

## PRACTICAL TIPS FOR REDUCING RADIO FREQUENCY RADIATION EXPOSURE

The good news is, you don't have to sit silently and allow your body to be slowly damaged by an uninvited, invisible invader.

### ELECTROMAGNETIC RADIATION METERS

<https://rfinfo.co.uk/index.php/radiation-meters/>

### KEEP YOUR DISTANCE

The further away the device is, the lower the exposure level. Keep phones, tablets and laptops as far away from the body as possible, preferably on a non-metal surface.

Never keep it in a **pocket** when switched on – at least as little as possible. Even the 'legal' section in your mobile General menu does in fact tell you that the phone manufacturer is not liable for any damage resulting from using your phone closer than 12-20mm to the body (think hands/pockets/head?)

Use speaker mode or an air tube headset when making or receiving phone calls.

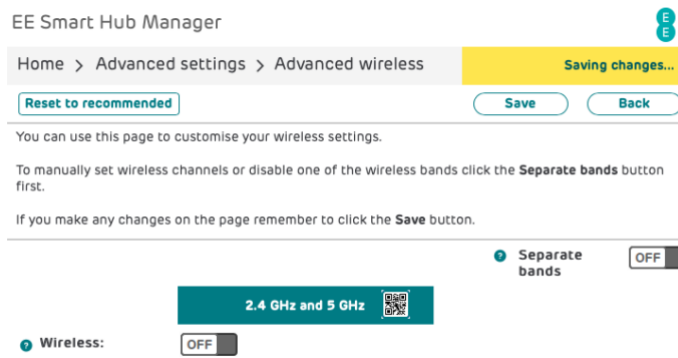
Never keep a mobile device (including wearables) near a baby, or in a handbag on the baby carriage.

### SWITCH OFF AT NIGHT

Switch off everything wireless in your home or school accommodation at night when you are sleeping, especially the wireless router, otherwise our bodies cannot cell repair properly and regenerate while we sleep.

A device in **Airplane mode** will still work as an alarm clock or camera and will still play downloaded music, books and movies.

Use your Broadband service provider's **smart hub manager** page to **turn off** just the WiFi – your ethernet connection will still work. **BUT** beware some modems only switch off the connectivity and NOT the signal – this happens with BT modems because they use your modem to provide their mobile 'BT with Fon' service.



**Eco Wifi routers** – these have adjustable settings, and so are easy to turn off/down.

<https://www.jrseco.com>

### REDUCE ACTIVE TIME

Keep phone calls short. Texting uses less radiation than a call. Especially children avoid screens 2hrs before bedtime. (Melatonin disruption from blue light as well as WiFi frequencies is a big problem)

### AIRPLANE MODE

Turn your cell phone to Airplane mode as much as possible, so it is not in communication with cell towers, and keep it out of your room at night. You can compose emails and texts in Airplane mode, and pre-load games and films etc.

Weirdly even Google Maps still navigates when in Airplane Mode, with no detectable signal.

**Turn off** the Bluetooth and WiFi in settings also, or they come on again automatically – they increase the radiation output immensely, and emit radiation constantly.

Forget about using Bluetooth headsets no matter how convenient you think they are. A simple set of earphones will do the trick. Or better yet, use speaker mode and keep your phone as far away from your body as practical.

Try not to use your cell phone when you're in a car or in public transportation. The radio frequency radiation bounces around and can continuously bombard you.



### HARD WIRE

If you're using a laptop etc at home, avoid using Wi-Fi and opt for hard-wired ethernet outlets instead. These can even plug into an iPhone, iPad lightning port – and they will work on Airplane mode! (Except normal calls and text) *Suggested but not endorsed* :

**For iPad/phone: RJ45 to Lighting Port.**

Cheaper ones tend to break so it can be worth spending more, [this Belkin POE one also provides power while in use.](#)

**For laptop: RJ45 to USB 3.0,** check compatibility, this has the right chip for Macs

[https://www.amazon.co.uk/gp/product/B087QFQW6F/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o02\\_s00?ie=UTF8&psc=1](https://www.amazon.co.uk/gp/product/B087QFQW6F/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1)

Avoid Bluetooth **mice and keyboards** – they are inflammatory over time. Get wired ones. It's also best to avoid using or having a cordless phone (called a **Dect** phone) as it is also a wireless device. It emits a huge constant and pervasive signal.

If you don't have Ethernet points, then you can use a **TP link system** (TL-PA8010PKIT) to pass the ethernet down the power lines, but these do give dirty electricity. Arguably better than constant wifi however.

[https://smile.amazon.co.uk/dp/B0734B71N6/ref=pe\\_3187911\\_189395841\\_TE\\_dp\\_1](https://smile.amazon.co.uk/dp/B0734B71N6/ref=pe_3187911_189395841_TE_dp_1)

### CLEAN ELECTRICITY

Dirty electricity comes from transient voltage spikes, or echoes from gadgets that pulse.

To ensure that your house remains a clean electricity zone, start by reducing or eliminating the use of problem appliances such as: solar panel invertors, dimmer switches, wireless products, printers, scanners, computers, television sets. Many devices also contain active wifi which you would never suspect.



You can check the dirty electricity levels with one of these:

<https://emf-protection.co.uk/product/dirty-electricity-line-emi-monitor/>

The readings should be less than 100mV, filters can be added to reduce the 'noise':

<https://emf-protection.co.uk/product-category/emf-filter/>

Also, it's a good option to replace all compact fluorescent light bulbs ("curly wurly" form) with incandescent lights (preferably full spectrum) as these are the healthiest light bulbs to have in your home. Some LEDs now emit RF signals, so check them too.

Avoid **wearables** such as Fitbits and Apple Watches, they emit constant radiation, which over time cause chronic stress.

### STEPS YOU CAN TAKE TO PROTECT YOUR HOME FROM HARMFUL ELECTRIC FIELDS

Be very careful of electric blankets, and other un-earthed appliances, use a meter to check things out.

<https://www.powerwatch.org.uk/library/downloads/in-your-home-9-ground-refs-2018-12.pdf>

You can use various shielding fabrics and paints to reduce exposure coming from outside:

<https://www.powerwatch.org.uk/library/downloads/ef-protection-4-screenings-2019-02.pdf>

You can do lots of homework here:

<https://emfields-solutions.com/library/>

Where a neighbour's WiFi or Smart meter for example are located behind a bed and no other measures can be taken, then fixing some **shielding fabric** on the wall (not grounded to a socket etc or it becomes an antenna!) can work well.

[https://www.amazon.co.uk/Blocwifi/b/ref=bl\\_dp\\_s\\_web\\_7224807031?ie=UTF8&node=7224807031&field-lbr\\_brands\\_browse-bin=Blocwifi](https://www.amazon.co.uk/Blocwifi/b/ref=bl_dp_s_web_7224807031?ie=UTF8&node=7224807031&field-lbr_brands_browse-bin=Blocwifi)

Hire a professional EMF consultant to give you tailor-made recommendations to make your bedroom and/or home a safer place.

### LOW FREQUENCY ELECTRIC AND MAGNETIC FIELDS

Check the levels of magnetic and electric field in your home, arising from the 50Hz electrical supply, by using an EMF meter with Gauss meter mode:

<https://emf-protection.co.uk/product/emfields-pf5-pocket-power-frequency-meter/>

Use battery-powered alarm clocks instead of ones you plug into an outlet.

Leave at least eight inches of space between your bed and your wall because wiring (even in walls) can still emit a significant magnetic field that you don't want to be sleeping in.

### NATURE

If you have to spend a lot of time in a high EMF environment, then don't be in Fear ! When you can walk barefoot on the grass, this grounds you and 'de-gausses'. Spend time in early morning sunlight for full spectrum circadian programming. Reduce blue-light screen exposure at the end of the day.

Take up at least some physical exercise, and preferably a spiritual/energising practice to strengthen your vitality and bio-field, and to centre you. The stronger you are in vitality and balance the more you become a natural harmoniser.

### HARMONISERS

These are devices that are able to de-polarise EM fields and make them biological compatible removing the qualities that cause biological stress. This is a separate enquiry. Email [query@rfinfo.co.uk](mailto:query@rfinfo.co.uk)

<https://rfinfo.co.uk>

<https://rfinfo.co.uk/index.php/safe-use-of-wireless-technology/>

<https://ehtrust.org/resources-to-share/printable-resources/>

<https://ehtrust.org/take-action/educate-yourself/ten-steps-to-safe-tech/>

ENDS