

Practice Safe Tech!

This is not about No Tech. It's about **Safe Tech**.

Source: **Alison Main** at <https://bestselfmedia.com/electrosensitivity/>, with additional information provided by [Natural Energy Works](#)

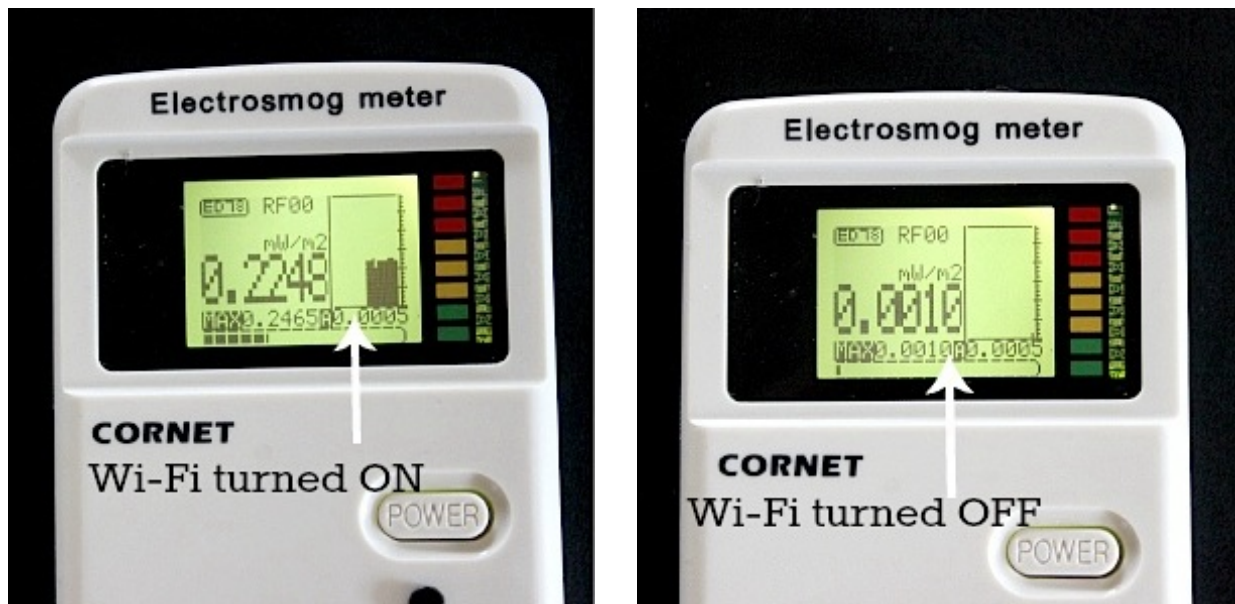
Please note: In all our info documents for our customers, we often plainly talk about "microwave radiation" when referring to the type of radiation that makes the wireless world possible, because that's basically what we're dealing with. The official scientific term is "radiofrequency radiation", or "radiofrequencies" (short: RF), but that's just not very meaningful to most laypeople. On the internet, you may also come across terms such as "RF/Microwave radiation", or simply "wireless radiation", that's all the same beast!

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Here are some easy ways to reduce your RF/microwave radiation exposure:

- 1. Turn It Off When Not In Use.** Wireless-enabled devices are **always** transmitting even when you are not surfing the internet, talking, or texting. Cell phones and wireless internet routers are the worst offenders, because they maintain a constant stream of "network chatter" with the nearest cell tower/antenna station. When not in use, completely turn off your device, or even safer, set it to **Airplane mode**.

Note the dramatic decrease in microwave radiation exposure after turning off a Wi-Fi router (measurements taken with an older version of the Cornet Meter):



According to the **Building Biology EMF Guidelines**, the 0.2248 mW/m² measurement of the active router is in the "Severe Concern" range, and far too high for many people to have a restful sleep. It is about **23,000 times higher** than Earth's Natural Background Level in the microwave spectrum!

2. **Protect Your Body:** For adults who use a mobile phone, use speaker mode or a hands-free Air-tube headset. Avoid carrying your cell phone on your body (i.e., in your pocket, in your bra). Place devices and laptops on desks, not on laps. Fine print manufacturers' warnings instruct us to keep our phones specific distances from our bodies, otherwise we are exposed to radiation levels that are higher than the tested level (see the **PhoneGate Scandal**).
3. **Give Yourself a Bedtime Break.** Wireless radiation and EMF sources seriously impact our sleep, preventing the production of melatonin, disrupting brain wave patterns, and interfering with regeneration and rejuvenation tasks that our bodies need to perform during sleep. Before bedtime, power off the Wi-Fi router, power off all screen devices, and unplug all electronics in the bedroom. Charge all cell phones and tech devices outside the bedroom (charger gear generates other low-frequency fields also linked to health issues).
4. **Get Wired!! Don't listen to people telling you that this is no longer possible, too difficult, "too Luddite", or otherwise "just not gonna happen".** Yes, it will require a bit of an effort, but it is doable, and your body will thank you for it. Here is an excellent step-by-step guide how to go back to an ethernet hard-wired internet connection:
<https://emfacademy.com/installing-hard-wired-internet/>
Furthermore, connect computer mouse, keyboard, printer, speakers, entertainment gear, and other accessories by cord or cable, and turn all Wi-Fi and Bluetooth features OFF.
5. **Use a Corded Landline.** Swap your cordless phones for corded. Cordless phone base stations constantly emit high levels of microwave radiation "network chatter", whether or not any connected handset is actually in use.
6. **Beware of Modern "Smart" Appliances!** To become part of the upcoming "Internet of Things", devices such as refrigerators, dishwashers, washing machines, and many other household appliances are now being equipped with RF transmitters that are designed to maintain a constant wireless connection to a "smart" meter network or "smart power management system". That's means *even more* microwave pollution in your home at additional frequencies and pulse rates!
New "smart" TVs appear to be particularly problematic, because they also want to stay connected to a wireless router or cell tower. During a recent effort to reduce wireless exposure levels at a friend's house, we discovered that their new "smart" TV was still emitting strong search signals even when turned off. Only after unplugging it from the electrical wall outlet was the blasted thing finally quiet.
7. **Replace All CFL Bulbs With Good-Old Incandescent Light Bulbs.** Most people are unaware that the compact fluorescent ("curly") bulbs promoted as "earth-friendly" emit radiofrequencies in the microwave range that at close proximity rival the output of a cell phone. The same is true unfortunately for many LED-type bulbs that fit into

ordinary lamp sockets. Furthermore, the energy-saving mechanism in the base of these bulbs used to reduce voltage also produces strong electromagnetic fields, and dirty electricity.

What's more, both CFL and LED bulbs emit "junk light": Instead of a smooth spectral curve as in sunlight (and from "old-fashioned" incandescent bulbs), their light consists mainly of sharp frequency spikes that irritate our eyes. It is also shifted towards the blue end of the spectrum, similar to the light emitted by the LCD screens of modern computers and mobile devices. This type of blue-shifted, "whitish" wavelength light has recently come under criticism for its sleep-suppressing effects, because it "tricks" the brain into thinking it's daytime, thereby preventing melatonin production.

- 8. Protect Your Kids.** Whenever you hand a child a wireless device (cell phone, tablet, laptop, etc), set Airplane mode to ON, set WiFi to OFF, and set Bluetooth to OFF. This stops the microwave transmissions. ***Be aware that the official SAR limits set by the FCC for wireless devices do not apply to children!*** Their small bodies absorb far more of the radiation, and at much deeper levels, than adults do.
- 9. Safe Travels.** Taking a road trip and your children want to watch movies on your device? Before you leave, download the movies onto the device, then turn Airplane mode ON. This allows your child to watch the movie without being saturated with microwave radiation.
- 10. Get a Radiofrequency (RF) Meter.** To really know what's going on, you need to be able to measure the actual RF/microwave radiation exposure levels present in your surroundings. Besides the obvious offenders like the cell phones, tablets, routers and computers in your home, there may be radiation sources that you are not even aware of, such as a recently purchased "smart" appliance, or a "smart" meter that the power company has installed on the outside of your house. [Natural Energy Works](#) carries affordable meters that can measure both RF/microwave radiation and electromagnetic fields.

Where can I learn more?

In the last 15 years, the number of scientific reports on the health effects of wireless radiation has multiplied. Now, with access to the internet, it is all at your fingertips.

At this time, **Natural Energy Works** recommends in particular the following, scientifically sound information resources:

- The **Environmental Health Trust** maintains one of the most comprehensive internet archives of scientific studies from around the world on the dangers and damages of RF/microwave radiation to human, animal and plant life: <https://ehtrust.org/>

- **Dr. Joel M. Moskowitz'** website: <https://www.saferemr.com/> focuses on the health effects of RF/microwave radiation.
- **The Bioinitiative Working Group:** <https://bioinitiative.org/>
Their Bioinitiative Reports of 2007 and 2012 played a major role in raising awareness to the health effects even of non-thermal levels of wireless radiation, and contributed to the definition of Precautionary RF/Microwave Exposure Guidelines. Updates to the Reports were published in 2014 and 2017.