



10 Ways to Reduce Your EMF Exposure in 10 Minutes

(in order of priority regarding greatest biological-impact)

- 1. Throw away your cordless mobile phones** (DECT phones); the base station is like having a cellphone tower in your home. Opt for a wired landline. Another reason to get a landline right away is that your phone service provider will be discontinuing this safer option if subscribers do not demonstrate more demand (need).
- 2. Throw away your wireless baby monitor;** they produce high levels of radio/microwaves very close to the baby's head (brain) for long periods of time. Opt for wired monitors or do without.
- 3. Stop using your microwave oven** as much as possible. Microwaves operate at intensities and power levels that expose you to high amounts of EMF often hundreds of feet away. Especially keep children out of the kitchen (as far away as possible) when it is on. Throw it out if possible so you won't be tempted, and opt for a toaster oven.
- 4. Turn off your wireless WiFi router** when it is not in use, and make a point of turning it off during the night to provide a more health restorative sleeping hours. Opt for wired WiFi and make sure it is installed so all wireless 'handshakes' are disabled, that it auto-performs with your computer and other wireless devices.
- 5. Avoid iPads, tablets, Wii/Playstations, Foxtel/Apple TV** etc that operate wireless by design and offer no way to enable (safer) wired use. "Power Off" devices when not in use rather than just turning them off, which still allows it to transmit. Opt for wired versions, even if you have to scout out older models that were available before wireless became the norm.
- 6. Keep your cellphone in airplane mode** whenever it is not in use. Unless it is in airplane mode, or powered off, It is like living with a radio/microwave celltower that is constantly in communication with other celltowers. Opt to forward your calls to your landline. and auto-forward your texts to your email (wired "land computer") using an app. Charge your cellphone, use your camera, watch movies, listen to music, play video games etc., all in airplane mode (all previously downloaded in another room).
- 7. Keep all wireless devices as far away from your physical body** as you can when using them, and keep them away from children's bodies altogether. Laptops, for example, can have up to 5 'live' antennas. Never carry a cellphone in a pocket, bra, etc. Opt for an EMF shielding carrying case, purse etc.
- 8. Maintain distance between you and any electric appliance** when it is operating: electric stoves, ovens, fridges, washers, driers, water heaters, space heaters, and any small appliance too, like toasters, kettles, blenders etc., Same goes for anything with a motor: hairdryers, power tools, etc.
- 9. Arrange furniture** that you spend a lot of time using, to keep it away from electric wires in walls. Observe the 6-8 foot rule to provide a biologically safe distance from the hidden "electric fence" that surrounds every room in your home inside the walls.
- 10. Turn off the power to bedrooms at night** by disconnecting the bedroom circuit at the breaker box. Opt to replace all bedroom electric conveniences with non-electric, non-wireless ones, such as mechanical alarm clocks, battery powered bedside lights, thermal (space) blankets, landline phone etc.

For more training on Reducing EMF Exposure please visit: www.emf-experts.com/EMF-Classrooms.html