very low EMF / RF environment**. Please note: We provide short term self-contained accommodation only.

This has been my home for the past 7 years. A place where I have been able to improve much from my own difficult trials with EHS and now lead a much more involved life again with far fewer restrictions.

Sadly, as with all things our place is not for everyone. We are all different and have our own unique set of sensitivities. However, I do hope this place will be a safe haven for many of you.

Please note at present RV's are difficult for us to commit to, as we have only a few spots within fields to put you in and access is weather dependent. Any questions about staying over in an RV please contact us directly nearer the time.

Some extra info about our accommodation which can be useful for ES/EHS sensitive people to know:

- Only 100% natural Lakeland 0 VOC's paints has been used during our refurbishment, however there is plenty of conventional old paint on walls and ceilings (all be it many years old).
- All bedroom carpets are hessian backed non static with a high wool content.
- Lighting is mostly LED.

- We do NOT turn off electricity at night in the farmhouse or in the yard, this is due to practical aspects of running the farm and the house.

However, there is a possibility with **bedroom 1 only** of turning off this section of the electric lights and power sockets. We can sort this out for you, if you are the only guests staying or if other people in your party consent to not having the main hall light on during the night or 24/7 (depending on your requirements).

This will however involve a disclaimer to be signed for all parties concerned to comply with health and safety. This option is only bookable after all parties agree.

Please Note: Candles are not allowed in the guest part of the house for insurance reasons, so make sure you have a light source with you other than real candle light.

- We run an oil boiler/Aga, which is on the opposite side of the house to our guest quarters. This means the electromagnetic field will not interfere with our guest quarters.
- You will find the following electrical appliances in the guest kitchen: electric cooker and fridge freezer, as well as a kettle and toaster.

There is the option of a 2 ring gas camping stove instead of using the electric cooker. Please request this option in advance, so we can get it set up for you.

You can also choose to have the fridge freezer turned off. We can provide alternative arrangements for you to store a small amount of cooled/frozen food in other parts of the property, so it won't affect you in your guest suite space.

- Our internet router in the farmhouse does NOT have a Wi-Fi function and any laptops we use for business purposes in our part of the farmhouse are cabled with ethernet connections and TP links with airplane mode enacted at all times.

- All our guest beds are of wooden construction without metal frames with foam mattresses without metal coils inside to ensure a good night sleep. Due to this construction our beds do not need earthing and therefore we *do not allow people to earth any items outside from their bedrooms*.
- If your car is free of EMF contamination when parked, we can find you parking in the farmyard, should you be unable to park in the guest car park. All other vehicles will have to be parked in the guest car park, apart from a quick unloading / loading session on the front drive of the farm house.
- Using your personal mobile phone/electronic devices:
This must be done outside the bounds of our property/land or in our specifically designated guest car park (which is far enough away not to interfere with others).

During your stay with us, you might like to explore ways of reducing anxiety levels and learn about ways which enable your body's fight and flight responses to turn back to calm and energising. I offer suggestions on ways forward to achieve more harmony within your body based on my own personal experience. **I also offer on-line teams or zoom sessions on this topic.**

If this is something you are interested in, please get in contact with me to book a 1 hour slot. Energy Exchange: £40

Interaction with animals is known to alter our own energetics which can help with ridding our bodies of some of the effects from EMF exposure.
(This has helped me a lot over the years.)

For instance, animals can help us ground, calm our minds and focus our mind to build emotional fitness and intelligence. They are also masters of lifting our mood and are therefore beneficial to be around for our mental

health. They teach us about mindfulness, stimulate cognitive functions, help us regulate our nervous system and require us to show up with authenticity. They cultivate heightened self-awareness as well as develop what we call 'feel' in the equine world, just to mention some of the many benefits in spending time with them in our guided environment.

We offer Equine Facilitated Learning sessions and therapy sessions as well as mindfulness sessions with our sheep. All of this is highly beneficial to our wellbeing.

If this is something you are interested in please get in touch for more information.

Any further questions, please contact Iris either by phone on 01938 820407 by e-mail via LVAC.wales@gmail.co.uk, or send me a **text only** to 07942 861647.

Disclaimer: "As the property owner, please note, that we cannot guarantee our property will meet your sensitivity needs. We have done our very best to provide you with a low EMF and RF environment, but sometimes things are out of our control and many variables and unknowns can arise. We cannot guarantee that this property will be safe for you. We are not liable for any adverse health effects that may occur during your stay. Thank you for your understanding."