

Bad News: Your Wireless Devices Are Zapping You

The closer a wireless device is to your body, the more EMFs you're exposed to. Before freaking out about smart meters, the 20 wifi networks you can detect around you, and other EMF sources, learn how to safely handle your own electronics.

Your Phone *How To Handle This Hot EMF Potato*

5 Easy & FREE Steps To Reduce Cell Phone Radiation Dangers By 95%

1. Don't Use A Phone Next To Your Head

Instead, use the speakerphone, or — if you want to be slightly less annoying to your neighbors — a wired headset (preferably the “airtube” kind). Bluetooth headsets are a no-no, as they emit the exact same kind of EMF radiation as cell phones... which is like replacing cigarettes with “light” cigarettes.

Using A Cell Phone Next To Your Head Has Been Shown To:

- Increase your risks of brain cancer by 8% every year
- Make your Blood-Brain Barrier (BBB) leaky, which lets toxic invaders enter your brain
- Cause symptoms of anxiety and depression

2. Hit “Airplane Mode” When You Carry It

Keeping your phone tucked in your front, back or shirt pocket, or worse — in your bra — can expose you to unnecessary amounts of radiation and has been linked with infertility, hormonal disruption and breast cancer.

3. If You Can, Disable The “LTE” And “4G” Networks

The more recent “LTE” and “4G” networks might be faster, but with greater speed comes greater radiation (yes, that's a Spider Man reference right there).

If you simply visit your phone's cellular settings and disabling “LTE” and “4G”, your phone will automatically connect to the nearest “3G” network, which slashed down the radiation by a whopping 84% on my iPhone.

4. Don't Insta- Or Facebook-Scroll Next To Your Gut

If cell phone radiation has been linked with brain cancer when used right next to your head... what do you think it's doing to the beneficial bacteria in your gut? Yeah, in simple terms... it's no bueno. Remember to keep a 1-foot distance between your body and your phone while you're texting or doing "super-urgent-and-super-relevant" things with it.

5. Avoid Using When Reception Is Bad

Calling someone when your reception signal bars are at 1 out of 5 is not only a health hazard for the sanity of the person you're talking to... it'll also force your phone to emit 10 to 1,000 times the amount of radiation as it's ramping up its power to connect to distant cellphone towers.



Cell Phone Radiation:
A Free & Easy Way To Disrupt Your Gut Flora!

Your Computer

How To Get Serious Work Done Without Zapping Your Health

3 Easy & FREE Steps To Reduce Computer Radiation Dangers By 95%

Did You Know?

Men who used a laptop on their laps saw their swimmers' motility decrease by 25%. A pretty effective contraceptive, but not ideal if you care about your hormonal health or fertility — men and women alike.

1. Use Your Laptop On A Table, NOT Your Lap

Your laptop emits just as much radiation as a smartphone when connected to wifi, if not more. As always, distance is your friend — and keeping your laptop at least 1 foot from your body will cut down the radiation you're exposed to by a good 80%.

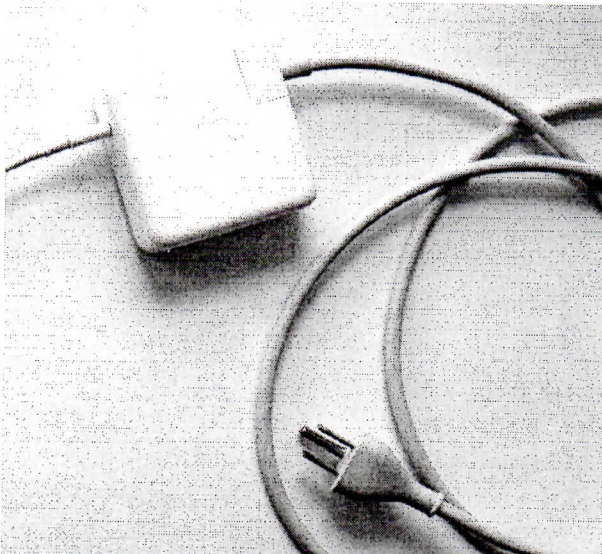
2. Go Wired

Believe it or not, there used to be a time when we visited the Internet without blasting ourselves with cancer-causing radiation. If you work on a computer all day like me, consider connecting your computer directly to your home or office router via an ethernet cable. For Apple users, this might require using an overpriced dongle. Thanks, Apple.

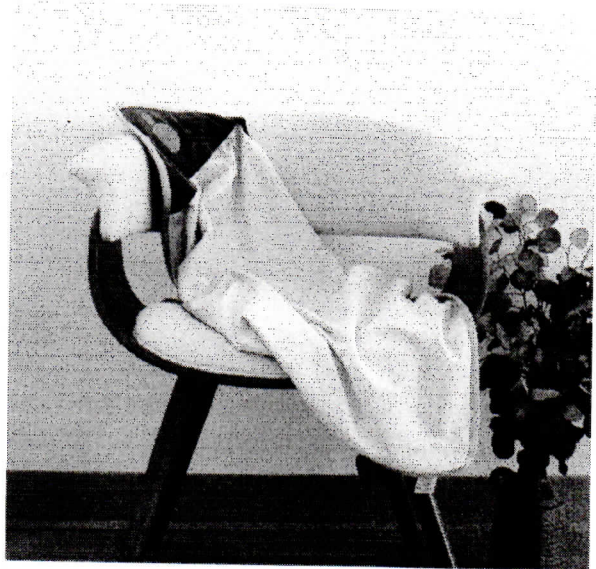
3. Ground Your Computer

Repeat after me: “Three prongs is good, two prongs is bad.” Ungrounded computers are major sources of a type of EMF called “Electric Fields”, which give you low-level electric shocks that may not be that dangerous, but that will make you feel drained at the end of a work day. If you could use more energy, always make sure your your computer – laptop or desktop – is connected to the wall outlet using a 3-prong, grounded wire.

Grounded



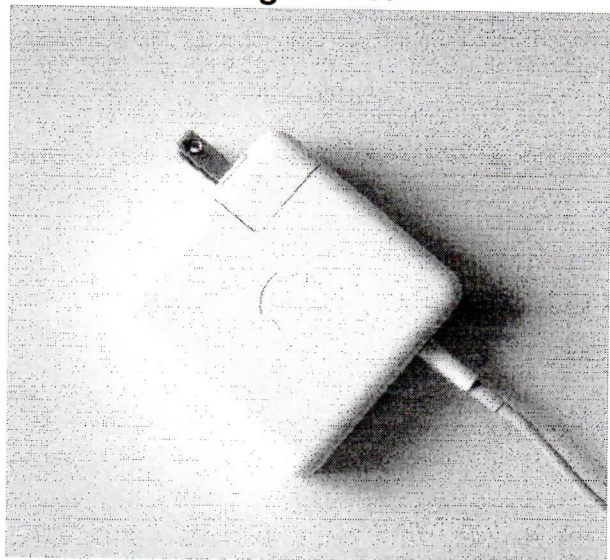
Recommended Product: The Belly Blanket



You don't have to be pregnant to use this EMF-blocking blanket – it's used by top-level CEOs in Silicon Valley to block computer radiation.

Learn more at
<http://nontinfoilemf.com/blanket>

Ungrounded



Your Home
How To Create A Low-EMF Haven

3 Baby Steps To A Low-EMF Bedroom

Your #1 priority at home should be to create a low-EMF bedroom environment — where you can enjoy 7 to 8 hours of truly deep, healing and restorative sleep each night.

1) Put your cell phone in “Airplane Mode”, while making sure the Bluetooth and Wifi icons are disabled as well. If you want to keep your phone on because you’re expecting a call, get a landline or set your phone as far as humanly possible from your pillow.

Should You Sleep “Grounded” At Night?

Grounding, or “Earthing” is an easy way to reduce the health-zapping effects of EMFs — which is why a lot of people recommend sleeping on a grounding sheet or pad at night.

As I report in *The Non-Tinfoil Guide to EMFs*, using grounding sheets can be a good idea, but only if you follow the steps on this Cheat Sheet to create a low-EMF bedroom first.

That’s because your grounding sheets can act as a huge antenna for EMFs and make your sleep worse — the opposite of what you’re trying to achieve here.

Science Corner! **How EMFs Disrupt Your Sleep**

Dozens of studies have shown that having high sources of EMFs in the bedroom can reduce your body’s production of melatonin — one of your key sleep hormones.

Some researchers hypothesize that the pineal gland — a tiny but very sensitive organ situated between your two eyebrows — cannot differentiate between these artificial EMFs and bright daylight, which is why it can reduce deep sleep and even trigger insomnia.

2) Unplug everything electric or electronic. This includes your bedside lamp and alarm clock, which you’ll want to completely unplug from the wall. Even better — turn off the circuit breaker to your bedroom at night.

3) Hunt for sneaky sources of radiation. Think wifi router under your bed, “smart” thermostats and lighting systems, and Bluetooth wearables.

The #1 Worst Source Of EMFs At Home

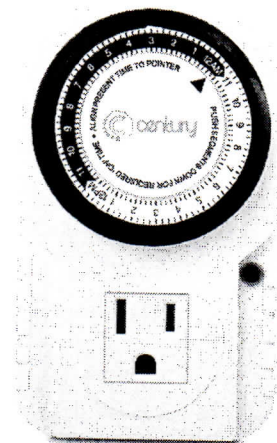
If your wifi router is currently installed under your bed, in your work desk or in your child's bedroom — it's time for a change. This is the #1 source of radiation you'll ever be exposed to. Preferably, always keep it at least 10 feet away from your living spaces.

Recommended Product: Christmas Light Timer

Plug your wifi router into this cheap outlet timer, and set it to automatically turn off between 11PM and 6AM — or whatever your personal preference is. Set it, and forget it!

Learn more at

<http://nontinfoilemf.com/timer>



High Sources Of EMFs In The Kitchen

- Microwave oven
- Vitamix or other high-speed blenders
- High-speed mixers
- Dishwasher
- Toaster
- Induction oven

Anything with a big, powerful motor will emit a strong Magnetic Field — one of the 4 types of EMFs I talk about in *The Non-Tinfoil Guide to EMFs*.

You probably won't want to get rid of these kitchen appliances altogether unless you suffer from Electro-Hypersensitivity (EHS), but understand that you're better off spending as little time as possible standing right in front of them while in use.

*Your Children
How To Protect Their Developing Brains*

4 Reasons Children Are 'Way More Affected By EMFs Than Adults

1. The bodies of children naturally absorb twice the amount of EMF radiation compared to adults, pound per pound.
2. Cell phones and other wireless devices were never intended for children — and have been industry-tested only on a model of the skull of a 220-pound, 6'2" man.
3. Children's brains are still developing, and EMFs have been found to directly impact neuronal formation.
4. An overwhelming amount of studies show that electrosmog affects developing children's growth and wellbeing.

EMF Exposure In Children Has Been Linked With:

- | | | |
|--|---|--|
| <ul style="list-style-type: none">• Autism• ADHD• Insomnia | <ul style="list-style-type: none">• Depression• Anxiety• Eating disorders | <ul style="list-style-type: none">• Childhood cancers• Impaired growth• Poor memory and learning |
|--|---|--|

EMFs & Your Fetus

Fetuses face the biggest risk from EMFs of all children, especially since they're busy building around 250,000 new neurons every single minute they spend in your uterus — and these foreign signals have been scientifically shown to impair their development.

In other words, this is the perfect time to stop using your phone next to your body (especially your belly), unless it's on "Airplane Mode". If you work on a laptop pressed against your belly, you'll want to use an EMF-shielding blanket like the Belly

Baby Monitors: Worse Than Smartphones!

Baby monitors emit the exact same microwave radiation signal as your smartphone — except that some of them are even stronger.

Ironically, baby monitors might make your baby an insomniac and moody.

Safe baby monitors include:

- D-Link ethernet enabled camera
- For European parents, the NUK BabyPhone (Only available in Europe)
- For American parents, the SmartNOVA Baby Monitor

Armor Blanket.

See <http://nontinfoilemf.com/blanket>

Distance Is Your (And Your Child's) Friend

Remember: the closer any wireless device or EMF-emitting source is to a child's body, the more health risks they're facing.

The good news is that just like when it comes to adults, you don't need to ban devices altogether or fight with your kids to get them to reduce their usage. Simply help them change their habits!

High-EMF Habits	Low-EMF Habits
Letting your toddler play with an iPad or tablet.	Downloading movies and games, hitting the "Airplane Mode" button and restricting use of the device to a few hours per week.
Having your kids chat with grandpa or grandma using your smartphone on their ear.	Teaching your kids to always use speakerphone or a wired headset.
Letting your teenager do what 75% of his friends do and sleep with his smartphone right under his pillow.	Educating your teens about how their smartphone can screw up their sleep, increase their risks of depression and make them "stupider".
Letting your teenager talk for hours on their cell phone every day.	Restrict your teenager's data and phone plan, and have them pay for any extra data they want. Teach them the importance of using a wired headset or speakerphone, and to use "Airplane Mode" when carrying it around.

Low-EMF Bedroom Checklist **Sleepy kids. Happy parents.**

1. Put all devices on "Airplane Mode"
2. Turn off your wifi router at night (prevents nighttime social media use too!)
3. Turn off the circuit breaker at night (optional, but ideal)
4. Make sure the room is pitch black (artificial light is a kind of EMF too!)

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