



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. Some European countries have designated EMR-free zones for citizens afflicted by [Electrohypersensitivity \(EHS\)](#).

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

Cell and cordless phones

- Your cell phone emits EMF continuously. Keep it away from your body (*especially* at night) or use a single-sided EMF-blocking phone sleeve.
- When using your cell phone, opt for speaker phone, text messaging, or wired headpieces (e.g. air tube or blue tube). Always avoid Blue Tooth attachments.
- Replace cordless home phones with wired landlines, since these bases are just as bad as Wifi routers and emit radiation constantly.
- Reduce how your phone communicates with cell towers by avoiding phone use when reception is poor. Use airplane mode often.
- Keep your distance from high voltage power lines (1.25 km) and cell phone towers (5 km).

Wireless Internet and Computers

- Turn your router off *every* night or hardwire all computers in your home.
- 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, printer, etc.
- Keep your distance from the computer tower, surge protector, cables and wires, as much as possible (at least 1 metre).

Household and Workplace Safety

- Stand back 1 metre when using electronic devices (e.g. kettle) and opt for non-electric options where possible (e.g. toothbrush).
- 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, such as against walls, floors or ceilings adjacent to power boxes, Smart Meters, laundry machines, computers, etc.
- RF (radiofrequency) meters may be used to assess the level of frequencies in areas of your home. Readings higher than 50 uW/m² 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 dimmer switches. Opt for newer LED lights instead.

Additional Resources:

www.MagdaHavas.com	www.mdSafeTech.org
www.slt.co	www.WirelessEducation.org
www.k4stblog.wordpress.com	www.ehtrust.org
www.C4ST.org	www.BuildingBiologyInstitute.org