



# REDUCE YOUR EXPOSURE

~ Dr. Sonya Nobbe, ND

**Electromagnetic Radiation (EMR)**, which includes Electromagnetic Frequencies (EMF) and Radio Frequencies (RF), can cause serious health consequences in as much as 8% of the population in developed countries. Some European countries have designated EMR-free zones for citizens afflicted by Electrohypersensitivity (EHS).

Symptoms can be quite individualized, but may include headaches, heart palpitations, skin rashes, insomnia, tinnitus, and brain-fog. Nausea, anxiety, and dizziness are also documented. People with chemical sensitivities, Lyme, Fibromyalgia, chronic fatigue or allergies, and autoimmune diseases, may be more sensitive to EMR. Integrative medicines focus on reducing sensitivity by addressing optimal nutritional biochemistry, organ function, and by restoring balance to a variety of body systems.

## Cell and cordless phones

- Keep cell phones away from the body (e.g. not in your pocket or near your bed).
- Use speaker phone or text messaging. Air-tube headsets are a safer alternative to Blue Tooth attachments that increase your EMR exposure.
- Limit your exposure to cordless phones, as these use similar frequencies as WiFi routers.
- Reduce how your phone communicates with cell towers by avoiding phone use when reception is poor and by using airplane mode more often.

## Wireless Internet and Computers

- Use a wired landline for your internet or turn off the internet WiFi when not in use.
- Avoid setting a laptop computer on your lap. Use battery power over AC power (electrical outlet) and/or use a metal sheet (e.g. copper or Mu-Metal) under the laptop on the table.
- Use a wired mouse, keyboard, speakers, etc.
- Keep your distance from the computer tower, surge protector, cables and wires, as much as possible (at least 1 metre).

## Environmental exposure

- Consider relocating to an area at least 1.25 km away from high voltage power lines and 5 km from cell phone towers.

## Household and Workplace Safety

- Stand back 1 metre when using electronic devices (e.g. electric kettle, baby monitors), and opt for non-electric options where possible (e.g. toothbrush, blankets).
- Unplug electronics in the bedroom** and stay at least 4 feet away from essential ones, such as alarm clocks.
- Sleep on a mattress that doesn't contain metal (e.g. natural rubber latex).
- Avoid sleeping near sites of elevated EMR, including against a wall or above/below a room with power boxes, Smart Meters, laundry machines, computers, etc.
- Keep your distance from hydro Smart Meters.
- RF (radiofrequency) meters may be used to assess the level of frequencies in areas of your home. Readings higher than 50 uW/m<sup>2</sup> should be blocked if entering a sleeping area.
- Appliances turned off but still plugged in continue to emit some level of radiation.
- Avoid fluorescent lighting, including CFL bulbs, and opt for incandescent or LED lights instead. Dimmer switches are a source of EMR also.

### **Additional Resources:**

[www.MagdaHavas.com](http://www.MagdaHavas.com)

[www.slt.co](http://www.slt.co)

[www.hbelc.org](http://www.hbelc.org)

[www.who.int/peh-emf](http://www.who.int/peh-emf)

[www.C4ST.org](http://www.C4ST.org)

[www.kingstonnaturopath.com/blog](http://www.kingstonnaturopath.com/blog)