

## How to Reduce Your Exposure to EMF's



There are four primary Electromagnetic fields we are concerned about.

Radio Frequencies – Communication devices

Electric Fields – Electrical wiring

Magnetic Fields – Appliances and wiring errors

Microsurge Electrical Pollution – aka Dirty Electricity

I'll discuss the sources for each in more detail below. Each field has it's own properties and mitigation. Let's discuss each field individually.

### 1. Radio Frequencies (RF):

When most people hear 'EMF' they think RF. They come from: Cell Phones, WI-FI, Bluetooth, Fitness tracking devices, Smart Meters, Smart Appliances, Smart TV's (including Roku, Apple TV, and the like), Cordless Phones, Baby Monitors, Microwaves, Cell Towers, Radar, Tablets, Smart Pavement (yes, you read that correctly), and anything that communicates via wireless technology.

#### How do you protect yourself?

- Use a landline. Really, it's ok and they still work!
- Use a corded phone instead of a cordless phone. Cordless phones are like having a mini-cell tower in your house. They give off one of the highest sources of EMF pollution.
- If you use a cell phone, keep it on airplane mode as much as possible. At a minimum, consider a shielding case like a [Safe Sleeve](#). I recommend using them with an airtube headset from the same company.
- Use a wired Ethernet connection for your computers. At a minimum, unplug Wi-Fi when not in use, specifically at night when sleeping. You can also wrap it in shielding cloth, which will reduce your exposure while it's on. The Canadian company Safe Living Technologies sells a variety of cloths: <https://www.slt.co/> Use the code **WHBH-5** to receive 5% off your order.
- Limit or do not use personal tracking devices/fitness tracking devices or bluetooth devices (especially on your body!). If you must have a fitness device, the Oura ring allows you to disable the RF and still collects data. You just have to sync it once a day: <https://ouraring.com/>
- When moving or purchasing a new home, be aware of the cell towers in the vicinity. The closer they are, the more RF you're going to get. Use Antenna Search to see how close the nearest Towers AND Antennas are to your home: <http://www.antennasearch.com/>

- Be aware of ‘Smart’ appliances, speakers, meters, etc. If you have a smart meter on your house, see if you can opt out. See this website for more information: <https://takebackyourpower.net/>
- When purchasing new appliances, always get the ‘dumbed down’ version. Newer models of all types of appliances often have RF sensors in them.
- Avoid microwaves. Either get rid of it entirely, or unplug it.
- Don’t use baby monitors or anything wireless on your baby or child! If you need a safer option, see this website: <https://www.emfanalysis.com/safe-baby-monitor/>
- If you live near a cell tower, or have high RF for some reason, there are ways you can shield your home, but it must be done with the help of a Building Biologist (BB).
- When flying. Opt out of going through the security scanner. A TSA agent will give you a pat down and you don’t have to go through the body scanner at all.

## 2. Electric Fields (EF):

Electric fields come from anything that works with electricity. Our highest exposure comes from the wiring in our walls. Voltage gets pushed through the wires, and they can emanate several feet into the room. Anything that has a cord and is plugged in, will create EF.

### How do you protect yourself?

- Turn off breakers- but know your levels first! Turning off the breakers is excellent, but you need to either have a meter, or consult with a BB to do this properly.
- Make sure outlets are properly grounded. You can buy a ground tester for about \$5 at any hardware store.
- Have an electrician ‘disable’ un-needed outlets.
- Install a ‘kill-switch’ in the bedroom- an electrician can do this quickly. It will allow you to de-energize the circuit without going to the circuit breakers.
- Unplug anything that is not being used.
- Be aware of large appliances on the other side of the bedroom wall. Distance is key. Don’t sleep with the refrigerator on the other side of your head.
- Place your bed a few feet from the wall, the E fields are highest against the wall and drop off with distance.
- Don’t sit right next to the lamp, keep it a few feet away from you.
- Don’t have power cords near or underneath the bed. Unplug bedside lamps at night or anything else plugged in near your head.

## 3. Magnetic Fields (MF):

Magnetic Fields come primarily from point sources like your appliances or from wiring errors in your walls, power lines or from the neighbor’s water pipes. M fields can be

complicated, and it's always best to have an EMF assessment from a Building Biologist. But there are things you can do right away.

The biggest sources in your house are:

- Lamps, Computers, Electric razors, Sonic toothbrushes, Blenders, Alarm clocks, Blow Dryers, Large appliances, Space heaters, and anything with variable speeds (think blender, juicer, etc.)

### How do you protect yourself?

- Unplug anything and everything not being used.
- Be aware of large appliances – don't stand in front of them for long periods of time.
- Be aware of the breaker panel – they have very high magnetic fields. Make sure it's not near a bedroom or place you spend a lot of time.
- Only use devices with a 3-prong plug when possible. Sometimes you can replace cords (like that of your computer) with a 3-pronged cord if it only came with a 2 prong cord.
- Use incandescent light bulbs or even candles – not CFL's or LED's.
- Be aware of the devices listed above and conserve your time while using them. Distance is key! If you need a space heater, keep it far from you.
- Use a battery powered alarm clock or put your plug in alarm clock on the other side of the room- NOT right by your head.
- Use an external keyboard and mouse if you use a laptop and keep the computer at a distance.

### 4. Microsurge Electrical Pollution (MEP):

MEP is when the wiring within your walls contains frequencies other than the normal 60 Hz electrical current. The normal sine wave is altered, and there are 'surges' of electricity that emanate into the living space. Certain devices create MEP on your electrical lines: Plasma TV's, Computers, Pool Pumps, Solar Panels, Utility Meters, Light Dimmer Switches, CFL Lightbulbs, and many other appliances.

### How do you protect yourself?

- Try to limit your use of these devices.
- Unplug these devices when not in use.
- Install Greenwave or Stetzer Filters throughout house (consult with a BB first!) You can purchase Greenwave filters [here](#).
- Turn off breakers.
- Best option: Find the source and get rid of it.

We realize that some of this language can be confusing and overwhelming. Don't let that discourage you. Take a few steps today, and over time, you can add additional steps as you're ready. Some of this information might not make sense to you now, but

over time you may find it'll start to 'sink in' and become clearer. The best option for your health and that of your family is to have an assessment from a certified Building Biologist. If you're not ready for that, or there isn't one in your area, you can contact me or another Building Biologist who does remote consultations. You would purchase a meter, and we will consult with you via Skype and help you understand what is going on in your home and how to fix it. In the meantime, the list above gives you plenty of steps you can take immediately to reduce your exposure and protect yourself!

### Recommended Meters:

#### **Cornet ED85EXS+**

This is a great little meter for the average person just wanting to get a handle on what's going on in their home or workplace. Impressive sensitivity for the price and size. This is "3-in-one" meter measuring electric, magnetic and radio frequencies. Great as an 'every day' meter and great for traveling due to its compact size.  
Cornet ED85EXS+..... \$179.95



#### **Cornet ED88T Plus**

Another impressive "3-in-one" meter at a great price and compact size. The ED88T has the same features as the ED85EXS but also has data logging capabilities. This allows you to see what's happening around the clock, a nice feature since fields can change dramatically throughout the day. It also has a quick response time to measure "smart" meter pulses.  
If you plan to use datalogging functions, you will need an **optional micro USB sync cable**.  
Cornet ED88T Plus..... \$199.99



#### **Trifield Meter Model TF2**

An updated and improved meter, the TriField will test EMF pollution from Electric Fields, Magnetic Fields and Radio Frequency, making it very convenient for an "3-in-one" meter. This is a three-axis meter that is simple to use in a compact size. Instruction sheet and 9V battery included. 1 year ltd warranty. Made in USA.  
Trifield Meter Model TF2..... \$168.00



These meters and other items can be purchased here:

<https://wholehomeandbodyhealth.com/shop/>