

THIS FLYER IS PROMOTING 2 SIMPLE STEPS AS A HEALTHY HABIT

Please turn your WiFi  at night and your mobile off or to flight mode

My story

Naturally I was concerned when I started developing chest tightness. And as a health detective I wanted to find possible root causes. I noticed it often disappeared when I was away from home and always if I was out in Nature. So I called in 'EMF Guy' to check my home for levels of electro-pollution. This specialist architect has meters which measure harmful EMF radiation coming off electrical items.

Shockingly high meter readings – way beyond WHO safety guidelines for health- came from our WiFi router. We unplugged it and all our household gadgetry. EMF guy took measurements again; our WiFi was better but the reading was still high. Next door must have their WiFi router on the other side of that wall. Next, even with an alleyway between us and the other neighbour the EMF meter showed 3 unhealthily high hotspots. Alarming! Clearly we were being affected by the radiation from that neighbour's router, WiFi booster and Smart meter* (which, I learned, emits a particularly nasty spike of pulsed frequency – not healthy)

Thanks to EMF Guy's advice to turn off our WiFi router at night (easy with an automatic timer switch on the plug) and taking some other precautions the tightness in my chest quickly subsided.

Talking to the neighbours confirmed the position of their routers etc. Now all 3 households turn off our WiFi + booster at night; adults and children sleep better. We've noticed improved concentration, moods and vitality. Even the puppy seems happier!

JK, Exeter

Apart from the 2 simple steps you may like to check the website www.emf-protection.co.uk Using the code **2ss5** at checkout gets you 5% discount plus it supports this neighbourhood project.

Of course EMF is not the only contributing factor to our physical and mental health but it IS an important one that unfortunately is often overlooked. The toxic effects are gradual and cumulative. It is not just EMFs from your own home and workplace but also neighbouring buildings, masts etc. So, please don't wait until you or someone close to you is seriously ill; supporting a neighbourhood action like this '2 simple steps' is a WIN-WIN...the more people who participate the healthier your community becomes.....



Please do your own research from
INDEPENDENT sources and scientists

YouTube '*The Wireless Wake-up Call*' A great introduction from ex-Silicon Valley engineer, Jeremy Johnson

'Take Back your Power' Josh del Sol's documentary about the risks of EMFs Smart meters*

Books '*The non-tinfoil guide to EMFs*'

Nicolas Pineault (very readable and informative info)

'Quick & Easy EMF guide' by Lois Cadwallader

'The Invisible Rainbow' by Dr Arthur Furstenberg

Websites www.ehtrust.org/wifi-in-schools

(Children are even more vulnerable to EMF damage than adults. Some countries ban wi-fi in schools). www.bioinitiative.org/conclusions (summarises results of best peer-reviewed scientific research)

www.emfscientists.org www.saferemf.com

If you like the idea behind this flyer please copy/display/distribute it in your neighbourhood + Also use WhatsApp, social media etc

As with smoking, DDT and glyphosate/RoundUp, advertising lulls us into a false sense of safety and it takes time to change our thinking.

Being informed/Understanding WHY is the easiest way to change habits. And experiencing the benefits makes it worth it!

Will you help create a New Normal by taking The 2 Simple Steps? See if you notice a difference. Please talk about it with friends, family &/or neighbours.

Just 2 simple steps that help your own immunity and community

Email: 2simplesteps@protonmail.com