

17 EMF Protections

- 1) You may want to consider an [EMF meter](#) to monitor EMF exposure and assess the impact of interventions. Here are two examples:
 - a) <http://safeandsoundrf.com/>
 - b) <https://www.radmeters.com/Cornet-ED88TPlus-tbyp.html>
- 2) Hard-wiring your office and home with ethernet are safer ways to achieve connectivity for your devices. Wired mouse and keyboard as well.
- 3) Use corded landlines rather than cordless landlines, as cordless phone base stations have very high levels of wireless radiation.
- 4) Avoid wireless baby monitors (“a cell tower for your baby’s crib”).
- 5) Avoid wearables such as wireless watches, wireless sleep monitors, wireless headsets and fitness type devices.
- 6) Turn off Wi-Fi router, especially at bedtime (and whenever not using).
- 7) Cell phone hygiene:
 - i) Keep cell phone on airplane mode when not actively using the phone.
 - ii) If you need to make a call on the cell phone, use the speaker phone function rather than placing the device close to your ear.
 - iii) EMF blocking devices are available for a cell phone that can be used along with common sense use of airplane mode and physical distance for protection.
 - iv) “Blue tube” if headset is needed
- 8) Shielding technology: [EMF blankets](#) and [bed canopies](#). (Reduce electric fields by shutting off breakers and using blanket and bed canopy fabrics that you can ground with a plug-to-gator cord.)
- 9) Refuse or opt out of your electric, water and gas utilities smart meter program. ([Opt-out letter sample](#)).
- 10) Removal of metal tooth restorations may be helpful (extremely important to work with a dentist who has done this work successfully). Also, discontinuation of metal dental appliances may also be helpful.
- 11) Avoid metal bed frames and metallic elements found in box springs and conventional mattresses.
- 12) Improvement in health parameters, especially detoxification of metals such as mercury, aluminum, and others (may require medical consultation).
- 13) You may want to consider purchasing <http://www.the5Gsummit.com> to get information on not only the principles involved, but also details about specific devices and processes.
- 14) Electricity hygiene:
 - a) Unplug clocks and other powered devices at night, and move them away from sleeping locations. These emit a subtle magnetic field shown to adversely impact biological systems.
 - b) Turn off breaker switches to bedroom circuits at night. (Use a small flashlight if you need to get up during the night.)
- 15) Dirty electricity (also known as voltage transients) affects our health by radiating electric and magnetic fields into room and harmonic frequencies greater than the usual 60 hz cycle. Dirty electricity can be minimized by minimizing dimmer switches, compact fluorescent light bulbs, smart meters, older LED and halogen fixtures, variable speed motors such as energy efficient furnaces, front loading washing machines, power tools and all solar panel inverters. The new halogen incandescent light bulbs are a reasonable choice. Whole house DE mitigation systems are available.
- 16) [Building biology consultation](#) may be helpful in some cases (especially if illness is severe, as in autism or autoimmune conditions).
- 17) Protecting yourself from non-native EMF may involve having a cell tower removed. [Ray Broomhall](#) outlines a proven legal process utilizing classic assault law in order to do that.

The contents of this article have not been evaluated by the FDA nor approved by any other government or official body. Nothing offered online or offline is intended to diagnose, cure or prevent any disease or disorder of any kind.

Many suggestions in this article are sourced from www.the5gsummit.com

